

back to school

HERBS OF GOLD

- Herbs of Gold Children's Multi Care 60 Chewable Tablets
- Herbs of Gold Children's Fish-i Care 60 Chewable Capsules
- Herbs of Gold Children's Immune Care 60 Chewable Tablets

Always read the label. Follow the directions for use. Vitamins & mineral supplements should not replace a balanced diet.



\$10.99
EACH



\$16.99
EACH



\$16.99
EACH



PediaSure Strawberry, Chocolate, Vanilla 200mL

\$2.99
EACH



Claratyne Children's Hayfever & Allergy Relief Chewable 10 Tablets Varieties

\$8.99
EACH

Always read the label. Use only as directed. Incorrect use could be harmful. If symptoms persist, see your healthcare professional.



15% OFF RANGE

Key Sun Zinke Sticks 5g



\$19.99
EACH

SAVE \$5

Parakito Refillable Mosquito Band & Clips

Always read the label. Follow the directions for use.



\$9.99
EACH

SAVE \$2

Nature's Way Kids Smart Vita Gummies 60's Range

Always read the label. Use only as directed. Incorrect use could be harmful. If symptoms persist, see your healthcare professional.

NOTES



Banlice Mousse 200g

\$14.99
EACH

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



Combantrin Chocolate Squares 24 Pack

\$14.99
EACH

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Nurofen for Children Soft Chewable 12 Capsules

\$8.99
EACH

Always read the label. Follow the directions for use. If symptoms persist, see your healthcare professional.



Reclens Eye Wash 100mL

\$5.50
EACH

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



49c
EACH

Kleenex Facial Tissue Pack Singles



\$2.99
EACH

Dettol Healthy Touch Liquid Antibacterial Instant Hand Sanitiser Refresh 50mL



\$9.99
EACH

Mozzigeer Mosquito Patch 10 Pack

Always read the label. Follow the directions for use.



\$2.50
EACH

Elastoplast Be Happy Limited Edition 16 Pack

DISCOUNT FRAGRANCES THIS VALENTINE'S DAY

SMELL THE LOVE



\$5.99
EACH

Destiny by Delta 100mL



\$4.99
EACH

Chopard Wish Eau de Parfum Spray 75mL



\$6.59
EACH

Marc Jacobs Daisy Dream Twinkle 50mL



\$8.89
EACH

Giorgio Armani Si Spray 30mL



\$3.89
EACH

Calvin Klein Beauty 100mL



\$3.29
EACH

Calvin Klein Eternity Women 100mL



\$4.79
EACH

Calvin Klein Euphoria 100mL



\$3.89
EACH

Sarah Jessica Parker Born Lovely 100mL



\$3.09
EACH

Sarah Jessica Parker Lovely 100mL

MEN'S FRAGRANCE



\$3.39
EACH

Calvin Klein Obsession 125mL



\$3.69
EACH

Calvin Klein Men 125mL



\$3.89
EACH

Calvin Klein Euphoria 100mL



\$6.49
EACH

Bvlgari Man in Black 100mL



\$3.99
EACH

Hugo Man Eau de Parfum Spray 75mL



\$7.99
EACH

Paco Rabanne Invictus 50mL Eau De Toilette Spray

FIND THE Chemist Outlet Discount Chemist LOCATION NEAREST YOU

NSW BAULKHAM HILLS 323 Windsor Road, 02 9639 1500 **BELMONT** 389 Pacific Highway, 02 4945 2580 **BYRON BAY** 51 Janson Street, 02 6685 6475 **DUBBO** 137 Macquarie Street 02 6882 1833 **EAST GOSFORD** 52 York Street, 02 4325 2839 **ERINA** 375 The Entrance Rd, 02 4367 4251 **ERINA CENTRAL** Erina Plaza 110 Central Coast Highway, 02 4365 3300 **GREEN POINT** 6/2 Link Road, Green Point Shopping Centre, 02 4365 6484 **LISAROW** Shop 22, Lisarow Plaza, 1 Parsons Road, 02 4328 1470 **ROCKDALE** 507 Princes Highway, 02 9597 3431 **THORNTON NEW** Suite 5, 2 Poynton Place, 02 4088 8444 **TUMBI UMBI** 7 Mingara Drive, 02 4388 1922 **UMINA BEACH** 283 West Street, 02 4341 3066 **WYOMING** Shop 1 470 Pacific Hwy, 02 4321 1312 **NORTH WYONG** 250-300 Pacific Hwy, 02 4351 3688 **QLD BUNDABERG** 44 Princess St, 07 4151 0770 **DEERAGUN** 12 Deeragun Road, 07 4795 2680 **SUMNER PARK** 50 Summers Rd, Sumner Park, 07 3376 2212 **TOWNSVILLE** Domain Central, 103 Duckworth Street, 07 4728 8897 **SA GAWLER** Gawler Green Shopping Centre, 4 Tulloch St, Evanston, 08 8522 8700

