

Keeping active & healthy

SAVE up to
50% OFF*
vitamins!

see back page



20% OFF
RRP*
ONLY
\$62⁹⁹

NICORETTE
QuickMist Nicotine Mouth Spray
Freshmint 2x150 Sprays



30% OFF
RRP*
ONLY
\$42⁹⁹ ea

OPTIFAST
VLCD Shake Assorted Flavours 12 Pack†



50% OFF
RRP*
ONLY
\$26⁸⁹

ETHICAL NUTRIENTS
Mega Magnesium 120 Tablets



ONLY
\$29⁹⁹

DYMISTA ALLERGY
Nasal Spray 120 Metered Sprays



Maintaining an active and healthy lifestyle is vital for your well-being. Our pharmacy offers a selection of vitamins, supplements, and wellness products designed to support your health and energy levels.

Always read the label and follow the directions for use. *As part of a healthy energy-controlled diet and physical activity. *Saving claims are based on the supplier Recommended Retail Price.

ON SALE 3RD - 23RD OCTOBER 2024

alliancepharmacy.com.au facebook.com/alliancepharmacy



alliance
PHARMACY

where local health matters



Keeping active & healthy

We all know how important exercise and healthy eating are for keeping us physically fit. But did you know that exercise can also help keep us mentally fit?

Research shows that people who exercise regularly have better mental fitness and emotional wellbeing, and lower rates of mental illness.

Taking up exercise regularly and combining it with healthy eating increases 'happy' chemicals in your brain called serotonin and dopamine.

Research suggests regular physical activity can be as effective as antidepressants or psychological treatments like cognitive behaviour therapy.

Come & speak to our pharmacist today about how we can best support you.

<https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-and-mental-health>



Pain relief starts here



PANANATRA
Joint Pain Relief 30 Tablets, Muscle Pain Relief 30 Capsules or Sleep & Pain Relief 30 Tablets



MAXIGESIC
12 Tablets[^]



ADVIL
Minis 40 Liquid Capsules[^]



NUROFEN
Zavance 80 Liquid Capsules[^]



NAPROGESIC
24 Tablets[^]



MEDI CHOICE
Paracetamol 500mg Rapid Release 40 Tablets[^]



DYMADON
For Kids 2-12 Years Colour Free Orange or Strawberry 200mL[^]



ABLE
B1 Plus Blood Pressure Monitor



CHEMISTS' OWN
Paracetamol Extra 40 Tablets[^] \$6.99 Paracetamol 20 Soluble Tablets[^] \$3.99 Children's Ibuprofen Pain & Fever 200mL[^] \$14.99 Low Dose Aspirin 168 Tablets[^] \$10.99 Aspirin Soluble 300mg 60 Tablets[^] \$6.99 Ibuprofen 200mg 96 Tablets[^] \$12.99



OMRON
HEM7156T Plus Blood Pressure Monitor

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

Out run your allergies



Itchy, snotty, sneezy?
There's a Chemists' Own[®] for that.

FROM
\$23⁹⁹



CHEMISTS' OWN
C-Zine 10mg 70 Tablets **\$24.99** Desloratadine 5mg 40 Tablets **\$23.99** Fexo 180mg 70 Tablets **\$24.99** Loratadine 10mg 50 Tablets **\$24.99**



FROM
\$14⁹⁹



ALLERTINE
Bilastine 20mg 10 Tablets **\$14.99**
or 30 Tablets **\$32.99**



ONLY
\$39⁹⁹

ZYRTEC
Hayfever & Allergy 80 Mini Tablets



ONLY
\$39⁹⁹

CLARATYNE
Hayfever & Allergy Relief 60 Tablets



ONLY
\$28⁹⁹

TELFAST
180mg 30 Tablets



ONLY
\$15⁹⁹ ea

ZYRTEC
Kids Hayfever & Allergy Relief Oral Liquid Grape or Bubblegum 120mL



ONLY
\$11⁹⁹

AZEP
Hayfever Relief Nasal Spray 5mL



ONLY
\$19⁹⁹

RHINOCORT
Hayfever & Allergy Non-Drowsy Nasal Spray Original 120 Sprays



20% OFF
ONLY
\$9⁹⁹

FLO
Saline Plus Nasal Spray 30mL



ONLY
\$14⁹⁹

FESS
Saline Nasal Spray 75mL



ONLY
\$10⁹⁹

VISINE
Allergy Eye Drops 15mL



ONLY
\$21⁹⁹

NASONEX
Allergy 140 Metered Sprays



FROM
\$11⁴⁹

OPTREX
Actimist Eye Spray 10mL **\$17.99**
Eye Wash 110mL **\$11.49**

Always read the label and follow the directions for use. *Saving claims are based on the supplier Recommended Retail Price. Please visit: <https://www.chemistsown.com.au/chemists-own-allergy-cashback/> Promotion starts 1 September 2024 – 31 October 2024. Claims must be received by 6th December 2024 at 11:59 pm AEDT. Always read the label and follow the directions for use.



