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VACANCY
PAGE 4

221 Joubert Street, Rustenburg, E-mail: news@platinumweekly.co.za

PLATINUM WEEKLY



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23 JANUARY 2026

The former Rustenburg Home Affairs offices at 127 Bethlehem Street in the CBD – a location long criticised by residents due to safety concerns and repeated reports of attacks in the surrounding area.

Rustenburg Home Affairs finally leaves the CBD

Platinum Weekly newspaper

| **Rustenburg** – Ask anyone in Rustenburg and they'll tell you: going to Home Affairs was never just an errand — it was a risk. That's why news of the department's move out of the CBD is being welcomed with open arms.

For years, residents needing identity documents, birth certificates, or passports had little choice but to visit the Home Affairs offices at 127 Bethlehem Street, right in the middle of Rustenburg's central business district. It was a location many people feared — and avoided whenever possible.

The area has long been associated with crime, and over time there have been repeated reports of muggings and attacks on members of the public. Standing in long queues from early morning hours only made people more vulnerable. The risk was well known. So serious were the safety concerns that many residents simply stopped going there. Instead, people took entire days off work to travel to Swartruggens or other towns. Some even went as far as trying their luck in different cities altogether. They knew the systems might be offline. They knew they might come home empty-handed. But for many, that felt safer than spending hours in the Rustenburg CBD.

The Department of Home Affairs confirmed that the Rustenburg office will be relocating to Tlhabane Mall, with the move set to begin on 22 January 2026.

During the transition, the Bethlehem Street offices will close. To ensure services continue, mobile Home Affairs offices will operate from Tlhabane Square until the new permanent office is fully operational.

The mobile units will handle key services, including:

- Birth registration within 30 days
- Death registration
- Collection of Smart ID Cards
- Collection of passports

All other Home Affairs services will be available at nearby offices during this period.



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A final salute: Detective Mafuleka

Platinum Weekly newspaper | Rustenburg
– The South African Police Service (SAPS) in Bojanala Platinum Sub-District 2 gathered with heavy hearts to bid farewell to one of its own, detective warrant officer Shadrack Motlogelwa Mafuleka, during an official SAPS funeral held

on Saturday, 17 January 2026.

The service took place in Rustenburg, before the late officer was laid to rest at his home village of Manamakgotheng. Family members, friends, colleagues, SAPS management and community members came together in solemn unity to honour a man remembered for his dedication, humility and unwavering commitment to duty.

Warrant officer Mafuleka served at Phokeng Detective Services, where he built a reputation as a disciplined and dependable detective. His policing journey began in 1990.

Those who worked alongside him described him as professional, principled and deeply committed to justice. His calm approach and steadfast work ethic earned him respect not only within the police service, but also among community members who came to know him through his service.

Speaking on behalf of the acting Bojanala Platinum Sub-District commissioner, brigadier Mamotsamai Ntoagae, colonel Sam Tiholoe conveyed heartfelt condolences to the Mafuleka family and all those affected by the loss. "We have lost a dedicated and disciplined detective who served the SAPS and the community with commitment and integrity," Colonel Tiholoe said.



SAPS members, family and community gathered to pay their last respects during the official funeral of detective warrant officer Shadrack Motlogelwa Mafuleka.



Op 15 Januarie 2026 is Adolf Oosthuizen (Dolf) na sy Hemelhuis in die ouderdom van 86 jaar. Hy was vir 23 jaar takbestuurder en later bemarkingsbestuurder by MGK (nou Obaro). Sy plekkie is leeg en sy lag is stil. Sy begrafnisdiens vind op Vrydag 23 Januarie 2026 plaas om 11:00 vanuit die Nederduits Hervormde Kerk, Suid-Gemeente.

Vir meer inligting, kontak Doves Funerals Rustenburg op 014 592 1233 of 073 209 2727 – Doves Rustenburg verseker 'n waardige afskeid.



Doves Rustenburg would like to extend their heartfelt condolences to the family and friends of the late Sello Mogamisi, who was born on 8 January 1972 and sadly passed away on 14 January 2026. A burial service will be held in his honour on 24 January 2026 in Tweelaagte.

For more information, please contact Doves Funerals Rustenburg on 014 592 1233 or 073 209 2727 – Doves Rustenburg, ensuring a dignified service.



Ons onthou met liefde wyle Daan Goosen (71), oorlede op 12 Januarie 2026. Ons het hom Vrydag 16 Januarie 2026 gegroet vanuit AGS Deo Gloria, Rustenburg.

Vir meer navrae, skakel Cobus by 081 379 8919 of Wilna by 074 200 2687 – 'n diens met liefde en waardigheid deur Econo Begrafnis en Verassingsdienste.



Ons onthou met liefde wyle Koos de Jonge (57), oorlede op 1 Januarie 2026. Ons het hom Saterdag 17 Januarie 2026 gegroet vanuit die kapel te Sonskyn Aftree Oord, Rustenburg.

Vir meer navrae, skakel Cobus by 081 379 8919 of Wilna by 074 200 2687 – 'n diens met liefde en waardigheid deur Econo Begrafnis en Verassingsdienste.



Ons onthou met liefde wyle Magda Joubert (58), oorlede op 16 Januarie 2026. Ons groet haar Saterdag 24 Januarie 2026 om 11:00 vanuit die kapel te Sonskyn Aftree Oord, Koorsboomstraat, Rustenburg.

Vir meer navrae, skakel Cobus by 081 379 8919 of Wilna by 074 200 2687 – 'n diens met liefde en waardigheid deur Econo Begrafnis en Verassingsdienste.

In liefdevolle herinnering | In remembrance

Rug in vrede

Mnr. Franco Bezuidenhout



Met groot hartseer neem ons afskeid van mnr. Franco Bezuidenhout. In sy tyd by Laerskool Rustenburg (2023–2024) het hy diep spore getrap met sy liefde vir skaak en sy betrokkenheid by rugby. Sy nalatenskap leef voort in die lewens wat hy aangeraak het. Ons dink in besonder aan sy ma, juffrou Sania Bezuidenhout, haar man en hulle dogter. Ons innige meegevoel aan die familie en almal wat hom liefgehad het.

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CONGRATULATIONS CLASS OF 2025

34 YEARS OF EXCELLENCE

92.7% PASS RATE – 4TH IN BOITSHOKO DISTRICT

28 DISTINCTIONS

3 DISTINCTIONS



Rose Tsatsi

Business Studies	84%
Setswana FAL	89%
Tourism	84%

6 DISTINCTIONS



Keatlegile Mkhize

Accounting	93%
Business Studies	88%
Economics	88%
Life Orientation	84%
Mathematics	86%
Setswana FAL	86%

Top learner in Northwest Province and Bojanala District (Independent Schools)

2 DISTINCTIONS



Nosimilo Gulwako



Tshiamo Mahube



Bokang Masha



Leila Monnamorwa



Mogontle Ntlele



Palesa Tau

1 DISTINCTION



Obakeng Dire



Kago Gaobape



Esme Kgotleng



Relebogile Modise



Hope Makgothi



Retebogo Mokwena



Esona Msulelwa

CONGRATULATIONS TO THE REST OF THE CLASS OF 2025 WHO ACHIEVED THEIR NSC:

N Dlamini, K Galela, T Kalunga, O Kgaboesele, O Kgaladi, B Kgobane, T Khunou, R Kusumane, R Kwenaithe, K Lekete, R Letskolo, S Letsholo, D Lobelo, R Mabelane, P Mabula, K Makgala, U Makgale, O Maledu, S Maqwara, T Mashamba, I Matabane, M Mathibe, G Matlhabegoane, N Moate, R Mofofi, M Mofokeng, G Moremi, K Moroatshehla, R Musekiwa, N Nemadzhilili, S Nggoko, K Ramotso, N Shabalala, M Sikoko, G Tlamelo, O Tsotetsi

Boots on the Ground, RECLAIMING OUR WARDS

Platinum Weekly newspaper | Rustenburg – While many residents eased into the festive slowdown, *Our Ward Matters* (OWM) began the year with visible action, rolling out a series of community clean-ups across Wards 16 and 17 to improve safety, cleanliness, and pride in shared spaces.

14 January
OWM led two clean-ups in two wards, clearing overgrown bushes, removing large volumes of dumped rubbish, and cutting grass at key points including Wildevy Avenue, Kruger Street, and near Wildevy Centrum. Hidden gardens and neglected spaces were uncovered, showing strong potential for future beautification.

15 January
The team continued intensive work by filling a long-standing excavation hole, clearing heavily overgrown vegetation at Timbati Veld, and opening

the water canal between Watervalrivier and Krokodilrivier to restore safety and visibility.

19 January
OWM returned to Wildevy Avenue and Kruger Street, further clearing bushes near Rustenburg Baptiste Kerk and cleaning surrounding streets and open areas. The clean-up made a visible difference around Protea Park and the Kruger Bridge, despite challenges posed by unsafe conditions deeper in the veld.

20 January
Work began at the corner of Cycad and Santolina Avenue, a key access route used daily by residents, where heavy illegal dumping and overgrown veld were addressed. Additional rubbish removal took place along Cycad Avenue and near Fiddlewood Place, with more areas identified for follow-up.

Azaleapark and Sellypark – Community Safety Focus

Residents gathered to identify key access points needing improved visibility and monitoring, including entrances from the highway and Nature's View. *Our Ward Matters* encouraged stronger community participation in CCTV and safety initiatives, emphasising that security is a shared responsibility.

WANT TO HELP?
Contact André (076 057 1669), Ilse (078 258 6620), or Ronel (072 854 8965).
Banking details: Our Ward Matters | FNB | Acc: 63038972641 | Branch: 258055 | Ref: OWM



19 January | *Our Ward Matters* teams clearing overgrown veld and removing dumped rubbish near Wildevy Avenue and Kruger Street, improving safety and visibility in the area.

A Tragic Dawn on the R565

Emergency services respond to a fatal pedestrian-vehicle accident on the R565 between Ledig and Sun City in the early morning hours of 15 January 2026. Authorities temporarily closed the road as responders worked at the scene.

Platinum Weekly newspaper | Rustenburg – A devastating pedestrian-vehicle accident claimed a life in the early hours of Thursday, 15 January 2026, on the R565 road between Ledig and Sun City. Emergency services were dispatched at approximately 05:00 after reports that a pedestrian had been struck by a bus. On arrival, paramedics John Penyenye and Dineo Mabote from Starmedic EMS 24/7 found a male, estimated to be between 35 and 40 years old, lying on the roadway. Despite swift response, the man was declared deceased at the scene, with injuries

consistent with being struck and dragged by a bus. Speaking on behalf of Starmedic EMS 24/7, owner John Penyenye expressed heartfelt condolences: “Our deepest condolences go out to the family of the deceased during this incredibly difficult time.” He also issued an important safety appeal to the community, especially to pedestrians who travel during low-light hours: “Please wear bright or reflective clothing at night so that you can be seen by other road users and drivers.”

Starmedic EMS 24/7 press release extracts



FROM WARD TO WIDER VOICE

Why Rustenburg is watching Luan Snyders' next step

Platinum Weekly newspaper | Rustenburg – For many Rustenburg residents, some names are more than just names on a notice board — they are faces seen at community meetings, voices heard during difficult moments, and people who consistently show up when it matters. One such familiar face is Luan Snyders, who on 9 January 2026 officially accepted his nomination as Deputy Provincial Leader for the North West, ahead of the Democratic Alliance's provincial congress scheduled for 7 February 2026. While this nomination marks an important milestone in his political journey, it is the local impact behind the title that has caught the attention of many within the Rustenburg community. Residents and community sources consistently describe Snyders as someone who communicates — and then follows through. Whether through WhatsApp channels, social media updates, or face-to-face conversations, he is known for keeping people informed, promising feedback, and delivering it. His presence at major community events is often noted, and his willingness to assist — even outside the boundaries of his own ward — has earned him respect across different neighbourhoods. Following his acceptance of the nomination, *Platinum Weekly* interviewed Snyders, where he shared that his motivation to stand stems from a belief that “young, fresh and visionary leadership can turn the tide.” If elected, he said his focus would be on growing party branches in Rustenburg and North West as a whole, improving service delivery, and acting as a voice for those who feel unheard. He added, “coming from Rustenburg, it is time the DA gets the support that it needs.” Born and raised in Karlienpark, Snyders is the second eldest of six siblings and a twin. He attended Karlienpark Primary School and later Hoërskool Grenswag, where he matriculated. His interest in leadership began at a young age, shaped by local infrastructure challenges and a natural inclination to take responsibility within his community. Now with 10 years of experience as a councillor, having entered public service at the age of 23, Snyders has held several leadership roles, including deputy provincial chairperson and

provincial chairperson. After the 2021 local government elections, he chose to step aside from provincial leadership to refocus on strengthening local governance — a move many viewed as placing community stability ahead of position. It is important to note that *Platinum Weekly* does not position itself as a political newspaper, nor does it single out individuals as the sole drivers of progress. Rustenburg is home to many dedicated public servants, volunteers, and leaders doing meaningful work across all wards and sectors. However, when a local figure consistently demonstrates visibility, accountability, and a willingness to listen, it becomes a community story — not a political one. For *Platinum Weekly*, this moment is about acknowledging a Rustenburg resident who may soon represent the city at a provincial level, and about saying thank you for consistent engagement with the people he serves.



- **Nomination:** Accepted nomination as Deputy Provincial Leader for the North West on 9 January 2026.
- **Congress Date:** DA Provincial Congress to be held on 7 February 2026.
- **Experience:** 10 years as a councillor, starting at age 23.
- **Background:** Born and raised in Karlienpark, Rustenburg.
- **Focus Areas:** Branch growth, service delivery, and community representation

VACANCY

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CHIEF SAFETY OFFICER - WESTERN OPERATIONS

The following vacancy exists within Sylvania Metals (Pty) Ltd:

Sylvania Metals is looking for a Chief Safety Officer to support our Western Operations with safety-related legal requirements, procedural requirements, client requirements, SHE Policy, and the Mine's SHE Strategy.

Key Performance Areas:

- SHE Systems Implementation and Management
- Ensure that the MH&S Act, as well as the requirements of the OH&S Act, are implemented and enforced.
- Building a sound stakeholder relationship with the host mine.
- Maintain the SHERQ system for the business unit.
- Incident investigations.
- Maintain and review processes and procedures according to ISO standards.
- Perform Risk Assessments.
- Advise the Plant Manager & Engineer on related SHES issues.
- Act as proxy for the Company.
- Ensure all legal compliance regarding legal duties in terms of Regulation 2.17.4 of the MHSA.
- Design, develop, implement, maintain, and monitor health and safety improvement interventions like safety awareness campaigns, Silly Season campaigns, and site or regional cross audits, etc.
- Conduct various audits such as TMM's, machinery, FRCP, etc.
- Develop, implement, maintain, and monitor adherence to health and safety standards and objectives.
- Thoroughly investigate accidents/incidents related to safety, health, and environmental, and implement corrective actions as necessary.

Ensure and oversee that safety officers comply with MHSA 2.17.1, 2.19.1 & 2.19.2

- Oversee Safety Officer accident investigations and facilitate high-level accident investigations and incident cause and analysis methods
- Share and implement preventative measures from previous learnings
- Assist with IMS or other IT Software systems
- Security incident records

Knowledge/Education Requirement:

- Grade 12
- Relevant SHE Course such as NOSA, SAMTRAC, COMSOC 1,2 &3, risk management, and incident investigation.
- A Diploma or Degree in Safety, Risk, Environmental Management, NEBOSCH will be an advantage.

Experience and requirements:

- At least 6 years' experience as a Safety Officer/ Chief Safety Officer in a Plant/Mining/Engineering environment.
- Experience in investigations, inspections, and reporting.
- Safety training experience
- Good administration is essential.
- Risk Management
- A driver's license and own transport are compulsory.

Candidates who meet the requirements as stipulated above may apply by sending their CVs and copies of relevant qualifications to the Sylvania HR Department. Should you not hear from the company in 21 days, please consider your application unsuccessful.

By applying for this vacancy, you give consent to Sylvania to process your personal information in line with the Processing of Personal Information Act (POPIA) and the Company's recruitment procedure. Your information will be kept on record for this vacancy only.

Contact: recruitmentwest@sylvania.co.za

Closing Date: 27 January 2026



Summer Carnival

BIGGER THAN BIG DEALS

SPECIALS VALID THURSDAY 22 JANUARY - SUNDAY 1 FEBRUARY 2026



AS SEEN ON TV

White, Red, Black Seedless or Red Globe Grape Punnets 500 g

any 2 for **R49**



AS SEEN ON TV

Nectarine or Yellow Cling Peach Punnets

any 2 for **R39**



AS SEEN ON TV

Omo Auto Liquid Detergent 1.5 L or Capsules 14s

any 2 for **129⁹⁹**

SAVE R90



AS SEEN ON TV

Pepsi Zero Sugar, Light or 7Up Sugar Free 2 L

any 3 for **R40**

SAVE R21



AS SEEN ON TV

Food Lover's Ground Beef 2 x 500 g

89⁹⁹ per pack



AS SEEN ON TV

Bulk Beef Rump or Sirloin Steak

149⁹⁹ per kg

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LENASIA BUTCHERY & STORE ARE STRICTLY HALAAL & NIHT-CERTIFIED. NO PORK PRODUCTS SOLD IN-STORE.



BULK DEALS!

COMBO
1 x Potato Pocket 7 kg,
1 x Onion Bag 3 kg
R99



AS SEEN ON TV
Sweetcorn
Prepacks 4s
2 for
R49



AS SEEN ON TV
Tomato
Thriftpacks 1 kg
3 for
R49





Mango Boxes
2 kg
R49
each



Mangoes
4 for
R49



COMBO
1 x Mango
Thriftpack 1 kg,
1 x Litchi Punnet
R49



AS SEEN ON TV
Spanspek or
Honeydew Melons
any 2 for
R49



Plum Punnets
2 for
R39



Imported Strawberry
Punnets 250 g
R39
each



Blackberry
Punnets 90 g
3 for
R25



Raspberry
Punnets 125 g
2 for
R25



Prickly Pear Boxes
R59
each



Pineapple Trays
R49
each



White Grape
Boxes 1.5 kg
R49
each



Nectarine or Yellow
Cling Peach Trays
R69
each



NEW SEASON
Glo Red Apple
Econopacks
1.5 kg
2 for
R49



Summer Pear
Econopacks 1.5 kg
2 for
R49



SALAD COMBO
1 x English Cucumber,
1 x Lettuce Prepack,
1 x Spanish Santé Cocktail
Tomato Punnet 200 g
R49



Seasonal Mixed Salad
150 g, Four Leaf 120 g or
Herb Salad Mix 140 g
any 2 for
R39



Jumbo Salad
Bowls 250 g
2 for
R49



English Cucumbers
3 for
R30



Crown Pumpkins
2 for
R49



Carrot
Thriftpacks 1 kg
2 for
R25



Garlic, Turmeric
or Ginger Socks
any 2 for
R39



Green Bean
Thriftpacks 600 g
2 for
R29



Green Pepper
Thriftpacks
2 for
R39



Red Sweet Potato
Bags 2 kg
2 for
R49



Butternut
Pockets 7 kg
R39
each

AS SEEN ON TV



La Belinda
Chopped or Peeled
Tomatoes 400 g
any 4 for
R60
SAVE R20



Food Lover's Light
Brown or Atlanta NuLife
Low GI Sugar 2 kg
39⁹⁹ each
SAVE R15



Cadbury Chocolate
Slabs Assorted 80 g
any 3 for
R50
SAVE R23



Brookes Oros
Concentrated
Squash Assorted 2 L
any 2 for
R79
SAVE R21

SAVE BIG!



Food Lover's Crushed
Garlic or Garlic &
Ginger 500 g
any 2 for
R50
SAVE R30



Clover Butro Butter
Spread 500 g
2 for
R160
SAVE R40



Stork Country
Spread 1 kg
2 for
R95
SAVE R25



Nescafé Gold Instant
Coffee Assorted
200 g/220 g (Excl. Decaf)
any 2 for
R300
SAVE R80



Simba NikNaks Maize
Snacks Assorted 135 g
any 2 for
R24
SAVE R8



Dairymaid Country
Fresh Ice Cream
Assorted 1.8 L
any 2 for
R110
SAVE R50



Coca-Cola Original
Taste Less Sugar 1.5 L
4 for
R70
SAVE R18



Food Lover's Blended
Seed & Extra Virgin
Olive Oil 1 L
2 for
R100
SAVE R60



Fatti's & Moni's Pasta
Assorted 500 g
any 3 for
R47
SAVE R13



Food Lover's UHT Full
Cream or Low Fat
Long Life Milk 6 x 1 L
91⁹⁹ each
SAVE R8



Sunlight
Dishwashing Liquid
Refill 750 ml
2 for
R50
SAVE R14



Food Lover's 2 Ply Toilet
Paper 18s
114⁹⁹ each
SAVE R15



Cadbury Chocolate
Slabs Assorted 150 g
R40
each



Spekko Long
Grain Parboiled
White Rice 2 kg
29⁹⁹ each



Food Lover's
Sunflower Oil 2 L
2 for
R140



Sasko Premium or
More Slices White
Bread 700 g
15⁹⁹ each



Food Lover's Cheese
Slices Assorted 150 g
39⁹⁹ each



AS SEEN
ON TV
Bokomo
Weet-Bix 900 g
R50 each
SAVE R15



AS SEEN
ON TV
Food Lover's Peanuts
or Peanuts & Raisins
Assorted 400 g
any 2 for
R70
SAVE R20



AS SEEN
ON TV
Simpl Fruit Juice
Assorted 1.5 L
29⁹⁹ each
SAVE R16

Harbourside



AS SEEN
ON TV
Food Lover's
Braai Snoek 1 kg
119⁹⁹ each
SAVE R30

Hot Foods



28 cm Take-Home
Pizzas Assorted
any 3 for
R150

Bakery



Selected Familie
Kombuis Pies
any 2 for
R55

THE BUTCHER'S BLOCK



BIG DEAL
Oukraal Sizzler 800 g
59⁹⁹ per pack



BIG DEAL
Kameelhout Boerewors
109⁹⁹ per kg



BIG DEAL
Beef Club & T-Bone Steak Packs
149⁹⁹ per kg



AS SEEN ON TV
Beef Biltong or Droëwors
299⁹⁹ per kg



AS SEEN ON TV
Beef Forequarter Packs
99⁹⁹ per kg



BIG DEAL
Beef Potjie Stew
99⁹⁹ per kg



Beef Oxtail
119⁹⁹ per kg



AS SEEN ON TV
Whole Chicken
49⁹⁹ per kg



BIG DEAL
Bulk Pork Braai Chops
79⁹⁹ per kg



BIG DEAL
Pork Leg Roast
89⁹⁹ per kg



BIG DEAL
Pork Packs with Stew
89⁹⁹ per kg



BIG DEAL
Pork Belly Roast
129⁹⁹ per kg



AS SEEN ON TV
16-Piece Chicken Braai Packs
59⁹⁹ per kg



BIG DEAL
Beef Goulash, Stir-Fry or Tenderised Steaks 500 g
69⁹⁹ per pack



BIG DEAL
Food Lover's Everyday Beef Burger Patties Assorted 2 x 400 g
R100 per deal



Lamb Packs with Stew
169⁹⁹ per kg



BIG DEAL
Lamb Leg Roast
189⁹⁹ per kg



Pork Goulash, Stir-Fry or Tenderised Steaks 500 g
49⁹⁹ per pack

THREE STAR
CASH & CARRY

PROMOTION VALID 21-27 JANUARY 2026

PRICE
LOCK
SAVINGS!

NO CARD NEEDED TO SAVE!

YOUR MEAT MARKET

Beef Stew p/kg

89⁹⁹

Three Star Boerewors p/kg

89⁹⁹

Lamb Braai Chops p/kg

149⁹⁹

Pork Leg/Shoulder Chops p/kg

69⁹⁹

FRUIT & VEG MARKET

Potatoes 7kg+ Tomatoes 2kg+ Onions 2kg

BUY ALL FOR 89⁹⁹

Butternut 3kg

34⁹⁹

Tomatoes 1kg

14⁹⁹

Lettuce Head

14⁹⁹

Apples Asst 1.5kg

24⁹⁹

White Star Maize Meal 10kg+ Spekko Rice 10kg+Sasko Cake Flour 10kg

BUY ALL FOR 348⁹⁹

Rama Original 70% Fat Spread Brick 500g

27⁹⁹

Bull Brand Corned Meat 300g

24⁹⁹

Unity UHT Long Life Milk 6x1lt

88⁹⁹

Bokomo Weet-Bix 450g

49.99

Atlanta Brown Sugar 2kg

39⁹⁹

MAQ Washing Powder 2kg

58⁹⁹

MAQ Washing Powder 2kg

58⁹⁹

Sunstar Oil 2lt

57⁹⁹

Marang Large Eggs 60's

109⁹⁹

Eskort French Polony 1kg

39⁹⁹

Koo Baked Beans 400g

29.99

Lucky Star Pilchards Asst 400g

27⁹⁹

Fanta/Sprite/Stoney Soft Drink Asst 2lt

17⁹⁹

CNR HEFER STR & TUIN STR, OOS EINDE, RUSTENBURG. TEL: 014 596 5066

TRADING HOURS: MON-THU: 07:00-17:30, FRI: 07:00-18:00, PUBLIC HOLIDAYS & SAT: 07:00-14:30, SUN: CLOSED.

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WE RESERVE THE RIGHT TO LIMIT QUANTITIES. VALID WHILE STOCKS LAST. PICTURES ARE FOR ILLUSTRATION PURPOSES. ALL PRICES INCLUDE VAT, E & OE

Tlhabane Seeks Answers After Tragic Discovery

Platinum Weekly newspaper | Rustenburg
– Residents of Tlhabane are grappling with shock following the discovery of a young man's body in a bushy area near Lebone Street, next to Bothibelo Flats. According to a media statement released by the South African Police Service (SAPS) in the Bojanala Platinum Sub-District 2, police in Tlhabane are investigating a case of murder after the body of a decapitated man was

found on Thursday, 15 January 2026. Police were alerted by the Community Service Centre after members of the public came across the body in a bushy area. Upon arrival at the scene, officers discovered the body of an African male lying under a tree. The deceased has since been positively identified as a 26-year-old man from Rustenburg North. His identity was confirmed by a family member. At this

stage, no further details surrounding the circumstances of the incident have been released, and investigations are ongoing. Police are appealing to anyone who may have information that could assist the investigation to come forward. Members of the public can contact detective sergeant Thabo Seome on 082 664 3374, Crime Stop on 08600 10111, or submit tips anonymously via the MySAPS App.

CAUTION!

WATCH OUT FOR ROCK THROWING

CALL 0800 225 9362
IN THE CASE OF AN EMERGENCY WHILE TRAVELLING THE BAKWENA NTIN4 ROUTE

Bakwena NTIN4

SOULFOOD

GALATIANS 6:7-8

Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.

NEW KING JAMES VERSION (NKJV)

SUDOKU

	2			6		7	
				9		4	2
		4	8	2			9
4				1	6		8
	5	9		4		7	1
			5		2		
	3	8	2			4	
1					2		
7				1		5	

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HAVE YOUR SAY

Do you think money can buy happiness?

A bigger paycheck can buy freedom, comfort, and choice – but can it buy joy, love, or peace of mind? As the cost of living rises and hustle culture thrives, we ask: does money unlock happiness, or just distract us from what really matters?

Simon O Thobane, Lefaragatha, Rustenburg

"No. Money can bring happiness in the moment, but it cannot buy lasting peace. Many people have wealth yet still lack inner calm. Money doesn't change who you are — it simply reveals it."

Debbie du Toit, Rustenburg

"No. I don't believe money can buy happiness as such, but with enough of it, you can certainly afford things that make life more enjoyable. Ultimately, only you can define what true happiness means. For me, it's inner peace, a clear conscience, and having all my dogs around me."

PUBLIC POLL: THE RESULTS ARE IN!

Do you think money can buy happiness?

NO 49% YES 51%

POLL

Is honesty always the best policy?

Honesty builds trust, strengthens relationships, and supports fairness – but real life isn't always simple. White lies, privacy, and compassion can complicate the picture. Where do you draw the line between truth and tact?

Here's how you can participate. Email us at news@platinumweekly.co.za or WhatsApp your response to 081 579 7000.

Include the following:

Your answer: Yes or No

Why? We want to hear from you!

A recent photo – We'd love to publish your pic alongside your answer!

Your town/city

Deadline – Be sure to send your response before 12:00 on Monday, 26 January 2026.

Vote results: The outcome of the poll will be featured in our next issue. Be a part of our community's story!

P.S.: Don't forget, you can also voice your opinion on our Facebook post about this topic. Join the conversation!

Send your event listing to news@platinumweekly.co.za ** Free Placement!

PLATINUM EVENT DIARY

Ride for a Child – Rustenburg Charity Motorbike Ride

Date: Wednesday, 18 February 2026 (arrival) | Thursday, 19 February 2026 (departure at 10:00)

As part of the national 2026 Ride for a Child charity initiative, riders will pass through Rustenburg in support of baby Caleb, who urgently needs life-saving neurological surgery. This meaningful stop forms part of a national fundraising effort by Pediatric Care Africa, uniting bikers and communities to raise awareness, funds, and hope for a child in need. Contact details: 076 229 5663 | info@pediatriccareafrica.org

Greater Rustenburg Fire Protection Association – 2026 AGM

Date: Saturday, 21 February 2026 | 10:00

The Greater Rustenburg Fire Protection Association invites members and non-members to attend its 2026 Annual General Meeting. This important gathering provides an opportunity to review the year's activities, discuss fire protection matters affecting the region, and engage with stakeholders committed to community safety and preparedness. Venue: Brauhaus, Rustenburg | Contact details: 071 354 2609 | grpa.fire@gmail.com

FUN FACT

Did you know?

Africa is splitting in two... Scientists have confirmed that Africa is gradually tearing apart along the East African Rift. This massive crack stretches over 6,000 kilometres from the Red Sea down to Mozambique. It's caused by the African continent separating into two tectonic plates: the Nubian Plate and the Somali Plate. The process is extremely slow — only a few millimetres per year — but over millions of years, it could create a brand-new ocean. In some places, like Ethiopia, the split is already visible at the surface, offering a rare glimpse of how continents change over time.

