



**alliance**  
PHARMACY

*where local health matters*



On Sale 7<sup>th</sup> - 29<sup>th</sup> May 2025

# Spring into Health

**WIN**  
A SHARE OF  
**\$10,000**  
10 x \$1,000 Visa gift cards!<sup>1A</sup>



<sup>1A</sup>T&C's apply



**50% OFF**  
**\$41<sup>97</sup>**  
Save \$41.98\*

**Ethical Nutrients**  
Mega Magnesium Night 272g



**\$10<sup>99</sup>**  
**Quality Health**  
Sugarless Vitamin C  
500mg 200 Tablets



**35% OFF**  
**\$12<sup>99</sup>**  
Save \$7.50\*  
**Nature's Own**  
Zinc & C Chewable  
60 Tablets



**\$9<sup>99</sup>**  
**Otrivin**  
Adult Nasal  
Spray 10ml



**20% OFF**  
**\$8<sup>49</sup>**  
Save \$2.50\*

**Difflam Plus**  
Sore Throat + Anaesthetic Honey &  
Lemon S/F 16 Lozenges



**\$11<sup>49</sup>**

**Codral PE**  
Day & Night Cold & Flu 24 Tablets

Always read the label and follow the directions for use. \*Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies. <sup>1A</sup>Offer valid from 7 - 29 May 2025. Spend \$40+ in a single transaction on non-prescription items & scan your Healthy Rewards card to enter the draw. Ten (10) major prizes of \$1,000 Visa gift cards. Multiple entries permitted, limited to one per day. TP/03497. See in-store for full T&Cs with permits by states.



# Power up against



**Chemists' Own<sup>®</sup>**  
Cold & Flu Day & Night Relief PE 48 Tablets



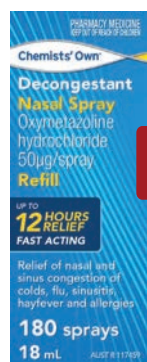
**Codral PE**  
Day & Night Cold & Flu 48 Tablets



**Strepsils Extra**  
Blackcurrant or Honey & Lemon 16 Lozenges



**Betadine**  
Ready To Use  
Sore Throat  
Gargle 120ml



**Chemists' Own**  
Decongestant Nasal  
Spray Refill 18ml



**Demazin**  
12 Hour  
Decongestant  
Nasal Spray 20ml



**Sudafed**  
Nasal  
Decongestant  
Spray 20ml



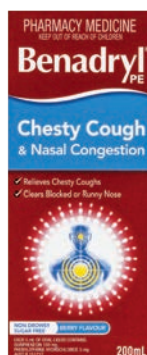
**NeilMed**  
Sinus Rinse Refill 120 Sachets



**Duro-Tuss**  
Chesty Forte  
200ml



**Robitussin**  
Cough & Chest  
Congestion or Dry  
Cough Forte 200ml



**Benadryl PE**  
Chesty Cough and  
Nasal Congestion  
Cough Liquid 200ml



**Vicks**  
Warm Steam Vaporizer V188



HAS YOU COVERED THIS  
**WINTER**



**Not all products are available at all pharmacies.** ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Always read the label and follow the directions for use. \*Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies. ^Always read the label and follow the directions for use. Incorrect use could be harmful.



# Fast *acting*



## Beating the flu this winter is *easy* as!



**Chemists' Own<sup>\*</sup>**  
Ibuprofen 96 Tablets



**Nurofen<sup>\*</sup>**  
Ibuprofen 96 Tablets



**Panadol<sup>\*</sup>**  
Liquid Caps 48 Capsules



**Chemists' Own**  
Low Dose Aspirin 168 Tablets



**Cartia**  
Low Dose Aspirin 100mg 168 Tablets **\$14.99** or 84 Tablets **\$9.99**



**Aspro Clear<sup>\*</sup>**  
Extra Strength 500mg 16 Tablets



Ask your pharmacist about this product.  
Incorrect use could be harmful.  
**Mersynofen**  
Paracetamol & Ibuprofen 30 Tablets