Recommended by your



ONLY
\$19.49

VOLTA NATRA
Pain Relief Cream 100g



40% OFF
RRP*

ONLY
\$16.49
ea

PAIN AWAY
Forte+ Original Pain Relief Cream 70g
or Spray 100ml



ONLY
\$18.99

INFLAMAX SPRAY
Diclofenac 4%
130 Sprays

Stay healthy, stay active



30% OFF
RRP*

FROM
\$3.49

NEXCARE
Flexible Clear Tape 25mm Dispenser **\$5.89**
Micropore Paper Tape White 25mm **\$3.49**



ONLY
\$12.99

CRYSTAWASH
Wound Wash Spray 100ml



ONLY
\$7.99

PHARMACY CARE
Cohesive Bandage 75mm x 4.5m



ONLY
\$8.99

THURSDAY PLANTATION
Tea Tree Antiseptic Cream 100g



ONLY
\$10.99

SOLOSITE
Cooling, Soothing, Hydrating
Wound Gel 50g



ONLY
\$13.99

OPSITE
Post-Op Waterproof Dressings
6.5cm x 5cm 5 Pack



30% OFF
RRP*

FROM
\$34.99

FUTURO
Sport Performance Ankle Stabiliser Adjustable
\$69.99 Tennis Elbow Adjustable Support **\$34.99**



ONLY
\$10.99

AERO
Snake Bite Bandage With Indicator 10cm x 10.5m



ONLY
\$29.49

DERMAL THERAPY
Fungistop 3-in-1 Nail Treatment 4ml



20% OFF
RRP*

ONLY
\$15.49

NEAT FEAT
3B Action Cream Sweat Rash &
Chafing Cream 75g



25% OFF
RRP*

ONLY
\$11.99

DERMAL THERAPY
Heel Balm Platinum 75g

Go with your gut



20% OFF
ONLY
\$25⁹⁹

IBEROGAST
IBS + Digestive Relief 50mL

CLINICALLY PROVEN HERBAL FORMULA

RELIEVES DIGESTIVE SYMPTOMS

MEDICALLY SHOWN TO RELIEVE IBS SYMPTOMS

All-in-one effective treatment from:
 ✓ Bloating ✓ Indigestion
 ✓ Wind ✓ Diarrhoea
 ✓ Constipation ✓ Stomach Pain
 ✓ Gas ✓ Cramps

60mL Oral Liquid 60 D9562

ONLY
\$10⁹⁹

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Buscopan
Specialised Relief

hyoscine butylbromide 10mg

Specialised relief of stomach ache and pain due to cramps or spasms

20 TABLETS

BUSCOPAN
10mg 20 Tablets

ONLY
\$24⁹⁹

30 ENTERIC COATED TABLETS

Protects from the symptoms of accidental gluten ingestion*

GluteGuard
CARICA PAPAYA FRUIT OLEORESIN DRY 300mg

*Helps reduce the occurrence of symptoms of medically diagnosed gluten sensitivity caused by inadvertent gluten ingestion.

AUST L 2501424
MADE IN AUSTRALIA

GLUTEGUARD
30 Tablets



20% OFF
ONLY
\$21⁴⁹

Seremind
80mg lavender oil

Relieves symptoms of mild anxiety, nervous tension and improves sleep quality

One-a-day oral Formula

28 CAPSULES

Each soft capsule contains: 80mg lavender oil AUST L 250012

MENARINI

SEREMIND
Lavender Oil 80mg 28 Capsules

50% OFF
ONLY
\$24⁹⁹

VITAMIN C LIPO-SACHETS
Sodium Ascorbate 1000 mg
equivalent to 889 mg Vitamin C

ORIGINAL FLAVOUR

30 5g oral liquid sachets
One per day

Dietary Supplement
Liposomal Vitamin C with LIPO-SHELL

LIPO-SACHETS
Vitamin C Original 5g 30 Sachets

ONLY
\$19⁹⁹

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Ferro-grad C
iron & vitamin C