INVITATION FOR PROSPECTIVE BIDDERS



RUSTENBURG LOCAL MUNICIPALITY | 23 JANUARY 2026

RBID NO.	DESCRIPTION	DOC. FEES (NON-REFUNDABLE)	AVAILABILITY OF BID DOCUMENT	EVALUATION CRITERION	ENQUIRIES	COMPULSORY BRIEFING SESSION	CLOSING DATE
RLM/DCSS/0098/2025/26	Appointment of one or more accredited/registered service providers for the provision of medical surveillance of identified employees of the Rustenburg Local Municipality for a period of 36 months on "as and when basis"	TENDER DOCUMENT AMOUNT R 250.00 REFERENCE NUMBER: 0098+Company name BANK NAME Standard Bank ACCOUNT NUMBER: 033 054 657	NB! Proof of deposit with proper reference as stipulated and required, must be attached with mandatory documents to be submitted	<ul style="list-style-type: none">Administrative evaluation (document completion and attachment of mandatory documents)Project Manger's Registration with health professionals council of South Africa (HPCSA)Functionality evaluation scoring 70 out of maximum 100.80/20 preferential point system (price = 80 & Specific goals = 20) NB! That no other evaluation criterion should be used	TECHNICAL Mr. G. Makhutle 014 590 3097 gmakhutle@rustenburg.gov.za SCM Ms. O. Pelesi 014 590 3148 opelesi@rustenburg.gov.za	DATE 09 February 2026 Venue: Rustenburg Local Municipality Offices TIME 09:00 NB! Optional Briefing Session for this tender only	DATE 23 February 2026 TIME 08:30
RLM/DRT/0091/2025/26	Appointment of one or more service provider(s) for maintenance and construction services for the Rustenburg Integrated public transport network (IPTN) on an as and when required basis for a period of 36 months	TENDER DOCUMENT AMOUNT R 500.00 REFERENCE NUMBER: 0091+Company name BANK NAME Standard Bank ACCOUNT NUMBER: 033 054 657	NB! Proof of deposit with proper reference as stipulated and required, must be attached with mandatory documents to be submitted	<ul style="list-style-type: none">Administrative evaluation (document completion and attachment of mandatory documents)CIDB Grading 4GB /CE or higherFunctionality evaluation scoring 70% out of maximum 100.80/20 preferential point system (price = 80 & specific goals = 20) NB! That no other evaluation criterion should be used	TECHNICAL Mr. B. Bonakele 014 590 3580 bbonakele@rustenburg.gov.za SCM Ms. O. Pelesi 014 590 3148 opelesi@rustenburg.gov.za	DATE 10 February 2026 VENUE Rustenburg Local Municipality Offices TIME 09:00	DATE 24 February 2026 TIME 11:30
RLM/DCD/0177/2024/25	Re-advert : Appointment of a service provider to supply, deliver and servicing of firefighting equipment for the Rustenburg Local Municipality facilities for a period of three (03) years	TENDER DOCUMENT AMOUNT R250.00 REFERENCE NUMBER: 0177+Company name BANK NAME Standard Bank ACCOUNT NUMBER: 033 054 657	NB! Proof of deposit with proper reference as stipulated and required, must be attached with mandatory documents to be submitted	<ul style="list-style-type: none">Administrative evaluation (document completion and attachment of mandatory documents) to include all necessary certifications.Functionality minimum qualifying score of 55 out of 10080/20 preferential point system (price = 80 & specific goals = 20) NB! That no other evaluation criterion should be used	TECHNICAL Mr. I. Phakula 014 590 3656 iphakula@rustenburg.gov.za SCM Ms. O. Pelesi 014 590 3148 opelesi@rustenburg.gov.za	N/A	DATE 25 February 2026 TIME 08:30
RLM/DTIS/0167/2025/26	Appointment of one or more service providers (maximum of 3 per line item) for the supply and delivery of MV and LV joints and terminations to Rustenburg Local Municipality as and when required for a period of 3 years	TENDER DOCUMENT AMOUNT R750.00 REFERENCE NUMBER: 0167+Company name BANK NAME Standard Bank ACCOUNT NUMBER: 033 054 657	NB! Proof of deposit with proper reference as stipulated and required, must be attached with mandatory documents to be submitted	<ul style="list-style-type: none">Administrative evaluation (document completion and attachment of mandatory documents) to include all necessary certifications.80/20 preferential point system (price = 80 & specific goals = 20) NB! That no other evaluation criterion should be used	TECHNICAL Mr. J. Kgatle 014 590 3252 jkgatle@rustenburg.gov.za SCM Ms. N. Kiet 014 590 3633 nkiet@rustenburg.gov.za	N/A	DATE 26 February 2026 TIME 11:30
RLM/DTIS/0115/2025/26	Appointment of one or more service providers (maximum of 2 per line item) for the supply and delivery of substation protection- batteries and 110V chargers to Rustenburg Local Municipality as and when required for a period of 3 years	TENDER DOCUMENT AMOUNT R750.00 REFERENCE NUMBER: 0115+Company name BANK NAME Standard Bank ACCOUNT NUMBER: 033 054 657	NB! Proof of deposit with proper reference as stipulated and required, must be attached with mandatory documents to be submitted	<ul style="list-style-type: none">Administrative evaluation (document completion and attachment of mandatory documents) to include all necessary certifications.80/20 preferential point system (price = 80 & specific goals = 20) NB! That no other evaluation criterion should be used	TECHNICAL Mr. J. Kgatle 014 590 3252 jkgatle@rustenburg.gov.za SCM Ms. N. Kiet 014 590 3633 nkiet@rustenburg.gov.za	N/A	DATE 27 February 2026 TIME 08:30
RLM/DTIS/0051/2025/26	Appointment of one or more service providers (maximum of 2 per line item) for the supply and delivery of Digital two-way Radio equipment to Rustenburg Local Municipality as an when required for a period of 3 years	TENDER DOCUMENT AMOUNT R250.00 REFERENCE NUMBER: 0051+Company name BANK NAME Standard Bank ACCOUNT NUMBER: 033 054 657	NB! Proof of deposit with proper reference as stipulated and required, must be attached with mandatory documents to be submitted	<ul style="list-style-type: none">Administrative evaluation (document completion and attachment of mandatory documents) to include all necessary certifications.80/20 preferential point system (price = 80 & specific goals = 20) NB! That no other evaluation criterion should be used	TECHNICAL Mr. J. Kgatle 014 590 3252 jkgatle@rustenburg.gov.za SCM Ms. N. Kiet 014 590 3633 nkiet@rustenburg.gov.za	N/A	DATE 27 February 2026 TIME 11:30
RLM/DPS/0169/2024/25	Re-advert: Appointment of a service provider for the supply, delivery, installation, commissioning, testing and maintenance of two (2) stand-by diesel generators at public safety for a period not exceeding 24 months	TENDER DOCUMENT AMOUNT R250.00 REFERENCE NUMBER: 0169+Company name BANK NAME Standard Bank ACCOUNT NUMBER: 033 054 657	NB! Proof of deposit with proper reference as stipulated and required, must be attached with mandatory documents to be submitted	<ul style="list-style-type: none">Administrative evaluation (document completion and attachment of mandatory documents) to include all necessary certifications.CIDB Grading 3EP/3ME or higher80/20 preferential point system (price = 80 & specific goals = 20) NB! That no other evaluation criterion should be used	TECHNICAL Mr. S. Segone 014 590 3218 ssegone@rustenburg.gov.za SCM Ms. O. Pelesi 014 590 3148 opelesi@rustenburg.gov.za	N/A	DATE 19 February 2026 TIME 09:00

ERRATUM

BID NUMBER AND DESCRIPTION	REASON FOR ERRATUM
RLM/DRT/0081/2025/26-Appointment of a panel of service providers to provide traffic engineering services as and when required over a period of 36 months.	It be noted that the bid is withdrawn until further notice.

1. Bidders must submit both a hard copy document and an electronic tender document in the form of a clearly marked USB. (Bidders will be disqualified for not submitting a USB with scanned bid documentation)

2. Bid documents must be in a sealed packaging clearly marked with the bid number and description, must be placed in the bid box in the foyer of the Municipal offices, Missionary Mpheni House, Beyers Naude Drive, Rustenburg not later than the prescribed closing date, where after the bids will be opened in public at the Municipal offices.

3. All bids will be evaluated in accordance with the Supply Chain Policy of the Rustenburg Local Municipality, PPPFA 2022 and other related legislations. Bids will remain valid for 90 days.

4. The lowest or any bid will not be necessarily accepted, and the municipality reserves the right to accept the whole or part of any bid. The municipality
5. reserves the right to increase or decrease quantities as indicated in the technical specifications. A market analysis conducted will be taken into consideration to ensure right procurement and quality service delivery.

6. Tender submission must comply with the instruction note (Tender Completion and Attachment of Mandatory Documents) as well as all other additional tendering condition and requirements stated in the tender document.

7. Objections or complaints must be submitted in writing to the Municipal Manager at the address stated, and must contain the following:
(a) reasons and/or grounds for the objection or complaint.
(b) the way in which the objector or complainant's rights have been affected; and
(c) the remedy sought by the objector or complainant
8. Any objection or complaint must reach the Municipal Manager with a 14-day period after award has been made. Late objections or complaints will not be entertained.

9. Submissions which fail to adhere to all the requirements and instructions stated on this advert, E-tender advert, CIDB Website for CIDB tenders as well as the tender document will lead to disqualification.

10. Should there be any contradictions between the information on this advert and the information in the tender document, then the information on this advert will take precedence.

11. Rustenburg Local Municipality will not accept late bids.

12. The bid price validity is 90 days.

13. Rustenburg Local Municipality will not accept documents which are not in envelopes and clearly marked with the bid number and description.

RUSTENBURG LOCAL MUNICIPALITY, MISSIONARY MPHENI HOUSE, P.O BOX 16, RUSTENBURG, 0300

Adv. A. Khuduge | Municipal Manager

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• Joyful Baby Shower • And All-Event Photography
• Indoor Studio And/Or Serene Garden Settings.

Your Moments, Forever Treasured

We also do location shoots subject to it being a safe area and covered by our insurance.

REPORT ARSON!

If you have information about suspected arson, report it to SAPS. Remember, you'll need to provide a sworn statement and possibly testify in court. Arson is a serious crime, involving the intentional burning of someone else's property.

To remain anonymous, call Crime Stop at 08600 10111.

Rugga nuus



Investec Champions Cup

- UITSLAE**
Vrydag 16 Januarie
- Bath 63-10 Edinburgh
 - Section Paloise 24-26 Bulls
- Saterdag 17 Januarie**
- Gloucester 16-31 Toulon
 - Munster 29-31 Castres Olympique
 - Stade Toulousain 77-7 Sale Sharks
 - Stormers 39-26 Leicester Tigers
 - Aviron Bayonnais 13-22 Leinster
 - Sharks 50-12 ASM Clermont
- Sondag 18 Januarie**
- Glasgow Warriors 28-3 Saracens
 - La Rochelle 17-27 Harlequins
 - Northampton Saints 43-28 Scarlets
 - Bristol Bears 15-27 Union Bordeaux-Begles



European Challenge Cup

- UITSLAE**
Vrydag 16 Januarie
- Dragons 35-12 Newcastle Falcons
- Saterdag 17 Januarie**
- Ospreys 26-31 Montpellier Herault
 - Connacht 75-14 US Montauban
 - USA Perpignon 20-20 Lions
 - Black Lion 14-28 Zebre
 - Ulster 26-19 Stade Francais
- Sondag 18 Januarie**
- Racing 92 31-28 Cheetahs
 - Lyon OU 19-35 Benetton
 - Exeter Chiefs 31-0 Cardiff



United Rugby Championship

- BEPALINGS**
Vrydag 23 Januarie
- Munster 21:45 Dragons
 - Ospreys 21:45 Lions
 - Edinburgh 21:45 Bulls
- Saterdag 24 Januarie**
- Scarlets 17:00 Ulster
 - Connacht 19:30 Leinster
 - Stormers 19:30 Sharks
 - Zebre 21:45 Glasgow Warriors
 - Cardiff 21:45 Benetton

Nag ou grote...

Impala Gears Up for a Home-Soil Showdown

Platinum Weekly newspaper | Rustenburg – The countdown has begun for local rugby fans as Rustenburg Impala Rugby Club prepares to kick off the 2026 season with its very first warm-up match — and it's happening right here at home.

On Saturday 31 January 2026, Impala will welcome Witbank Rugby Club for what promises to be an exciting and hard-fought encounter. The match marks the first real test of the year for the Impala squad and sets the tone for the season ahead.

Director of Rugby Sydney Venter is extending an open invitation to players who want to be part of the journey. "All senior and under-21 players are welcome to join our training sessions," says Venter. Training sessions take place every Monday, Tuesday and Thursday from 17:45 to 19:30 at Impala Rugby Club.

But it's not just players who are being called up — supporters are too. "Come and support our team in this warm-up match," Venter urges. Community backing, he says, plays a vital role in building confidence and spirit as the team prepares for competitive rugby. Whether you're a seasoned supporter, a former player, or just love the atmosphere of a local rugby afternoon, this match is a perfect way to start the season.

For more information about training or the upcoming match, contact Sydney Venter on 079 935 4312.



HOME TURF, BIG TEST:

TUKS Take on Sibanye-Stillwater SAPGM

Platinum Weekly newspaper | Rustenburg – Rugby fans are invited to come out and support Sibanye-Stillwater SAPGM Rugby Club as they host the TUKS (University of Pretoria) Varsity team in an exciting home fixture on Saturday, 24 January 2026.

The match forms part of the club's preparation for the upcoming Varsity Cup season and will see both the first and second teams of Sibanye-Stillwater SAPGM Rugby Club in action. The first match kicks off at 13:00, followed by the second match at 14:30.

Supporters, families, and rugby lovers are urged to attend and back the team. For more information or to join the club, contact head coach Joel Scherman on 079 754 3284.



platinum-raceway presents

Reff up 2026

ENTRY Adults R80 Kids R60

Gates open 12h00

31 January 18h00

Come join us as we kick off 2026 and welcome all clubs to come join us for a fun filled day

ALL CLASSES OPEN

Free parking

061 640 2208 / 071 638 2470



Selly Park Secondary School



Aryan Shah Achieves Exceptional Results and Leads with Distinction

Aryan Shah, head boy at Selly Park Secondary School, has emerged as one of South Africa's top-performing matriculants, earning an impressive **nine distinctions** in the 2025 Independent Examinations Board (IEB) examinations.

Aryan obtained a **remarkable 100% in Mathematics**, placing him among the country's elite learners in one of the most demanding subjects. He further achieved **Top 1% nationally in English, Afrikaans, Information Technology, Life Sciences, Life Orientation, and Physical Sciences**, an exceptional feat that reflects both academic excellence and versatility.

With an **overall aggregate of 95%**, Aryan ranked in the **Top 5% of candidates nationally**, securing his position as the **Top IEB student in the North West province**.

Aryan Shah's success stands as an inspiration to learners across the province and the country. His achievements reflect not only intellectual brilliance but also strong leadership and dedication. He leaves Selly Park Secondary School having set a benchmark of excellence and proudly representing the North West on a national stage.

www.spss.org.za 014 592 0284

NOTICE OF ENVIRONMENTAL IMPACT ASSESSMENT

Ref: 15173PR | Prospecting Rights

Notice is hereby given in terms of Regulation 41 (2), & Section K of the regulations published in the Government Notice No: 984 under Chapter 6 of the National Environmental Management Act 109 of 1998 & in terms of Minerals Petroleum Resource Development Act 28 of 2002 (MPRDA) Section 22(4) the intention by Keosip Mining Pty Ltd to Apply for the Prospecting Rights and related Infrastructural activities on the farm Benjamin 151 JP, situated within Bonjanala District: Minerals applied for: COPPER ORE, ANDALUSITE, DIAMOND (in kimberlite), GOLD ORE, MANGANESE OPAL (gemstones), SILICA SAND (General), SAND (General), TITANUM, AND ZINC ORE. Keosip Mining Pty Ltd appointed Vukosi Sherq Group (Pty) Ltd to undertake the EIA process for the proposed project.

Project Description: The proposed development entails the Prospecting Rights and related Infrastructural activities on farm Benjamin 151 JP.

CALL TO REGISTER AS AN INTERESTED AND AFFECTED PARTY You are invited to register as an Interested and Affected Party or to submit your comments relating to this project through any of the contact details below, within the 30 days from the date of this advertisement (23 January to 24 February 2026). Vukosi Sherq Group (Pty) Ltd **Email:** buyisontoa@gmail.com, **Cell:** 071 326 7620 **Fax:** 086 602 5442

NOTIFICATION OF THE SUBMISSION OF THE REQUIRED AUDIT REPORT - SIBANYE-STILLWATER RUSTENBURG PLATINUM MINES, NORTH WEST PROVINCE

Notice is hereby given to all registered Interested and Affected Parties of the submission of the External Environmental Audit Report, as per the requirements of the National Environmental Management Act No. 107 of 1998 as well as GN R982 of 4 December 2014 - Environmental Impact Assessment Regulations, 2014 - Regulation 34 (6). The External Environmental Audit Report on the Sibanye-Stillwater Rustenburg Platinum Mines - Marikana Mine: EMPR NW 30/5/1/2/3/2/1/113, 368, 369 and 370 EM was submitted to the North West Regional Department of Mineral Resources and Energy on 16 January 2026. Access to the audit report is available through the Sibanye-Stillwater website: www.sibanyestillwater.com

If you have any queries or require additional information, please contact:
Sibanye-Stillwater Environmental Department
Telephone: +27 014 571 5528
Email: Phillip.Ramphisa@sibanyestillwater.com



WANT TO PLACE AN ADVERT? CALL 014 592 3257

GREATER RUSTENBURG

2026 AGM REMINDER

DATE: 21 FEBRUARY 2026
LOCATION: BRAUHAUS
TIME: 10h00

MEMBERS AND NON-MEMBERS ARE ENCOURAGED TO ATTEND

For general enquiries or apologies contact 071 354 2609

FIRE PROTECTION ASSOCIATION

071 354 2609
grfpa.fire@gmail.com www.grfpa.org

Shalom Pet Sitting

My service is as follows: I sleep over to look after your animal children, and after the house so that everything is in order. When you just want to book me for one day. If you want me to go and give them water and food, you are welcome. I adapt to you as my client's needs.

Also do houses only

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WhatsApp **081 821 1332** to subscribe today!







Black Belts, Big Hearts



Sensei Naeelah Jardien celebrated her successful grading to 1st Dan (Shodan) at the TSKKIA Honbu Dojo in Rustenburg, proudly pictured with kancho Pieter Albert Venter.



Sensei Akhilesh Ishwarlall after successfully grading to 2nd Dan (Nidan), standing alongside a proud kancho Pieter Albert Venter at the TSKKIA Honbu Dojo.

both Sensei for their accomplishments. These achievements highlight the values of perseverance, respect, and personal growth promoted by TSKKIA.

For more information on TSKKIA events and training, contact 082 463 1073, visit www.tskkia.co.za, or find TSKKIA on YouTube.



THURSDAY 26 FEB 2026
@ RTB GOLF CLUB



RUN INTO THE SUNSET 2026

ENTRIES ON RACE DAY FROM: 15:00 - 17:25

083 350 7839

RACE STARTS 17H30 PM

2KM **R50**
5KM **R80**
10KM **R100**



Platinum Weekly newspaper | Rustenburg – Two dedicated martial artists celebrated major achievements on 17 December 2025 at the TSKKIA Honbu Dojo in Rustenburg, where sensei Naeelah Jardien and sensei Akhilesh Ishwarlall successfully completed their Dan gradings. Sensei Jardien graded to 1st Dan (Shodan), marking the beginning of her journey as a black belt and reflecting years of dedication and discipline. Sensei Ishwarlall advanced to 2nd Dan (Nidan), a rank that recognises refined skill, consistency, and leadership within the martial arts. The grading was overseen by Pieter Albert Venter, kancho of the Traditional Shotokan Karate Kobudo International Association (TSKKIA), who expressed pride in

WANT TO PLACE AN ADVERT?

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PROMOTION VALID 22 - 28 JANUARY 2026



BUY ALL FOR R849

White Star Maize Meal 12.5kg+Spekko Rice 10kg+Sasko Cake Flour 12.5kg+Excella Oil 5lt+Atlanta Brown Sugar 10kg+Unity UHT Long Life Milk 6x1lt

Fresh Market Deals!

BUY ALL FOR R329
Beef Mince 1kg+Beef Chuck 1kg+Beef Ribs 1kg

BUY ALL FOR R219
Pork Rasher 1kg+Pork Shoulder 1kg+Pork Chops 1kg

99⁹⁹
Kangaroo Wors 2kg

109⁹⁹
Beef Chuck 2kg

BUY ALL FOR R119
Potatoes 4kg+Onions 3kg+Butternut 3kg+Tomatoes 2kg+Cabbage Head 1

12⁹⁹
Spinach 1kg

74⁹⁹
Butternut 10kg

1000 MONARENG STREET, TLHABANE, RUSTENBURG.
TEL: 014 565 6250

<https://www.facebook.com/foodtownhypermarket>

PRICE LOCK SAVINGS!

RAINBOW Mixed Portions 5kg **R209⁹⁹**

UNITY UHT Long Life Milk 6x1lt **R88⁹⁹**

SASKO Premium Slices White Bread 700g **R26**

KELLOGG'S Instant Noodles Assort 5x70g **R56**

KOO Baked Beans 410g **R32**

LUCKY STAR Lucky Star Pilchards Assort 400g **R49**

KNORR Packet Soup Assort 50g **R25**

BOSCH Baking Powder 250g **R58**

COCA-COLA Soft Drink 2.25lt **R74**

CRUSH Crushed Ice 1lt **R24**

SUNLIGHT Laundry Bar 500g **R44**

ESKORT French Polony 750g **R36**

MAQ Mop Washing Powder 2kg **R59**

TRADING HOURS
MONDAY-SATURDAY: 07:30 - 20:00
PUBLIC HOLIDAY & SUNDAY: 07:30 - 16:00

081 060 6856

WE RESERVE THE RIGHT TO LIMIT QUANTITIES, VALID WHILE STOCKS LAST. PICTURES ARE FOR ILLUSTRATION PURPOSES. ALL PRICES INCLUDE VAT & ON.

Never pay more

than the **BOXER** price

PRICES VALID: 22/01/2026 - 08/02/2026

MAMA'S Russians Assorted 4kg & BEST COOK Tomato Sauce 500ml

AS SEEN ON TV

BUY BOTH

169

per combo

AS SEEN ON TV

D'LITE 37% Fat Spread Tub

BUY THREE

99

3 x 1kg

AS SEEN ON TV

NESTLÉ Cremora Creamer

BUY TWO

100

2 x 750g

AS SEEN ON TV

ALL GOLD Smooth Apricot Jam 900g & BLACK CAT Peanut Butter Assorted 400g

BUY BOTH

70

per combo

AS SEEN ON TV

ALL GOLD Tomato Sauce 700ml & CROSSE & BLACKWELL Tangy Mayonnaise 750g

BUY BOTH

65

per combo

Frozen Whole Chicken Leg Quarters 10kg, BEST COOK Seasoning Assorted 150g & 200ml

AS SEEN ON TV

BUY ALL

499

per combo

AS SEEN ON TV

BEST COOK Instant Noodles Multipack Assorted 5's

BUY FIVE

99

5 x (5 x 65g)

AS SEEN ON TV

BEST COOK Baked Beans

BUY SIX

60

6 x 410g

10kg

TASTIC

LONG GRAIN PARBOILED WHITE RICE

Perfect. Every time.

10kg

10kg

SUPER WHITE

SUPER MAIZE MEAL

Super quality. Super taste.

10kg

10kg

Golden Cloud

WHEAT FLOUR

10kg

BUY ALL

299

per combo

TASTIC Long Grain Parboiled White Rice 10kg, SUPER WHITE Super Maize Meal 10kg & GOLDEN CLOUD Cake Wheat Flour 10kg



BROUGHT TO YOU BY **BOXER**

WHO WILL MAKE THE CUT?

YOUR VOTE WILL MAKE THE DIFFERENCE. SCAN THE QR CODE OR HEAD OVER TO OUR SOCIAL MEDIA CHANNELS TO CAST YOUR VOTE NOW!



Get 1GB data FREE* with **BOXER.COM**

When you spend R500 or more on advertised products & swipe your Boxer Rewards Club Card

*Ts & Cs Apply • www.boxer.co.za



Swipe to WIN with

SWIPE TO WIN

250

B rewards
1 B Reward = 1 Rand

When you spend R250* or more in our **Butchery**

1 WINNER IN EVERY STORE EVERY WEEK!

Competition valid: 05/01/2026 - 08/03/2026
*Winners announced weekly
*Ts & Cs Apply • www.b.co.za

Frozen Chicken Feet (Large)



52⁹⁹
per kg

139⁹⁹
3kg
SAVE R18

249⁹⁹
6kg
SAVE R67

Frozen Chicken Thighs



59⁹⁹
per kg

169⁹⁹
3kg
SAVE R9

Frozen Chicken Drumsticks



69⁹⁹
per kg

199⁹⁹
3kg
SAVE R9

Frozen Whole Chicken Leg Quarters



58⁹⁹
per kg

219⁹⁹
4kg
SAVE R15

Frozen Chicken Wings



69⁹⁹
per kg

199⁹⁹
3kg
SAVE R9



Frozen Whole Chicken

BUY THREE
199⁹⁹
(In a Bag)

BUY FIVE
329⁹⁹
(In a Bag)

BUY TEN
599⁹⁹
(In a Bag)



MAMA'S IQF Mixed Chicken Portions

189⁹⁹
4kg



Crumbed Chicken Burger / Nuggets

77⁹⁹
per kg

139⁹⁹
2kg
SAVE R15



Crumbed Chicken Schnitzels / Strips

79⁹⁹
per kg

149⁹⁹
2kg
SAVE R9



Frozen Tilapia

39⁹⁹
per kg

109⁹⁹
3kg
SAVE R9



Frozen Maasbanker

54⁹⁹
per kg

149⁹⁹
2kg
SAVE R14



Frozen Baby Hake

76⁹⁹
per kg

199⁹⁹
3kg
SAVE R30

MAMA'S Russians Assorted



49⁹⁹
per kg

Frozen Sizzler



199⁹⁹
4.5kg

KASI Beef Wors



89⁹⁹
per kg

249⁹⁹
3kg
SAVE R19

Fresh Pork (Loin / Rib / Rashers)



79⁹⁹
per kg

229⁹⁹
3kg
SAVE R9

Fresh Ground Beef (Flavoured)



89⁹⁹
per kg

249⁹⁹
3kg
SAVE R19

Fresh Beef Chuck / Blade (Class A)



119⁹⁹
per kg

299⁹⁹
3kg
SAVE R59

our FRESH for LESS!

