

Live well with diabetes

SAVE up to **50% OFF*** on vitamins
see back page



ONLY **\$94.99** ea

LIFESMART
Mini Multi Meter iOS or Mini Multi Meter Android



35% OFF RRP*
ONLY **\$8.49**

NEXCARE
Strong Hold Pain Free Tape 25mm



25% OFF RRP*
ONLY **\$8.99**

SCHOLL
Eulactol Heel Balm Gold 60mL



20% OFF RRP*
ONLY **\$27.99**

NOVATEARS
Lubricating Eye Drops 3mL



Speak to your local Healthcare Hero today for advice and guidance on how to manage your Diabetes.

Always read the label and follow the directions for use. *Saving claims are based on the supplier Recommended Retail Price.

ON SALE 4TH - 24TH JULY 2024

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alliance
PHARMACY

where local health matters



Live well with diabetes

With **diabetes** ranking seventh in the leading causes of death in Australia, we need to take care while living with diabetes.

Complications are NOT inevitable. Good management, of not only blood glucose, but blood pressure and lipid levels can reduce the risk of complications (and in some cases may even put type 2 diabetes into remission!)

Good food choices, physical activity, maintaining blood glucose, blood pressure and lipid levels as close to target as possible, and taking the correct medication consistently can all have a positive impact on managing diabetes.

Speak to your Healthcare Hero today for advice on how to manage your Diabetes.

<https://www.aihw.gov.au/reports/diabetes/diabetes/contents/summary>



Beat the flu



CODRAL
Day & Night Cold & Flu Tablets 48 Pack

ONLY \$19⁹⁹



DEMAZIN
Nasal Decongestant 24 Tablets

ONLY \$10⁹⁹



SUDAFED
PE Sinus + Pain Relief Day & Night 24 Tablets

ONLY \$13⁹⁹ ea



ROBITUSSIN
Chesty Cough Forte 200mL or Dry Cough Forte 200mL

ONLY \$12⁹⁹ ea



DURO-TUSS
Dry Cough Liquid Forte 200mL

ONLY \$15⁹⁹ ea



BENADRYL
PE Chesty Cough & Nasal Congestion 200mL

ONLY \$10⁹⁹ ea



BISOLVON
Chesty Forte 100 Tablets

ONLY \$19⁹⁹



DIFFLAM
Plus Anaesthetic Sore Throat Lozenges Wild Berry or Blackcurrent 16 Lozenges

ONLY \$8⁹⁹ ea



STREPSILS
Herbal Chesty Cough+ Honey Lemon 16 Lozenges

ONLY \$7⁴⁹



LEMSIP
Non-Drowsy Dry Cough Liquid 180mL

ONLY \$13⁹⁹



VICKS
Sinex Extra Fresh 15mL \$8.99 Nasal Decongestant Inhaler 2 Pack \$12.99

FROM \$8⁹⁹



VICKS
VapoRub 100g

ONLY \$10⁹⁹

25% OFF RRP*

Pain solutions

FROM \$6.49

Children's Ibuprofen Pain & Fever Infant Drops
 50mL
 Relief of infant and children's pain and fever
 Baby from 3 months

Children's Paracetamol Pain & Fever Suspension 1-5 Years
 200mL
 Effective relief of pain and fever in children

Children's Paracetamol Pain & Fever Suspension 5-12 Years
 200mL
 Effective relief of pain and fever in children

FROM \$16.99

NUROFEN FOR CHILDREN
 200mL
 3 months - 5 years

NUROFEN FOR CHILDREN
 50mL
 Baby 3+ months

NUROFEN
 For Children 3 months - 5 years Pain & Fever Relief 100mg/5mL Ibuprofen Orange 200mL **\$21.99**
 For Children Baby 3+ Months Pain & Fever Relief Concentrated Liquid 200mg/5mL Ibuprofen Strawberry 50mL **\$16.99**

CHEMISTS' OWN
 Children's Ibuprofen Infant Drops 50mL **\$6.49**
 Children's Ibuprofen Pain & Fever 200mL **\$13.99**
 Paracetamol Suspension 1-5 Years 200mL **\$10.99**
 Paracetamol Suspension 5-12 Years 200mL **\$13.49**