30 modified release tablets

AUST L 250121
VIATRIS

FERRO-GRAD C
Iron & Vitamin C 30 Modified Release Tablets

ONLY
\$34⁹⁹

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Ferrogen
Iron + Vitamin C

ferrous sulfate 325 mg
sodium ascorbate 562.4 mg

90 modified release tablets

FERROGEN IRON + VITAMIN C
90 Modified Release Tablets

40% OFF
ONLY
\$29⁹⁹ ea

Ostelin
Calcium & Vitamin D3
250 Tablets | 2-a-day

Ostelin
Vitamin D3 1000IU
250 Capsules | 1-a-day

OSTELIN
Vitamin D3 1000IU 250 Capsules or Calcium & Vitamin D3 250 Tablets

Save big on vitamins

GET MOVING **GO healthy**

Relieves mild joint inflammation, aches and pains

Relieves symptoms of mild osteoarthritis

Supports joint health and mobility

40% OFF
FROM
\$26⁴⁹

It feels good to **GO Healthy**

Always read the label and follow the directions for use. AC-006074

GO HEALTHY
GO Turmeric Joint Pain Relief 60 VegeCapsules **\$26.49** GO Turmeric 30,000+ 1-A-Day 60 VegeCapsules **\$32.99** GO Turmeric & Glucosamine 120 VegeCapsules **\$32.99**

40% OFF
ONLY
\$15⁴⁹

CENOVIS TURMERIC 3100

Standardized dry rhizome extract 155mg, Pepp 7.5 mg, 9-Phenols, curcuminoids 10mg

80 Capsules

CENOVIS
Turmeric 3100
80 Capsules

40% OFF
ONLY
\$18⁹⁹

CENOVIS MAGNESIUM

MUSCLE HEALTH

Relieves muscle cramps and helps relieve mild muscle spasms when dietary intake is inadequate

200 TABLETS

CENOVIS
Magnesium Value Pack
200 Tablets

FROM
\$37⁴⁹

BioCeuticals
CoQ10 Excel 150mg
Ubiquinone 150 mg
β-alpha-tocopherol 10 mg
(vitamin E 15 IU)

90 CAPSULES

BioCeuticals
Ubiquinol BioActive 150 mg
Ubiquinol-10 150 mg

30 TABLETS

ASK YOUR PHARMACIST ABOUT THIS PRODUCT.

BIOCEUTICALS
CoQ10 Excel 150mg 90 Capsules **\$43.99**
Ubiquinol BioActive 150mg 30 Capsules **\$37.49**

Earn more each shop



Get DOUBLE POINTS as a birthday gift from us!**
 Make sure you check out our range of gifts to treat yourself.

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where local health matters

Healthy Rewards

Rewarding your health, matters to us.

Not a member? Join in store today.

Everyday wellness



MOOGOO
 Milk Shampoo or Cream Conditioner 500mL



DERMAVEEN
 Hair + Scalp Soothing Oatmeal Shampoo or Conditioner 1L



DERMAL THERAPY
 Scalp Relief Shampoo & Conditioner 210mL or Scalp Relief Serum 60mL



POLIDENT
 Whitening Daily Cleanser 36 Tablets or Retainer & Mouthguard Daily Cleanser 36 Tablets



GEM
 Teeth Whitening Strips 28 Pack \$34.49
 Whitening Pen \$13.49 Triple Whitening Fluoride Toothpaste 100g \$8.99



DETTOL
 2in1 Hands & Surfaces Antibacterial Wipes 60 Pack \$6.49 or 15 Pack \$2.49

Depend YOUR CHANCE TO **WIN A \$250 VISA E-GIFT CARD EVERYDAY**

20% OFF RRP* Selected Poise & Depend Range

Purchase any POISE® or DEPEND® product, scan here or visit dependpoise.com/WINDAILY to enter.

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AVENT
 Soothie 0-6 Months Pink 2 Pack \$12.99 Ultra Air Night BPA Free Soother 6-18m 2 Pack \$10.99



ALULA
 Gold Toddler 900g*



CLEARBLUE
 Advanced Digital Ovulation Test 10 Pack \$41.49
 Ultra Early Pregnancy Test 3 Pack \$14.49

Always read the label and follow the directions for use. *Best milk is best for babies. **Double Points are offered as a birthday gift to customers with a valid email address. This offer applies to non-prescription items and must be used within 30 days of the customer's birthday. Birthday offers may vary by pharmacy. Please check in-store for your local pharmacy's specific details.

Beauty must-haves

DB DESIGNER BRANDS real designer cosmetics. real people prices.

Matte Maker Velvet Lipstick \$14.99. Inspired by Poppy King; Barely There Complexion Drops \$24.99. Inspired by Westman Atelier; Pep Up Peptide Lip Treatment \$16.99. Inspired by Rhode.