B rewards
1 B Reward = 1 Rand
to be redeemed
between
9 February to
22 February 2026
*Ts & Cs Apply
www.boxer.co.za

SWIPE TO WIN
50
B rewards
1 B Reward = 1 Rand
When you spend
R50* or more in our
Bakery
1 WINNER IN EVERY STORE
EVERY WEEK!
Competition valid: 05/01/2026 - 08/03/2026
*Winners announced weekly
*Ts & Cs Apply - www.boxer.co.za

Imitation Cream
Black Forest Cake &
REFRESHHH Soft Drink
Assorted 2L

2L

BUY BOTH
99
per combo

Imitation Cream
Ready Made
Cake

114⁹⁹
each

SWIPE TO WIN
50
B rewards
1 B Reward = 1 Rand
When you spend
R50* or more in our
Hot Foods
1 WINNER IN EVERY STORE
EVERY WEEK!
Competition valid: 05/01/2026 - 08/03/2026
*Winners announced weekly
*Ts & Cs Apply - www.boxer.co.za

Grilled Whole
Chicken & PEPSI
Max Soft Drink 2L

2L

BUY BOTH
89
per combo

Go Meal 2
(2 Piece Chicken,
Pap & Gravy)

34⁹⁹
per serving

Mini
Snowballs

18⁹⁹
6's

Imitation Cream
Doughnuts

17⁹⁹
4's

Cream Combo
Pack

26⁹⁹
each

School
Buns

11⁹⁹
6's

Imitation Cream
Rainbow Slab

24⁹⁹
each

Queen
Cakes

26⁹⁹
10's

2 x Chilli
Russians
With Starch

25⁹⁹
per serving

Boxer
Grilled Wors
& Onion

7⁹⁹
per 100g

Boxer
Polony & Tomato
Sandwich

BUY TWO
28

Hake &
Chips

29⁹⁹
per serving

Chicken
Stew Plate
(Small)

25⁹⁹
per serving

Premium
Pies Assorted

BUY TWO
36

SWIPE TO WIN
50
B rewards
1 B Reward = 1 Rand
When you spend
R50* or more in our
Fruit & Veg
1 WINNER IN EVERY STORE
EVERY WEEK!
Competition valid: 05/01/2026 - 08/03/2026
*Winners announced weekly
*Ts & Cs Apply - www.boxer.co.za

Peach
Punnet

BUY TWO
40
2 x 750g

White Grape
Punnet

BUY TWO
40
2 x 500g

Nectarine
Punnet

BUY TWO
40
2 x 750g

Red Grape
Punnet

BUY TWO
40
2 x 500g

Plum
Punnet

BUY TWO
40
2 x 750g

Watermelon
1/4

16⁹⁹
each

DAILY COMBO'S

Albany
Superior
Sliced
White Bread

BUY THREE
45
3 x 700g

Boxer
Raisin Bread
(Unliced)

BUY TWO
28
2 x 600g

Boxer
White Bread
(Unliced)

BUY TWO
23
2 x 600g

Boxer
Brown Bread
(Unliced)

BUY THREE
33
3 x 600g

Mbakho White Bread 350g &
MAMA'S French Polony 250g

BUY BOTH
18
per combo

TOP-LAY Large Eggs 6's, BLUE RIBBON
Classic Sliced Brown Bread 700g &
DEW DROP Full Cream Fresh Milk 2L

6's

2L

BUY ALL
50
per combo

Never pay more than the **BOXER** price

FROZEN MIX COMBO

900g
OR
700g
Mama's PIES
STEAK & KIDNEY
4 PIES
640g
AIR FRY & OVEN READY

MAMA'S
Pies Assorted 640g & HARVESTIME
Straight Cut Potato Chips 900g Or
McCAIN Air Fryer Rustic Veg 700g
R99

RAMA Spread For Bread
37% Fat Spread Tub 1kg,
YUM FUN Jam Assorted 800g &
YUM FUN Peanut Butter 400g

1kg
800g
400g
BUY ALL
89
per com bo

PARMALAT
Full Cream Processed Cheese
Slices Assorted

114⁹⁹
900g each

BEST COOK
Chicken
Polony 2kg &
CLOVER
Flavoured
Full Cream
Processed
Cheese Slices
400g

2kg
400g
BUY BOTH
99
per com bo

BEST COOK
French Polony

59⁹⁹
2kg

SWIPE & GET MORE

Buy any 3 Get 25% Off

BOXER
Full Cream
Maas

5⁸
2 x 2kg

DEW DROP
Mageu
Assorted

12⁹⁹
1kg

ORANGE GROVE
Tango
Flavoured
Dairy
Fruit Mix
Assorted

23⁹⁹
2L

ORANGE GROVE
Low Fat
Dairy Drinking
Snack
Assorted

34⁹⁹
2kg

CLOVER
Krush Fruit
Nectar Blend
Assorted
1.5L / Tropika
Dairy Fruit Mix
Assorted 2L

32⁹⁹
each

DANONE
Danup
2 in 1
Assorted

24⁹⁹
950g

CLOVER
Bliss Choc Chip
Double Cream
Yoghurt

5⁰
2 x (6 x 100g)

DANONE
Nutriday Low
Fat Smooth
Yoghurt Assorted

54⁹⁹
3 x (6 x 100g)

CLOVER
Bliss Double
Cream
Yoghurt
Assorted

42⁹⁹
1kg

DANONE
Nutriday Low Fat / Full
Cream Yoghurt Assorted

6⁰
2 x 900g

MELROSE
Flavoured Full
Cream Cheese
Spread
Assorted

39⁹⁹
250g

KING BRANDS
Syrup
Assorted

31⁹⁹
500g

TASTE & MORE
Apricot
Jam

46⁹⁹
1.2kg

TASTE & MORE
Peanut
Spread

79⁹⁹
1.2kg

GOLDEN RAY
Apricot Jam 600g &
Peanut Spread 400g

58⁹⁹
per combo

CLOVER
Berg
Processed
Cheese

84⁹⁹
800g

TOP-LAY
Large Eggs

69⁹⁹
30's

DAIRYMAID
Farmhouse Ice Cream
Assorted

44⁹⁹
1.8L

GOLDEN RAY
PEANUT SPREAD
400g

58⁹⁹
per combo

SUNSHINE D
Original Margarine 80% Fat Spread
Brick

80⁹⁹
4 x 500g

DEW DROP
37% Fat
Spread Tub

34⁹⁹
1kg

RAMA
Original 70% Fat Spread Brick

55⁹⁹
2 x 500g

MAMA'S
Chicken & Beef Value Burgers 600g,
DEW DROP Full Cream Flavoured Processed
Cheese Slices 180g & Soft Rolls 6's

600g
180g
6's
BUY ALL
60
per combo

MAMA'S
Chicken / Smoked Viennas 330g &
Hotdog Rolls 6's

330g
6's
BUY BOTH
28
per combo

MAMA'S
Family Value Pack

169⁹⁹
4.36kg

BEST COOK
French Polony 1kg &
PARMALAT
Processed Cheese
Slices 200g

1kg
200g
BUY BOTH
60
per combo

ESKORT
French / Garlic
Polony

39⁹⁹
1kg

BIG JACK
STEAK & KIDNEY PIE
160g

160g
BUY BOTH
25
per combo

PEPSI
Soft Drink 500ml

500ml
BUY BOTH
25
per combo

MAMA'S
Viennas Assorted

59⁹⁹
1kg

DEW DROP
Double Cream Yoghurt
Assorted 1kg / Low Fat Dairy
Snack Assorted 6 x 100g /
Full Cream Flavoured
Processed Cheese Slices
Assorted 360g

1kg
360g
6 x 100g

Buy any 3 Get 25% OFF

on COMBOS YOU NEED!

JUNGLE
Oats



BUY THREE
99
3 x 1kg

GOLDEN RAY
Corn Flakes



BUY THREE
69
3 x 500g

YUM FUN
Cereal Puffs / Hoops Assorted



29⁹⁹
320g each

FUTURELIFE
Smart Food Cereal Assorted



99⁹⁹
1.25kg

IWISA
Instant
Multigrain
Porridge
Assorted



29⁹⁹
1kg

SHIBOBO
Instant
Maize
Porridge
Assorted



BUY TWO
40
2 x 1kg

MONATI
Mabela /
Supertieng
Pure Grain
Sorghum



44⁹⁹
2kg each

**BREAKFAST
COMBO**



NUTRIFIC Cornflakes 1.2kg &
Wholewheat Biscuits 900g

R99

BREWER'S BLEND
Rooibos Tagless Teabags



19⁹⁹
40's

NUTRIFIC
Wholewheat
Biscuits



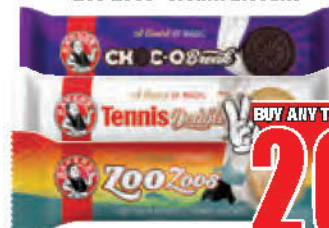
29⁹⁹
450g

HEARTLAND
Granola
Assorted



29⁹⁹
400g each

BAKERS Choc-O Break / Tennis Doubles /
Zoo Zos Cream Biscuits



BUY ANY TWO
26
2 x 125g

DANONE
Ultra Mel
Vanilla Flavoured Custard



BUY TWO
50
2 x 1kg

GLEN
Tagless Teabags



29⁹⁹
100's

YUM FUN
Cream
Biscuits
Assorted



BUY FIVE
20
5 x 82g

WHEELS
Cream
Biscuits
Assorted



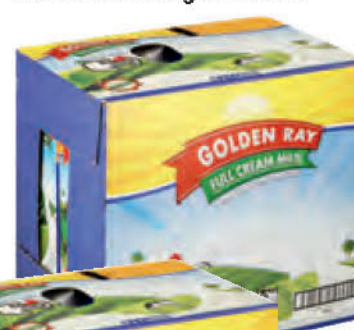
BUY TWO
28
2 x 180g

OREO
Cream Cookies Assorted



BUY TWO
32
2 x 128g

GOLDEN RAY
Full Cream Long Life Milk



BUY TWO
180
2 x (6 x 1L)

CRE-MEAR
Creamer 750g &
NESCAFÉ
Ricoffy
Instant
Coffee 250g /
Pouch Value
Pack 280g



BUY BOTH
99
per combo

NESCAFÉ
Ricoffy Instant
Coffee Value
Pack



89⁹⁹
400g

JACOBS
Instant Coffee
Assorted



44⁹⁹
47.5g

NESTLÉ
Milo Malt
Energy
Drink



44⁹⁹
250g

CREAMLINE
Medium
Fat Dairy
Liquid
Blend



11⁹⁹
1L

MIKSI
Skimmed
Milk Powder



BUY TWO
99
2 x 500g

NESTLÉ
Nespray
Milk
Powder
Value Pack



119⁹⁹
850g

FRISCO Instant Coffee 250g / TRINCO Tagless Teabags 100's /
FIVE ROSES Tagless Teabags 26's / BAKERS Romany Creams / Choc-Kits Assorted 200g

250g



200g



100's



26's



200g

Buy any **3**
Cheapest 1 FREE

**SWIPE
& GET
MORE**

✓ Buy any 3 Get
Cheapest 1 Free

Never pay more than the **BOXER** price

SUPER SHINE COMBO



KIWI
Black Shoe Polish
3 x 50ml

R39

COCA-COLA
Original Taste Soft Drink



BUY SIX
132
6 x 2L

TWIZZA
Soft Drink Assorted



BUY TWO
20
2 x 2L

HOME SQUARE
Printed Glass Tumbler Assorted



BUY TWO
20

SPRITE / STONEY / FANTA
Soft Drink Assorted



BUY ANY TWO
36
2 x 2L

SPAR-LETTA / TWIST
Soft Drink Assorted



BUY ANY SIX
90
6 x 2L

AMILA GO
Flavoured Powdered Drink Assorted



BUY FIVE
10
5 x 5g

AQUELLE
Sparkling Flavoured Water Assorted



BUY TWO
16
2 x 500ml

POWERADE
Sports Drink Assorted



BUY TWO
26
2 x 500ml

WIN A BIZNIZ IN A BOX



BUY TWO
24
2 x 500ml

POWER PLAY
Energy Drink Assorted



BUY SIX
65
6 x 500ml

SCORE
Immune Booster / Energy Drink Assorted



BUY SIX
65
6 x 500ml

ISLAND THIRST
Dairy Fruit Blend Concentrate Assorted



49⁹⁹
5L

FRUIT BLAST
100% Fruit Juice Blend Assorted



24⁹⁹
1L

HALL'S
Blended Fruit Squash Assorted



29⁹⁹
1.25L

CAPPY
Still 100% Fruit Juice Blend Assorted



32⁹⁹
1.5L

RHODES
Fruit Juice Nectar Blend Assorted



29⁹⁹
6 x 200ml

RHODES
Fruit Juice Nectar Blend Assorted



BUY TWO
38
2 x 1L

BROOKES
Oros Squash Assorted



39⁹⁹
2L

MARLIN
Blunt Nose Scissors



9⁹⁹
each

NS
Eraser & Sharpener



9⁹⁹
2 piece

SCRIPTO
PVC Pencil Case Assorted



14⁹⁹
each

NS
Colour Pencils



15⁹⁹
12's

MARLIN
Koki Pens (Fibre Tip)



19⁹⁹
12's

MARLIN
Highlighters



19⁹⁹
4's

NS
Twist Crayons



27⁹⁹
10's

NS
Math Set



15⁹⁹
8 piece

HOME SQUARE
Stationery Tape 12mm x 66m



BUY TWO
20

BIC
Clic Medium Ballpoint Pens Assorted 2's



19⁹⁹
each

BIC
Crystal Medium Pens Assorted 2's



BUY TWO
25

NS
Glue Stick



BUY TWO
30
2 x 21g

Primary / High School Stationery Set



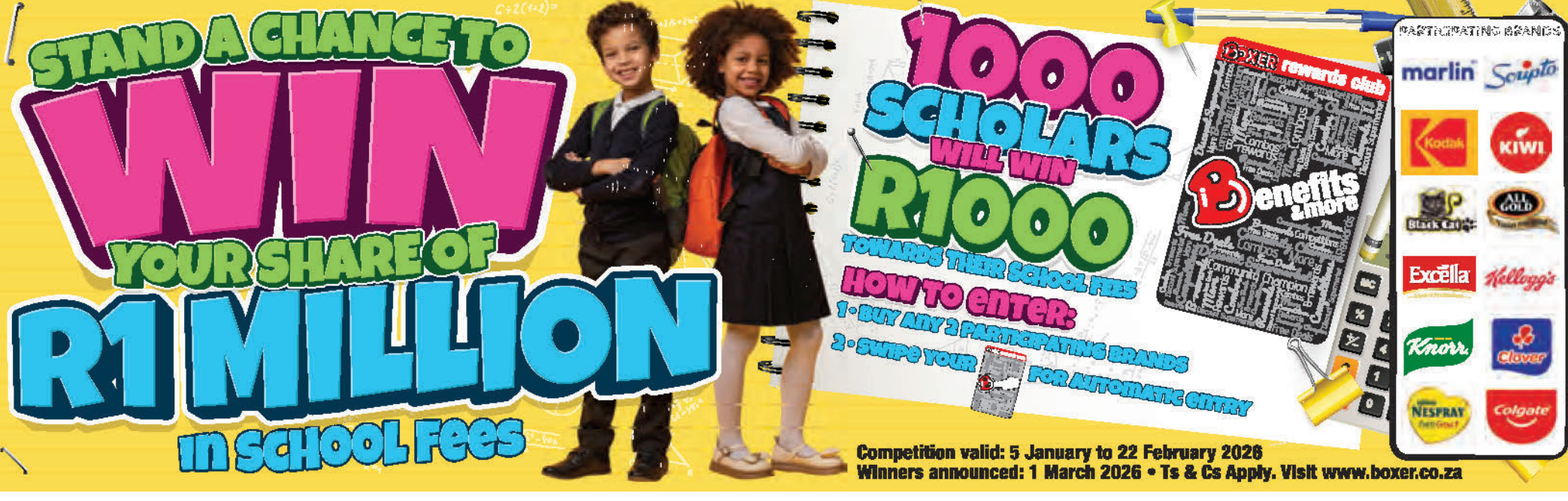
49⁹⁹
each

SCRIPTO
Scientific Calculator



129⁹⁹
each

STAND A CHANCE TO WIN YOUR SHARE OF R1 MILLION in SCHOOL FEES



1000 SCHOLARS WILL WIN R1000 TOWARDS THEIR SCHOOL FEES

HOW TO ENTER:
1-BUY ANY 2 PARTICIPATING BRANDS
2-SWIPE YOUR **BOXER** rewards club FOR AUTOMATIC ENTRY

COMPETITION valid: 5 January to 22 February 2026
Winners announced: 1 March 2026 • Ts & Cs Apply. Visit www.boxer.co.za

PARTICIPATING BRANDS





Add **BOXER** On WhatsApp 087 093 4333
 SAY 'HI' & GET ALL THE LATEST PROMOTIONS & DEALS!



GOBITE
Omychips Stackable
Potato Chips Assorted

BUY THREE
50
3 x 110g

TINKIES
Mini Cream Filled
Sponge
Cake Assorted

BUY TWO
10
2 x 30g

TRUDA
Chippa Naks
Assorted

BUY TWO
18
2 x 135g

TRUDA
Chippa Naks
Strips Assorted

BUY TWO
18
2 x (5 x 22g)

SIMBA
Nik Naks
Flavoured
Maize
Snack
Strips

BUY TWO
24
2 x (5 x 22g)

SIMBA
Potato Chips
Assorted

BUY THREE
50
3 x 120g

YUM FUN
Corn Chips
Assorted

BUY TWO
28
2 x 120g

TRUDA
Spookies Maize
Puffs Assorted /
Flyers Cheese
& Chives
Flavoured
Puffed Corn

BUY THREE
28
3 x 100g

MENTOS
Flavoured
Soft
Mints
Assorted

BUY TWO
18
2 x 38g

YUM FUN
Lollies
Assorted

BUY FOUR
20
4 x (5 x 35g)

YUM FUN
Gummy Jellies /
Chews Assorted /
Emoji Candy /
Milk Bottles /
Apricot Halves

BUY ANY TWO
22
2 x 75g

YUM FUN
Mallows
Assorted

BUY ANY TWO
30
2 x 100g / 130g

TIARA
Back Pack Assorted

79⁹⁹
each

CADBURY
Crunchie 40g /
Lunch Bar 44g /
P.S. Chocolate
Bar 48g /
5 Star
Chocolate
48.5g /
Astros
Chocolate
Box 40g

BUY ANY TWO
22

NESTLÉ
Bag Assorted
180g / 182g /
189g

44⁹⁹
each

MARLIN
A4 Exam
Pad Punched
100 Sheets

15⁹⁹
each

MONDI
Rotatrim Ream A4 Paper

69⁹⁹
500 Sheets

SUPA
STRIKAS
Book
Labels

BUY TWO
26

FREEDOM
STATIONERY
A4 College
Exercise Book
72 Pages

BUY SIX
32

FREEDOM
STATIONERY
A5 Manuscript
Book 192
Pages

13⁹⁹
each

FREEDOM
STATIONERY
A4 2 Quire
Counter
Book 192
Pages

15⁹⁹
each

FREEDOM
STATIONERY
A4 3 Quire
Counter
Book 288
Pages

BUY TWO
60

TIARA
Gift Wrap
700mm
x 1m

BUY TWO
14

MARLIN
Brown Kraft
Rolls 480mm
x 1.5m

BUY TWO
26
2 x 5's

MARLIN
Colour Kraft
Rolls 480mm
x 1m

BUY TWO
38
2 x 5's

MARLIN
Polyethylene
Roll 450mm
x 1.5m

BUY TEN
40

MARLIN
A4 Adjustable
Slip On Book
Cover 10's

BUY TWO
40

MARLIN
A4 Pre-Cut Book Covers 5's

BUY THREE
45

uni-file
Uni-File A4
Display Book
30 Pocket

BUY TWO
50

BOXER
YOUTH LEADERSHIP
PROGRAMME

SINCE 2002

in partnership with

CALLING ALL GRADE 10 & 11
FUTURE LEADERS
 We want YOU to enter the
 Boxer Youth Leadership Programme!

HERE IS HOW YOU ENTER:

- Record a 10mb video based on the below topic that is no longer than 1 minute.
 Africa is fast becoming a water scarce continent.
 As a young leader in your community how would you galvanize the youth to adopt eco-friendly initiatives towards water conservation?
- Upload your pre-recorded video and complete the online entry form on www.boxer.co.za/competition/bylp2026
- Entries close: 13/02/2026.
- Winners will be announced: 26/02/2026 on our Facebook page.

Camp Dates: 27/03/2026 – 01/04/2026 • Ts & Cs Apply visit www.boxer.co.za

Never pay more than the **BOXER** price

CUPBOARD COMBO

750g
700ml
430g
4 x 410g

GOLDEN RAY
Mayonnaise 750g, Tomato Sauce 700ml, Chutney Assorted 430g & 4 x Baked Beans 410g

R99

NANDO'S
Peri-Peri Sauce Sachet Assorted
BUY FOUR
18
4 x 25g

KENSINGTON
Hot Sauce Assorted
BUY TWO
24
2 x 88ml

BEST COOK
Sweet Chilli / Barbeque / Peri-Peri Assorted / Pele-Naise Sauce / Chakalaka-Naise
26⁹⁹
500ml / 500g each

SPUR
Marinade Assorted
39⁹⁹
500ml

GOLDEN RAY
Chutney Assorted
28⁹⁹
430g

WELLINGTON'S
Smooth Tomato Sauce
29⁹⁹
700ml

TASTE & MORE
Tomato Sauce 2L / Mayonnaise 1.5kg / Fruit Chutney 1kg
59⁹⁹
each

BEST COOK
Grated Beetroot
27⁹⁹
780g

EXCELLA
Mayonnaise Assorted

Excelsa
TANGY MAYONNAISE
Excelsa
TANGY MAYONNAISE

BUY THREE
99
3 x 750g

BEST COOK
Mixed Vegetables Assorted / Tomato & Onion Mix / Butter Beans In Sweetened Brine / Processed Peas In Sweetened Brine
16⁹⁹
410g each

KOO
Creamstyle Sweetcorn / Whole Kernel Sweetcorn In Brine
BUY TWO
32
2 x 410g / 415g

KOO
Mixed Vegetables Assorted
BUY TWO
32
2 x 410g / 420g

KOO
Baked Beans
BUY TWO
32
2 x 400g

KOO
Chakalaka Assorted
21⁹⁹
410g each

BEST COOK
Chakalaka Assorted
BUY TWO
38
2 x 410g

LUCKY STAR
Pilchards Assorted

LUCKY STAR
PILCHARDS IN TOMATO SAUCE

BUY FOUR
99
4 x 400g

BEST COOK
Pilchards Assorted
BUY TWO
44
2 x 400g

BEST COOK
Light Meat Shredded Tuna In Brine
BUY TWO
34
2 x 170g

BEST COOK
Corned Meat
27⁹⁹
300g

BULL BRAND
Canned Mince Assorted
24⁹⁹
400g

TASTE & MORE
Macaroni
74⁹⁹
3kg

KELLOGG'S
Instant Noodles Multipack Assorted 5's
28⁹⁹
per pack

BEST COOK
Pasta Screws / Shells / Elbows / Penne
15⁹⁹
500g each

BEST COOK
Macaroni / Spaghetti
BUY ANY TWO
28
2 x 500g

SWIPE & GET MORE

B Rewards

MRS BALLS
Chutney Assorted 470g
470g
SWIPE CARD & GET 5 FREE B rewards

ALL GOLD
Tomato Sauce 500ml
500ml
SWIPE CARD & GET 5 FREE B rewards

FATTI'S & MONI'S
Macaroni / Spaghetti 500g
500g
SWIPE CARD & GET 5 FREE B rewards

on COMBOS YOU NEED!

BEST COOK
Packet Soup Assorted



BUY FIVE
20
5 x 50g

SELATI
Golden Brown Sugar



189⁹⁹
10kg

GOLDEN RAY
Cake Wheat Flour



119⁹⁹
10kg

HINDS
Spice 40g /
55g / 60g /
65g / 80g /
85g Assorted



12⁹⁹
each

BEST COOK
Seasoning
Shaker
Assorted



14⁹⁹
90g

ROBERTSON'S
Rajah
Curry
Powder
Assorted



19⁹⁹
100g

BEST COOK
Seasoning
Assorted



24⁹⁹
200ml



BUY TWO
28
2 x 100g

BEST COOK
Polybag
Soup
Assorted



18⁹⁹
300g



KNORROX
Cubes
Assorted

21⁹⁹
24's



KNORR
Soup
Assorted

5⁹⁹
50g



BISTO
Original
Gravy
Powder

19⁹⁹
225g



TASTE & MORE
Soya Mince
Assorted

39⁹⁹
1kg



KING KORN
G.S. Malt

79⁹⁹
3kg

GOLDEN RAY
Brown Sugar



BUY TWO
78
2 x 2kg



GOLDEN RAY
Cooking Oil

119⁹⁹
4L

GOLDEN RAY
Cake Wheat Flour



29⁹⁹
2.5kg



EXCELLA
Sunflower Oil

BUY TWO
130
2 x 2L



BUY ALL
229
per combo

GOLDEN DELIGHT
Long Grain
White Parboiled
Thai Rice 10kg,
SNOWFLAKE
Cake Wheat
Flour 5kg &
GOLDEN RAY
Cooking
Oil 2L

BEST COOK
White Parboiled Thai Premium
Grade Rice



99⁹⁹
10kg

EXCELLA
Long Grain
Parboiled Rice



BUY THREE
69
3 x 2kg



69⁹⁹
10kg

ITAU
Super White
Super Maize
Meal



159⁹⁹
25kg



47⁹⁹
5kg

TASTIC
Long Grain Parboiled
Rice 2kg



SWIPE CARD & GET
5 FREE
rewards

GOLDEN CLOUD
Cake Wheat Flour 2.5kg



SWIPE CARD & GET
5 FREE
rewards

KING KORN
G.S. Malt 3kg



SWIPE CARD & GET
5 FREE
rewards

All advertised B Rewards to be redeemed
between 9th February to 22nd February 2026

Download the
Boxer App
to
Spend Your
rewards
1 B Reward = 1 Rand
TODAY!



DOUBLE YOUR GRANT AT **BOXER**

SOCIAL RELIEF
OF DISTRESS GRANT

FROM
23rd JAN

OLD AGED
GRANTS

FROM
3rd FEB

DISABILITY
GRANTS

FROM
4th FEB

CHILD SUPPORT
GRANTS

FROM
5th FEB

STAND A CHANCE TO **WIN** THE VALUE OF
YOUR SASSA GRANT IN **BOXER eCOUPONS**

- 1 Buy any 2 advertised products
- 2 DIAL *120*26937*uniquecode# and follow the prompts (20c per 20 seconds)
- 3 You could be a **WINNER!**

Hair Care



ORS
Olive Oil
Nourishing
Sheen
Spray 275ml /
Hold & Shine
Wrap / Set
Mousse
207ml

FROM
44⁹⁹
each



BLACK CHIC
Hair Food
Treatment
Assorted

17⁹⁹
125ml



EASY WAVES
Hairspray & Curl
Activator Gel
Banded Pack

44⁹⁹
per pack



DARLING
One Million
Hair Extensions /
Braids Assorted

29⁹⁹
each



INECTO
Permanent Hair Colour Crème Assorted

29⁹⁹
50ml



ISOPLUS
Styling Gel

29⁹⁹
425ml



PERFECT CHOICE
Oil Moisturising Lotion 250ml /
Oil Moisturising Spray 250ml / Moisturising
Lotion with Avocado Oil 250ml / Oil Sheen
Pro-Vitamin B5 Hair Spray 240ml

FROM
34⁹⁹
each



SOFT'FREE
Oil Moisturiser With Keravite 350ml
Styling Gel Maximum Hold 250ml /
Cortical Creme Relaxer Regular
With Neutralising Shampoo Twinpack

FROM
49⁹⁹
each

Self Care



SECUREX
Active Hygiene Bath Soap Assorted

BUY FIVE
50
5 x 175g



HYGIENE /
FRESH WAVE /
EVOLVE
Soap

9⁹⁹
175g each



EVOLVE
Nail Brush

BUY TWO
12



EVOLVE
Skin Science
Foam Bath
Assorted

57⁹⁹
2L



GILLETTE
Blue II /
Regular
Disposable
Razor
Blades

29⁹⁹
5 pack



GILLETTE
Minora II
Disposable
Razor
Blades

34⁹⁹
5 pack



LIFEBUOY
Bath Soap
Assorted

BUY TWO
28
2 x 175g



STAYFREE
Maxi Pads
Assorted
8's / 10's /
Pantyliners
Assorted
20's

15⁹⁹
per pack



ALWAYS
Maxi Sanitary
Pads
Assorted
8's / 9's / 10's

BUY TWO
30
x 2 packs



MANDY'S /
DX SMOOTH
Hair Removal
Lotion

49⁹⁹
100ml each

Health Care



GAVISCON
Liquid

89⁹⁹
150ml



CALPOL
Paediatric
Suspension
Syrup

44⁹⁹
50ml



BENLYN
Cough Syrup
Assorted

69⁹⁹
100ml



LENNON
Entress Druppels /
Haarlemensis
Drops /
Jamaika Gemmer
Solution /
Stuidruppels Mixture

34⁹⁹
20ml each



PANADO
Paracetamol
Tablets

32⁹⁹
24's



SAVLON
Antiseptic
Liquid

54⁹⁹
500ml



UGAMBU
Herbal Immune
Tonic Assorted

79⁹⁹
1L

SELA
Traditional Herbs Tea Assorted 16's /
Traditional Herbs Mixture Assorted
500ml / Capsules Assorted 10's



FROM
19⁹⁹
each

Exclusive to **BOXER**

Back to school time

WIN 1 OF 20
SAMSUNG GALAXY A06



always

TO ENTER:

1. BUY
Any TWO
Always
products

2. SWIPE

your Boxer
Rewards Club
Card for
automatic entry



THROUGH THICK & THIN

Competition valid from: 05/01/2026 - 22/03/2026. Winners will be announced: 13/04/2026.
T's & C's Apply. Visit www.boxer.co.za

Never pay more

than the **BOXER** price

AS SEEN ON TV



FRESH WAVE
Hand Washing Powder Assorted

49⁹⁹
2kg

BUY THREE
132
3 x 2kg



MAQ
All Purpose Soap

17⁹⁹
500g



FRESH WAVE
Laundry Soap

BUY THREE
45
3 x 500g



FRESH WAVE
Fabric Conditioner Refill Assorted

BUY THREE
56
3 x 500ml



MAQ
Dishwashing Liquid

BUY TWO
50
2 x 750ml



MAQ
Thick Bleach Assorted

BUY TWO
48
2 x 750ml



STA-SOFT
Fabric Conditioner Refill Assorted

29⁹⁹
500ml



JIK
Bleach Assorted

36⁹⁹
1.5L

SUNLIGHT
Hand Washing Powder 2kg,
Dishwashing Liquid Refill 750ml & Laundry Soap 400g



DOOM
Super Multi Insect Killer Assorted

39⁹⁹
300ml



ANGEL SOFT
1 Ply 300 Sheets Toilet Tissue Rolls 10's

29⁹⁹
per pack



KITTEN SOFT
2 Ply 200 Sheets Toilet Tissue Rolls 9's

44⁹⁹
per pack



SWAN SOFT
2 Ply 350 Sheets Toilet Tissue Rolls 18's

99⁹⁹
per pack

BUY ALL
99
per combo



HOME SQUARE
Steam Iron

129⁹⁹
each



HOME SQUARE
Double Burner Hotplate

199⁹⁹
each



EPOL
Adult Dog Food Assorted

179⁹⁹
8kg

BOXER LIQUORS



CARLING
Black Label RB 3 x 750ml

BUY THREE
55

FLYING FISH
Pressed Lemon RB 3 x 660ml



BUY THREE
55

FLYING FISH
Pressed Lemon Cans 2 x (6 x 500ml)

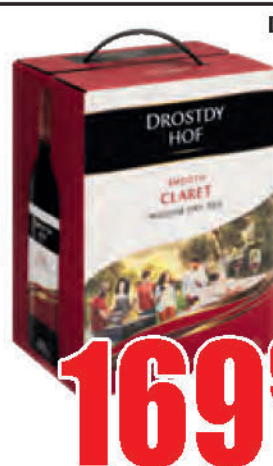


BUY TWO
180

BRUTAL FRUIT
Ruby Apple NRB 2 x (6 x 500ml)



BUY TWO
200



DROSTDY HOF
Wine Assorted 5L

169⁹⁹



GORDON'S
Gin Assorted 750ml

164⁹⁹

PRICES VALID AT SELECTED BOXER LIQUORS STORES ONLY

Alcohol Not for Sale to Persons Under the Age of 18. Drink Responsibly.

PRICES VALID AT BOXER GAUTENG STORES ONLY

Range May Vary. Prices include VAT where applicable. Boxer will attempt to have sufficient advertised stock available to meet our customers anticipated demand, however if we still run out of stock we will obtain the stock or we will offer you a reasonable alternative. Boxer reserves the right to limit quantities per customer. Boxer takes utmost care to ensure that all promotion leaflets are correct. If, however, in the unlikely occurrence of a mistake, we will display a notice in-store with all the correct details. E&O.E. Terms & Conditions apply.