**Maxigesic<sup>\*</sup>**  
Paracetamol 500mg + Ibuprofen 150mg 12 Tablets



Scan here to  
book your  
vaccination



**FROM FEVER AND PAIN TO ON TOP AGAIN<sup>\*</sup>**

**HALEON**



**BONUS \$10 KIDS GIFT CARD**  
WITH ANY PANADOL CHILDREN'S PURCHASE



AU res. 18+ only. Offer runs 12.01am AEDT 1/4/25 - 11.59pm AEST 31/7/25. Claim online with receipt upload (no EFTPOS receipts) no later than 11.59pm AEST 7/8/25. Max 1 claim (1 reward) p/household. Keep copy receipt. See panadolchildrens promo.com.au for full T&Cs. **ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. INCORRECT USE COULD BE HARMFUL.**

Trademarks are owned by or licensed to the Haeon group of companies © 2025 Haeon group of companies or its licensor. PM-AU-HALE-25-00001.

<sup>\*</sup>Combined with sufficient time to rest and recover.

**You may be eligible for a FREE<sup>\*</sup> flu vaccination, ask us today.**

<sup>\*</sup>Eligibility for free vaccinations is based on the National Immunisation Program (NIP) and any applicable State/Territory programs. Subject to availability and participating stores only.

# Arma Yourself



Ask your Healthcare Professional for  
**ArmaForce®**



**Always read the label and follow the directions for use.**

\*IQVIA™ Pharmacy Data, Vitamins, Minerals & Supplements category, Cold & Flu segment, Value Sales, 52 weeks to 28th December 2024



# Put your health *first*




**BioCeuticals®**  
ArmaForce®  
Relieves Common Cold/Flu and Mild URTI Symptoms  
60 TABLETS  
\$30<sup>99</sup>

**PHARMACIST ONLY**



**BioCeuticals®**  
ArmaForce® Daily Protect  
Proactively supports immune system health  
60 TABLETS  
\$30<sup>99</sup>

**PHARMACIST ONLY**



**CENOVIS**  
CHEWABLE MEGA C  
1000mg  
60 TABLETS  
35% OFF  
\$9<sup>99</sup>  
Save \$6.00\*

**Cenovis**  
Chewable Mega C  
1000mg Orange Flavour 60 Tablets



**CENOVIS**  
ECHINACEA, GARLIC, ZINC + C  
60 TABLETS  
35% OFF  
\$14<sup>99</sup>  
Save \$8.50\*

**Cenovis**  
Echinacea, Garlic, Zinc + C  
60 Tablets



**elevit**  
Pre-conception & Pregnancy  
30 TABLETS  
\$29<sup>99</sup>

**Elevit®**  
Pregnancy Vitamins & Minerals 1 A Day  
30 Tablets



**Natalis**  
PREGNANCY SUPPORT  
30 TABLETS  
\$18<sup>49</sup>

**Natalis®**  
Pregnancy Support 30 Tablets



**Maltofer® Tablets**  
Iron polymaltose 370mg EQUIVALENT TO 100mg OF ELEMENTAL IRON PER TABLET  
Oral Iron  
30 TABLETS  
\$23<sup>49</sup>

**Maltofer**  
100mg 30 Tablets



**Ferro-grad F®**  
Iron & Folic Acid  
30 Tablets  
\$15<sup>99</sup>

**Ferro-grad F**  
Iron & Folic Acid  
30 Tablets



**Melotin MR**  
melatonin 2 mg  
30 Modified Release tablets  
\$25<sup>49</sup>

**PHARMACIST ONLY MEDICINE**  
KEEP OUT OF REACH OF CHILDREN

Ask your pharmacist about this product.  
**Melotin MR**  
Melatonin 2mg 30 Tablets