NATIO your gift

Receive your BONUS gift with any Natio purchase of \$49 or more*

**In one transaction. Excludes gift sets. Not in conjunction with any other offer. While stocks last.*

COLOUR BY TBN FREE Nail Stickers with any 3 products

Copacabana COLLECTION

ONLY \$3.99

COLOUR BY TBN
Nail Polish - 12 Assorted Shades

NATIO SUN

everyday is a great day for sun protection

Always read the label and follow the directions for use.

NATIO
Quick Dry Moisturising Sunscreen SPF50+ 200mL* \$16.95
Sensitive Skin Sunscreen SPF50+ 200mL* \$18.95 or 500mL* \$29.95

Dermal THERAPY

Award Winning Skincare takes you to an Award Winning Bali Retreat!

BUY ANY DERMAL THERAPY PRODUCT FOR A CHANCE TO WIN A TRIP FOR 2 TO FIVELEVES, UBUD WORTH \$8,000!

1. Purchase ANY Dermal Therapy product from Tuesday 1st October – Saturday 30th November 2024
2. Retain your receipt for proof of purchase
3. Complete the entry form online at www.dermaltherapy.com.au/baliretreat or scan the QR code

Always read the label and follow the directions for use. SA Permit No. T24/1332 ACT Permit No. TP 24/01729

QV WIN A PRIVATE ISLAND WELLNESS ESCAPE*

VALUED AT \$20K

Simply purchase any QV product, scan the QR code or visit www.qvskincare.com.au/privateisland to enter*.

*Conditions apply, see My QV Rewards App or www.qvskincare.com.au/privateisland. AU res 18+. Starts 05/09/2024. Ends 11.59pm AEDT 31/10/24. Retain receipt/s. ACT permit no. TP24/01076, SA permit no. T24/851, NSW permit no. TP/03579.

Always read the label and follow the directions for use. *When in the sun, avoid prolonged high-risk exposure, wear protective clothing and sunglasses and reapply sunscreen frequently. *Saving claims are based on the supplier Recommended Retail Price.

Revitanail SENSITIVE STRENGTH NAIL TREATMENT

PEARL, DIAMOND & AVOCADO OIL CONCRETE NEAR NAILS

Revitanail HAND & NAIL CREAM

AVOCADO OIL, GREEN TEA & CALCIUM FOR PENETRABLE SOFT NAILS

20% OFF RRP*

ONLY \$16.49 ea

REVITANAIL Sensitive Nail Strengthener 14mL or Hand & Nail Cream 100g

Neutrogena Beach Defence spray

SPF 50

Neutrogena Beach Defence lotion

SPF 50

25% OFF RRP*

ONLY \$16.49 ea

NEUTROGENA
Beach Defence Sunscreen Spray SPF50 184g* or Lotion SPF50 198mL*

DERMATOLOGICAL E45 moisturising lotion

500 mL e*

DERMATOLOGICAL E45 cream

500g e*

20% OFF RRP*

FROM \$15.99

E45
Moisturising Lotion 500mL \$15.99
Moisturising Cream Pump 500g \$21.49

BENZAC POWER PATCH

VISIBLE RESULTS IN 6 HOURS

24 PATCHES

20% OFF RRP*

ONLY \$13.49

BENZAC Power Patch 24 Patch

3-IN-1 TECHNOLOGY SHRINKS - SOOTHES - PROTECTS

50% OFF RRP*



SWISSE
Beauty Hair Skin Nails+ 60 Tablets **\$15.19**
Ultiboost Co-Enzyme Q10 150mg 180 Capsules **\$57.49**

SWISSE
Ultivite Men's or Women's Multivitamin 60 Tablets **\$22.49ea**
Ultiboost Magnesium 60 Tablets **\$12.49**



40% OFF RRP*

SAVE UP TO 50% OFF* vitamins

NATURE'S OWN
Glucosamine Sulfate With Chondroitin 320 Tablets **\$38.99** Magnesium Chelate 500mg 180 Capsules **\$25.49**



35% OFF RRP*

BLACKMORES
Multivitamins for Women or Men 90 Tablets **\$23.99ea**



30% OFF RRP*

HERBS OF GOLD
Magnesium Night Plus 150g **\$35.99** Magnesium Chewable 60 Tablets **\$22.49**
Children's Magnesium Care 60 Chewable Tablets **\$15.99** Magnesium Citrate 900 60 Capsules **\$21.49** Magnesium Forte 60 Tablets **\$23.49**



35% OFF RRP*

BLACKMORES
CoQ10 150mg 90 Capsules **\$40.29** Bio Magnesium 100 Tablets **\$22.39**
Super Magnesium+ 100 Tablets **\$20.99**

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@alliancepharmacy



please recycle



where local health matters

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