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DINNER **done** **better**



Jamie Oliver's

**Crispy
Fish Tacos**





**BUY 2 &
SAVE
20%**
X WITH CARD

2 x 10 per pack The Bakery
Mini White Flour Tortillas



**SAVE R5
44⁹⁹**
1kg
X WITH CARD

Forage And Feast
Plain Double Cream
Yoghurt

**SELECTED
STORES**



44⁹⁹
800g
pack
Exotic Tomato
Selection



59⁹⁹
750g
bag
Class 1 Limes



GET UP TO

75% BACK

on over **2500** HealthyFood items

Up to 25% back in Discovery Miles for Vitality members, boosted up to 75% back in Discovery Miles when paying with a qualifying Discovery Bank card. Auto. PSP. Limits. T&Cs apply.



To to check Checkers
is your primary
HealthyFood partner

Checkers

better and better



LOCAL tastes better

We pick the ripest, most nutritious seasonal fruit from over 200 local farms, just for you.



It's peak season for sun-ripened and naturally sweet local stone fruit. Our juicy nectarines, peaches and plums are hydrating and full of Vitamins A and C.



**BUY ANY 2 &
SAVE
R10**

X WITH CARD

2 x 6-cavity pack
Class 1 Nectarines/
White Flesh
Nectarines/Plums/
Yellow-Cling Peaches



**BUY ANY 2 &
SAVE
R10**

X WITH CARD

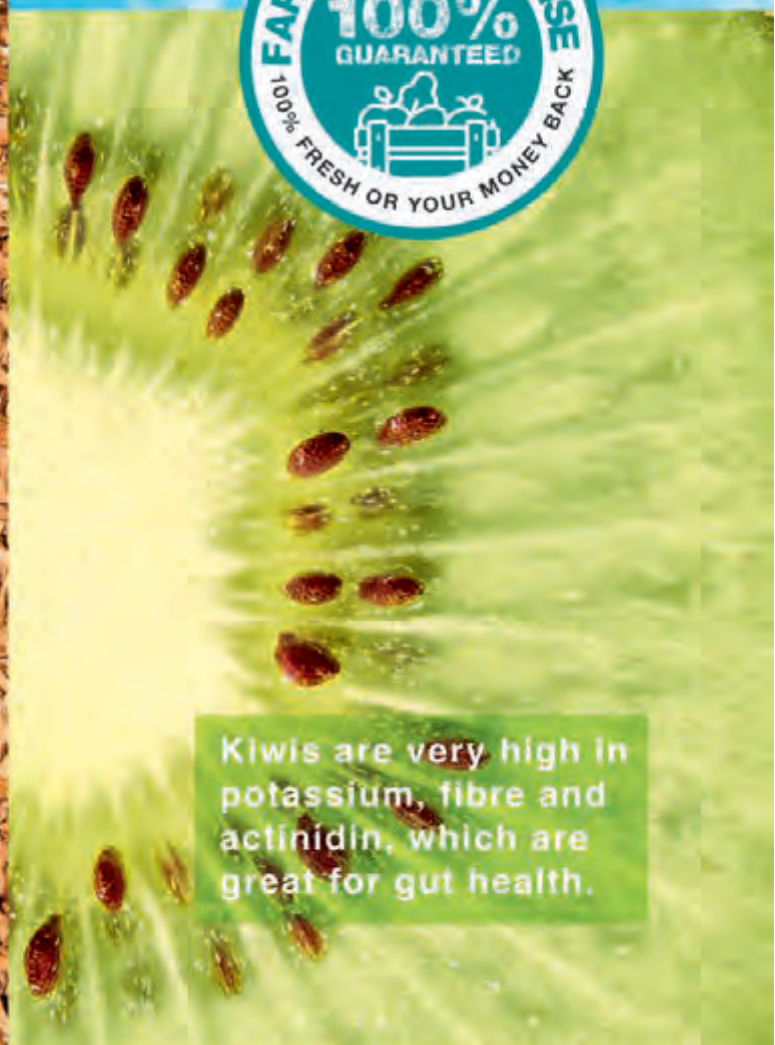
2 x 500g pack Class 1
Black/Red/White
Seedless/Red Globe
Grapes



**BUY &
SAVE
R10**

X WITH CARD

Red Seedless
Watermelon



Kiwis are very high in potassium, fibre and actinidin, which are great for gut health.

On-the-Go



**BUY ANY 2 &
SAVE
R10**
X WITH CARD
2 x 600g pack
Cut Fruit Product
Range

NEW 2-Packs



**BUY ANY 2 &
SAVE
15%**
X WITH CARD
2 x 2 per pack
Golden/Green/Red
Kiwi Fruit



**SELECTED
STORES**
22⁹⁹
2 per
pack
Heirloom Tomatoes



SERVES 2
**BUY ANY 2 &
SAVE
R10**
X WITH CARD
2 x 250g bag
Everyday Roast Veg/
Green Veg Mix/
Roast Veg Mix

For Your Convenience



**BUY ANY 2 &
SAVE R10**
X WITH CARD
2 x Living Herbs
Basil/Mint/Parsley/Coriander



29⁹⁹
each
Limelon



**BUY ANY 2 &
SAVE
20%**
X WITH CARD
2 x 4x250g/350g/500g
Früzoo Frozen Fruit/
Vegetables All Variants



**SELECTED
STORES**
19⁹⁹
each
Exotic Brinjal

NEW

**SELECTED
STORES**
44⁹⁹
800g
pack
Exotic Tomato
Selection

39⁹⁹
500g bag
Sweet Baby Peppers

**BUY ANY 2 &
SAVE
20%**
X WITH CARD
2 x 200g/250g pack
Exotic Baby Tomato
Medley/Cherry
Tomatoes/Cocktail
Truss Tomatoes



What we do

- ✓ Keep your products at fridge-fresh temperature in transit.
- ✓ Ensure products are never unrefrigerated longer than 10 min.
- ✓ Use solar power & generators to ensure freshness, no matter what.



EAT mediterranean

Add these Mediterranean-inspired ingredients to your diet to tackle inflammation, improve gut health and promote cellular repair and support.

TAP TO
SHOP



Peas are high in fibre for gut health

Olive oil is high in polyphenols for anti-inflammatory and antioxidant effects

Chickpeas are rich in plant-protein assisting muscle repair and growth

Sardines are high in omega-3s for anti-inflammatory and mitochondrial support

Spelt pasta provides a steady energy release with a lower glycaemic index

Almonds are a plant option for omega-3s and brain support

Wholewheat couscous acts as a prebiotic for gut support

Kale is high in vitamins K, A, and C, which aid bone health and support immune function

19⁹⁹ per bunch
Mixed Colour Kale

BUY ANY 2 &
SAVE 20%
X WITH CARD
2 x 106g King Oscar
Brisling Sild Sardines
All Variants

BUY ANY 2 &
SAVE 20%
X WITH CARD
2 x 500g Simple
Truth Spelt Macaroni/
High Protein Fusilli/
Gluten Free Macaroni

SAVE R5
39⁹⁹
X WITH CARD
Simple Truth
Chickpeas

BUY 1 &
SAVE 15%
X WITH CARD
500g Simple Truth
Wholewheat
Couscous

99⁹⁹ 300g pouch
Padkos
Raw Almonds

36⁹⁹ 100g bag
Padkos
Raw Walnuts



BUY ANY 2 &
SAVE 20%
X WITH CARD
2 x 350g Simple
Truth Gluten Free
Wholegrain Rolled/
Steel Cut/Instant Oats



BUY ANY 2 &
SAVE 20%
X WITH CARD
2 x 2x125g Simple
Truth Corn/Corn &
Rice/Chickpea & Red
Lentil Couscous



SAVE R10
84⁹⁹ 400g
X WITH CARD
Simple Truth
White Quinoa



SAVE 15%
X WITH CARD
250g Simple Truth
Plant-Based Brown
Rice & Quinoa/
7 Ancient Grains



BUY ANY 2 &
SAVE 20%
X WITH CARD
2 x Deli Fresh Dip/
Pesto All Variants

Rich in B vitamins, supporting brain function and energy levels

Simple Truth

≡ FREE-RANGE CHICKEN ≡

- ✓ LOCALLY SOURCED
- ✓ NO ROUTINE ANTIBIOTICS OR GROWTH HORMONES

64⁹⁹ per kg

Simple Truth Free-Range Fresh Whole Chicken

Simple Truth

≡ OSTRICH MINCE ≡

- ✓ NATURALLY LOW IN FAT
- ✓ FREE TO ROAM AND GRAIN FED
- ✓ 100% SOUTH AFRICAN GROWN

NEW

49⁹⁹ 400g

Simple Truth Ostrich Mince

NEW

79⁹⁹ 400g

Simple Truth Ostrich Fillet

protein

DONE BETTER

These diverse protein options help strengthen your body and mind.

SAVE 15%

WITH CARD

18 per pack

Simple Truth Large Free-Range Eggs

Assists in brain and hormone health

Simple Truth

≡ FREE-RANGE EGGS ≡

- ✓ HENS FED A DIET OF GRAINS AND PULSES
- ✓ SUPPORTING LOCAL FARMS

Rich in Omega-3 fatty acids supporting heart-health and cognitive function

BUY ANY 2 & SAVE 20%

WITH CARD

2 x 200g/300g/350g/500g Forage And Feast Frozen Norwegian Salmon/ Rainbow Trout/ Yellowfin Tuna/ Swordfish Portions/ Pacific Half Shell Oysters/ Patagonian Squid Tubes & Tentacles

TAP TO SHOP

SHOP NOW

SIMPLE MEALS taste better

brekkie sourdough

Enjoy this nutritious bread with salmon or exotic tomatoes, or a sweeter option with yoghurt or hazelnut spread with fresh berries.

SAVE 15%
WITH CARD

The Artisan Baker
Frozen Sourdough
Bread Range

lunch made simple

Organic butter beans with sardines in olive oil and freshly made salsa verde.

BUY ANY 2 & SAVE 20%
WITH CARD

2 x 106g King Oscar
Brisling Sild Sardines
All Variants

dinner med-style

Ostrich mince koftas and wholewheat couscous.

NEW

49⁹⁹
450g

Simple Truth
Ostrich Mince

weekend pasta

Pasta Norma, a tomato-based pasta with our high protein pasta, brinjal, tomato and feta.

BUY ANY 2 & SAVE 20%
WITH CARD

2 x 500g Simple
Truth Spelt Macaroni/
High Protein Fusilli/
Gluten Free Macaroni

BUY ANY 3 & SAVE 10%
WITH CARD

3 x 100ml Simple Truth
100% Juice Shot All Variants

- 100% JUICE
- NOT FROM CONCENTRATE
- HIGH IN VITAMIN C

new

BUY ANY 2 & SAVE 20%
WITH CARD

2 x 300g/350g Simple Truth
Ready Meal All Variants

- LOW SODIUM
- SOURCE OF FIBRE
- LOW IN FAT

SIMPLY organic

With no artificial flavours or colours, and 10 BRAND NEW products, our organic range is simply better for you.

SAVE R10
WITH CARD

500g Simple Truth Organic Coconut Sugar

59⁹⁹
1L

Simple Truth Coconut Water

84⁹⁹
500ml

Simple Truth Organic Apple Cider Vinegar



26⁹⁹
400g each

Simple Truth Organic Chickpeas in Water/ Diced Tomatoes in Tomato Juice/Whole Peeled Tomatoes in Tomato Juice

26⁹⁹
400g each

Simple Truth Organic Chickpeas in Water/ Diced Tomatoes in Tomato Juice/Whole Peeled Tomatoes in Tomato Juice

26⁹⁹
400g each

Simple Truth Organic Chickpeas in Water/ Diced Tomatoes in Tomato Juice/Whole Peeled Tomatoes in Tomato Juice

26⁹⁹
400g each

Simple Truth Organic Chickpeas in Water/ Diced Tomatoes in Tomato Juice/Whole Peeled Tomatoes in Tomato Juice

26⁹⁹
400g each

Simple Truth Organic Chickpeas in Water/ Diced Tomatoes in Tomato Juice/Whole Peeled Tomatoes in Tomato Juice

26⁹⁹
400g each

Simple Truth Organic Chickpeas in Water/ Diced Tomatoes in Tomato Juice/Whole Peeled Tomatoes in Tomato Juice

26⁹⁹
400g each

Simple Truth Organic Chickpeas in Water/ Diced Tomatoes in Tomato Juice/Whole Peeled Tomatoes in Tomato Juice

26⁹⁹
400g each

Simple Truth Organic Chickpeas in Water/ Diced Tomatoes in Tomato Juice/Whole Peeled Tomatoes in Tomato Juice

Simple Truth

new

- 25% REDUCED SUGAR
- SUSTAINABLY SOURCED PALM OIL
- PRESERVATIVE FREE
- NO ARTIFICIAL COLOURS OR FLAVOURS

69⁹⁹
350g

Simple Truth Reduced Sugar Choc Hazelnut Spread



Indulge in double cream yoghurt with fresh mixed berries, honey and pistachios as your sweet treat.



SAVE R10
44⁹⁹
750g

WITH CARD
Clover Authentikos Plain Greek Style Double Cream Yoghurt



BUY ANY 2 & SAVE R10
WITH CARD

2 x Export Quality Blueberries 125g cup/Blackberries 125g pack/Golden Berries 150g cup/Mixed Berries 125g pack/Raspberries 125g pack

BETTER-FOR-YOU **sweet treats**



new



BUY ANY 2 & SAVE 20%
WITH CARD

2 x Simple Truth Confectionery Biscuits/Rusks All Variants



gut HEALTH

Probiotic Support:
Aids in digestion plus immunity

BUY ANY 1 &
SAVE 25%

ProbiFlora Supplement
Tablets 30 per pack/
Junior Drops 5ml/Bowel
Support 60 per pack/
RX Supplement
10 per pack Each



LIVE better



EXCLUSIVE IN
Checkers

999⁹⁹
900g
Metalab
Whey Protein
Caramel Crunch



699⁹⁹
900g
Metalab
Vegan Protein

359⁹⁹
300g
each
Metalab Whey
Protein All Variants

899⁹⁹
900g
each
Metalab Whey
Protein All Variants

Keep your
protein
intake in
check and
support
muscle
growth and
repair.



279⁹⁹
each
Smash Smoothie
Cup With Straw
- 540ml



299⁹⁹
each
Smash Epic Sipper
Double Wall Tumbler
- 860ml



299⁹⁹
each
Smash Epic Chugger
Thermal Bottle
- 1,2L

SAVE R300
1699⁹⁹
each
WITH CARD

NutriBullet 600 Series
Grey Blender - 600W



stress&brain SUPPORT



SAVE R40
139⁹⁹
60 per
pack
WITH CARD

Himalaya
Ashvagandha
Stress Wellness
Capsules 60 per
pack

Adaptogen that
relieves stress and
enhances your sense
of wellbeing.



SAVE R30
79⁹⁹
20 per
pack
WITH CARD

Medirite Brain
Support Capsules

Contains ginkgo
biloba, bacopa, and
Vitamin B for improved
mental clarity, focus,
and memory function.

cell REPAIR

A powerful antioxidant
that protects cells from
oxidative stress by
combatting harmful
free radicals.



SAVE R45
174⁹⁹
30 per
pack
WITH CARD

Vital Co-Enzyme
Q10 Tablets

TAP TO
SHOP



sleep SUPPORT

SAVE R70
329⁹⁹
60 per
pack
WITH CARD

Solal Magnesium
Glycinate Tablets



99% HOHCL9362/E_REV2

Checkers



better and better

OFFERS VALID FROM MONDAY 18/01/2026 UNTIL SUNDAY 08/02/2026.
PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES NATIONWIDE. CERTAIN FOODS COOKED FOR
STYLING PURPOSES ONLY. FOODS SHOWN AS SERVING SUGGESTIONS. ACCESSORIES NOT INCLUDED.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED.
(BAND). SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES WHILE STOCKS LAST.
CUSTOMER CARE LINE: 0800 01 01 09 (TOLL FREE)
HYPER SAVINGS SUPPORT LINE: 0800 33 33 35 (TOLL FREE)

Over 1500 deals every week

19 JANUARY - 8 FEBRUARY 2026

SAVE 19%

29⁹⁹
2L each

X WITH CARD

Douglasdale Full Cream/ Low Fat Fresh Milk



SAVE R50

159⁹⁹
200g/ 230g each

X WITH CARD

Jacobs Gold/ Krönung Caffeinated Instant Coffee All Variants



SAVE R11

BUY 2 FOR **R45**

X WITH CARD

Coca-Cola Original Taste Less Sugar Cold Drink 2 x 2L



Fresh Poultry Favourites

74⁹⁹
per kg

Farmer's Choice Fresh 16-Piece Chicken Drumsticks & Thighs



FRESH



SAVE R18

24⁹⁹
200g each

X WITH CARD

Eskort Diced/Round Cut/ Shoulder Bacon



SAVE R20

79⁹⁹
500g each

X WITH CARD

Clover Butro Full Cream Modified Butter Spread



Selection of Cheese

SAVE R40

129⁹⁹
900g each

X WITH CARD

Lancewood Cheddar/Gouda Cheese



Our Butchers' Best for Less

149⁹⁹
per kg

Extra Lean Beef Mince



ANY 2 FOR

R199
PER PACK

SAVE R60

PER PACK

ANY 1 FOR

219⁹⁹

SAVE R40

Huggies Gold Jumbo Pack/ Extra Care Disposable Nappies/Pants



SAVE R81

BUY 2 FOR **R259**

X WITH CARD

Baby Soft 2-Ply White Toilet Rolls 2 x 18 per pack

BUY 1 FOR R139,99

SAVE UP TO 40% ON BACK-TO-SCHOOL ESSENTIALS



SAVE R19

67⁹⁹
per pack

X WITH CARD

Typek A4 Photostat Paper - 500 Sheets - 80gsm



PINK & BLUE COLOUR AT SELECTED STORES ONLY

SAVE R110

269⁹⁹
each

X WITH CARD

Casio FX-82ZA Plus II Scientific Calculator



SAVE R22

42⁹⁹
per pack

X WITH CARD

Staedtler Tradition HB Pencils - 10-Pack



192 PAGES

SAVE R10

15⁹⁹
each

X WITH CARD

A4 Hardcover Counter Book - 192 Pages



SAVE R18

39⁹⁹
each

X WITH CARD

Pritt Jumbo Glue Stick - 43g

Checkers

better and better

also at **Checkers Hyper**



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OFFERS VALID FROM MONDAY 19/01/2026 UNTIL SUNDAY 08/02/2026. PRICES APPLY TO CHECKERS & CHECKERS HYPER & CHECKERS FOODS STORES GAUTENG, BRITS, LIMPOPO, MPUMALANGA & RUSTENBURG; EXCEPT MAFIKENG, LICHTENBURG & ZEERUST STORES. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES. WINE ONLY AVAILABLE AT STORES WITH WINE DEPARTMENTS. BEER & SPIRITS ONLY AVAILABLE AT LIQUORSHOP STORES. ALCOHOL FOR SALE ON SUNDAYS IN GAUTENG ONLY. LIQUOR ONLY AVAILABLE AT STORES WITH A VALID LIQUOR LICENCE. SEAFOOD ONLY AVAILABLE AT STORES WITH SEAFOOD COUNTERS. CERTAIN FOODS COOKED FOR STYLING PURPOSES ONLY. TOY & APPLIANCE PRICE BEAT GUARANTEE. SEE WWW.TERMSCONDITIONS.CO.ZA FOR DETAILS. T&Cs APPLY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED (E&OE). WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE). XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).

A WIDE SELECTION OF OUR EXPERT BUTCHERS' CUTS



79⁹⁹ per kg

The Rooster Company
Chicken Prego Fillet



109⁹⁹ per kg

Rookkrantz
Thick/Thin Boerewors

119⁹⁹ per kg

Beef
Texan Steak



BEEF
TEXAN STEAK



139⁹⁹ per kg

Tenderloin
Beef Steak

119⁹⁹ per kg

Pork
Rashers



Simple Truth

CERTIFIED
NATURAL LAMB

NO ADDED GROWTH
HORMONES OR PROMOTERS
A DIET FREE FROM
ANIMAL BY-PRODUCTS
THE FIRST SUPPLIER OF CERTIFIED
NATURAL LAMB SINCE 2004



179⁹⁹ per kg

Simple Truth
Certified Natural
Lamb Braai Chops

QUALITY SEAFOOD AT HARBOUR PRICES



SAVE R10
44⁹⁹ 400g

MJC Frozen
Seafood
Marinara Mix



SAVE R15
59⁹⁹ 400g each

Cape Point
Frozen Whole
Cooked Mussels



SAVE R15
184⁹⁹ 800g each

Cape Point
Frozen Prawn Meat



SAVE R71
R199 700g

Cape Point Frozen
King Prawns 700g



SAVE R15
149⁹⁹ 1kg

Cape Point
Frozen Braai Snook



BUY & SAVE 12%

Cape Point Frozen Crab
Flavoured Sticks 500g



79⁹⁹ per kg

Farmer's Choice
Fresh 12-Piece
Chicken Fillets



89⁹⁹ per kg

Simple Truth
Free-Range Chicken
4 Drumsticks & 4 Thighs



92⁹⁹ per kg

Festive Fresh
Chicken 6-Piece
Drumsticks/Thighs



92⁹⁹ per kg

Festive Fresh Chicken
8-Piece Wings



SAVE R17
72⁹⁹ 700g each

Rainbow Simply
Chicken Polony
All Variants



SAVE R15
104⁹⁹ 1kg each

Rainbow
Simply Chicken
Viennas All Variants



SAVE R22
57⁹⁹ 1kg each

Eskort Red/
Smoked Viennas



SAVE R16
ANY 2 FOR R90

Eskort Kiddos
Frozen Crumbed
Pork Snacks
All Variants 2 x 400g



SAVE R13
ANY 2 FOR R110

Farmer Brown
Frozen Crumbed
Chicken Fillets/
Strips All Variants
2 x 380g/400g



SAVE R13
39⁹⁹ 300g

Crispy Cuts
Frozen Crumbed
Hake Fish Cakes



SAVE R15
69⁹⁹ 600g

I&J Frozen
Fish Fingers



SAVE R15
94⁹⁹ 800g each

I&J Beefers/
Chicksters Frozen
Burger Patties
All Variants



SAVE R30
89⁹⁹ 300g each

Sea Harvest
Finely Dusted
Frozen Fish Portions
All Variants



SAVE R37
89⁹⁹ 600g each

Sea Harvest
Fish Friday
Lemon Battered
Hake Fillets



SAVE R50
94⁹⁹ 500g

Sea Harvest Frozen
Cape Whiting Portions



SAVE R25
89⁹⁹ 500g each

I&J Light & Crispy
Frozen Crumbed Fish
Portions All Variants



SAVE R55
ANY 2 FOR R145

I&J Batter Crisp
Frozen Hake Fillet
Portions All Variants
2 x 400g



MAKE A MEAT-FREE SWITCH



SAVE R10
49⁹⁹ 380g each

Fry's Plant-Based
Frozen Chunky/
Chicken-Style
Burgers/Nuggets



SAVE R20
52⁹⁹ 320g/380g each

Fry's Plant-Based
Frozen Smash
Burgers/Sizzlers



SAVE R17
57⁹⁹ 300g/320g each

Fry's Plant-Based
Frozen Smash
Burgers/Sizzlers



SAVE R5
49⁹⁹ 360g

Fry's Plant-Based
Frozen Hot Dogs



SAVE R5
49⁹⁹ 360g

Fry's Plant-Based
Frozen Hot Dogs



MELROSE
snack it, spread it, slice it

source of energy & protein

AS SEEN ON TV



SAVE R15
44⁹⁹ 200g each

Melrose
Cheese Spread
All Variants



SAVE R10
64⁹⁹ 400g each

Melrose
Cheese Spread
All Variants



SAVE R15
44⁹⁹ 200g each

Melrose
Cheese Wedges
All Variants



SAVE R15
64⁹⁹ 400g each

Melrose
Cheese Slices
All Variants



SAVE R15
64⁹⁹ 400g each

Melrose
Cheese Slices
All Variants



SAVE R30
119⁹⁹ 900g each

Melrose
Cheese Slices
All Variants

OFFERS VALID FROM 19 JANUARY 2026 UNTIL 8 FEBRUARY 2026. PRICES APPLY TO CHECKERS & CHECKERS HYPER & CHECKERS FOODS STORES GAUTENG, BRITS, LIMPOPO, MPUMALANGA & RUSTENBURG; EXCEPT MAFIKENG, LICHTENBURG & ZEERUST STORES. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES.

FRESH BAKERY DELIGHTS



SAVE 13%
46⁹⁹
10/10 per pack
WITH CARD

Meze Foods
Pita Pockets
All Variants

**BUY ANY &
SAVE 10%**
WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

SAVE 17%
**BUY 2 FOR
R45**
WITH CARD

Freshly Baked
Banana Loaf x 2



**SAVE R16
ANY 2 FOR
R100**
WITH CARD

Sandveld Rusks
All Variants 2 x 500g

SAVE 12%
74⁹⁹
12 per pack
WITH CARD



**SAVE R10
84⁹⁹**
WITH CARD

Freshly Baked
Black Forest Cake

DELI



**BUY ANY 2 &
SAVE 10%**
WITH CARD

Tirolean Meats
Sliced Ham/Pastrami/
Silverside Beef
2 x 125g



**FROM
31⁹⁹**
per 100g

Feinschmecker
Smoked Pepperoni/
Cervelat/Beef/Pfeffer/
Hungarian/Traditional/
Italian Salami



**SAVE R15
ANY 3 FOR
R75**
WITH CARD

Eskort Sliced Ham
All Variants 3 x 125g

MEAL SOLUTIONS



**BUY ANY 2 &
SAVE R10**
WITH CARD

Foodie! Fresh Filled
Pasta All Variants
2 x 250g



**BUY ANY 2 &
SAVE R10**
WITH CARD

Simply Great
Side Salad All Variants
2 x 260g-600g



**BUY ANY &
SAVE R10**
WITH CARD

Gourmade
Side Dish
All Variants
650g-1kg Each



**BUY ANY &
SAVE R10**
WITH CARD

Gourmade
Dessert All Variants
400g/450g Each



**BUY ANY &
SAVE 12%**
WITH CARD

Bella Vita
Fresh Pasta
All Variants
900g/1kg Each



**SAVE R15
314⁹⁹**
WITH CARD

Bella Vita
Beef Lasagne
Pasta



FARM FRESH PROMISE 100% GUARANTEED

If you're not totally
satisfied, call us any way.
WE'LL REPLACE IT.
NO QUESTIONS ASKED.



**BUY ANY 2 &
SAVE R10**
WITH CARD

Class 1 Plums/
Nectarines/Peaches
2 x 6-cavity



**BUY ANY 2 &
SAVE R10**
WITH CARD

Cut Fruit All Variants
2 x 600g pack



**BUY ANY 2 &
SAVE R10**
WITH CARD

Black Berries 125g/
Golden Berries 150g/
Mixed Berries 125g/
Raspberries 125g



**BUY &
SAVE R10**
WITH CARD

Red Seedless
Watermelon



**BUY ANY 2 &
SAVE R10**
WITH CARD

Class 1 White/Red/
Black Seedless
Grapes/Red Globe
Grapes 2 x 500g pack



**BUY ANY 2 &
SAVE R10**
WITH CARD

Pre-Cut Roasting/
Green Vegetables
2 x 250g Bag



**BUY ANY 2 &
SAVE R10**
WITH CARD

Living Herbs
Basil/Mint/Parsley/
Coriander x 2

A WIDE RANGE OF CHEESES



SAVE 18%
34⁹⁹
150g each
WITH CARD

Clover Natural Cheese
Slices All Variants



**SAVE R10
59⁹⁹**
230g each
WITH CARD

Parmalat
Easygust
Cheddar/Gouda
Cheese



**SAVE R18
56⁹⁹**
400g each
WITH CARD

Clover Feta
Style Cheese
All Variants



**SAVE R13
54⁹⁹**
400g each
WITH CARD

Clover Processed
Cheese Slices
All Variants



**SAVE R10
59⁹⁹**
150g
WITH CARD

Meze Foods
Mini Boccconcini
Mozzarella Balls



**SAVE R10
59⁹⁹**
250g each
WITH CARD

Lancewood
Medium Fat
Mozzarella
Cheese Ball



**SAVE R18
69⁹⁹**
12 per pack
WITH CARD

Kiri Medium Fat Cream
Cheese Portions



**SAVE R10
64⁹⁹**
100g
WITH CARD

Babybel
Soft Cheese



**SAVE R31
ANY 2 FOR
R79**
WITH CARD

Lancewood
Cream Cheese
All Variants
2 x 230g



**SAVE R20
ANY 2 FOR
R80**
WITH CARD

Lancewood
Grated Cheese
All Variants
2 x 200g



SAVE 15%
84⁹⁹
150g
WITH CARD

Meze Foods
Grated Parmesan
Cheese



**SAVE R16
BUY 2 FOR
R100**
WITH CARD

The Laughing Cow
Dip & Crunch Cheese
Dippers 2 x 140g

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SAVE R25

94⁹⁹

6x12 per pack

WITH CARD

Parmalat
Everfresh
Long Life Milk
All Variants

SAVE R33

79⁹⁹

30 per pack

WITH CARD

Extra Large Eggs
(Brands may vary)



SAVE R25

54⁹⁹

1.8L each

WITH CARD

Dairymaid
Country Fresh
Ice Cream
All Variants



SAVE R40

ANY 2 FOR

R130

WITH CARD

Dr. Oetker Ital
Pizza Familia
Frozen Pizza
All Variants x 2



Over
1500
deals

MAKE 2026 BETTER AND BETTER

every week

AS SEEN
ON TV

SAVE 19%

36⁹⁹

1kg each

WITH CARD

Parmalat
Fruit/Fabulite/
Smooth/Plain
Yoghurt
All Variants

SAVE 18%

32⁹⁹

2L each

WITH CARD

Clover
Tropika
Dairy Fruit
Blend
All Variants



Albany Superior/Thick
Slice White Bread

SAVE 15%

16⁹⁹

700g each

WITH CARD



Wooden Spoon White/Yellow/Cordon
Bleu/Sunshine D Margarine 2 x 500g

SAVE FROM R16

ANY 2 FOR
R40

WITH CARD



Blossom Epic Spread
25% Fat Spread

SAVE 20%

34⁹⁹

1kg

WITH CARD



Bonnita/Parmalat
Salted Butter 2 x 500g

SAVE R61

ANY 2 FOR
R139

WITH CARD



Sunshine D 40% Lite/
60% Original Fat Spread

SAVE R17

39⁹⁹

1kg each

WITH CARD



Canola Margarine/Fat
Spread All Variants 3 x 1kg

SAVE R51

ANY 3 FOR
R99

WITH CARD



Sunbake White Hot Dog
Rolls/Hamburger Buns

SAVE 17%

18⁹⁹

5 per pack

WITH CARD



Danone Ultra Mel Vanilla
Flavoured Custard All Variants

SAVE R11

25⁹⁹

1kg each

WITH CARD



Douglasdale
Fresh Cream

SAVE R10

39⁹⁹

500ml each

WITH CARD



Clover Tropika Dairy Snack
Drink All Variants 2 x 450g

SAVE R10

ANY 2 FOR
R30

WITH CARD



Clover Krush 100% Fruit
Juice Blend All Variants

SAVE R10

39⁹⁹

1.2L each

WITH CARD



Take 5 100% Fruit Juice
Blend All Variants

SAVE R17

67⁹⁹

1L each

WITH CARD



Parmalat Smooth
Dairy Snack All Variants

SAVE R16

ANY 2 FOR
R34

WITH CARD



Lancewood Double Cream
Yoghurt All Variants 2 x 700g/1kg

SAVE R31

ANY 2 FOR
R79

WITH CARD



Nestlé Premium/Dairymaid
Gelata Roma Ice Cream All Variants

SAVE R35

94⁹⁹

1L each

WITH CARD



Ola Magnum Mini Ice Cream
All Variants 2 x 5 per pack

SAVE R102

ANY 2 FOR
R150

WITH CARD



Today Frozen Puff/
Shortcrust Pastry

SAVE R10

24⁹⁹

each

WITH CARD

SAVE R20
BUY 4 & GET
A 5TH FREE

WITH CARD

BUY 4 x McCain Frozen
Vegetables All Variants 250g
& GET a 5th one FREE!