ONLY \$4.99 ea

maxigesic
 Paracetamol 500 mg Ibuprofen 150 mg

maxigesic
 Paracetamol 500 mg Ibuprofen 150 mg

MAXIGESIC
 12 Tablets[^]

ONLY \$24.99

NUROFEN ZAVANCE LIQUID CAPSULES
 80 LIQUID CAPSULES

NUROFEN
 Zavance Fast Pain Relief Liquid Capsules 200mg Ibuprofen 80 Pack[^]

FROM \$5.99

Dymador for Kids
 200mL
 2-12 YEARS

Dymador for Babies
 60mL
 1 MONTH - 3 YEARS

DYMADON
 For Kids 2-12 Years Colour Free Strawberry 200mL **\$15.99**
 For Babies 1 Month - 2 Years Colour Free Strawberry 60mL **\$5.99**

ONLY \$1.99

HOTHANDS HAND WARMER
 UP TO 10 HOURS OF HEAT

HOT HANDS
 Hand Warmers 1 Pair

ONLY \$18.99 ea

Panadol Liquid Caps
 Paracetamol 500 mg

Panadol Liquid Caps
 Paracetamol 500 mg

PANADOL
 Liquid Caps 80 Pack[^]

ONLY \$9.99

Panadol Rapid
 Paracetamol 500 mg

PANADOL
 Rapid for Pain Relief Paracetamol 500mg 40 Caplets[^]

FEEL IT WORK. AND EARN \$5 CASH BACK

WHEN YOU PURCHASE PAIN RELIEF NAPROXEN LIQUID CAPSULES 30PK

UP TO 12 HOURS RELIEF

PAIN RELIEF NAPROXEN LIQUID CAPSULES
 naproxen sodium 275 mg

ONLY \$19.99

PAIN RELIEF
 Naproxen Liquid Capsules 30 Pack[^]

ONLY \$9.49

MURINE Clear eyes
 Naphazoline hydrochloride 0.12 mg/mL

CLEAR RED EYES
 Relieves Red Eyes

15 mL STERILE EYE DROPS

MURINE
 Clear Eyes 15mL

ONLY \$24.99

Opti-Soothe Moist Heat Mask

REUSABLE MASK FOR SOOTHING, EFFECTIVE RELIEF of Dry Eye, Blepharitis, MGD, Chalazion and Styes

HYDROBEAD™ TECHNOLOGY

OPTI-SOOTHE
 Moist Heat Mask

ONLY \$27.99 ea

HYLO-FRESH
 Lubricating eye drops

HYLO-FORTE
 Lubricating eye drops

HYLO FRESH 1mg Eye Drops 10mL
HYLO FORTE 2mg Eye Drops 10mL

Always read the label and follow the directions for use. [^]Always read the label and follow the directions for use. Incorrect use could be harmful.

Recommended by your



20% OFF
RRP*
ONLY
\$18.49

VOLTA NATRA
Pain Relief Cream 100g



20% OFF
RRP*
FROM
\$42.99

NICORETTE
QuickMist Nicotine Mouth Spray Freshmint 2x150
Sprays **\$62.99** Inhalator 15mg 20 Pack **\$42.99**



ONLY
\$3.99

CHEMISTS' OWN
Clozole Antifungal Cream 20g

Active lifestyle support



ONLY
\$15.49

INFLAMAX SPRAY
Diclofenac 4% 130 Sprays



25% OFF
RRP*
FROM
\$5.49

MENTHOLATUM
Ice Gel 100g **\$5.49** Ice Spray 90g **\$11.49**



ONLY
\$27.99
ea

VOILTAREN
Osteo Gel 12Hr 100g



20% OFF
RRP*
FROM
\$9.49

BOSISTO'S
Eucalyptus Oil 175mL **\$13.99** Tea Tree Oil 100mL **\$17.99**
Eucalyptus Spray 200g **\$9.49**



25% OFF
RRP*
ONLY
\$9.99

ISOCOL
Rubbing Alcohol Antiseptic 345mL



25% OFF
RRP*
FROM
\$14.99

NEAT FEAT
Foot & Heel Balm Spray 125mL **\$14.99** Spandex Gel Metatarsal Cushion Medium or Large **\$18.99ea**

Always read the label and follow the directions for use. *Savings claims are based on the supplier Recommended Retail Price.

