

# Chemist Outlet

## Discount Chemist

### THE ADVANTAGES OF HOME BLOOD PRESSURE MONITORING



**\$99**  
EACH

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

"Home blood pressure (BP) monitoring, the self-measurement of BP in the home, away from a medical environment, provides a greater number of BP readings that are more reliable for assessment of true underlying BP than clinic BP measurement. While 24-hour ambulatory BP monitoring is the gold standard method to assess BP control, it is not always practical to use this in general practice. A standardised approach to measuring home BP is recommended to help minimise error and give more reliable readings" (Sharman, et al., 2016) - The Royal Australian College of General Practitioners 2016

#### Our Recommendations for Home Monitoring:

- Conduct measurements at similar times in the morning & evening with an empty bladder before taking medication, before eating and not within 30 mins of drinking caffeinated beverages, smoking or performing rigorous exercise.
- Conduct and record readings for 7 consecutive days at home as advised by your doctor, excluding the first day's readings.
- Use the correct sized cuff for your arm.
- Preferably use a monitor that detects positioning and tension on the cuff.
- Sit quietly in an area with a comfortable temperature for 5 minutes without talking or looking at screens.
- Your feet need to be flat on the floor, don't cross your legs. Position the cuff on a bare arm (no clothing). Sit with your back straight against the chair and your arm supported with the cuff at heart level.
- Preferably use the memory/Bluetooth function to record to your mobile device and take these series of 7 consecutive days readings to your next doctor appointment.
- Check if your device has been approved by the British & Irish Hypertension Society (BIHS) and European Society of Hypertension Protocol (ESH) for accuracy and is listed on <http://www.bhsoc.org/bp-monitors>.



**\$29.99**  
EACH  
SAVE \$6

**TELFAST 180mg 50 Tablets**

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



**\$19.99**  
EACH  
SAVE \$5

**BLOOMS Green Lipped Mussel & Turmeric 100 capsules**

\*This medicine may not be right for you. Read the label before purchase. Incorrect use could be harmful. Follow the directions for use. If symptoms persist, talk to your health professional.

**\$29.99**  
EACH  
SAVE \$14

**BLOOMS Curcumin 600 Plus 120 capsules**



**\$17.99**  
EACH  
SAVE \$3

**HARMONY UDREAM 30 Tablets**

\*This medicine may not be right for you. Read the label before purchase. Incorrect use could be harmful. Follow the directions for use. If symptoms persist, talk to your health professional.



**\$13.99**  
EACH

**OSTELIN Calcium & Vitamin D3 130 Tablets**

**OSTELIN Vitamin D3 130 Capsules**



**\$23.99**  
EACH  
SAVE \$8

**ETHICAL NUTRIENTS MEGA ZORB Mega Magnesium 120 Tablets**

\*This medicine may not be right for you. Read the label before purchase. Incorrect use could be harmful. Follow the directions for use. If symptoms persist, talk to your health professional.

**\$33.99**  
EACH  
SAVE \$14

**INNER HEALTH Plus Double Strength 60 Capsules**



**\$7.99**  
EACH  
SAVE \$6

**ZANZOLE 24HR 14 Tablets**

\*This medicine may not be right for you. Read the label before purchase. Incorrect use could be harmful. Follow the directions for use. If symptoms persist, talk to your health professional.



**\$42.99**  
EACH  
SAVE \$4

**NICORETTE Quickmist Duo Mouth Spray Range**

**\$25.99**  
EACH  
SAVE \$3

**NICORETTE Cooldrops 80 Lozenge Range**



**\$19.99**  
EACH  
SAVE \$4

**NICOTINELL Gum Varieties 96 Pack**

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



**\$6.50**  
EACH

**GAVISCON Dual Action 32 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.



**\$4.99**  
EACH  
SAVE \$2

**GAVISCON Dual Action Liquid 12 Sachets 10mL**



**\$9.99**  
EACH  
SAVE \$3

**GAVISCON Dual Action Liquid 600mL**



**\$13.50**  
EACH  
SAVE \$2.50

**PANADOL OPTIZORB 100 Tablets Paracetamol 500mg**

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



**\$13.99**  
EACH  
SAVE \$4

**URICIL 24 Capsules**

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

### UPGRADE YOUR MONITOR FREE WITH STRIP & LANCET PURCHASE

Remarkably accurate self-monitoring  
Instant feedback on the reading through the smartLIGHT™ feature