SAVE R10
39⁹⁹

900g

WITH CARD

Nature's Garden
Frozen Mixed Vegetables



SAVE R13
44⁹⁹

1kg each

WITH CARD

McCain Frozen Country Crop/
Garden Mix Vegetables



SAVE 13%
46⁹⁹

1kg each

WITH CARD

McCain Frozen
Slap Chips/Skinny Fries



SAVE R15
54⁹⁹

750g each

WITH CARD

McCain Texan BBQ/
Sea Salt Frozen Potato Chips



SAVE R30
119⁹⁹

4/6 per pack

WITH CARD

Pieman's Frozen
Pies All Variants



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SAVE R45
ANY 2 FOR
R89

SAVE 19%
ANY 2 FOR
R40

SAVE R42
ANY 3 FOR
R99

SAVE 12%
ANY 2 FOR
R28



Nestlé Mini
Chocolate
Fun Bags
All Variants
x 2



Lay's/Doritos
Potato/Corn
Chips All Variants
2 x 120g/145g



Bakers Mini
Cheddars/
Biscuits
All Variants
3 x 200g



Pepsi Max/
Light/7Up
Sugar Free
Cold Drink
2 x 2L

SWIPE & SAVE ON ALL YOUR MUST-HAVES

EXTRA SAVINGS
Checkers



SAVE R8
26⁹⁹
WITH CARD

Bakers Eet-Sum-Mor
Biscuits All Variants



SAVE R14
42⁹⁹
WITH CARD

Bakers Good Morning
Breakfast Biscuits All Variants



SAVE R10
ANY 2 FOR
R30

Willards Snack Strip
Selected Variants x 2



SAVE R10
ANY 2 FOR
R40

Truda Pretzels All Variants
2 x 5x26g per pack



SAVE R17
29⁹⁹
WITH CARD

Bakers Kips
Crackers All Variants



SAVE R11
ANY 2 FOR
R33

Beacon
Marshmallows
All Variants
2 x 135g



SAVE 20%
ANY 2 FOR
R32

Oreo Biscuits
All Variants 2 x 119g-135g



SAVE R20
69⁹⁹
WITH CARD

Cape Cookies Double/
Romeo Delight Biscuits



SAVE R16
ANY 4 FOR
R44

Cadbury 5Star/Astros/Crunchie/
Lunch Bar/P.S. Chocolate Bar x 4



SAVE R25
69⁹⁹
WITH CARD

Sally Williams
Nougat All Variants



SAVE R24
ANY 2 FOR
R76

Cadbury Dairy Milk Bubbly
All Variants 2 x 150g



SAVE R16
ANY 2 FOR
R40

Sweets From Heaven
Sweets All Variants 2 x 125g



**BUY ANY 2 &
SAVE 20%**

Amajoya Sweets
All Variants 2 x 125g



SAVE 33%
ANY 2 FOR
R20

Messaris Bubbles Maize
Snack All Variants 2 x 100g



SAVE R10
ANY 2 FOR
R30

Monster Energy Drink
All Variants 2 x 500ml



SAVE 12%
21⁹⁹
WITH CARD

Wild Island Dairy Blend
Concentrate All Variants



SAVE R15
59⁹⁹
WITH CARD

Magalies Nectar Blend
Concentrate All Variants



SAVE R20
39⁹⁹
WITH CARD

Aqualife Splash Still
Natural Spring Water



SAVE R30
64⁹⁹
WITH CARD

Bonaqua Pump
Still Water All Variants

SAVE 13%
24⁹⁹
WITH CARD

Thirsti Natural
Still Spring
Water



**ANY 2 FOR
R24**

Refreshhh Cold Drink
All Variants 2 x 2L



SAVE R10
39⁹⁹
WITH CARD

Brookes Oros Squash
Concentrate All Variants



SAVE R23
42⁹⁹
WITH CARD

Rhodes 100% Fruit Juice
Blend All Variants



SAVE R13
49⁹⁹
WITH CARD

Pepsi Original/Max/Light/
7Up Sugar Free Cold Drink



SAVE R15
49⁹⁹
WITH CARD

Thirsti Flavoured Sparkling
Water All Variants



SAVE R25
69⁹⁹
WITH CARD

Powerade Sports
Drink All Variants



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SAVE R15

44⁹⁹

340g-400g each

WITH CARD

Kellogg's
Coco Pops/
Froot Loops/
Mash-Ups/
Frosties/
Rice Krispies
Cereal

SAVE R20

69⁹⁹

1kg each

WITH CARD

Thokoman
Smooth/
Crunchy
Peanut Butter

SAVE R10

59⁹⁹

100 per pack

WITH CARD

Five Roses
Ceylon Blend
Teabags

SAVE R20

129⁹⁹

200g/230g each

WITH CARD

Nescafé
Classic
Caffeinated
Instant
Coffee
All Variants

Over **1500** deals every week

SAVE XTRA ON ALL YOUR ESSENTIALS

SAVE R40

ANY 2 FOR R120

WITH CARD

Nescafé
Cappuccino
Sticks
All Variants
2 x 8/10
per pack

SAVE R10

32⁹⁹

500g each

WITH CARD

Hulett's Golden/
Maple Syrup

SAVE R15

69⁹⁹

500g

WITH CARD

Little Bee Choice
Grade Honey

SAVE R21

ANY 2 FOR R99

WITH CARD

Bovril/Marmite
Savoury Spread 2 x 250g

SAVE R21

ANY 2 FOR R99

WITH CARD

Pek's/Redro
Fish Spread 2 x 225g

SAVE 21%

22⁹⁹

410g each

WITH CARD

Koo Peach Halves/
Slices in Syrup

SAVE R13

39⁹⁹

900g each

WITH CARD

All Gold Smooth Apricot/
Apricot & Peach Jam

SAVE 15%

46⁹⁹

80 per pack

WITH CARD

Freshpak Pure
Rooibos Teabags

SAVE R30

ANY 2 FOR R170

WITH CARD

Starbucks Coffee Capsules
All Variants 2 x 10 per pack

SAVE R20

129⁹⁹

900g

WITH CARD

Nescafé Ricoffy
Instant Coffee Refill

SAVE R16

56⁹⁹

2.5kg

WITH CARD

Selati Pure
White Sugar

SAVE 10%

29⁹⁹

300g each

WITH CARD

Bull Brand Corned
Meat All Variants

SAVE 23%

ANY 3 FOR R55

WITH CARD

Cape Point Shredded
Tuna in Water/Oil 3 x 170g

SAVE R15

74⁹⁹

1.35kg

WITH CARD

Bokomo
Weet-Bix
Cereal

SAVE R10

69⁹⁹

750g each

WITH CARD

Jungle Muesli
Cereal All Variants

SAVE 22%

34⁹⁹

175g/1kg each

WITH CARD

Jungle Oats Original Porridge/
Instant Oats All Variants

SAVE 10%

49⁹⁹

8 per pack

WITH CARD

Kellogg's Coco Pops/
Rice Krispies Cereal Bars

SAVE R10

59⁹⁹

500g

WITH CARD

Kellogg's Special K
Classic Cereal

SAVE R10

74⁹⁹

1kg

WITH CARD

Kellogg's
Corn Flakes Cereal

ANY 3 FOR R25

WITH CARD

Happy Hippo Jelly Powder
All Variants 3 x 80g

SAVE 30%

SAVE 20%

19⁹⁹

500g each

WITH CARD

Snowflake
Easymix All Variants

SAVE 14%

36⁹⁹

2.5kg

WITH CARD

Snowflake
Cake Wheat Flour

SAVE R12

54⁹⁹

2.5kg

WITH CARD

Snowflake Self Raising
Wheat Flour

SAVE R14

54⁹⁹

400g

WITH CARD

Nestlé Nespray Fortigrow
Dairy Powder Blend

SAVE R20

49⁹⁹

5kg

WITH CARD

Super White
Super Maize Meal

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SAVE 20%

29⁹⁹
each

X WITH CARD



Knorr Mates
Meal Kit
All Variants

SAVE R50

189⁹⁹
1/2 each

X WITH CARD



Santa Blanca
Extra Virgin
Olive Oil

SAVE R25

ANY 2 FOR
R65

X WITH CARD



All Gold
Tomato
Sauce 700ml/
Mrs. Ball's
Chutney
All Variants
450g/470g x 2

SAVE R10

29⁹⁹
2kg

X WITH CARD



Tastic
Long Grain
Parboiled
Rice

JOIN **Ucount** REWARDS & STAND TO WIN* YOUR SHARE OF

500 000
Ucount REWARDS POINTS.

Standard Bank

*VALID UNTIL 31 JANUARY 2026. T&CS APPLY.



SAVE 23%
16⁹⁹
410g each

X WITH CARD

Miami Tomato
& Onion Mix



SAVE 23%
16⁹⁹
410g/415g each

X WITH CARD

Koo Whole Kernel/
Creamstyle Sweetcorn



SAVE 17%
24⁹⁹
400g each

X WITH CARD

Rhodes Veggie Bowl
All Variants



SAVE 12%
21⁹⁹
200g each

X WITH CARD

Buffet Black/Calamata/
Green/Queen Olives



SAVE R10
38⁹⁹
410g each

X WITH CARD

Judy's Pickled
Onions All Variants



SAVE R13
44⁹⁹
700g each

X WITH CARD

Miami Cucumbers/
Gherkins All Variants



SAVE R25
69⁹⁹
2/ each

X WITH CARD

Sunfoil
Pure
Sunflower
Seed Oil



SAVE R10
22⁹⁹
120g/100g each

X WITH CARD

Robertson's Brown Spice
Refill All Variants



SAVE R30
ANY 2 FOR
R36

X WITH CARD

Robertson's Spice
Bottles All Variants x 2



SAVE R13
29⁹⁹
340ml each

X WITH CARD

Knorr Salad
Dressing All Variants



SAVE R10
39⁹⁹
200ml/200g each

X WITH CARD

Nando's Peri-Peri/Perinalse
Squeeze Sauce All Variants



SAVE R13
39⁹⁹
700ml each

X WITH CARD

Wellington's Sweet
Chilli/Jalapeno Sauce



SAVE 11%
39⁹⁹
700g

X WITH CARD

Crosse & Blackwell
Tangy Mayonnaise



SAVE R10
ANY 4 FOR
R22

X WITH CARD

Knorr Packet Soup
All Variants 4 x 50g



SAVE 27%
21⁹⁹
200g each

X WITH CARD

Hinds Spices Southern
Coating All Variants



SAVE R16
23⁹⁹
100g each

X WITH CARD

Knorr Aromat Seasoning
Refill All Variants



SAVE R15
124⁹⁹
800ml each

X WITH CARD

Vesuvio Extra
Virgin Olive Oil



SAVE R20
69⁹⁹
1/2 each

X WITH CARD

Clover Olive Pride Blend of
Seed Oils & Extra Virgin Olive Oil

SAVE 20%
ANY 2 FOR
R32

X WITH CARD

Fatti's & Moni's
Pasta
All Variants
2 x 500g



SAVE 18%
32⁹⁹
200ml each

X WITH CARD

Ina Paarman's
Sauce All Variants



SAVE R10
59⁹⁹
400g each

X WITH CARD

Ina Paarman's
Pasta Sauce All Variants



ANY 2 FOR
R58

X WITH CARD

Kellogg's Instant Noodles
All Variants 2 x 5x70g per pack



Kellogg's

HEY EXPLORERS
COLLECT &
WIN



Buy any Kellogg's Instant Noodles participating multipack and receive an activity book in the pack. Collect all 5 activity books, enter the draw and stand a chance to WIN a PlayStation 5 console, smartphones and more.

Exclusive to Checkers. Valid 5 January to 15 March 2026. T&Cs apply.

OFFERS VALID FROM 19 JANUARY 2026 UNTIL 8 FEBRUARY 2026. PRICES APPLY TO CHECKERS & CHECKERS HYPER & CHECKERS FOODS STORES GAUTENG, BRITS, LIMPOPO, MPUMALANGA & RUSTENBURG; EXCEPT MAFIKENG, LICHTENBURG & ZEERUST STORES. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES.

Over
1500
deals
every week

SAVE R110

269⁹⁹
each

WITH CARD
Casio
FX82ZA Plus
Scientific Calculator



**PINK & BLUE
COLOUR AT
SELECTED STORES
ONLY**



SAVE R19

67⁹⁹
per ream

WITH CARD
Typek
A4 White Copy
Paper - 500 Sheets



- FUNCTIONS**
- ✓ South African Curriculum approved scientific calculator
 - ✓ 263 Functions and natural textbook
 - ✓ 2-line display
 - ✓ Remainder calculations
 - ✓ GCD/LCM
 - ✓ Prime factorisation & ratio calculations
 - ✓ Coordinate transformations
 - ✓ Dual table MODE (2 functions)
 - ✓ Statistics MODE - data handling and regression analysis

SAVE UP TO 40% ON BACK-TO-SCHOOL ESSENTIALS

SAVE R18

39⁹⁹
each

WITH CARD
Pritt
Glue Stick - 43g

SAVE R10

15⁹⁹
each

WITH CARD
Scholar
A4 Feint & Margin
Hardcover Counter
Book - 192 Pages

SAVE R12

23⁹⁹
each

WITH CARD
Scholar
A4 Feint & Margin
Hardcover Counter
Book - 288 Pages

SAVE R11

22⁹⁹
each

WITH CARD
Flip File
Display File
- 20 Pockets

SAVE R18

29⁹⁹
each

WITH CARD
Flip File
Display File
- 30 Pockets

SAVE R5

13⁹⁹
each

WITH CARD
A4 Exam Pad
100 Pages (Design
May Vary)

SAVE R10

21⁹⁹
each

WITH CARD
Butterfly
A4 Display File
- 20 Pockets

SAVE R16

28⁹⁹
each

WITH CARD
Butterfly
A4 Display File
- 30 Pockets

SAVE R7

18⁹⁹
per pack

WITH CARD
Penflex
Medium Ballpoint
Pens - 5-Pack (Colour
May Vary)

SAVE R21

28⁹⁹
per pack

WITH CARD
Staedtler
Fluorescent Medium
Ballpoint Pens
- 10-Pack

SAVE R45

37⁹⁹
per pack

WITH CARD
Bic
Kids Turn & Colour
Retractable Wax
Crayon Set
- 12-Pack

SAVE R22

42⁹⁹
per pack

WITH CARD
Staedtler
Graphite Pencils
- 10-Pack

SAVE R25

29⁹⁹
per set

WITH CARD
Staedtler
Mars White & Blue
Plastic Eraser With
Sharpener Set

SAVE R27

19⁹⁹
per pack

WITH CARD
Staedtler
Tradition HB Pencils
- 3-Pack

SAVE R33

26⁹⁹
per set

WITH CARD
Staedtler
Multicoloured Noris
Long Colouring Pencil
& Bonus Eraser Set
- 12-Piece

89⁹⁹
each

WITH CARD
HydroHero
Double Wall Gel Bottle
- 500ml (Colour May
Vary)



SAVE R10

39⁹⁹
each

WITH CARD
Lunch to Go
Divider Lunch Box



SAVE R10

179⁹⁹
each

WITH CARD
Everest Junior Dino/
Rainbow Backpack
- 39cm



SAVE R20

249⁹⁹
each

WITH CARD
Fullmarks 5-Division XL
School Backpack - 36cm



SAVE R100

329⁹⁹
each

WITH CARD
Island Style XL
Functional Backpack
- 46cm



SAVE R70

OFFERS VALID FROM 19 JANUARY 2026 UNTIL 8 FEBRUARY 2026. PRICES APPLY TO CHECKERS & CHECKERS HYPER & CHECKERS FOODS STORES GAUTENG, BRITS, LIMPOPO, MPUMALANGA & RUSTENBURG; EXCEPT MAFIKENG, LICHTENBURG & ZEERUST STORES. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES.

SAVE R200

799⁹⁹ each

WITH CARD

Platinum Digital Airfryer - 6,6l

- 8 Preset Cooking Programs
- User-Friendly Touch Panel
- Durable Interior
- Reliable Performance

SAVE R200

999⁹⁹ each

WITH CARD

Platinum Silver Mirror Microwave Oven - 20l

PLATINUM

SAVE R10

79⁹⁹ per pack

WITH CARD

Whiskey/Hi Ball/Zombie/Willy Glasses - 10-Pack

WE'LL BEAT ANY APPLIANCE PRICE IN SA, GUARANTEED!*

*T&Cs apply

morphy richards

PLATINUM



SAVE R100
199⁹⁹ each

Morphy Richards Rose Gold & Black Steam Iron - 2200W



SAVE R50
449⁹⁹ each

Morphy Richards Motive Brushed Jug Kettle - 1,7l



SAVE R50
599⁹⁹ each

Platinum Panini Press - 4-Slice



SAVE R50
549⁹⁹ each

Platinum Electric Fry Pan - 7l



SAVE R50
299⁹⁹ each

Ottimo BBQ Griller



SAVE R20
279⁹⁹ each

Platinum Stick Blender - 250W



SAVE R50
449⁹⁹ each

Platinum Jug Blender - 1,5l



SAVE R50
299⁹⁹ each

Platinum Sport Blender - 750ml



SAVE R30
299⁹⁹ per set

Home Discovery Glass Storage Set - 20-Piece



SAVE R50
179⁹⁹ per set

Ivy Black & White Dinner Set - 12-Piece



SAVE R20
149⁹⁹ per set

NovaDiva Picnic Cutlery Set - 24-Piece (Colour May Vary)



SAVE R50
249⁹⁹ per set

Floral Mineralite Fry Pan Set - 2-Piece



SAVE R10
FROM 69⁹⁹

LAV Empire Glasses Range - 3-Pack



SAVE R30
99⁹⁹ per pack

LAV Coral Lune/Adora Hi Ball/Whiskey Glasses - 6-Pack



SAVE R100
899⁹⁹ per set

Quisimo Pressed Aluminium Cookware Set - 7-Piece



SAVE R60
89⁹⁹ each

HTH Blu4weeks Floater - 1,5kg (Reg. No. L4709 Act 36 of 1947)



SAVE R80
99⁹⁹ each

Blu52 All-in-One Pool Solution - 1,2kg (Reg. No. L7748 Act 36 of 1947)



SAVE R60
99⁹⁹ each

Pool Magic Brilliant Multi-Function Chlorine Feeder - 1,5kg



SAVE R60
399⁹⁹ each

HTH Mineralsoft Granular Chlorine - 8kg (Reg. No. L148 & N-AR 1060 Act 36 of 1947)

MoneyMarket

Blue Tag

SAVE R500
R1999

BUY and GET Samsung Galaxy A07

Blue Tag

SAVE R400
R1599

BUY and GET Samsung Galaxy A06

SAVE R50
249⁹⁹ each

BushBaby Portable Camping Stove

SAVE R40
4 FOR R120

BushBaby Gas Stove Cartridge - 220g

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PERSONAL CARE ESSENTIALS

SAVE R12
ANY 2 FOR R28
X WITH CARD

Dettol
Bath Soap
Selected Variants
2 x 175g

AS SEEN ON TV

SAVE R25
74⁹⁹
75ml each
X WITH CARD

Sensodyne
Toothpaste
Selected Variants

SAVE R50
69⁹⁹
500ml each
X WITH CARD

Listerine
Premium Mouthwash
Selected Variants

SAVE R20
74⁹⁹
2L each
X WITH CARD

Satskin
Bubble Bath
All Variants

Revlon
Colorstay
Longwear Cream Colour
All Variants

SAVE R40
99⁹⁹
each
X WITH CARD

BUY ANY & SAVE 20%
X WITH CARD

Young Solution
Facial Care Products

EXCLUDING TRIPLE ACTION
SAVE R20
ANY 2 FOR R44
X WITH CARD

Colgate
Toothpaste
All Variants 2 x 100ml

SAVE FROM R55
69⁹⁹
each pack
X WITH CARD

Colgate
Selected Toothbrush

BUY Oral-B Power Brush Head Refill 2 per pack & GET A 2ND ONE FREE!
SAVE FROM R310
BUY 1 & GET A 2ND FREE
X WITH CARD

Oral-B
Electric/Power Toothbrush All Variants

BUY ANY & SAVE 50%
X WITH CARD

Oral-B
Electric/Power Toothbrush All Variants

BUY ANY 2 & SAVE 20%
X WITH CARD

Nivea
Face Care Products x 2

BUY ANY & SAVE 30%
X WITH CARD

Nivea
Q10/Firming Body Lotion 400ml Each

SAVE R20
159⁹⁹
150ml each
X WITH CARD

Palmer's
Shimmer Radiance Body Oil

SAVE R35
89⁹⁹
200ml each
X WITH CARD

Nivea
Men Shaving Gel All Variants

BUY ANY & SAVE 20%
X WITH CARD

Gillette
Venus/Mach3 Selected Shaving Products

BUY ANY & SAVE 30%
X WITH CARD

My Natural Hair
Hair Care Products

BUY ANY 2 & SAVE 20%
X WITH CARD

Native Child
Hair Care Products x 2

BUY ANY & SAVE 30%
X WITH CARD

Schwarzkopf
Got2b Products

SAVE R20
89⁹⁹
200ml each
X WITH CARD

Perfect Touch
Hairspray All Variants

SAVE R20
ANY 2 FOR R100
X WITH CARD

Eco Style
Styling Gel All Variants 2 x 236ml

Aunt Jackie's™ CURLS & COILS

GET YOUR curl ON

BUY ANY 2 & SAVE 20%
X WITH CARD

Aunt Jackie's
Hair Care Products x 2

Available at Selected Stores

DEEPLY NOURISHES TEXTURED HAIR

FOR INSTANT MOISTURE AND STRONG HAIR

100% Pure Organic Moroccan Argan Oil
Anti-drying Formula
Instant Moisture and Shine

CREME OF NATURE

SAVE FROM R20
FROM 79⁹⁹
each
X WITH CARD

Creme of Nature
Hair Care Products

Available at Selected Stores

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BUY ANY & SAVE 20%
WITH CARD

Vicks Selected Products Each



SAVE R15
64⁹⁹
60g each
WITH CARD

Citro-Soda Original/Cranberry Flavour Effervescent Antacid Granules



SAVE R13
69⁹⁹
30 per pack
WITH CARD

Compral Pain Relief Powders



SAVE R25
89⁹⁹
750ml
WITH CARD

Dettol Original Antiseptic Liquid

XTRA MONTH-END SAVINGS ON

HEALTH ESSENTIALS



SAVE R10
34⁹⁹
WITH CARD

Lennon Medicine All Variants



SAVE 17%
36⁹⁹
24 per pack
WITH CARD

Calpol Pain & Fever Tablets



SAVE R10
39⁹⁹
WITH CARD

Disprin Regular 24 per pack/Extra Strength Pain Relief Tablets 16 per pack (Excluding Extra Strength 24's)



SAVE R15
59⁹⁹
30 per pack
WITH CARD

Triparc Triple Relief Formula Powders



SAVE 20% BOTH FOR R60
WITH CARD

Savlon Antiseptic Liquid 125ml & Band-Aid Plasters All Variants 20/25 per pack



BUY ANY & SAVE 20%
WITH CARD

Silverlab Silver Repair Healing Gel/Cream 75ml Each

FITNESS ESSENTIALS



SAVE R20
79⁹⁹
WITH CARD

Slimz Wohloza Shake It Off Fat Burn Capsules 30 per pack/Liquid 200ml



SAVE R25
89⁹⁹
WITH CARD

Rehidrat Hydration Powder All Variants



SAVE 25%
149⁹⁹
5 per pack
WITH CARD

Transact Medicated Pain Relief Patches



SAVE R30
199⁹⁹
3 per pack
WITH CARD

Vitaltech All-In-One Weight Loss Pack



SAVE R80
209⁹⁹
WITH CARD

NutriTech Whey Protein All Variants



BUY ANY & SAVE 25%
WITH CARD

Slimz Zero Slimming Tea 20 per pack/Fat Burning Capsules 30 per pack/Slimming Aid Detox Booster 200ml

VITAMINS & SUPPLEMENTS



SAVE R20
49⁹⁹
600ml each
WITH CARD

Sela Mixture All Variants



SAVE R25 BUY 3 FOR R65
WITH CARD

Vital Liver Rescue Intense+ Sachets 3 x 4 per pack



SAVE 33%
119⁹⁹
100g each
WITH CARD

A. Vogel Multiforce Original/Mango Alkaline Powder



SAVE 25%
124⁹⁹
60 per pack
WITH CARD

Vital Magnesium Complex Supplement Tablets



SAVE 20%
139⁹⁹
60 per pack
WITH CARD

Himalaya Ashvagandha Capsules



SAVE 20%
229⁹⁹
60 per pack
WITH CARD

OsteoEze Gold Joint & Cartilage Support Capsules



BUY ANY & SAVE 20%
WITH CARD

Centrum Products All Variants Each



BUY ANY & SAVE 20%
WITH CARD

Berocea Products All Variants Each

SEXUAL HEALTH



SAVE 30% ANY 2 FOR 34⁹⁹
WITH CARD

Koze Kuse Performance Booster Softgels



SAVE 25%
44⁹⁹
3 per pack
WITH CARD

Curtempe Vibe & Wink/Bumback/Rough Ride/Bladder/Premium Laxix Condoms



SAVE R20 BUY 2 FOR 49⁹⁹
WITH CARD

Vital Enduramax Intense Vaso Performance Booster Softgels



SAVE 20%
54⁹⁹
120ml each
WITH CARD

Assegaai Water Based Personal Lubricant All Variants



SAVE 15%
229⁹⁹
12 per pack
WITH CARD

Durex Rise Feel Irresistible Condoms

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SAVE 20%

94⁹⁹
30 per pack

WITH CARD

Ciplaton
Supplement
Capsules



SAVE R100

299⁹⁹
325g each

WITH CARD

Gloot
Strawberry
Kiwi/
Tropical
Crush
Protein
Water



BUY ANY 2 &

SAVE
20%

WITH CARD

Slow-Mag
Effervescent
Supplement
2 x 20/30
per pack



HEALTHCARE MUST-HAVES

DIGESTIVE HEALTH



SAVE R15

64⁹⁹
30 per pack

WITH CARD

Natrelax
Laxative Tablets



SAVE UP TO R30
FROM
89⁹⁹
WITH CARD

Gaviscon Antacid
- Aniseed/Peppermint
150ml - R89,99
- Plus 12 x 10ml per
pack - R89,99
- Advance Peppermint
12 x 10ml per
pack - R89,99
- Double Action Tablets
24 per pack - R89,99



SAVE R30

99⁹⁹
30 per pack

WITH CARD

Soflax
Sennoside Tablets



SAVE R40

139⁹⁹
96 per pack

WITH CARD

Rennie Spearmint/
Peppermint Heartburn &
Indigestion Chewable Tablets



SAVE UP TO R15

139⁹⁹
12 per pack

WITH CARD

Lennon Glycerin Adult/Child
Laxative Suppositories



SAVE R20

154⁹⁹
30 per pack

WITH CARD

Purgolene Lemon Flavoured
Laxative Sachets



BUY ANY &
SAVE
20%

WITH CARD

Eno Antacid
10 per pack/100g
All Variants Each



BUY ANY &
SAVE
20%

WITH CARD

ProbiFlora
Probiotic Range
All Variants Each

KIDS HEALTH



SAVE R10

37⁹⁹
100ml

WITH CARD

Muthi Wenyoni
Colic Grape Water



SAVE 20%

104⁹⁹
200ml

WITH CARD

Scott's Emulsion
Orange Flavoured
Cold Liver Oil Emulsion



SAVE R10

42⁹⁹
30 per pack

WITH CARD

Aston & Persons
Infant Treating
Powders



SAVE R17

62⁹⁹
100ml

WITH CARD

Calpol Strawberry Flavoured
Paracetamol Suspension



SAVE R15

64⁹⁹
30ml

WITH CARD

Panadol Peppermint
Flavoured Infant Drops



SAVE R25

99⁹⁹
30g

WITH CARD

Vicks BabyRub
Chest Rub



SAVE R25

99⁹⁹
200ml

WITH CARD

Benlyn Children's
Mucus Relief
Cough Syrup



SAVE 25%

179⁹⁹
30 per pack/200ml

WITH CARD

Crèche Guard
Multivitamin
Gummies/Immune
Supplement Liquid

Pharmacist
approved

AFFORDABLE HEALTHCARE MADE EASY



SAVE R15

34⁹⁹
30 per pack

WITH CARD

Medirite Clear
Waterproof Plasters



SAVE R15

44⁹⁹
30ml

WITH CARD

Medirite
Saline Spray



SAVE 33%

59⁹⁹
30 per pack

WITH CARD

Medirite Men/Women A-Z
Multivitamin Tablets



BUY ANY &
SAVE
25%

WITH CARD

Medirite Digestive
Probiotic Products
All Variants Each



BUY ANY &
SAVE
33%

WITH CARD

Medirite Magnesium
Products All Variants Each

DEALS ALSO AVAILABLE AT Medirite+

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BABY

SAVE R12

74⁹⁹
500g each

WITH CARD

Nestlé
Cerelac
Baby Cereal
All Variants

SAVE R70

79⁹⁹
224/288 per pack

WITH CARD

Johnson's
Baby Wipes
All Variants

179⁹⁹
per pack

Lovies Ultra
Value Pack
Disposable
Nappies

ANY 2 FOR
R350
& SAVE R10

WITH CARD

AS SEEN ON TV

Pampers
ultra skin comfort

ANY 2 FOR
239⁹⁹
PER PACK

SAVE R40
PER PACK

ANY 1 FOR
259⁹⁹
PER PACK

SAVE R20

Pampers
Jumbo Pack/
Premium Care
Value Pack
Disposable
Nappies/Pants

Infacare Baby Juice
All Variants 3 x 200ml

SAVE 15%
ANY 3 FOR
R38

WITH CARD

Rhodes Squish Baby Food
Pouches All Variants 2 x 110ml

SAVE R7
ANY 2 FOR
R23

WITH CARD

Purity 2nd Foods/Pouch Baby
Food All Variants 4 x 110ml/125ml

SAVE R15
ANY 4 FOR
R57

WITH CARD

Purity 3rd Foods Baby Food
All Variants 4 x 200ml

SAVE R22
ANY 4 FOR
R66

WITH CARD

Umatie Frozen Baby Food
All Variants 2 x 120g/210g

BUY ANY 2 &
SAVE 20%

WITH CARD

Kiddylicious Baby Snack
All Variants 2 x 12g

BUY ANY 2 &
SAVE 20%

WITH CARD

Epi-max Baby & Junior
Soap Free Glycerine Bar

SAVE 17%
24⁹⁹
100g each

WITH CARD

Epi-max Baby & Junior
Body Wash

SAVE R25
74⁹⁹
150ml each

WITH CARD

Epi-max Baby & Junior
Cream

SAVE R30
94⁹⁹
400g

WITH CARD

Garbie Baby Loo Nappy Bin
Liner Refill 2 x 20 per pack

SAVE R12
BUY 2 FOR
R58

WITH CARD

Nestlé Nido No. 3+ Powdered
Drink for Growing Children

SAVE R20
169⁹⁹
900g

WITH CARD

Lovies Ultra Baby Wipes
2 x 64 per pack

SAVE R10
BUY 2 FOR
R70

WITH CARD

Lovies Ultra Newborn
Disposable Nappies

SAVE R15
69⁹⁹
25 per pack

WITH CARD

Huggies Little Swimmers
Disposable Swim Pants

SAVE R30
99⁹⁹
11/12 per pack

WITH CARD

Huggies Little Snugglers
Disposable Nappies

SAVE R20
164⁹⁹
30 per pack

WITH CARD

Huggies Extra Care Newborn
Disposable Nappies

99⁹⁹
25 per pack

**Johnson's®
baby**

Designed for healthy skin
development from day 1

BUY ANY &
SAVE 30%
WITH CARD

Johnson's Baby
Bath/Body Products



EXCLUDING
BABY WIPES

World's
#1
baby and
child care
brand

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SAVE R110
BUY 2
& GET A 3RD
FREE

BUY 2 x Omo Auto Liquid Detergent/Capsules All Variants 2 x 1.5L/14 per pack & GET a 3rd one FREE!