Gut health

If it's effective relief you need...
there's a **Chemists' Own**® for that.

FROM
\$5.49



CHEMISTS' OWN
Heartburn Relief Esomeprazole 20mg 14 Tablets **\$9.49** Travel Sickness 10 Tablets **\$5.49** Effervescent Electrolyte Orange 20 Tablets **\$9.19** IBS Support Digestive Drops 100mL **\$25.99**

ONLY
\$18.99



COMBANTRIN
Chocolate Squares 24 Pack

ONLY
\$10.99
ea



GLUTEGUARD
10 Tablets

ONLY
\$10.49
ea



BUSCOPAN
Forte 20mg 10 Tablets

ONLY
\$25.99



MALTOFER
Iron 100mg 30 Tablets

ONLY
\$16.49



ASK YOUR PHARMACIST ABOUT THIS PRODUCT

OSTEVIT-D
One-A-Week 30 Capsules

ONLY
\$32.99



METAMUCIL
Fibre Supplement Orange Smooth 114 Doses

25% OFF
RRP*

ONLY
\$27.99
ea



SUSTAGEN
Hospital Formula Vanilla or Chocolate 840g³

45% OFF
RRP*

ONLY
\$27.49



LIPO-SACHETS
Vitamin C Original 5g 30 Sachets

AC-005075



FEELING FATIGUED?

GO Healthy's Iron range relieves feeling of fatigue and supports energy production.

HIGH POTENCY
1-A-DAY
FORMULATIONS



Contains Vitamin C to support iron absorption.

30% OFF
RRP*

ONLY
\$10.99
ea

Relieves tiredness & fatigue associated with dietary iron deficiency.

It feels good to GO Healthy

Always read the label and follow the directions for use.

GO HEALTHY
Iron 1-A-Day 30 VegeCapsules or Iron + Vitamin C 1-A-Day 30 VegeCapsules

Always read the label and follow the directions for use. *Saving claims are based on the supplier Recommended Retail Price.
³Food for special medical purposes. To be taken under the supervision of a health professional.



Earn points with every swipe



As a Healthy Rewards member you can look forward to:



Instant Rewards on every non-prescription purchase

Health advice

Welcome voucher when you sign up

Voucher on your birthday

Member offers discounts, special offers and exclusive competition opportunities

Healthy Rewards

Rewarding your health, matters to us.

Not a member?
Join in store today.

Winter savings



20% OFF RRP*
FROM \$9.49

ORAL B
3DWhite Luxe Diamond Strong Mouth Rinse 473mL \$9.49
3DWhite Luxe Whitening Strips 14 Treatments \$34.49



ONLY \$2.49 ea

GO2 DENTAGENE
Dental Brush Tight, Moderate or Wide 12 Pack



20% OFF RRP*
ONLY \$4.49 ea

U BY KOTEX
Ultrathins Wings Regular 14 Pack or Super 12 Pack



20% OFF RRP*
ONLY \$31.49 ea

TENA
ProSkin Pants Super Medium or Large 12 Pack



30% OFF RRP*
ONLY \$11.49

CURASH
Fragrance Free Baby Wipes 3x80 Pack



20% OFF RRP*
ONLY \$4.99

JOHNSON'S
Baby Oil 200mL



FROM \$8.99

FLO
Baby Saline Nasal Spray 15mL \$11.99
Kids Saline Nasal Spray 15mL \$8.99



20% OFF RRP*
FROM \$9.49

AVEENO
Baby Soothing Relief Moisture Cream 140g \$9.49
Dermexa Moisturising Cream 206g \$18.99