Chemist Outlet
Discount Chemist

Golden formulas for children



- Herbs of Gold Children's Multi Care 60 Chewable Tablets
- Herbs of Gold Children's Fish-i Care 60 Chewable Capsules
- Herbs of Gold Children's Immune Care 60 Chewable Tablets

herbsofgold™
Golden formulas

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CHEAP CHEAP



\$1.49
EACH

Colgate Toothpaste Regular 120g or Triple Action 110g



\$1.49
EACH

Colgate Twister Toothbrush's



\$7.99
EACH

Colgate Plax Mouthwash 1 Litre



\$1.79
EACH

Palmolive Liquid Hand Wash 250mL



\$2.50
EACH

Mitchum Roll On 50mL

ON SALE - Saturday 1st February - Saturday 29th February 2020 - unless sold out earlier. LIMITS MAY APPLY TO SOME PRODUCTS. SALE PRODUCTS ARE STRICTLY WHILE STOCKS LAST. Vitamins may only be of assistance if dietary intake is not adequate. Vitamin supplements should NOT replace a balanced diet. Pictures are for illustrative purposes only. Not all products are available at all stores. Products may vary between stores. Savings are calculated off our Everyday Low Price at the time of production. ^Saving Calculated off Recommended Retail Price.

PAGE 2
ARE YOU AGEING WELL?

ARE YOU AGEING WELL?



Are you ageing well? What does this concept even mean? Well... if you think about it, we are all aging aren't we? But are we aging well? According to the Australian Bureau of Statistics, 3.3 million Australians fall into the 'over 65 years' category. If this is you, it may be a good time to start prioritising your long-term health. To 'age well' we must place a greater focus on nutrition, lifestyle and supportive strategies to ensure long-term health and wellbeing.

So with this in mind - let's start by talking about your gut!

The gut is the birthplace of many diseases, chronic illnesses and overall imbalance in the body. This is why nutrition is key to a healthy future. As we age, it is often the case that appetite decreases. Try not to skip meals. Even if your meals are small, it is important to keep nutrients coming into the body regularly for optimum cellular function. Focus on lean proteins, slow-release digestible fibres and leafy green vegetables. Try to shop organic. I know it can be more expensive but organic produce is free from pesticides. Pesticides are toxic and can place extra burden on the liver as well as increasing oxidative stress causing inflammation. Inflammation has a negative impact on memory, sleep and mood. It can also flare up joint pain. Drink filtered water where you can for the same reason. It's toxin free! Lastly, try and keep inflammatory foods to a minimum. These include alcohol, caffeine, refined sugar, gluten,

dairy and trans-fatty acids. Still enjoy a glass of red wine with friends and a square of dark chocolate, just don't go nuts guys! Be kind to yourself. Life is about balance.

Keep moving. It's important. Exercise does not have to be punishing. It can be as simple as walking with friends. Keeping exercise regular is key. So lock it in. Exercise will prevent your joints from stiffening, giving you the freedom to enjoy the things you love. Not a walker? Try golf, aqua-aerobics, swimming, yoga or tai chi.

Mindful activities will keep your brain active and your memory sharp. Cards, bridge, sudoku, crosswords, reading, knitting, gardening, meditation, travel, fishing, writing, arts and crafts and puzzles.

Finally, social connection is my prescription to you. It gives us purpose and a sense of belonging. Spending time with family and friends improves self-esteem and elevates mood. If you live alone, consider joining a community group, church or charity organisation. Let's take care of each other. Check-in with your friends. They need you! Most importantly, practise self-care. You have worked hard. Now practise good health so you can enjoy your life.

I wish you all the very best health outcomes for many years to come and remember to take your probiotics.

Perri Church
Naturopath



Chemist Outlet

Discount Chemist

PROUD
to be
CHEAP



Azepe 5mL & 20mL, Eyezepe 6mL Eye Drops



Cartia 100mg 84 Tablets
Cartia 100mg 168 Tablets

Always read the label. Follow directions for use. If symptoms persist talk to your healthcare professional. This medicine may not be right for you. Read the warnings before purchase. The pharmacist reserves the right to not supply contrary to our professional and ethical obligation.



Claratyne Hayfever & Allergy Relief Antihistamine 30 Tablets

*Always read the label. Follow the directions for use. If symptoms persist talk to your health professional.



Olay Regenerist Varieties



Sudocrem Healing Cream Range



Tena Discreet & Active Pants Varieties

NEW YEAR NEW YOU



*Always read the label. Follow the directions for use. If symptoms persist talk to your health professional.



Blackmores Probiotics + IBS Support 30 Sachets
Blackmores Probiotics + Gut Recovery 14 Capsules

This product may not be right for you. Always read the label, warnings and instructions for use, before purchase. Vitamin and mineral supplements should not replace a balanced diet.



Optifast Protein Plus 63g x 10 Sachets



Always read the label. Use only as directed. For the temporary relief of pain and fever. Incorrect use could be harmful. Consult your healthcare professional if symptoms persist.



Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



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Rexona Clinical Protection Antiperspirant



Gillette Men's & Women's Razor Range



TRESemmé Shampoo Varieties 900mL



Epiderm Ointment & Cream 500g



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WARNING - Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. Always read the label. Use only as directed. If symptoms persist consult your healthcare professional. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Do not use if cap and/or bottle seals are missing or broken. This product is sold by weight not volume. Some settling may occur.



Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



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Dermal Therapy Range



Skin Republic Face Mask Varieties



Abundant Magnesium Gel & Spray



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Infacol contains Simethicone. Always read the label. For the treatment of infant colic.



*Always read the label. Follow the directions for use. If symptoms persist talk to your health professional.



NS 8 Heel Balm Complex 60mL or 125mL



Herbal Essences 300mL