FREE!

SAVE 16%
24⁹⁹
750ml each

WITH CARD

Handy Andy Cleaning Cream All Variants



SAVE R31
ANY 2 FOR
R95

WITH CARD

Comfort Fabric Conditioner Bottle All Variants 2 x 800ml



SAVE R30
79⁹⁹
2kg each

WITH CARD

Omo Auto Washing Powder All Variants



NEW DEALS IN EVERY AISLE



SAVE R55
229⁹⁹
45-50 per pack

WITH CARD

Finish Dishwasher Tablets All Variants



SAVE FROM R120

BUY 3
& GET THE
CHEAPEST
FREE

WITH CARD

BUY 3 x Ariel Liquid Detergent 2L Capsules 14-30 per pack All Variants & GET the Cheapest one FREE!



SAVE R30
ANY 2 FOR
R90

WITH CARD

Domestos Power Foam All Variants 2 x 450ml



SAVE 17%
28⁹⁹
750ml each

WITH CARD

Domestos Disinfectant All Variants



SAVE R12
35⁹⁹
1.2L each

WITH CARD

Jik Bleach All Variants



SAVE R18
29⁹⁹
500ml each

WITH CARD

Sta-soft Ultra/Refill Fabric Softener All Variants



SAVE R36
R99

WITH CARD

Vanish Stain Remover All Variants 400g-650g Each



SAVE R10
36⁹⁹
300ml each

WITH CARD

Mortein Insecticide All Variants



SAVE R10
39⁹⁹
400ml each

WITH CARD

Glade Air Freshener All Variants



SAVE R15
39⁹⁹
300ml each

WITH CARD

Mr. Min Multi Surface Cleaner All Variants



SAVE 14%
29⁹⁹
750ml each

WITH CARD

Sunlight Original Dishwashing Liquid



SAVE R15
34⁹⁹
1L

WITH CARD

Sunlight Pine Gel



SAVE R20
69⁹⁹
1.5L each

WITH CARD

Cobra Tile Cleaner All Variants



SAVE R15
29⁹⁹
100ml each

WITH CARD

Kiwi Shoe Polish All Variants



SAVE R20
39⁹⁹
2 roll each

WITH CARD

Dinu Mega Kitchen Towels



SAVE R13
34⁹⁹
20 pvc each

WITH CARD

Garbie Super Saver Refuse Bags



SAVE R20
79⁹⁹
20m each

WITH CARD

Housebrand Aluminium Heavy Foil



SAVE R20
49⁹⁹
15 pvc each

WITH CARD

Ziploc Freezer Bags



BUY ANY 2 & SAVE 25%

WITH CARD

Glad Bags Products x 2

SAVE FROM R80
BUY 1 & GET
A 2ND FREE

WITH CARD

BUY Vitacat Cat Food All Variants 900g/1.5kg & GET a 2nd one FREE!



ANY 6 FOR
R60

WITH CARD

Feline Cuisine Cat Food All Variants 6 x 70g/85g



SAVE R36

ANY 3 FOR
R99

WITH CARD

Husky Dog Food All Variants 3 x 775g



SAVE R21

ANY 2 FOR
R140

WITH CARD

Beeno Dog Biscuits/Treats All Variants 2 x 500g/800g



SAVE R30

SAVE R60
179⁹⁹
6kg/8kg each

WITH CARD

Vitagen Dog Food All Variants



SAVE R80
284⁹⁹
4kg/6kg each

WITH CARD

Canine Cuisine Dog Food All Variants



OFFERS VALID FROM 19 JANUARY 2026 UNTIL 8 FEBRUARY 2026. PRICES APPLY TO CHECKERS & CHECKERS HYPER & CHECKERS FOODS STORES GAUTENG, BRITS, LIMPOPO, MPUMALANGA & RUSTENBURG; EXCEPT MAFIKENG, LICHTENBURG & ZEERUST STORES. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES.

we bring the wine route to you

Available at
Checkers & LiquorShop

SAVE R15
79⁹⁹
750ml each
X WITH CARD
Durbanville Hills
Wine All Variants



SAVE R15
69⁹⁹
750ml each
X WITH CARD
Leopard's Leap
Selected Wine

SAVE R20
149⁹⁹
750ml
X WITH CARD
Ropdeberg
Black Red Wine



SAVE R20
239⁹⁹
750ml
X WITH CARD
Vilafonté
Seriously Old Dirt
Red Wine



BUY ANY & SAVE R15
X WITH CARD
Spier
Signature
Collection Wine
750ml Each



SAVE R15
89⁹⁹
750ml/6x250ml/
300ml per pack
X WITH CARD
J.C. Le Roux Vivante
Range Sparkling Wine
Cans/Bottle
All Variants



SAVE R35
154⁹⁹
750ml each
X WITH CARD
Kleine Zalze
Cap Classique
Sparkling Wine
All Variants



SAVE R35
164⁹⁹
750ml each
X WITH CARD
Pierre Jourdan
Cap Classique
Sparkling Wine
All Variants



SAVE R30
149⁹⁹
750ml each
X WITH CARD
Pirani Prosecco
Sparkling Wine
Selected Variants



SAVE R30
159⁹⁹
750ml each
X WITH CARD
Laborie
Cap Classique
Sparkling Wine
Selected Variants



SAVE R20
139⁹⁹
X WITH CARD
KWV
Classic Collection
- Sauvignon Blanc
White Wine
- Cabernet
Sauvignon Shiraz
Red Wine - R169,99
Save R20

LiquorShop



SAVE R20
149⁹⁹
750ml
X WITH CARD
Cactus Jack
Original Tequila



SAVE R35
164⁹⁹
750ml each
X WITH CARD
Southern Comfort
Original/Lime Liqueur



SAVE R30
169⁹⁹
750ml each
X WITH CARD
Gin Society
Gin All Variants



SAVE R40
229⁹⁹
750ml each
X WITH CARD
Bacardi Carta
Blanca/Negra Rum



SAVE R40
239⁹⁹
750ml
X WITH CARD
Paddy
Irish Whiskey



SAVE R60
299⁹⁹
750ml
X WITH CARD
Bain's Single Grain
Cape Mountain
Whisky



SAVE R70
349⁹⁹
750ml each
X WITH CARD
KWV 10-Year-Old
Barrel Select
Potstill Brandy



SAVE R40
BUY 2 FOR R160
X WITH CARD
Sol Cerveza
Mexican Beer NRB
2 x 6x330ml



SAVE R45
BUY 2 FOR R165
X WITH CARD
Stella Artois
Beer NRB
2 x 6x330ml



SAVE R45
ANY 2 FOR R175
X WITH CARD
Heineken
Premium/Silver/
Non-Alcoholic Beer
NRB 2 x 6x330ml



SAVE R45
BUY 2 FOR R175
X WITH CARD
Jack Black's
Brewery Lager NRB
2 x 6x330ml



SAVE R50
ANY 2 FOR R200
X WITH CARD
Bacardi Breezer
Spirit Cooler
All Variants NRB
2 x 6x275ml

NOT FOR PERSONS UNDER THE AGE OF 18. DRINK RESPONSIBLY. #NO

Checkers

better and better

Checkers
Hyper



Download the app

OFFERS VALID FROM MONDAY 19/01/2026 UNTIL SUNDAY 08/02/2026. PRICES APPLY TO CHECKERS & CHECKERS HYPER & CHECKERS FOODS STORES GAUTENG, BRITS, LIMPOPO, MPUMALANGA & RUSTENBURG; EXCEPT MAFIKENG, LICHTENBURG & ZEERUST STORES. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES. WINE ONLY AVAILABLE AT STORES WITH WINE DEPARTMENTS. BEER & SPIRITS ONLY AVAILABLE AT LIQUORSHOP STORES. ALCOHOL FOR SALE ON SUNDAYS IN GAUTENG ONLY. LIQUOR ONLY AVAILABLE AT STORES WITH A VALID LIQUOR LICENCE. SEAFOOD ONLY AVAILABLE AT STORES WITH SEAFOOD COUNTERS. CERTAIN FOODS COOKED FOR STYLING PURPOSES ONLY. TOY & APPLIANCE PRICE BEAT GUARANTEE. SEE WWW.TERMSCONDITIONS.CO.ZA FOR DETAILS. T&Cs APPLY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED (E&OE). WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE). XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).

Dis-Chem +

Better health starts here

2+1 CHEAPEST FREE

ON SPORTS SUPPLEMENTS* **MEMBER DEAL**

Friday 23 January to Sunday 25 January 2026.

*Offer excludes all advertised products

Better Health + Better Rewards™

Tuesday 13 January to
Sunday 15 February 2026



Your
"new year,
new me"
till slip never
looked better

Get **10% off**
instantly

**on top of the
promo price**

on **140+** of SA's
most-loved

Sports supplements

Vitamins

Health foods

Self-medication

**+ Better
Rewards™**

Unlock promo prices as a **Better Rewards**
member and start saving instantly!



Look out for this icon to find our **Better Rewards** brands in-store and online

With our Better Rewards brands...

**Get 10% off instantly on top
of the promo price**

on 140+ of SA's
most-loved brands
every time you shop



Scan to join

FOR FREE



Meet our **Better Rewards** brands

Healthy Living



Get Better



Self-Care



Glow-Up




Baby



Cleaning



 Look out for this icon to find our **Better Rewards** brands in-store and online

Now you **get 10% off** instantly **on top of the promo price**

DAILY SUPPLEMENTS



**SAVE
R83**

**Bio-Strath
Daily
Nutritional
Supplement**
100 tablets
297⁹⁹

+B MEMBER PRICE:
214⁵⁵



**SAVE
R50**

**Gold
Omega 3
Salmon Oil +
1000mg**
90 softgel
capsules
179⁹⁹

+B MEMBER PRICE:
129⁵⁹



**SAVE
R85**

**Gold
B Complex
Slow Release**
180 coated
tablets
304⁹⁹

+B MEMBER PRICE:
219⁵⁹



**SAVE
R58**

**Gold
Multivit
Supreme**
60 tablets
209⁹⁹

+B MEMBER PRICE:
151¹⁹



**SAVE
R71**

**Bio-Strath
Daily
Nutritional
Supplement**
200ml
254⁹⁹

+B MEMBER PRICE:
183⁵⁹

SWIPE TO GET
20% OFF



GET AN EXTRA

10% OFF
ALL Better Rewards Brands

Member prices already reflect both discounts



**SAVE
R131**

**StaminoGro
Daily Multivitamin
Supplement**
120 tablets

469⁹⁹
+B MEMBER PRICE:
338³⁹



**SAVE
R92**

**FoodGrown
Lion's Mane
Extract**
1000mg
60 capsules
329⁹⁹

+B MEMBER PRICE:
237⁵⁹



**SAVE
R86**

**Essentiale
Extreme 300mg**
100 hard gelatin
capsules

309⁹⁹
+B MEMBER PRICE:
223¹⁹



**SAVE
R112**

**FoodGrown
Berberine
Complex**
60 capsules
399⁹⁹

+B MEMBER PRICE:
287⁹⁹



**SAVE
R120**

**Biogen
Multi
Vitamin+**
180 tablets
429⁹⁹

+B MEMBER PRICE:
309⁵⁹



**SAVE
R77
per pack**

**Biogen
Multivitamin
Advanced
50+**
60 PLUS
30 tablets
BANDED PACK
274⁹⁹

+B MEMBER PRICE:
**197⁹⁹
per pack**



**SAVE
R77
per pack**

**Biogen
Multi
Vitamin+**
60 PLUS
30 capsules
BANDED PACK
274⁹⁹

+B MEMBER PRICE:
**197⁹⁹
per pack**

on 140+ Better Rewards brands every time you shop

DAILY SUPPLEMENTS

Offer on the Centrum multivitamin range



Centrum
Multivitamin
30 tablets

179⁹⁹

+B MEMBER PRICE:

161⁹⁹



Centrum
Multivitamin
Select 50+
30 tablets

209⁹⁹

+B MEMBER PRICE:

188⁹⁹



SWIPE
TO GET



GET AN
EXTRA

2+1 + 10%
CHEAPEST
FREE OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

Offer on the Vital vitamin range



Vital
Omega 3
1000mg
30 softgel
capsules

154⁹⁹

+B MEMBER PRICE:

139⁴⁹



Vital
Maxi C
1000mg
30 softgel
capsules

161⁹⁹

+B MEMBER PRICE:

145⁷⁹

Offer on the Vital vitamin range



Vital
Hair, Skin & Nails
30 softgel capsules

174⁹⁹

+B MEMBER PRICE:

157⁴⁹
each

SAVE
R56



ReVite
Super B
Energy &
Anti-Stress
30 effervescent
tablets

224⁹⁹

MEMBER PRICE:

168⁷⁴

25%
OFF
MEMBER DEAL



ReVite
Magnesium
Fizzy
30 effervescent
tablets

199⁹⁹

MEMBER PRICE:

149⁹⁹

SAVE
R50



Proanthodin
60 capsules

161⁹⁹

MEMBER PRICE:

2 FOR
199⁹⁹

SAVE
R123



MEMBER DEAL
2+1
CHEAPEST
FREE
on ANY Tibb
products

Tibb
Septogard
Natural
Antibiotic
120 tablets

359⁹⁹

SAVE
R84



Solal
Omega-3
Krill Oil
60 capsules

419⁹⁹

MEMBER PRICE:

335⁹⁹

MEMBER DEAL
20%
OFF
the Solal
vitamin range



ActivoVite
Complete
Multivitamin
& Mineral
30 capsules

148⁹⁹

MEMBER PRICE:

119¹⁹

20%
OFF
MEMBER DEAL

SAVE
R62



DS-24
Daily
Supplement
60 capsules

309⁹⁹

MEMBER PRICE:

247⁹⁹

MEMBER DEAL
20%
OFF
ALL DS-24
multivitamins



Nativa
Complex
Diabetic
Multivitamin
30 capsules

199⁹⁹

MEMBER DEAL
2+1
CHEAPEST
FREE
on ANY Nativa
Complex vitamins

Unlock all promo prices as a Better Rewards member and save. The promotional discount may only apply to specific products within the range. Maximum discounts apply. Visit the app or in-store for more details. T's and C's apply. Offers valid while stocks last or until 15 February 2026. Available at dischem.co.za OR at selected stores. E&OE. These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.

Now you **get 10% off** instantly **on top of the promo price**

DIGESTIVE CARE AND PROBIOTICS



SAVE
R94

Biogen
Supreme
Probiotic
9-Strain
60 PLUS 10
vegetarian
capsules
289⁹⁹

+B MEMBER PRICE:
195⁷⁴



SAVE
R104

ProbiFlora
Adult
Intensive
Rescue
9 Strain
60 capsules
319⁹⁹

+B MEMBER PRICE:
215⁹⁹



SAVE
R159

FoodGrown
Pre + Pro +
Postbiotics
3in1 Gut
Restore
60 capsules
489⁹⁹

+B MEMBER PRICE:
330⁷⁴

Offer on the Iberogast range



SAVE
R117

Iberogast
Oral Liquid
50ml
362⁹⁹

+B MEMBER PRICE:
245⁰²



SAVE
R71

Biogen
Digestive
Enzymes
60 PLUS 10
vegetarian
capsules
219⁹⁹

+B MEMBER PRICE:
148⁴⁹

SWIPE TO GET
25% + 10% OFF
GET AN EXTRA
ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE
R52

Gold
Activated
Charcoal
60 vegcapsules
159⁹⁹

+B MEMBER PRICE:
107⁹⁹



SAVE
R55

Lifestyle Health
Inulin Prebiotic
Fibre Powder
300g
169⁹⁹

+B MEMBER PRICE:
114⁷⁴



SAVE
R60

Lifestyle Health
Fibre
Supplement
Powder
300g
184⁹⁹

+B MEMBER PRICE:
124⁸⁷



SAVE
R40

Lifestyle Food
Activated
Charcoal
400g
124⁹⁹

+B MEMBER PRICE:
84³⁷



SAVE
R60

Lifestyle Health
L. Reuteri
Probiotic
30 chewable tablets

+B MEMBER PRICE:
124⁸⁷

20% OFF
MEMBER DEAL



SAVE
R40



SAVE
R54



SAVE
R80

A.Vogel
Molkosan
Prebiotic
Food
Supplement
200ml

199⁹⁹
MEMBER PRICE:
159⁹⁹

Entiro
Probiotic
Daily Use
30 capsules

269⁹⁹
MEMBER PRICE:
215⁹⁹

MiBiotix
VG for
Women
30 vegetarian
capsules

399⁹⁹
MEMBER PRICE:
319⁹⁹

SAVE
R52



MEMBER DEAL
20% OFF
ALL Reuterina
Probiotics

Reuterina
Daily Probiotic
30 chew tablets

262⁹⁹
MEMBER PRICE:
210³⁹

6 **+B** Look out for this icon to find **Better Rewards brands** in-store and online

on **140+** Better Rewards brands **every time you shop**

IMMUNE SUPPORT



A. Vogel
Echinaforce
Junior
Colds & Flu
120 chewable
tablets

SAVE R82
MEMBER PRICE: **213¹¹**



SWIPE
TO GET

**20%+10%
OFF**

ALL Better Rewards Brands

Member prices already reflect both discounts



GET AN
EXTRA



Biogen
Immuno Boost
Effervescent
Vitamin C 1000mg
20 effervescent tablets

SAVE R30
MEMBER PRICE: **79¹⁹**



Gold
Glutathione
Melt 500mg
30 sublingual
tablets

SAVE R151
MEMBER PRICE: **388⁷⁹**



Lifestyle
Health
Vitamin C
1000mg
100 tablets

SAVE R40
MEMBER PRICE: **102⁹⁵**



Efferflu C
Immune
Booster
20 effervescent
tablets

SAVE R30
MEMBER PRICE: **77⁷⁵**



Cal-C-Vita Immune
Support
30 effervescent tablets

Offer on the Cal-C-Vita range
SAVE R80
MEMBER PRICE: **208⁰⁷**



Prospan
Cough
Syrup
200ml

SAVE R35
MEMBER PRICE: **139⁹⁹**



Viraway
Cold & Flu
Immune System
Enhancer
120 capsules

SAVE R52 per pack
VALUE PACK
260⁹⁹
MEMBER PRICE: **208⁷⁹ per pack**

Offer on the Sinupret range



Sinupret
Syrup
100ml

SAVE R28
MEMBER PRICE: **115¹⁹**

**20%
OFF**
MEMBER DEAL



MN Ultra
Immune
Boost
10 effervescent
tablets

SAVE R26
MEMBER PRICE: **103⁹⁹**



Airmune
Immune System
Support
30 effervescent tablets

SAVE R54 per pack
VALUE PACK
269⁹⁹
MEMBER PRICE: **215⁹⁹ per pack**



ViraVance
30 day supply

SAVE R40
MEMBER PRICE: **159⁹⁹**

Did you know?



Your immune system is a powerhouse because it produces millions of new protective cells daily.

Fuel these tireless defenders with our advanced immune support supplements and stay resilient all year.

Unlock all promo prices as a Better Rewards member and save. The promotional discount may only apply to specific products within the range. Maximum discounts apply. Visit the app or in-store for more details. T's and C's apply. Offers valid while stocks last or until 15 February 2026. Available at dischem.co.za OR at selected stores. E&OE. These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.

Now you **get 10% off** instantly **on top of the promo price**

MINERALS



SAVE R47

Gold Iron Plus High Strength
60 coated tablets
168⁹⁹

+B MEMBER PRICE:
121⁶⁷

SWIPE TO GET
20% OFF **+10% OFF**

ALL Better Rewards Brands

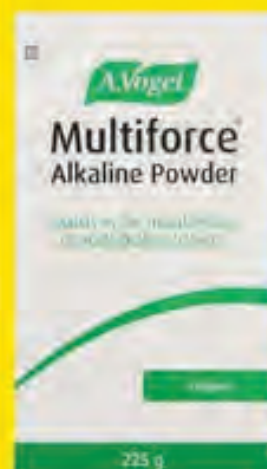
Member prices already reflect both discounts



SAVE R51

Lifestyle Health Electro Mag Plus
30 day pack

183⁹⁹
+B MEMBER PRICE:
132⁴⁷



SAVE R79

A.Vogel Multiforce Alkaline Powder
225g
282⁹⁹

+B MEMBER PRICE:
203⁷⁵



SAVE R114

Slow-Mag Magnesium
100 capsules

409⁹⁹
+B MEMBER PRICE:
295¹⁹



SAVE R78

Slow-Mag Magnesium Fizzies
30 effervescent tablets

279⁹⁹
+B MEMBER PRICE:
201⁵⁹



SAVE R36

Lifestyle Health Electrolytes
3 x 10 effervescent tablets

129⁹⁹
+B MEMBER PRICE:
93⁵⁹



SAVE R59

MEMBER DEAL
20% OFF
ALL CrampEase products

CrampEase
60 capsules

296⁹⁹
MEMBER PRICE:
237⁵⁹



SAVE R59

CrampEase Night
60 capsules

296⁹⁹
MEMBER PRICE:
237⁵⁹



SAVE R58

MEMBER DEAL
20% OFF
ALL Ferrous Forte products

Ferrous Forte Iron Supplement
60 tablets
292⁹⁹

MEMBER PRICE:
234³⁹



SAVE R42

20% OFF
MEMBER DEAL

MN Premium Silver Zinc Immune Support
60 vegcaps
209⁹⁹

MEMBER PRICE:
167⁹⁹



SAVE R28

25% OFF
MEMBER DEAL

Healthy Living Acne Away with Zinc
60 tablets

114⁹⁹
MEMBER PRICE:
86²⁴

MEMBER DEAL
25% OFF
ALL Zinplex vitamins



SAVE R20

MAGNEPLEX



SAVE R20



SAVE R40

Zinplex Magneplex Syrup
200ml

79⁹⁹
MEMBER PRICE:
59⁹⁹

Zinplex Junior Immune Booster Syrup
200ml

82⁹⁹
MEMBER PRICE:
62²⁴

Zinplex Zinc & Selenium
120 tablets

159⁹⁹
MEMBER PRICE:
119⁹⁹

8 **+B** Look out for this icon to find **Better Rewards brands** in-store and online

on 140+ Better Rewards brands every time you shop

BONE AND JOINT HEALTH

SAVE R79 per pack



Lifestyle Health Calcium+
90 tablets
VALUE PACK

284⁹⁹
+B MEMBER PRICE:
205¹⁹ per pack

SWIPE TO GET

+B GET AN EXTRA

20% OFF + 10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE R112



Flexi-Cal
Nutrient Support for Bones, Joints & Muscles
30 day supply

399⁹⁹
+B MEMBER PRICE:
287⁹⁹

SAVE R92



Biogen Calmag Max
120 tablets

329⁹⁹
+B MEMBER PRICE:
237⁵⁹

SAVE R98 each



Lifestyle Health MSM
1000 mg
120 coated tablets

349⁹⁹
+B MEMBER PRICE:
251⁹⁹ each

SAVE R95



OsteoEze Gold
Joint & Cartilage Support
90 capsules

379⁹⁹
MEMBER PRICE:
284⁹⁹

MEMBER DEAL 25% OFF
the OsteoEze range

SAVE R87



ArthroChoice Advanced
Joint Support
120 tablets

438⁹⁹
MEMBER PRICE:
351¹⁹

20% OFF
MEMBER DEAL

SAVE R73



Piascledine
30 capsules

367⁹⁹
MEMBER PRICE:
294³⁹

20% OFF
MEMBER DEAL

SAVE R71 per pack



Arthraway Chronic
Joint Therapy
180 tablets

355⁹⁹
MEMBER PRICE:
284⁷⁹ per pack

SAVE R80



THRESHHold Real MSM
120 tablets

399⁹⁹
MEMBER PRICE:
319⁹⁹

SAVE R80



MenaCal 7
90 tablets

399⁹⁹
MEMBER PRICE:
319⁹⁹

Healthy Living Arthraway Chronic Joint Therapy
180 tablets
VALUE PACK

355⁹⁹
MEMBER PRICE:
284⁷⁹ per pack

THRESHHold Real MSM
120 tablets

399⁹⁹
MEMBER PRICE:
319⁹⁹

MenaCal 7
90 tablets

399⁹⁹
MEMBER PRICE:
319⁹⁹

Did you know?



Bone & Joint Supplements deliver essential nutrients such as calcium and vitamin D to support strong bones, plus collagen and glucosamine to help keep joints comfortable and flexible.

Nourish your foundation and support easy, confident movement, so you can stay active and feel your best.

Unlock all promo prices as a Better Rewards member and save. The promotional discount may only apply to specific products within the range. Maximum discounts apply. Visit the app or in-store for more details. T's and C's apply. Offers valid while stocks last or until 15 February 2026. Available at dischem.co.za OR at selected stores. E&OE. These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.