**INNERHEALTH**  
DAILY BALANCE PROBIOTIC  
60 CAPSULES / 1 A DAY  
50% OFF  
\$26<sup>47</sup>  
Save \$26.48\*

**Inner Health**  
Daily Balance Probiotic  
60 Capsules



**life-space**  
Probiotic for 60+ Years  
30 Billion CFU  
60 HARD CAPSULES  
40% OFF  
\$35<sup>99</sup>  
Save \$24.00\*

**Life-Space**  
Probiotic for 60+ Years 30 Billion CFU  
60 Hard Capsules



**INNERHEALTH**  
PLUS DOUBLE STRENGTH  
30 CAPSULES / 1 A DAY  
50% OFF  
\$24<sup>47</sup>  
Save \$24.48\*

**Inner Health**  
Plus Double Strength  
30 Capsules

## Magnesium for every body

Available in capsule, tablet and chewable forms  
30% OFF  
FROM \$15<sup>99</sup>  
Save UP TO \$10.51\*



Suitable for children 4yrs+

Not available in all Pharmacies. Support muscle health. Always read the label and follow the directions for use.

herbsof gold™

Always read the label and follow the directions for use. \*Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies. †This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded

# Daily vitamin *boost*



**50% OFF**  
**\$18<sup>99</sup>**  
Save \$19.00\*

**Blackmores**  
Mega B Complex  
75 Tablets



**40% OFF**  
**\$16<sup>49</sup>**  
Save \$11.50\*

**Blackmores**  
MagMin  
100 Tablets



**50% OFF**  
**\$12<sup>49</sup>**  
Save \$13.00\*

**Blackmores**  
Nails, Hair & Skin  
60 Tablets



**50% OFF**  
**\$23<sup>49</sup>**  
Save \$24.50\*

**Blackmores**  
Total Calcium, Magnesium + D3  
200 Tablets



**40% OFF**  
**\$14<sup>99</sup>**  
Save \$10.00\*

**Nature's Own**  
Vitamin B12  
1000mcg  
60 Tablets



**35% OFF**  
**\$15<sup>99</sup>**  
Save \$10.00\*

**Nature's Own**  
Vitamin B3  
500mg  
120 Tablets



**20% OFF**  
**\$14<sup>99</sup> EACH**  
Save \$4.01\*

**Berocca**  
Energy Original Berry or Orange 30 Effervescent Tablets



**40% OFF**  
**\$20<sup>99</sup>**  
Save \$14.00\*

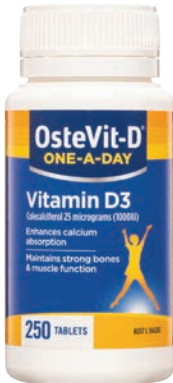
**GO Healthy<sup>®</sup>**  
GO Hair Skin Nails Plus 1-A-Day 100 VegeCapsules

Not available in all Pharmacies



**35% OFF**  
**\$20<sup>99</sup>**  
Save \$12.50\*

**Ostelin**  
Calcium & Vitamin D3  
500IU 130 Tablets



**25% OFF**  
**\$20<sup>49</sup>**  
Save \$7.46\*

**OsteVit-D**  
One-A-Day Vitamin D3  
250 Tablets



**\$15<sup>99</sup>**  
**Quality Health**  
High Strength Vitamin D 1000IU  
250 Tablets



**40% OFF**  
**\$22<sup>49</sup>**  
Save \$15.00\*

**Swisse**  
Ultiboost Magnesium  
120 Tablets

SUPPORT FOR A  
**FULL LIFE**



**50% OFF**  
**FROM \$16<sup>24</sup>**  
Save UP TO \$42.98\*

Australia's #1 Magnesium Brand<sup>1</sup>  
Support for energy, stress, sleep

Always read the label and follow the directions for use.  
<sup>1</sup>QVAA™ Pharmacy Sell Out Service, Vitamin's category, Total Sales, 52 weeks WE, 16.11.2024, ETH10387/12/24.