FROM \$9.99

ABLE
VapourMist Humidifier \$59.99
VapourMist Essential Oil Blend 125mL \$9.99



35% OFF RRP*
ONLY \$16.99

BREATH-A-TECH®
Anti-Static Collapsible Spacer



25% OFF RRP*
ONLY \$149

OMRON
HEM7156T Plus Blood Pressure Monitor

Always read the label and follow the directions for use. *Saving claims are based on the supplier Recommended Retail Price. Healthy Rewards Loyalty Program available at participating stores only. Standard Healthy Rewards terms and conditions apply. <https://alliancepharmacy.com.au/healthy-rewards-program-terms-conditions>

Skin essentials



20% OFF RRP*
FROM **\$12.49**

MANICARE
Maximum Strength Nail Defence 12ml
\$13.49 Cuticle Remover 12ml **\$12.49**



20% OFF RRP*
FROM **\$13.99**

REVITANAIL
Hand & Nail Cream Treatment 100g **\$16.49**
Nourishing Oil 14ml **\$13.99**



20% OFF RRP*
ONLY **\$14.49 ea**

MOOGOO
Natural Soothing MSM Moisturiser 120g or Scalp Cream 120g



25% OFF RRP*
ONLY **\$21.99**

AVEENO
Daily Moisturising Lotion
Fragrance Free 1L

NATIO
men plus
active skincare
made for men



proudly made in Australia



Cleanse ▶ Exfoliate ▶ Hydrate

NATIO
Men Plus Fresh Face Foam Cleanser **\$19.95** Men Plus Tight and Tone BHA Exfoliant **\$23.95** Men Plus Age Defence Face Moisturiser **\$24.95**



20% OFF RRP*
FROM **\$10.99**

THURSDAY PLANTATION
Tea Tree Acne Face Wash 150ml **\$11.49**
Tea Tree Medicated Gel For Acne 25g **\$10.99**



20% OFF RRP*
FROM **\$11.49**

BIO-OIL
Dry Skin Gel 100ml **\$11.49** or 200ml **\$19.49**



30% OFF RRP*
ONLY **\$17.49 ea**

GROWTH BOMB
Supercharge Shampoo or Conditioner 300ml

QV
DERMARE

WIN a Family Holiday for 4 **to Hawaii**
Valued at \$30k

Simply purchase any QV Dermcare product, scan the QR code or visit www.qvskincare.com.au/hawaii to enter*
Get a **BONUS ENTRY** when you enter via the **QV REWARDS** app.



QV
Dermcare Sting-Free Ointment 100g **\$11.49** or 200g **\$18.99**

Always read the label and follow the directions for use. *Saving claims are based on the supplier Recommended Retail Price.





30% OFF
RRP*
FROM
\$14.99

BLACKMORES

Bio Magnesium 100 Tablets **\$21.99** Omega Mini Double Concentrate 200 Capsules **\$26.99** Nails, Hair & Skin 60 Tablets **\$16.49** Macu-Vision Plus 120 Tablets **\$52.49** Insolar 60 Tablets **\$14.99**



50% OFF
RRP*
FROM
\$15.49

SWISSE

Ultiboost Magnesium 120 Tablets **\$18.49** Ultiboost Magnesium, Calcium + D3 120 Tablets **\$15.49**



35% OFF
RRP*
FROM
\$16.99

NATURE'S OWN

Activated Methyl B12 1000mcg 60 Tablets **\$16.99** Calcium, Magnesium & Vitamin D3 120 Tablets **\$19.49**

SAVE
BIG
on
vitamins



50% OFF
RRP*
FROM
\$11.89

ETHICAL NUTRIENTS

Immune Defence 60 Capsules **\$29.49** Mega Zinc 40mg 60 Tablets **\$11.89**



30% OFF
RRP*
ONLY
\$20.99 ea

CENOVIS

Once Daily Men's or Women's Multi 100 Capsules



45% OFF
RRP*
ONLY
\$16.99 ea

OSTELIN

Vitamin D3 1000IU 130 Capsules or Calcium & Vitamin D3 130 Tablets



FROM
\$27.49

ASK YOUR PHARMACIST ABOUT THIS PRODUCT

BIOCEUTICALS

UltraBiotic 45 30 Capsules **\$40.99** ArmaForce for Juniors 150g **\$27.49**

alliancepharmacy.com.au



@alliancepharmacy



please recycle



where local health matters

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