Now you **get 10% off** instantly **on top of the promo price**

WOMEN'S HEALTH



SAVE R70

Gold Cranberry Plus
120 softgel capsules
249⁹⁹

+B MEMBER PRICE:
179⁹⁹

SWIPE TO GET

+B GET AN EXTRA

20% + 10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE R112

Biogen Collagen with Peptan
320g
399⁹⁹

+B MEMBER PRICE:
287⁹⁹



SAVE R44

Gold Biotin 500µg
60 coated tablets
158⁹⁹

+B MEMBER PRICE:
114⁴⁷



SAVE R97

PregOmega Plus
30 day pack
347⁹⁹

+B MEMBER PRICE:
250⁵⁵



SAVE R86

Lifestyle Health Pregnancy Pack
All-in-One Daily Prenatal Sachets
30 sachets
309⁹⁹

+B MEMBER PRICE:
223¹⁹



SAVE R70 per pack

Biogen Collagen 60 PLUS
30 capsules
249⁹⁹

+B MEMBER PRICE:
179⁹⁹ per pack



SAVE R125

MEMBER DEAL
25% OFF
the Venavine range

Venavine Leg Vein Health
60 capsules
499⁹⁹

MEMBER PRICE:
374⁹⁹



20% OFF
MEMBER DEAL

SAVE R69

Stellar mama
30 day supply
344⁹⁹

MEMBER PRICE:
275⁹⁹



SAVE R36

URI-Kleer
6 vegcaps
179⁹⁹

MEMBER PRICE:
143⁹⁹



SAVE R100

Femolene Ultra SR
30 capsules
499⁹⁹

MEMBER PRICE:
399⁹⁹



SAVE R126

Harvest Table Multi Collagen Granules
350g
629⁹⁹

MEMBER PRICE:
503⁹⁹



SAVE R88

A. Vogel Menoforce
30 tablets
439⁹⁹

MEMBER PRICE:
351⁹⁹



20% OFF
MEMBER DEAL

SAVE R34

Pregnavit M
30 capsules
169⁹⁹

MEMBER PRICE:
135⁹⁹



SAVE R65

Maxipreg
28 sachets
324⁹⁹

MEMBER PRICE:
259⁹⁹

10 **+B** Look out for this icon to find **Better Rewards brands** in-store and online

on 140+ Better Rewards brands every time you shop

CHILDREN'S HEALTH

Offer on the Gummy Vites range



SAVE R82

Gummy Vites Multivitamin 120 gummies 293⁹⁹

MEMBER PRICE: 211⁶⁷

SWIPE TO GET 20% OFF

+B GET AN EXTRA 10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

Offer on the Lifestyle Health Gummy range



SAVE R72

Lifestyle Health Vitamin C Gummy Bears for Kids 120 gummies 259⁹⁹

MEMBER PRICE: 187¹⁹



SAVE R58

Biogen Junior Multi Mune Syrup 200ml 209⁹⁹

MEMBER PRICE: 151¹⁹



SAVE R71

Biogen Junior Multivitamin Gummies 120 gummies 254⁹⁹

MEMBER PRICE: 183⁵⁹



SAVE R66

Crèche Guard Gummies Multivit One A Day 30 gummies 238⁹⁹

MEMBER PRICE: 172⁰⁷



SAVE R68

Crèche Guard Immune Multivit Syrup 200ml 244⁹⁹

MEMBER PRICE: 176³⁹

20% OFF MEMBER DEAL



SAVE R51



SAVE R19

NutriPure Kids Multivitamin Complete 120 gummies 254⁹⁹

MEMBER PRICE: 203⁹⁹

Scott's Emulsion 200ml 94⁹⁹

MEMBER PRICE: 75⁹⁹



SAVE R20

25% OFF MEMBER DEAL

Zinplex Junior Magnesium Syrup 200ml 79⁹⁹

MEMBER PRICE: 59⁹⁹

20% OFF MEMBER DEAL



SAVE R80 per pack



SAVE R105



SAVE R46

Brain Child Omega-3 Vitamins & Minerals 120 tablets 399⁹⁹

MEMBER PRICE: 319⁹⁹ per pack

Equazen Capsules 180 capsules 524⁹⁹

MEMBER PRICE: 419⁹⁹

Vi-Daylin Daily Multivitamin Supplement 25ml 229⁹⁹

MEMBER PRICE: 183⁹⁹

Did you know?



Bright days start with strong foundations.

Children's Health Supplements help fill common nutrient gaps for growing kids - vitamin D and calcium to support bones and teeth, vitamin C and zinc for everyday immune support, plus omega-3 DHA for brain and eye health. Tasty, easy-to-take formulas help make wellness simple for picky eaters and busy families.

Unlock all promo prices as a Better Rewards member and save. The promotional discount may only apply to specific products within the range. Maximum discounts apply. Visit the app or in-store for more details. T's and C's apply. Offers valid while stocks last or until 15 February 2026. Available at dischem.co.za OR at selected stores. E&OE. These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.

Now you **get 10% off** instantly **on top of the promo price**

COGNITIVE HEALTH



SAVE R40

Biogen Ginkgo Biloba 200mg 30 capsules
144⁹⁹
+B MEMBER PRICE: **104³⁹**

SWIPE TO GET

20% + 10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE R67

Gold 5-HTP 220mg 30 vegcapsules
239⁹⁹
+B MEMBER PRICE: **172⁷⁹**



SAVE R47

Biogen Sure Sleep 60 vegetarian capsules
169⁹⁹
+B MEMBER PRICE: **122³⁹**



SAVE R56

Lifestyle Health Sleep Aid 60 vegcapsules
199⁹⁹
+B MEMBER PRICE: **143⁹⁹**



SAVE R75

FoodGrown Organic Ginkgo Biloba 240mg 60 capsules
269⁹⁹
+B MEMBER PRICE: **194³⁹**



SAVE R37

Gold L-Theanine 250mg 60 vegcapsules
134⁹⁹
+B MEMBER PRICE: **97¹⁹**

Easy Sleep 40Winx 30 days supply
199⁹⁹
MEMBER PRICE: **159⁹⁹**



SAVE R40

20% OFF

MEMBER DEAL

NeuroXCEL Brain and Nervous System Support 30 days supply
311⁹⁹
MEMBER PRICE: **249⁵⁹**



Keenmind 60 capsules
367⁹⁹
MEMBER PRICE: **294³⁹**



Elev8 25mg 30 film coated tablets
199⁹⁹
MEMBER PRICE: **159⁹⁹**



SAVE R49

Relicalm Night 40 tablets
245⁹⁹
MEMBER PRICE: **196⁷⁹**



MEMBER DEAL

20% OFF

ALL Relicalm products

SAVE R45

Relicalm L-Theanine 150g 40 tablets
227⁹⁹
MEMBER PRICE: **182³⁹**



SAVE R53

Biral Stress and Anxiety Tablets 40 tablets
265⁹⁹
MEMBER PRICE: **212⁷⁹**



MEMBER DEAL

20% OFF

ALL Biral products

SAVE R150

Noolit Mental Performance Cognition 60 capsules
599⁹⁹
MEMBER PRICE: **449⁹⁹**



MEMBER DEAL

25% OFF

the Noolit range

on 140+ Better Rewards brands every time you shop

HERBAL REMEDIES & AROMATHERAPY

SAVE R80



Lifestyle Health Prostate Support
60 vegcapsules

285⁹⁹
+B MEMBER PRICE: 205⁹¹

SWIPE TO GET

+B GET AN EXTRA

20% + 10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE R77



Dis-Chem gold PROSTATE CARE
60 softgel capsules

275⁹⁹
+B MEMBER PRICE: 198⁷¹

SAVE R15



Sela Bladder & Kidney Tea
20 teabags

56⁹⁹
+B MEMBER PRICE: 41⁰³

SAVE R15



Sela Blood Clean Tea
20 teabags

56⁹⁹
+B MEMBER PRICE: 41⁰³

SAVE R44



Dis-Chem gold KIDNEY & BLADDER
60 vegcapsules

159⁹⁹
+B MEMBER PRICE: 115¹⁹

SAVE R45




Dis-Chem gold MILK THISTLE
60 vegcapsules

162⁹⁹
+B MEMBER PRICE: 117³⁵

20% OFF
MEMBER DEAL

SAVE R43



A.Vogel Boldocynara
Liver and Gallbladder Support

SAVE R43



A.Vogel Nephrosolid
Kidney and bladder tonic drops

SAVE R60



Himalaya Mentat Tablets
100 tablets

A.Vogel Boldocynara
Liver and Gallbladder Support
50ml

214⁹⁹
MEMBER PRICE: 171⁹⁹

A.Vogel Nephrosolid
Kidney and Bladder Tonic Drops
50ml

214⁹⁹
MEMBER PRICE: 171⁹⁹

Himalaya Mentat Tablets
100 tablets

302⁹⁹
MEMBER PRICE: 242³⁹



MEMBER DEAL
2+1 CHEAPEST FREE
on ANY Dis-Chem Essential Oils

Dis-Chem Citronella Lemon Grass
20ml
35⁹⁹



MEMBER DEAL
2+1 CHEAPEST FREE
on the Soil range

Soil Organic Essential Oil
5ml
104⁹⁹



MEMBER DEAL
2+1 CHEAPEST FREE
on the Natura range

Natura Rescue Drops
25ml
160⁹⁹

Did you know?



Herbs harvested in the morning often have stronger natural aromas than those harvested at different times of the day. This is because plants have the highest concentration of essential oils in their leaves and flowers in the morning.

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Now you **get 10% off** instantly **on top of the promo price**

HEART HEALTH & DIABETIC CARE



SAVE R84

Biogen Cinnatrol Cinnamon Extract
60 capsules
299⁹⁹

+B MEMBER PRICE: 215⁹⁹

SWIPE TO GET

20% OFF

+B GET AN EXTRA 10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE R43

Gold Multivit for Diabetics
60 coated tablets
155⁹⁹

+B MEMBER PRICE: 112³¹



SAVE R84

Biogen Supreme Co-Enzyme Q10 300mg
30 vegetable capsules
299⁹⁹

+B MEMBER PRICE: 215⁹⁹



SAVE R147

InsuMax-Q Triple Pack
30 days supply
525⁹⁹

+B MEMBER PRICE: 378⁷¹



SAVE R61

Lifestyle Health Cardio Q10+
30 vegcapsules
219⁹⁹

+B MEMBER PRICE: 158³⁹



SAVE R106

FoodGrown Cardio Care CO-Q10+PQQ
30 capsules
379⁹⁹

+B MEMBER PRICE: 273⁵⁹

SAVE R36



MEMBER DEAL 20% OFF ALL Nicorette products

Nicorette Gum Freshmint 2mg
30-pack
179⁹⁹

MEMBER PRICE: 143⁹⁹

SAVE R53



MEMBER DEAL 20% OFF ALL Manna range

Manna Blood Sugar Support
180 caplets
265⁹⁹

MEMBER PRICE: 212⁷⁹

SAVE R35



20% OFF MEMBER DEAL

ReVite Omega-3 Fish Oil 1000mg
90 softgel capsules
178⁹⁹

MEMBER PRICE: 143¹⁹



MEDIC+ BLOOD PRESSURE MONITOR

Medic + Blood Pressure Monitor
499⁹⁹

Cardiomax Q10 150mg
30 vegicaps.
269⁹⁹

MEMBER PRICE: 215⁹⁹

Mni RyChol+ Extra Strength
30 day pack
424⁹⁹

MEMBER PRICE: 339⁹⁹

SAVE R54



SAVE R85



20% OFF MEMBER DEAL

SAVE R39



SAVE R51



Contour Plus Blood Glucose Test Strips
50 strips
194⁹⁹

MEMBER PRICE: 155⁹⁹

Glucerna Nutritional Supplement for Diabetics
400g
255⁹⁹

MEMBER PRICE: 204⁷⁹

on 140+ Better Rewards brands **every time you shop**

ENERGY BOOSTERS



SAVE
R50

179⁹⁹

Lifestyle Health
Vitamin B Fizzy
30 effervescent tablets

+B MEMBER PRICE:
129⁵⁹

SWIPE TO GET
20% + 10% OFF

+B GET AN EXTRA

ALL Better Rewards Brands

Member prices already reflect both discounts.

Offer on the Berocca range



SAVE
R89

318⁹⁹

Berocca
Performance
30 effervescent
tablets

+B MEMBER PRICE:
229⁶⁷



SAVE
R58

Bioplus
Effervescent
Tablets
20 effervescent
tablets
209⁹⁹

+B MEMBER PRICE:
151¹⁹



SAVE
R21

76⁹⁹

Bioplus Booster
Sachets
12 sachets

+B MEMBER PRICE:
55⁴³



SAVE
R50

Bioplus
Syrup
500ml
179⁹⁹

+B MEMBER PRICE:
129⁵⁹



SAVE
R92

329⁹⁹

Berocca
Boost
30 effervescent
tablets

+B MEMBER PRICE:
237⁵⁹



Turbovite
Excel
20 sachets
189⁹⁹

MEMBER DEAL
2+1
CHEAPEST
FREE
on the
Turbovite
range



Turbovite
Focus
500ml
209⁹⁹



SAVE
R63

MEMBER DEAL
20%
OFF
ALL Vita-Thion
products

Vita-Thion
Energy Tonic
60 sachets
317⁹⁹

MEMBER PRICE:
254³⁹



ReVite
Vit-T-Go
20 sachets

SAVE
R30

20%
OFF
MEMBER DEAL

149⁹⁹

MEMBER PRICE:
119⁹⁹



Healthy Living
Fatigue Away
60 sachets
314⁹⁹

MEMBER PRICE:
236²⁴

25%
OFF
MEMBER DEAL



Healthy Living
Fatigue Away
20 sachets
138⁹⁹

MEMBER PRICE:
104²⁴

Did you know?



Vitamin B does not directly provide energy. B-complex vitamins actually help convert the food you eat into the energy you need.

This is why a balanced diet is just as important!

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Now you **get 10% off** instantly **on top of the promo price**

FIRST AID & WOUND CARE



SAVE
R29

Savlon
Antiseptic
Liquid
750ml
104⁹⁹

+B MEMBER PRICE:
75⁵⁹

SWIPE TO GET
20%+10% OFF
GET AN EXTRA
10% OFF
ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE
R50

Savlon
Antiseptic
Liquid
2 litres
179⁹⁹

+B MEMBER PRICE:
129⁵⁹



SAVE
R100

MEMBER DEAL
20% OFF
ALL Medic +
First Aid
Kits

Medic +
First Aid Kit
Small Business
Regulation 7 Kit
49-piece

499⁹⁹

MEMBER PRICE:
399⁹⁹



Germolene
Ointment
20g

MEMBER DEAL
20% OFF
ALL Germolene
20g AND 50g

82⁹⁹

MEMBER PRICE:
66³⁹



Septadine
Antiseptic Ointment
25g

SAVE
R11

MEMBER DEAL
20% OFF
ALL Septadine
Antiseptic
Ointments

43⁹⁹

MEMBER PRICE:
35¹⁹



Medic +
Gauze Swab
8 ply
100mm x 100mm

89⁹⁹

MEMBER DEAL
2+1 CHEAPEST FREE
on ANY Medic +
Gauze Swabs



SAVE
R15

Dettol
Antiseptic
Liquid
750ml
114⁹⁹

MEMBER PRICE:
99⁹⁹



Medic +
Dressings
Alcohol
Cleansing
Pad
50mm x 50mm
30-piece
25⁹⁹

MEMBER PRICE:
2 FOR 40⁰⁰

SAVE
R11



Medic +
Hand
Disinfectant
Wipes
40 wipes

49⁹⁹

MEMBER PRICE:
2 FOR 79⁹⁸

SAVE
R20



Medic +
Disposable
Nitrile Examination
Gloves
100-piece

114⁹⁹



Trifectiv
Plus
Wound &
Burn Care
100ml
464⁹⁹

MEMBER PRICE:
419⁹⁹

SAVE
R45



Burnshield
Home Burn Kit
6-piece

149⁹⁹

MEMBER PRICE:
119⁹⁹

SAVE
R30

Did you know?



Covering a wound helps it heal faster than leaving it open. Covering the wound protects it from infection and reduces scarring.

on **140+** Better Rewards brands **every time you shop**

SELF-MEDICATION



SAVE
R33

Citro-Soda
Gastric
Antacid
120g
119⁹⁹

+B MEMBER PRICE:
86³⁹



SAVE
R21

Citro-Soda
Gastric
Antacid
60g
77⁹⁹

+B MEMBER PRICE:
56¹⁵



SAVE
R14

Mayogel
Suspension
Antacid
200ml
54⁹⁹

+B MEMBER PRICE:
39⁵⁹

Offer on Movicol 8 AND 20 sachets



SAVE
R55

Movicol
Powder
20 sachets

197⁹⁹

+B MEMBER PRICE:
142⁵⁵



SAVE
R32

115⁹⁹

+B MEMBER PRICE:
83⁵¹

Rehidrat
Oral
Electrolyte
6 sachets

**SWIPE
TO GET**

**+B GET AN
EXTRA**

**20% + 10%
OFF**

ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE
R52

Optive
Fusion
Eye Drops
10ml
185⁹⁹

+B MEMBER PRICE:
133⁹¹



SAVE
R27

98⁹⁹

+B MEMBER PRICE:
71²⁷

Rennie
Tablets
48 chewable tablets



SAVE
R49

176⁹⁹

+B MEMBER PRICE:
127⁴³

Rennie
Tablets
96 chewable tablets



SAVE
R77

Salex Saline
Sinus Rinse
Complete Kit
60 sachets
276⁹⁹

+B MEMBER PRICE:
199⁴³



SAVE
R32

Salex
Metered
Saline Spray
30ml
116⁹⁹

+B MEMBER PRICE:
84²³



SAVE
R20

199⁹⁹

MEMBER PRICE:
179⁹⁹

Gaviscon
Double Action
Tablets
48 chewable tablets



SAVE
R20

Gaviscon
Double
Action
Liquid
300ml
219⁹⁹

MEMBER PRICE:
199⁹⁹



SAVE
R28

297⁹⁹

MEMBER PRICE:
269⁹⁹

Ocuvite
Lutein
60 tablets



SAVE
R30

364⁹⁹

MEMBER PRICE:
334⁹⁹

Ocuvite
Complete
60 softgel capsules

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Get cover powered by Dis-Chem

Health.

Medical Insurance

From

R549 pm

Access thousands of private health care providers for day-to-day medical costs, such as GP visits, medication, dentistry, eye exams, maternity care, health screenings and more. With Medical Insurance your Better Rewards discount is 20% off on top of the promo price on our 140+ Better Rewards brands.

Gap Cover

From

R164 pm

Cover your medical aid shortfalls and add Lifestyle Benefits to access virtual and in-person counselling and increase your Better Rewards discount to get at least 20% off on top of the promo price on our 140+ Better Rewards brands.



Visit www.dischemhealth.co.za
for info or scan QR code.



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+ Pharmacy

Rewards that just
keep getting Better.



Get

10% OFF

Instantly at the till

+ 5%

Pharmacy Boost

Ask your pharmacist
for more info.

Ts and Cs apply.

Become a **Better Rewards** member to **unlock promo prices**

SPORTS STRAPPING & INJURY PREVENTION



MEMBER DEAL
2+1
CHEAPEST
FREE
on ANY
Medic + Elastic
Bandages

Medic +
Elastic
Adhesive
Bandage
100mm
109⁹⁹



MEMBER DEAL
2+1
CHEAPEST
FREE
on ANY
Medic + Sports
Injury Tape

Medic +
Sports
Injury Tape
7.5cm x 10m
89⁹⁹



SAVE
R79

169⁹⁹
MEMBER PRICE:
2 FOR
260⁰⁰

D3 Waterproof
Kinesiology Tape
5cm x 6m



SAVE
R79

159⁹⁹
MEMBER PRICE:
2 FOR
240⁰⁰

D3 Kinesiology
Tape
50mm x 6m



2+1
CHEAPEST
FREE
MEMBER DEAL

Leukoband S
Sports
Edition
Elastic
Adhesive
Bandage
7.5cm x 4.5m
136⁹⁹



2+1
CHEAPEST
FREE
MEMBER DEAL

Leuko
Sportstape
Premium
5cm x 13.7m
254⁹⁹



2+1
CHEAPEST
FREE
MEMBER DEAL

Leukotape K
Sports
Edition
Kinesiology
Tape
5cm x 5m
189⁹⁹



2+1
CHEAPEST
FREE
MEMBER DEAL

Tensospray
300ml
409⁹⁹



MEMBER DEAL
2+1
CHEAPEST
FREE
on ANY
Deep Heat
AND Deep
Freeze
products

Deep Heat
6in1 Pain
Relief Rub
100g
147⁹⁹



Deep Heat
6in1
Pain Relief Spray
VALUE PACK
250ml
199⁹⁹



Deep Freeze
6in1
Cold Spray
VALUE PACK
250ml
168⁹⁹



SAVE
R18

Arnica Ice
Cooling Gel
475ml
97⁹⁹
MEMBER PRICE:
79⁹⁹

Activate Pharmacy Boost

Get an extra 5% off on 140+ Better Rewards Brands when you hand in a script or buy anything from the pharmacy counter.

(valid for 30 days)



+Pharmacy

on **140+** Better Rewards brands **every time you shop**

PAIN RELIEF



SAVE R16

Panado Capsules 500mg
20 capsules

58⁹⁹
MEMBER PRICE: 42⁴⁷



SAVE R10

Panado Tablets
24 tablets

36⁹⁹
MEMBER PRICE: 26⁶³



SAVE R16

Panado Effervescent Tablets
16 effervescent tablets

59⁹⁹
MEMBER PRICE: 43¹⁹



SAVE R12

Calpol Tablets
24 tablets
Pain and Fever
Paracetamol 500 mg

44⁹⁹
MEMBER PRICE: 32³⁹



SAVE R23

Compral Pain Powders
38 sachets

83⁹⁹
MEMBER PRICE: 60⁴⁷

SWIPE TO GET

20% OFF

+B GET AN EXTRA

10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE R22

Calpol Paediatric Suspension Syrup
100ml

79⁹⁹
MEMBER PRICE: 57⁵⁹



SAVE R12

Disprin Extra Strength 500mg
16 tablets

45⁹⁹
MEMBER PRICE: 33¹¹



SAVE R33

Disprin Extra Strength 500mg
48 tablets

119⁹⁹
MEMBER PRICE: 86³⁹



SAVE R57

TransAct Medicated Pain Relief Patch
5 patches

204⁹⁹
MEMBER PRICE: 147⁵⁹



SAVE R88

TransAct Medicated Pain Relief Patch
10 patches

314⁹⁹
MEMBER PRICE: 226⁷⁹



SAVE R9

Grand-Pa Headache Powders
12 powders

48⁹⁹
MEMBER PRICE: 39⁹⁹



SAVE R21

Grand-Pa Headache Powders
38 powders

110⁹⁹
MEMBER PRICE: 89⁹⁹



2+1 FREE MEMBER DEAL

Arnica Ice Cooling Gel
2 Patches

44⁹⁹



2+1 FREE MEMBER DEAL

Medic + Capsicum Plasters
3 patches

46⁹⁹

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Now you **get 10% off** instantly **on top of the promo price**

BREAKFAST CORNER

Offer on ALL Futurelife products



SWIPE TO GET 2+1 CHEAPEST FREE **+B GET AN EXTRA 10% OFF**
ALL Better Rewards Brands
Member prices already reflect both discounts

Offer on ALL Futurelife products



SWIPE TO GET 2+1 CHEAPEST FREE **+B GET AN EXTRA 10% OFF**
ALL Better Rewards Brands
Member prices already reflect both discounts

Product	Weight	Original Price	Member Price
Futurelife Smart+ Food	750g	81 ⁹⁹	73 ⁷⁹
Futurelife Smart+ Food Zero	500g	59 ⁹⁹	53 ⁹⁹
Futurelife Smart+ Food	500g	58 ⁹⁹	53 ⁹⁹
Futurelife Smart+ Food Granola Crunch	700g	82 ⁹⁹	74 ⁶⁹
Futurelife Smart+ Food Granola Crunch	425g	58 ⁹⁹	53 ⁰⁹

Offer on ALL Lifestyle Food products



SWIPE TO GET 20% OFF **+B GET AN EXTRA 10% OFF**
ALL Better Rewards Brands
Member prices already reflect both discounts

Offer on ALL Lifestyle Food products



SWIPE TO GET 20% OFF **+B GET AN EXTRA 10% OFF**
ALL Better Rewards Brands
Member prices already reflect both discounts

Product	Weight	Original Price	Member Price
Lifestyle Food Granola	750g	76 ⁹⁹	55 ⁴³
Lifestyle Food Rolled Oats	1kg	69 ⁹⁹	50 ³⁹

MEMBER DEAL



2+1 CHEAPEST FREE
on ANY Bokomo Weet-Bix products

MEMBER DEAL



20% OFF
ALL Alette's Rusks

Product	Weight	Original Price	Member Price
Bokomo Weet-Bix	900g	68 ⁹⁹	68 ⁹⁹
Bokomo Weet-Bix	450g	38 ⁹⁹	38 ⁹⁹
Alette's Rusks	450g/500g	72 ⁹⁹	58 ³⁹ each

on 140+ Better Rewards brands every time you shop

TEAS AND HONEY

Offer on ALL Lifestyle Food products

Offer on ALL Lifestyle Food products

SAVE R52

SAVE R23

SWIPE TO GET 20% OFF

+B GET AN EXTRA 10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

Lifestyle Food Crunchy Peanut Butter 750g 84 ⁹⁹ +B MEMBER PRICE: 61¹⁹	Lifestyle Food Choice Grade Honey 1kg 186 ⁹⁹ +B MEMBER PRICE: 134⁶³	Lifestyle Food Green Tea with Ginger 20 teabags 26 ⁹⁹ +B MEMBER PRICE: 19⁴³	Lifestyle Food Instant Ginger Drink with Honey 20 sachets 95 ⁹⁹ +B MEMBER PRICE: 69¹¹	Lifestyle Food Ginger, Honey & Lemon Tea 20 sachets 95 ⁹⁹ +B MEMBER PRICE: 69¹¹	Lifestyle Food Hibiscus Tea 20 teabags 54 ⁹⁹ +B MEMBER PRICE: 39⁵⁹
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MEMBER DEAL 25% OFF

the Little Bee Honey, Laager, Carmiën Teas, Jacobs, Mokate Coffee AND Cappuccino range

SAVE R20	SAVE R23	SAVE R55	SAVE R72	SAVE R21	SAVE R15
Little Bee Honey 500g 81 ⁹⁹ MEMBER PRICE: 61⁴⁹	Laager Pure Rooibos 160 teabags 94 ⁹⁹ MEMBER PRICE: 71²⁴	Carmiën Rooibos Nursing Mama Tea 40 teabags 59 ⁹⁹ MEMBER PRICE: 44⁹⁹	Jacobs Gold Mild Instant Coffee 200g 219 ⁹⁹ MEMBER PRICE: 164⁹⁹	Jacobs Decaf Freeze Dried Instant Coffee 200g 289 ⁹⁹ MEMBER PRICE: 217⁴⁹	Jacobs Cappuccino Classic 10 sachets 85 ⁹⁹ MEMBER PRICE: 64⁴⁹
					Mokate Gold Latte Caramel 10 sachets 61 ⁹⁹ MEMBER PRICE: 46⁴⁹

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Now you **get 10% off** instantly **on top of the promo price**

FREE FROM FOODS

Offer on ALL Blue Diamond Almond Breeze Milk 1 litre

SAVE R11

SAVE R11

SAVE R14

SWIPE TO GET

20% OFF

GET AN EXTRA

10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

Offer on the Lifestyle Food range

SAVE R12

SAVE R19

SAVE R42

SAVE R17

SAVE R12

MEMBER DEAL

2+1 CHEAPEST FREE on selected Canderel products

MEMBER DEAL

20% OFF ALL Gullón Biscuits

SAVE R10

SAVE R7

SAVE R10

SAVE R7

on 140+ Better Rewards brands every time you shop

HEALTHY SNACKS

SAVE R39

SAVE R61

Offer on the Lifestyle Food range

SAVE R79

SAVE R72

SAVE R51

SAVE R79

SWIPE TO GET

GET AN EXTRA

20%+10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

Lifestyle Food Beef Biltong Snapsticks

150g

139⁹⁹

+B MEMBER PRICE:

100⁷⁹

Lifestyle Food Dried Mango

300g

182⁹⁹

VALUE PACK

+B MEMBER PRICE:

131⁷⁵

Lifestyle Food Pitted Prunes

750g

218⁹⁹

VALUE PACK

+B MEMBER PRICE:

157⁶⁷

Lifestyle Food Raw Cashews

750g

283⁹⁹

VALUE PACK

+B MEMBER PRICE:

204⁴⁷

Lifestyle Food Raw Mixed Nuts

750g

283⁹⁹

VALUE PACK

+B MEMBER PRICE:

204⁴⁷

Lifestyle Food Dry Roasted Almonds

750g

259⁹⁹

VALUE PACK

+B MEMBER PRICE:

187¹⁹

MEMBER DEAL

2+1 CHEAPEST FREE

on ANY Bakali Corn Bites 50g AND Trigz Crunchy Popped Chips 85g

Bakali Corn Bites 50g 10⁹⁹

Trigz Crunchy Popped Chips 85g 22⁹⁹

MEMBER DEAL

25% OFF

Gaby's Nuts and Dried Fruit

Gaby's Peanuts & Raisins Salted 1kg 83⁹⁹

MEMBER PRICE:

62⁹⁹

SAVE R21

SAVE R75

SAVE R48

Gaby's Raw Almonds 1kg 299⁹⁹

MEMBER PRICE:

224⁹⁹

Gaby's Dried Mango 400g 191⁹⁹

MEMBER PRICE:

143⁹⁹

MEMBER DEAL

2+1 FREE

on ANY Lorenz Naturals Crisps 100g

Lorenz Naturals Crisps 100g 59⁹⁹

Unlock all promo prices as a Better Rewards member and save. The promotional discount may only apply to specific products within the range. Maximum discounts apply. Visit the app or in-store for more details. T's and C's apply. Offers valid while stocks last or until 15 February 2026. Available at dischem.co.za OR at selected stores. E&OE.