**ETHICAL NUTRIENTS**



**40% OFF**  
**\$31<sup>99</sup>**  
Save \$22.00\*

**Bioglan**  
Glucosamine + Chondroitin + Turmeric  
120 Tablets



**40% OFF**  
**\$19<sup>49</sup>**  
Save \$13.50\*

**Bioglan**  
Active Magnesium  
1000 150 Tablets

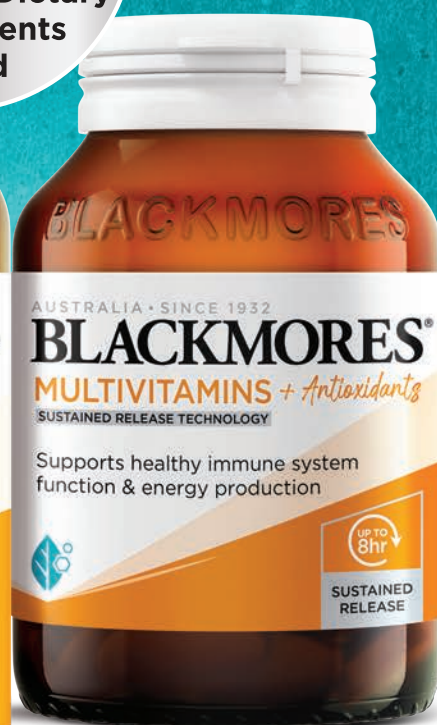
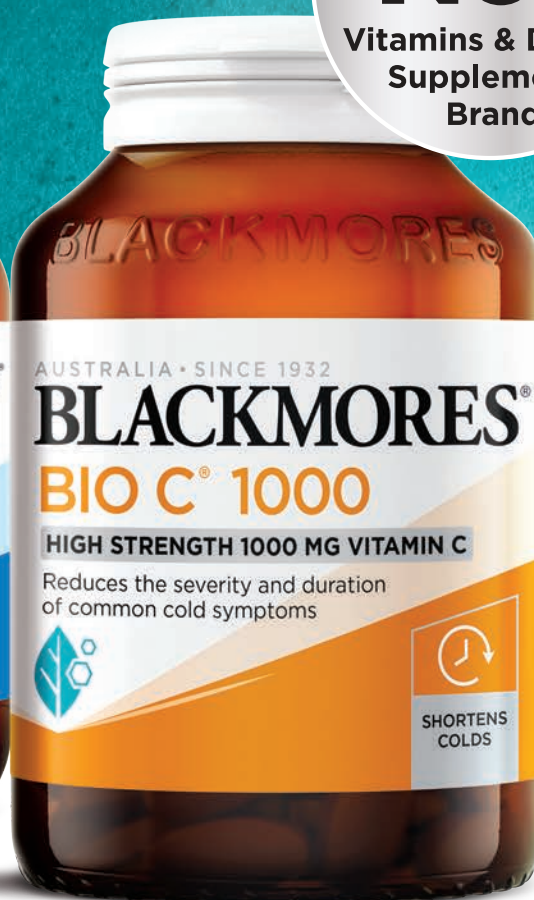
Always read the label and follow the directions for use. \*Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies. †This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded



# DO MORE FOR YOUR IMMUNE HEALTH

Australia's  
**No.1<sup>^</sup>**

Vitamins & Dietary  
Supplements  
Brand



Always read the label and follow the directions for use.

<sup>^</sup>IQVIA™ Total Australian Data, Vitamins, Mineral & Supplements category, Value Sales, 52 weeks period to 28th December 2024.