Below Target Within Target Above Target

Seamless connection to the CONTOUR™DIABETES App

MICROLET™ Lancets for use with CONTOUR NEXT & CONTOUR NEXT ONE Blood Glucose Monitors

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**\$3.99**  
EACH  
SAVE \$2

**MERSYNOFEN 12 Tablets**

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

**\$54.99**  
EACH  
SAVE \$15

**LOCERYL Nail Lacquer 5mL**

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

**\$11.99**  
EACH

**VOLTAREN RAPID 25 Diclofenac Potassium 25mg 30 Tablets**

**\$19.99**  
EACH  
SAVE \$3

**VOLTAREN EMULGEL 100g gel Tube**

\*Ask your pharmacist – they must decide if this product is right for you. Incorrect use could be harmful.

ON SALE - Sunday 1st December - Tuesday 31st December 2019 - 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.

# SUMMER

## CHEAP CHEAP



**\$8.99 EACH**  
SAVE \$5

**NATURAL INSTINCT** Invisible, Kids, Tinted Face 100mL Range

**\$9.99 EACH**  
SAVE \$4

**\$10.99 EACH**  
SAVE \$3.50

**HAMILTON** Active 50+ 250mL

**HAMILTON** Sensitive 50+ 265mL

**\$8.99 EACH**  
SAVE \$4

**CANCER COUNCIL** Matte SPF 50+ 75mL Range

**\$20.99 EACH**  
SAVE \$5

**\$10 OFF**

**JOHN PLUNKETT'S** Super Wrinkle Cream 50g, Protective Day Moisturiser 50g, Glyco Peel 15mL

**\$48.99 EACH**  
SAVE \$10

**ACTIVATED NUTRIENTS** Organic Men's Superfood 4-8 week supply 224g

**\$1.99 EACH**

**PALMOLIVE** Foaming Hand Wash 250mL

**\$16.50 EACH**  
SAVE \$10

**VITAL ALL-IN-ONE** Daily Health Supplement 120g

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**\$3.99 EACH**

**REXONA** 250mL Varieties

**INSTORE NOW**

**\$25.99 EACH**  
SAVE \$5

**TRIOLOGY** Certified Organic Rosehip Oil 45mL

**\$23.99 EACH**  
SAVE \$12

**\$23.99 EACH**  
SAVE \$10

**TRIOLOGY** Vitamin C Moisturising Lotion 50ml or Vitamin C Booster Treatment 12.5mL

**TRIOLOGY** Cream Cleanser 200mL

**\$10.99 EACH**  
SAVE \$2

**BIO-OIL** Skincare Oil 60mL

**\$18.99 EACH**  
SAVE \$3

**BIO-OIL** Dry Skin Gel 200mL

**\$5.49 EACH**  
SAVE \$1.50

**ELASTOPLAST** Wound Healing Ointment 50g or Spray 100mL

**\$3.29 EACH**

**ELASTOPLAST** Fabric Extra Flexible Breathable Plasters 40 Strips

**20% OFF RANGE**

**MOLICARE** Mobile Small, Medium, Large & XLarge 14pk

**\$11.99 EACH**  
SAVE \$3

**BIOLYTE** Effervescent 24 Tablets Varieties

**\$10.29 EACH**

**HYDRALYTE** 16 x 62.5mL Ice Blocks Varieties, Ready to use 4x 250mL, Effervescent Varieties 20 Tablets

**\$17.99 EACH**  
SAVE \$3

**CETAPHIL** Gentle Cleanser, Moisturising Cream & Lotion 1L

**30% OFF RANGE**

**GILLETTE PURE** Shaving Gel for Men 170g

**GILLETTE** SkinGuard Manual Razor

**\$5.99 EACH**  
SAVE \$3

**BATISTE** Dry Shampoo 200mL Varieties

## SUPER SAVINGS ON EVERYDAY ESSENTIALS

**PROUD to be CHEAP**

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