# 3 STEPS FOR DRY EYE RELIEF



Always read the label and follow the directions for use.  
AFT Pharmaceuticals Ltd, Sydney



**\$24.99**  
Save \$3.00\*

**Systane**  
Complete All in One Multi-Dose  
Preservative Free Eye Drops 10ml



**FROM \$64.99**

**ABLE**  
B2 Basic Blood Pressure Monitor **\$64.99**  
B3 AFIB Advanced Blood Pressure Monitor **\$129.99**



**UP TO 25% OFF**  
**FROM \$79.99**  
Save up to \$34.96\*

**Omron**  
Blood Pressure HEM 7120 Medium Cuff **\$79.99**  
Blood Pressure HEM 7121 **\$99.99**



**\$12.99**

**Rossmax**  
Aero Spacer

# Targeted relief



**20% OFF**  
**\$12.49**  
Save \$3.21\*

**Ural**  
Cranberry Effervescent Powder 28 x 4g



**20% OFF**  
**\$25.99**  
Save \$6.70\*

**Uramet**  
Methenamine  
Hippurate 1g  
100 Tablets



**\$16.99**

**Imodium**  
2mg 20 Capsules



**20% OFF**  
**\$11.99**  
Save \$3.01\*

**Mylanta 2 Go**  
Double Strength 48 Chewable Tablets



**\$33.49**

**Metamucil**  
Smooth Orange  
114 Doses  
673g



**\$19.99**

**Combantrin**  
Chocolate Squares 24 Pack

**High blood pressure**, also known as hypertension, can be a silent condition, often without noticeable symptoms. However, there are key things to watch for.

Frequent headaches, dizziness, shortness of breath, or blurred vision could indicate elevated blood pressure.

To monitor it, invest in a home blood pressure cuff. Check your blood pressure regularly, preferably at the same time each day, and keep a record of the readings. Aim to measure at least once a week.

Maintaining a healthy diet, reducing salt intake, staying active, and managing stress can help keep your blood pressure in check.

**Come In-store & speak to your local pharmacists on how to best manage your blood pressure today.**



# Feel your best for *less*



**25% OFF**  
**\$45<sup>99</sup>**  
Save \$16.58\*

**Thermoskin**  
EXO  
Stabilising  
Knee Sleeve



**25% OFF**  
**\$8<sup>99</sup>**  
Save \$3.00\*

**DEEP HEAT**  
Extra Strength  
Cream 100g



**20% OFF**  
**\$11<sup>99</sup>**  
Save \$3.50\*

**ICE**  
Spray  
150ml



**\$22<sup>99</sup>**

**Voltaren**  
Pain Relief Gel 100g



**30% OFF**  
**\$9<sup>99</sup>**  
Save \$5.00\*

**Nexcare**  
Clear Waterproof  
Strips Assorted  
30 Pack



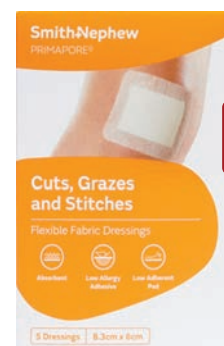
**\$3<sup>49</sup>**

**BAND-AID**  
Tough-Strips  
Regular 20 Pack



**\$9<sup>49</sup>**

**AERO**  
Waterproof Adhesive Tape  
2.5cm x 5m



**\$7<sup>49</sup>**

**Primapore**  
Flexible Fabric  
Dressings  
8.3cm x 6cm  
5 Pack



**\$8<sup>99</sup>**  
Save \$2.00\*

**Medicreme**  
Antiseptic  
Cream 50g



**\$12<sup>49</sup>**  
Save \$2.50\*

**Thursday Plantation**  
Tea Tree Manuka  
Healing Balm 30g



**\$10<sup>99</sup>**  
Save \$2.00\*

**Eurax**  
Cream 10% 20g



**20% OFF**  
**\$9<sup>99</sup>**  
Save \$3.00\*

**Ezy Dose**  
Push Button Weekly  
Pill Planner Medium

**LAMISIL**

FROM **\$15<sup>99</sup>**

Effectively treat **ATHLETE'S FOOT**

*Always read the label and follow the directions for use.*

**ACTION 3X FORMULA**

- **KILLS** THE FUNGUS
- **SOOTHES** THE SYMPTOMS
- **PREVENTS** RECURRENCE\*

\*For up to 3 months when used as directed.



**\$29<sup>99</sup>**  
EACH  
Save \$2.50\*

**Nicabate**  
Minis 2mg or 4mg Mint 60 Lozenges



**20% OFF**  
**\$37<sup>99</sup>**  
Save \$9.51\*

**Nicorette**  
QuickMist Spray Freshmint 150 Sprays

# Family favourites



**\$19<sup>99</sup>**

Save \$3.96\*

**Milky Foot**  
Intense  
Exfoliating Foot  
Pad Regular



**Scholl Eulactol**  
Heel Balm Gold 200g

**20% OFF**

**\$18<sup>99</sup>**

Save \$6.01\*



**35% OFF**

**\$20<sup>49</sup>**

Save \$11.50\*

**Scholl**  
GelActiv Insole  
Work & Boot  
Small or Large



**Energizer**  
Max AAA 8 Pack

**\$15<sup>99</sup>**



**VIVA**  
Paper Towel White 2 Pack

**\$3<sup>99</sup>**



**Kleenex**  
Large & Thick Facial Tissues 95 Pack

**25% OFF**

**\$2<sup>99</sup>**

Save \$1.01\*



**\$5<sup>49</sup>**

Save \$1.11\*

**Polident**  
Retainer &  
Mouthguard  
Cleanser  
36 Tablets



**20% OFF**

**\$11<sup>99</sup>**

Save \$3.01\*

**Listerine**  
Total Care  
Original or  
Zero Alcohol  
Mouthwash  
750ml



**MoliCare**  
Premium Mobile 10 Drop  
Large or Extra Large 14 Pack

**25% OFF**

**\$47<sup>99</sup>**

Save \$16.41\*



**Stayfree**  
Ultra Thin Wings Super 12 Pack or  
Regular Wings 14 Pack

**\$4<sup>99</sup>**

Save \$1.01\*



**Carefree**  
Tampons Flexia Regular 16 Pack **\$4.99**  
or Original Super 16 Pack **\$3.99**

**20% OFF**

**FROM \$3<sup>99</sup>**

Save up to \$1.51\*



**GAIA**  
Natural Baby Bubble Bath Sleeptime 250ml **\$7.99**  
or Biodegradable Water Wipes 20 Pack **\$1.99**

**20% OFF**

**FROM \$1<sup>99</sup>**

Save up to \$2.00\*



**Lansinoh**  
Nipple Cream 50g **\$28.99** or 15g **\$13.99**

**FROM \$13<sup>99</sup>**



**Novalac**  
Premium Infant Formula 0-12 Months 800g  
Reflux **\$31.99** or Allergy **\$40.99**

**FROM \$31<sup>99</sup>**



**Johnson's**  
Baby Powder 400g **\$6.49**  
or 200g **\$4.49**

**FROM \$4<sup>49</sup>**



**25% OFF**

**\$5<sup>99</sup>**

Save \$2.01\*

**Curash**  
Medicated Rash  
Powder  
100g



# Shine starts here



**20% OFF**

**\$9.99** EACH

Save \$2.51\*

**Aveeno Baby**  
Daily Moisturising Lotion 227g or  
Wash & Shampoo 236ml



**30% OFF**

**\$17.99** EACH

Save \$8.01\*

**Maui Moisture**  
For Dry Damaged Hair Shea Butter  
Shampoo or Conditioner 385ml



**\$5 OFF**  
**ADULT**  
**SUNGLASSES**

not available in all pharmacies



**30% OFF**

**\$12.49** EACH

Save \$6.01\*

**MooGoo**  
Milk Shampoo or  
Cream Conditioner  
500ml



**L'Oréal Excellence**

Creme Hair Colour Natural Brown or Light Ash Brown 1 Pack



**35% OFF**

**\$17.49** EACH

Save \$9.50\*



**Regaine**

Women's or Men's Foam 60g



**\$64.99** EACH



**30% OFF**

**\$14.99** EACH

Save \$8.01\*

**OGX**  
Argan Oil Shampoo or Conditioner 385ml



**Neutrogena**

Hydro Boost Gel Cream 50g

**20% OFF**

**\$28.99**

Save \$9.01\*



**30% OFF**

**\$5.99**

Save \$3.00\*

**Skin Republic**  
Bubble Purifying  
Charcoal Face Mask  
20ml



**25% OFF**

**\$6.99**

Save \$2.50\*

**Lucas' Papaw**  
Ointment Tube  
25g

# Blistex®

## WE DO LIPS. YOU DO LIFE



ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. REAPPLY FREQUENTLY.  
AVOID PROLONGED SUN EXPOSURE AND WEAR PROTECTIVE CLOTHING, HATS AND SUNGLASSES IN THE SUN.

# Nourish, hydrate, *glow*



**20% OFF**

**\$20.49**

Save \$5.51\*

**Aveeno**  
Daily Moisturising Wash 1 Litre



**20% OFF**

**\$23.49**

Save \$6.50\*

**Benzac**  
Acne Gel 5.0% 60g



**20% OFF**

**\$27.49**

Save \$7.50\*

**Thursday Plantation**  
Tea Tree Acne Control Kit



**30% OFF**

**\$10.49**

Save \$4.50\*

**Dermal Therapy**  
Anti Itch Soothing Cream 85g



**20% OFF**

**\$11.49**

Save \$3.46\*

**Bio Oil**  
Skincare Oil 60ml



**25% OFF**

**\$7.99**

Save \$3.00\*

**E45**  
Cream Tub 125g



**FROM \$10.99**

Save up to \$2.50\*

**Ego**  
QV Ceramides Cleanser 350g  
**\$10.99**  
QV Ceramides Lotion 350ml  
**\$11.49**



**25% OFF**

**\$15.99**

Save \$5.50\*

**Invite E**  
Vitamin E Cream 200g Pump

Always read the label and follow the directions for use. \*Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies.

**DB**  
DESIGNER BRANDS

Products aren't available in all stores

**FREE**  
CHERRY LIP EXFOLIANT  
valued at \$16.99  
with any 3 products



Radiant Glow Tinted Moisturiser \$22.99. Inspired by Nars; Wink Wink Tinted Lash Primer -Black \$16.99. Inspired by Too Faced; Peep Show Mascara - Chocolate Brown \$19.99. Inspired by Too Faced; Miracle Glide Colour Lock Eyeliner - Cherry Cola \$16.99. Inspired by Dior; Miracle Glow Colour Balm Palette \$19.99. Inspired by Jones Road; Colour Burst Glossy Lip Oil \$16.99. Inspired by Dior; **GIFT WITH PURCHASE:** Pep Up Peptide Lip Exfoliant - Cherry. Inspired by Rhode.

real designer cosmetics.

real people prices.

**WIN**

A SHARE OF

**\$10,000**

**10 x \$1,000 Visa gift cards!^**



<sup>a</sup>Offer valid from 7 - 29 May 2025. Spend \$40+ in a single transaction on non-prescription items & scan your Healthy Rewards card to enter the draw. Ten (10) major prizes of \$1,000 Visa gift cards. Multiple entries permitted, limited to one per day. TP/03497. See in-store for full T&Cs with permits by states.



**alliance**  
PHARMACY

where local health matters

Follow us

f @alliancepharmacy

ig @alliancepharmacy

Find your local Alliance Pharmacy



alliancepharmacy.com.au

**ipa** Independent Pharmacies Australia