25

Now you **get 10% off** instantly **on top of the promo price**

HEALTHY FOODS

Offer on the Lifestyle Food range

SAVE R22

LIFESTYLE FOOD
HIMALAYAN PINK SALT
1kg

SAVE R24

LIFESTYLE FOOD
CELTIC SEA SALT
200g

SAVE R23

LIFESTYLE FOOD
CAYENNE PEPPER
300g

SAVE R64

LIFESTYLE FOOD
GROUND CINNAMON
300g

SWIPE TO GET

GET AN EXTRA

20%+10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE R81

LIFESTYLE FOOD
EXTRA VIRGIN OLIVE OIL
1 litre

SAVE R12

LIFESTYLE FOOD
ACTIVATED CHARCOAL
100g

SAVE R21

LIFESTYLE FOOD
COCONUT OIL
1 litre

SAVE R38

LIFESTYLE FOOD
CHIA SEEDS
300g

Lifestyle Food Salt Himalayan Fine 1kg 79 ⁹⁹	Lifestyle Food Celtic Salt 200g 229 ⁹⁹	Lifestyle Food Cayenne Pepper 300g 86 ⁹⁹	Lifestyle Food Cinnamon 300g 82 ⁹⁹	Lifestyle Food Extra Virgin Olive Oil 1 litre 289 ⁹⁹	Lifestyle Food Activated Charcoal 100g 45 ⁹⁹	Lifestyle Food Coconut Oil Odourless 1 litre 76 ⁹⁹	Lifestyle Food Chia Seeds 300g 136 ⁹⁹
+B MEMBER PRICE:	+B MEMBER PRICE:	+B MEMBER PRICE:	+B MEMBER PRICE:	+B MEMBER PRICE:	+B MEMBER PRICE:	+B MEMBER PRICE:	+B MEMBER PRICE:
57 ⁵⁹	165 ⁵⁹	62 ⁶³	59 ⁷⁵	208 ⁷⁹	33 ¹¹	55 ⁴³	98 ⁶³

MEMBER DEAL

2+1

CHEAPEST

FREE

on the Tony Ferguson range

Tony Ferguson
LEMON JUICE
500 ml
31⁹⁹

Tony Ferguson
Super Food
Chia Seeds
200g
94⁹⁹

Tony Ferguson
Pure MCT Oil
250ml
109⁹⁹

Tony Ferguson
Slender Tea
20 tea bags
66⁹⁹

Tony Ferguson
3-Day Detox
9 effervescent
tablets
99⁹⁹

Tony Ferguson
Plant Based
Protein
420g
184⁹⁹

Tony Ferguson
Ultra Burn Fat
Burning Solution
60 capsules
106⁹⁹

Tony Ferguson
Go Shake
1kg
266⁹⁹

on 140+ Better Rewards brands every time you shop

SUPER FOODS

MEMBER DEAL
2+1
CHEAPEST
FREE
on the Nature's Choice range



Nature's Choice
Pumpkin Seeds
500g
166⁹⁹

Nature's Choice
White Quinoa
Grains
500g
176⁹⁹

Nature's Choice
Sodium Free Salt
200g
55⁹⁹

Nature's Choice
Blackstrap
Sweet Molasses
450g
62⁹⁹

Nature's Choice
Bowel Flush
150g
124⁹⁹

Nature's Choice
Miracle Plus
Seed Mix
500g
108⁹⁹

Nature's Choice
Creamy Soya
Milk Powder
with Palm Oil
1kg
273⁹⁹

MEMBER DEAL
2+1
CHEAPEST
FREE
on the Health Connection Wholefoods range



Health Connection
Whey Protein
Concentrate
450g
369⁹⁹

Health
Connection
Super Food
Chia Seeds
400g
158⁹⁹

Health Connection
Super Food Mix
Berry Beetroot
200g
189⁹⁹

Health
Connection
Sunflower Seeds
250g
53⁹⁹

Health Connection
Nutritional
Yeast Flakes
200g
172⁹⁹

Health
Connection
Polenta
500g
41⁹⁹

Health
Connection
Apple Cider
Vinegar
500ml
39⁹⁹

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Now you **get 10% off** instantly **on top of the promo price**

PROTEIN SUPPLEMENTS

SWIPE TO GET

20% OFF

GET AN EXTRA

10% OFF

Member prices already reflect both discounts

SAVE R190

Biogen Premium Iso-Whey Protein

750g

679⁹⁹

MEMBER PRICE:

489⁵⁹

SAVE R137

NPL Platinum Whey PLUS Complete Protein

1kg

489⁹⁹

MEMBER PRICE:

352⁷⁹

MEMBER DEAL

20% OFF

SAVE R297

USN Isozero Whey

1.6kg

1485⁹⁹

MEMBER PRICE:

1188⁷⁹

SAVE R90

Primal Egg Protein Powder

500g

449⁹⁹

MEMBER PRICE:

359⁹⁹

SAVE R170

MyProtein Clear Whey Protein Orange & Mango

20 servings

849⁹⁹

MEMBER PRICE:

679⁹⁹

PRE-WORKOUT SUPPLEMENTS

MEMBER DEAL

50% OFF

the **SECOND** Optimum Nutrition Gold Standard 330g, MuscleTech Vapor X5 232g AND Primal Pre High Potency Pre-Workout 510g

Optimum Nutrition Gold Standard Pre-Workout

330g

899⁹⁹ each

MuscleTech Vapor X5 Pre-Workout

232g

836⁹⁹ each

Primal Pre High Potency Pre-Workout

510g

369⁹⁹ each

SWIPE TO GET

50% OFF

your **SECOND** Biogen Premium Pre-Workout 600g AND NPL Anarchy Pre Workout 160g

Discount to be deducted at tills

Biogen Premium Pre-Workout

600g

399⁹⁹

MEMBER PRICE:

359⁹⁹

NPL Anarchy Pre Workout

160g

249⁹⁹

MEMBER PRICE:

224⁹⁹

28 Become a Better Rewards member to **unlock promo prices**

CREATINE SUPPLEMENTS

MEMBER DEAL

50% OFF



the **SECOND USN** Creatine Hydrator 360g,
Animal 100% Pure Creatine Monohydrate 500g
AND **Foundation** Creatine Monohydrate 400g



USN

CREATINE HYDRATOR

ZERO SUGAR

100% PURE CREATINE MONOHYDRATE + ELECTROLYTES FOR MUSCLE GROWTH & HYDRATION

USN
Creatine Hydrator
 360g
309⁹⁹ each



100% PURE CREATINE MONOHYDRATE

Animal
100% Pure Creatine Monohydrate
 500g
599⁹⁹ each



CREATINE

Foundation
Creatine Monohydrate
 400g
499⁹⁹ each

TESTO BOOSTERS

SWIPE TO GET 20% OFF + GET AN EXTRA 10% OFF

SAVE R210

NPL HALO TEST
180 capsules
C₁₉H₂₈O₂
24 HOUR FREE TESTOSTERONE AMPLIFIER

MEMBER PRICE: 539⁹⁹

Biogen Rage Testo Armour
120 capsules
374⁹⁹

SAVE R105

MEMBER PRICE: 269⁹⁹

Member prices already reflect both discounts

29

Now you **get 10% off** instantly **on top of the promo price**

HYDRATION

SWIPE TO GET

50% OFF

your **SECOND** Biogen Platinum Revitalyte 20 powder sachets

Discount to be deducted at till

GET AN EXTRA

10% OFF

ALL Better Rewards Brands

BIOMEN

REVITALYTE

ADVANCED ELECTROLYTE REPLENISHMENT

20 Powder Sachets

BIOMEN

REVITALYTE

ADVANCED ELECTROLYTE REPLENISHMENT

20 Powder Sachets

Biogen Platinum Revitalyte 20 powder sachets

249⁹⁹

MEMBER PRICE:

224⁹⁹ each

MEMBER DEAL

50% OFF

the **SECOND** USN Super-Immune Hydrator 10 sachets, **USN** Zero Sugar Hydrator 10 sachets, **Revive** Daily Electrolytes AND **Myprotein** Pro Hyrox Electrofuel

USN

SUPER-IMMUNE HYDRATOR

10 sachets

USN

ZERO SUGAR HYDRATOR

10 sachets

RE VIVE

DAILY ELECTROLYTES

40 sachets

MYPROTEIN PRO

HYROX

THE ELECTROFUEL

30 servings

USN Super-Immune Hydrator 10 sachets

129⁹⁹ each

USN Zero Sugar Hydrator 10 sachets

108⁹⁹ each

Revive Daily Electrolytes 40 sachets

579⁹⁹ each

MyProtein Pro Hyrox Electrofuel 30 servings

599⁹⁹ each

Offer on the Revive range

WEIGHT MANAGEMENT

SWIPE TO GET

20% OFF

Member prices already reflect both discounts

GET AN EXTRA

10% OFF

ALL Better Rewards Brands

SAVE R77 per pack

CLA 3000

90 PLUS 90 softgel capsules

SAVE R190

BIOMEN SlimFit

DIET PROTEIN

1.6kg

Biogen CLA 3000 90 PLUS 90 softgel capsules

274⁹⁹

MEMBER PRICE:

197⁹⁹ per pack

Biogen Diet Protein 1.6kg

679⁹⁹

MEMBER PRICE:

489⁵⁹

SAVE R242

NPL Body Rev Slim Stack Box

866⁹⁹

SAVE R117

NPL Diet Pro

908g

NPL Body Rev Slim Stack Box 866⁹⁹

624²³

MEMBER PRICE:

302³⁹

NPL Diet Pro 908g

419⁹⁹

30 **+B** Look out for this icon to find **Better Rewards brands** in-store and online

on 140+ Better Rewards brands every time you shop

RECOVERY

SWIPE TO GET
20% OFF

GET AN EXTRA
+10% OFF

SAVE R116

Member prices already reflect both discounts

SAVE R98



Biogen Recovergen 4:1 Carb Protein
855g
414⁹⁹



NPL BCAA EAA 12:1:1
300g
349⁹⁹

MEMBER PRICE:
298⁷⁹

MEMBER PRICE:
251⁹⁹

MEMBER DEAL
20% OFF

SAVE R88

SAVE R64



Weider Amino 6000
180 tablets
439⁹⁹



Primal Amino Force
340g
255⁹⁹



USN Amino Energy
300g
319⁹⁹

MEMBER PRICE:
351⁹⁹

MEMBER PRICE:
204⁷⁹

MEMBER PRICE:
255⁹⁹

ENDURANCE

MEMBER DEAL
20% OFF

SAVE R92

SAVE R49



32Gi Endure Sustained Energy Sports Drink
900g
459⁹⁹



USN VO2 Max
60 capsules
334⁹⁹



USN Cyto Power
1kg
244⁹⁹

MEMBER PRICE:
367⁹⁹

MEMBER PRICE:
267⁹⁹

MEMBER PRICE:
195⁹⁹

SWIPE TO GET
20% OFF

GET AN EXTRA
+10% OFF

SAVE R12

Member prices already reflect both discounts

SAVE R98



Biogen Elite Carb Drink
83g
44⁹⁹



Biogen Cyto Race Mix
800g
349⁹⁹

MEMBER PRICE:
32³⁹

MEMBER PRICE:
251⁹⁹



Dis-Chem reserves the right to limit the quantity of any item offered for sale.
Sale products may vary from photographs. Pictures are for illustration purposes only. Some offers may not be available at all stores.
Prices include VAT and are valid for cash or credit card. E&OE. Customer careline 0860 347 243 careline@dischem.co.za
Prices and offers valid Tuesday 13 January to Sunday 15 February 2026. While stocks last. Ts & Cs apply.

Dis-Chem 
Better health starts here

PROMOTION VALID FROM 20 JANUARY 2026 TO 8 FEBRUARY 2026

Super Savings

for a super start



Bata
SCHOOL SHOES
for only
R75

when you spend R350 or more & swipe your SPAR Rewards card



SPAR
Frozen
Mixed
Chicken
Portions
5 kg

199⁹⁹
per pack

WITH RewardsCARD



SPAR
FULL CREAM MILK
LONG LIFE
UHT PROCESS

89⁹⁹
each

Save R17



Coca-Cola
Regular
Only
2 litre

44⁰⁰

Save R12

+200 MB FREE DATA mobile

+100 MB FREE DATA mobile



Excella
Sunflower Oil
2 litre

69⁹⁹
each

WITH RewardsCARD



SPAR
SUPER
MAIZE MEAL

99⁹⁹
each

WITH RewardsCARD



Sunlight
Hand
Washing Powder
2 kg
Assorted

54⁹⁹
each

Save R13

+150 MB FREE DATA mobile

Packed with **Flavour** and **Value**



**Bulk
Beef Mince**

119⁹⁹
per kg



Pampers
Active Jumbo Pack
Diapers and Pants or
Premium Care
Value Pack Diapers and
Pants
Assorted

229⁹⁹
per pack

WITH RewardsCARD

MI_SSR5201

SPAR



Big on taste, kind
on your budget.

Wrap Stars:
Classic Chicken
& Mayo
or Veggie



**BUY
ALL
FOR**

7000
per combo

SPAR
freshline
Onions 1 kg, Potatoes 2 kg
and Butternut 2s



54.99 per pack

SPAR
Bakery
Large Wraps
8s
Assorted



17⁹⁹
per pack

SPAR Bakery
White or Brown
Hamburger or Hot Dog Rolls
6s



7999
per kg

Your Butcher
By SPAR
Chicken Breast Fillet
(Skinless)
4s

Scan for
super
recipes.



Tropical Superstar Smoothie

Fruity Vanilla Bowl



35⁹⁹
per pack

SPAR
freshline
Ripe n Ready
Mangoes
2s



49⁹⁹
each

SPAR
freshline
Litchis
Punnet
500 g



29⁹⁹
per punnett

SPAR
freshline
White or Red
Seedless Grapes
500 g



Assorted Munchbox Muffins

+3
FREE
Muffins

69⁹⁹
per pack

SPAR Bakery
Muffins 6s
+ 3 FREE
Muffins
Assorted

SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App.

Specials available at selected **SPAR** and **SUPERSPAR** stores (excluding KWIKSPAR and SPAR Express stores) from **20 January up to and including 8 February 2026, while stocks last**. We reserve the right to limit quantities. Prices include VAT. TV products available nationwide. **Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).**

Scan for
super
recipes.



Packed with VALUE

Smart, satisfying lunches for less.

All-star
Minced
Burger
Lunch
Box



The
Very
Veggie
Box



Power-up
Chicken
Pasta
Box



24⁹⁹
each
Save R5

**SPAR
freshline**
Crisp Lettuce Pillow Pack
300 g or
Season's Value Salad
220 g

59⁹⁹
per kg

**Your Butcher
By SPAR**
Whole Chicken in a Bag
(Without Giblets)



69⁹⁹
per kg

**Your Butcher
By SPAR**
Chicken Braai Pack
5s or 8s



89⁹⁹
per kg

**Your Butcher
By SPAR**
Pork Loin Chops



109⁹⁹
per kg

**Your Butcher
By SPAR**
Grabouw
Boerewors



99⁹⁹
per kg

**Your Butcher
By SPAR**
Beef Original, Chargrilled or Cheese
Flavoured Burgers



The **SPAR & TOPS** you love, now online!



DOWNLOAD NOW ON

Available on the
App Store

GET IT ON
Google Play

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Grab & Go Flavour

fresh & convenient

Pieman's
Pies or
Sausage Rolls
(Excl. Burger Pies)
Assorted



BUY ANY
2
FOR

50⁰⁰

PIEMAN'S
MADE JUST RIGHT

More filling

McCoy
Pies or Sausage
Rolls
(Excl. Burger Pies)
Assorted



BUY ANY
2
FOR

65⁰⁰

McCoy
MORE PIE,
MORE FILLING,
MORE VALUE

Chika Chicken

CHIKKA CHICKEN
Chikka Chowdown
and Chips 100 g
(Cheeky Burger, 1 x
Drumstick, 2 SPAR
Hot Chikka Wings)



CHIKKA
CHICKEN

49⁹⁰
per combo

Your Roast Done right

The FOOD STALL
Full Roasted Chicken
Available in BBQ / Peri Peri /
Salt & Pepper



79⁹⁹
each

The FOOD
STALL

Fridge Savings



SPAR
Large Eggs
48s

139⁹⁹
per pack

WITH RewardsCARD



Albany
Superior White or
Thick Sliced White Bread
700 g

16⁹⁹
each

WITH RewardsCARD



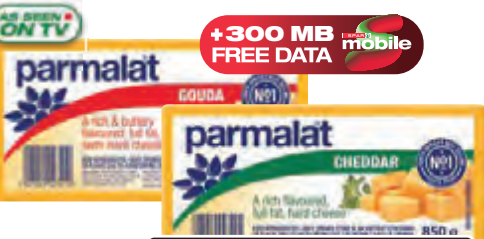
Stork
Country Spread
40% Medium Fat
Spread Tub
1 kg

46⁹⁹
each



Sunshine D
80% Fat
Spread Brick
500 g

22⁹⁹
each



Parmalat
Pre-Packaged
Cheese
800 g / 850 g
Assorted

124⁹⁹
each

Save R25



Parmalat or Melrose
Processed
Cheese Slices
(Melrose Melts
or Maxi Slices)
400 g
Assorted

59⁹⁹
each

Save R16



Lancewood
Medium Fat
Cream
Cheese
230 g
Assorted

46⁹⁹
each



SPAR
Choice Butter
500 g

64⁹⁹
each

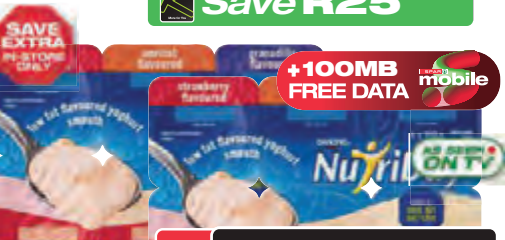
Save R15



SPAR
Butterable Spread
500 g

75⁹⁹
each

WITH RewardsCARD



Danone
Nutriday Smooth
Yoghurt Low Fat
6 x 100 g
Assorted

32⁰⁰

Save R18



Lancewood
Double Cream
Yoghurt
1 litre
Assorted

44⁹⁹
each



Danone
Yogi Sip
500 g
Assorted

23⁹⁹
each



SPAR
Flavoured Milk
350 ml
Assorted

11⁹⁹
each



Clover
Super M Dairy
Blend Medium Fat
300 ml
Assorted

28⁰⁰

WITH RewardsCARD



Clover
Krush
100% Fruit Juice
Blend
1.5 litre
Assorted

39⁹⁹
each



Clover
Ultra Pasteurised
Full Cream or
Low Fat
Fresh Milk
2 litre

31⁹⁹
each

WITH RewardsCARD



SPAR
Full Cream
Maas
2 kg

32⁹⁹
each

+100 MB
FREE DATA



Clover
Tropika
Dairy Fruit Mix
2 litre
Assorted

32⁹⁹
each

Save R7

Sweet Treats



SPAR
Bakery
Triffling Cake
1s
Assorted

74⁹⁹
each



SPAR Rewards deals available while stocks last.

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Super Savings

Pantry Savings

SPAR
Margarine Brick 500 g
+ SPAR
Frozen Mixed
Chicken Portions 5 kg
+ SPAR
Large Eggs 60s

BUY
ALL
FOR

335⁰⁰

WITH RewardsCARD



SPAR
Frozen Country
Mix, Sweetcorn
or Mix Veg
1 kg

44⁹⁹

per pack



SPAR
Frozen
Cut Beans
1 kg

44⁹⁹

per pack



McCain
Hawaiian,
African,
Asian,
French or
Mexican Stir Fry
700 g
Assorted

39⁹⁹

per pack



McCain
Skinny Fries or
Slap Chips
1 kg

BUY
ANY
2
FOR

100⁰⁰

WITH RewardsCARD



SPAR
Back, Lean,
Streaky Bacon
or Chicken
Rashers
200 g

36⁹⁹

per pack



SPAR
Shoulder or
Diced Bacon
200 g

31⁹⁹

per pack



Dr Oetker
Ital Pizza
Snack Slices
378 g / 426 g
Assorted

69⁹⁹

per pack



SPAR
Mega Beef Burgers
Original or
Cheese
520 g

66⁹⁹

per pack



I&J
Beefers or
Chicksters
Beef Patties
800 g
Assorted

94⁹⁹

each

WITH RewardsCARD



I&J
Fish Fingers
800 g

94⁹⁹

each



Sea Harvest
Crisp &
Chunky 500 g
or Hake
Medallions 450 g
Assorted

84⁹⁹

each



SPAR
Frozen
Baby Hake
1 kg

89⁹⁹

each



SPAR
Frozen
Chicken Heads &
Feet 1 kg
+ Mala 1 kg
+ Necks 1 kg

BUY
ALL
3
FOR

55⁰⁰



Rainbow
Simply Chicken
Original or Cheese
Nuggets, Fingers, Bites,
Burgers or Steaklets
350 g / 360 g / 400 g
Assorted

51⁹⁹

per pack

WITH RewardsCARD



Ola
Paddlepop
10s
Assorted

84⁹⁹

per pack



Cadbury
5 Star 80 ml,
Crunchie 90 ml,
Dairy Milk 90 ml,
Oreo 90 ml or
Lunch Bar 100 ml
Ice Cream Stick

29⁹⁹

each



Ola
Rich n Creamy
Ice Cream
1.8 litre
Assorted

59⁹⁹

each

WITH RewardsCARD



Bata
school shoes
for only
R75
when you spend R350
or more & swipe your
SPAR Rewards card

STEP 1
Spend R350 or more at SPAR

STEP 2
Swipe your SPAR Rewards
card & get Bata school shoes*
for only R75

Campaign runs from 29 DEC 2025 to 8 FEB 2026.
*See in-store for details. While stocks last. Ts & Cs apply.
Visit www.spar.co.za

UNISEX
children's sizes
12-13-1-2-3-4



LOVE IT? SPAR GETS IT DELIVERED



Download now!



Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App. Specials available at selected **SPAR** and **SUPERSPAR** stores (excluding KwikSPAR and SPAR Express stores) from **20 January up to and including 8 February 2026, while stocks last**. We reserve the right to limit quantities. Prices include VAT. TV products available nationwide. **Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).**

Super Savings

AS SEEN ON TV +150 MB FREE DATA mobile



Kellogg's
Corn Flakes
1 kg

69⁹⁹
each
Save R15

Breakfast Essentials



Futurelife
Instant Cereal
Original or
Zero (Incl. Bran
& Flakes,
Crunch, Kids)
375 g / 425 g /
460 g / 500 g
Assorted

42⁹⁹
each
WITH RewardsCARD



Iwisa or
Super Sun
Instant
Breakfast
Porridge
1 kg
Assorted

24⁹⁹
each



Kellogg's
All Bran
Flakes
1 kg

74⁹⁹
each



Nescafé
Classic
Coffee Granules
or Doy Pack
(Excl. Decaf)
200 g / 230 g
Assorted

134⁹⁹
each
WITH RewardsCARD



Nescafé
Ricoffy
Pouch 800 g
or Tin 750 g
(Excl. Decaf)

129⁹⁹
each
Save R20



Nescafé
Cappuccino
Sticks
8's / 10's
Assorted

61⁹⁹
per pack



Ellis Brown
Coffee
Creamer
750 g

61⁹⁹
each
WITH RewardsCARD



Five Roses
Tagless Teabags
102s

64⁹⁹
per pack
WITH RewardsCARD



Melrose
Cheese
Wedges or
Spread Jar
200 g / 250 g
Assorted

42⁹⁹
each



SPAR
Apricot or
Mixed
Fruit Jam
900 g

36⁹⁹
each



Yum Yum
Peanut Butter
(Incl. Choc
Dreams &
Caramel
Dreams)
380 g / 400 g
Assorted

34⁹⁹
each
Save R15

Pantry Savings



Tastic
Parboiled Rice
(Incl. Soft or
Absorbing,
Wholegrain)
2 kg
Assorted

31⁹⁹
each
WITH RewardsCARD



Maggi
2 Minute
Instant Noodles
5s
Assorted

60⁰⁰
WITH RewardsCARD



Fatti's & Moni's
Macaroni or
Spaghetti
500 g

32⁰⁰
BUY ANY 2 FOR



SPAR
Brown
Sugar
2 kg

42⁹⁹
each



SPAR
Sunflower
Oil
4 litre

139⁹⁹
each
WITH RewardsCARD



Iwisa or
Super Sun
Super Maize
Meal
5 kg

49⁹⁹
each
WITH RewardsCARD



Selati
White Sugar
10 kg

235⁹⁹
each
WITH RewardsCARD



SPAR
Long Grain
Parboiled
Rice
10 kg

104⁹⁹
each
WITH RewardsCARD



SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App.

Specials available at selected **SPAR** and **SUPERSPAR** stores (excluding KWIKSPAR and SPAR Express stores) from **20 January up to and including 8 February 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. TV products available nationwide. **Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).**

Super Savings

Grocery Essentials



SPAR
Shredded Tuna
in Oil or Water
170 g

18⁹⁹
each



Bull Brand
Corned Meat
300 g
Assorted

25⁹⁹
each



Koo
Chakalaka
410 g
Assorted

19⁹⁹
each



Lucky Star
Pilchards
400 g
Assorted

27⁹⁹
each

WITH RewardsCARD



Miami
Boerie Relish
450 g
Assorted

21⁹⁹
each



Rhodes
Tomato & Onion
Mix or Gravy
410 g

16⁹⁹
each



Koo
Whole Kernel
Corn 410 g or
Creamed Style
Sweetcorn 415 g,
Garden Peas 400 g
or Mixed Veg in
Brine 410 g or in
Curry Sauce 420 g

17⁹⁹
each



All Gold
Tomato Sauce
700 ml

32⁹⁹
each

Save R7



Mrs Ball's
Chutney 470 g
or Lite 450 g
Assorted

35⁹⁹
each



Knorr
Salad Dressing
340 ml
Assorted

31⁹⁹
each



Knorr
Aromat
Seasoning Refill
Trio Pack
200 g
Assorted

23⁹⁹
per pack

WITH RewardsCARD



Knorr
Flavoured
Stock Powder 100 g
or Flavoured
Stock Cubes 12s
Assorted

12⁹⁹
each

WITH RewardsCARD



Imana
Flavoured
Soya Mince
200 g
Assorted

16⁹⁹
each



Robertson's
Herbs or Spices
Medium Refill
(Excl. Black
Pepper,
Whole Spice &
Ginger)
12 g - 100 g
Assorted

26⁰⁰

WITH RewardsCARD



Imana
Gravy or
Sauce
34 g / 38 g
Assorted

24⁰⁰



Royco
Packet of Soup
45 g / 50 g
Assorted

21⁰⁰

Baking



SPAR
Cake
Wheat Flour
10 kg

109⁹⁹
each

WITH RewardsCARD



Snowflake
Cake, White or
Brown
Wheat Bread
Flour
2.5 kg

36⁹⁹
each

LOVE IT? SPAR GETS IT DELIVERED 2U



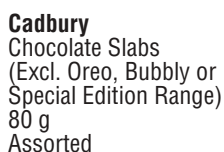
Download now!

Available on the
App Store

GET IT ON
Google Play

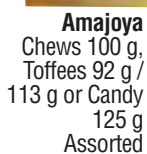
Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App. Specials available at selected **SPAR** and **SUPERSPAR** stores (excluding KWIKSPAR and SPAR Express stores) from **20 January up to and including 8 February 2026**, while stocks last. We reserve the right to limit quantities. Prices include VAT. TV products available nationwide. **Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).**

Snack & Beverage Savings   **Save R12**



35⁰⁰

WITH *Rewards*CARD

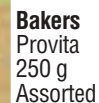


46⁰⁰

WITH *Rewards*CARD

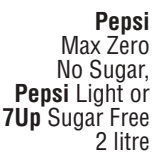


35⁰⁰



32⁹⁹
each


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 17:11
 11/17
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26⁰⁰

WITH *R*ewardsCARD



26⁰⁰

WITH *Rewards*CARD



Fusion
Dairy Blend
1 litre
Assorted

24⁰⁰

WITH *Rewards*CARD



31⁹⁹
each

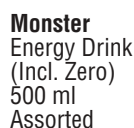
WITH *Rewards*CARD



44⁹⁹ per pack

44⁹⁹ per pack

WITH *Rewards*CARD



3200

WITH *Rewards*CARD



22⁹⁹
each

22⁹⁹ each

WITH *Rewards*CARD



49⁹⁹
each

—



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Super Savings

Personal Care Savings



Dettol
Hygiene Soap
175 g
Assorted
(Excl. Detox)

28⁰⁰
Save R8



LUX
Soap
150 g
Assorted

26⁰⁰



Colgate
Maximum Protect,
Herbal White,
Herbal, Gel 100 ml
or Triple Action 150 ml
Toothpaste

22⁹⁹
each
WITH RewardsCARD



Shield
Antiperspirant Roll-On
50 ml
Assorted

22⁹⁹
each
WITH RewardsCARD



Shield
Anti-Perspirant
Deodorant
for Male or Female
150 ml
Assorted

36⁹⁹
each



Head & Shoulders
Shampoo or
Conditioner
400 ml
Assorted

74⁹⁹
each



Pantene
Shampoo,
Conditioner &
Treatment
300 ml / 360 ml
Assorted

65⁹⁹
each



Organics
Shampoo, Conditioner
or 2 in 1
1 litre
Assorted

79⁹⁹
each
WITH RewardsCARD



Dark & Lovely
Oil Moisturising Spray or
Precise
Diamond Cream Relaxer
(Regular or Super)
250 ml
Assorted

49⁹⁹
each



Ingram's
Cream or Lotion
for Male or Female
(Excl. Tissue Oil 450 ml)
300 ml / 400 ml / 450 ml
Assorted

49⁹⁹
each



Dawn
Body Cream for
Male or Female
400 ml
Assorted

29⁹⁹
each



Vaseline
Body Lotion
or Cream
for Men or Women
Incl. Argan Oil
400 ml
Assorted

51⁹⁹
each
WITH RewardsCARD



Dawn
Body Lotion
for Male or Female
400 ml
Assorted

24⁹⁹
each



Satskin
Bubble Bath
2 litre
Assorted

75⁹⁹
each



Always
Ultra
14s / 16s / 20s
Assorted

39⁹⁹
per pack



Lil-Lets
Smartfit Mini,
Regular, Heavy,
Light, Medium,
Super or Super Plus
Tampons 16s / 20s
or Pantyliners 50s

28⁹⁹
per pack



Always
Maxi Duo Night 16s,
Maxi Duo Plus 20s
or Pantyliners 40s
Assorted

34⁹⁹
per pack

LOVE IT? SPAR GETS IT DELIVERED 2U



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7899
each

Baby and Health Care Savings



Back to School



 **SPAR Rewards** deals available while stocks last.

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Super Savings

Household Essentials

Braai Savings



Pineware
Automatic
Black or White
Corded Kettle
1,7 litre

159⁹⁹
each



Pineware
Double Spiral
Hot Plate

279⁹⁹
each



SPAR
Woof
Dry Dog Food
(Excluding Puppy)
8 kg
Assorted

169⁹⁹
each



Addis
Sponge
Scourers
Scrubbi Plus 4's
or Rainbow 5's

19⁹⁹
per pack



SPAR
Charcoal
Briquettes
5 kg

71⁹⁹
each



Doom
Insect Killer
300 ml
Assorted

37⁹⁹
each

WITH **RewardsCARD**



Raid
Odourless or
Essentials Electric
Primary 33 ml or
Odourless Refill 2s

62⁹⁹
each



Peaceful Sleep
Aerosol Insect
Repellent
150 g

89⁹⁹
each

WITH **RewardsCARD**



SPAR
Firelighters
12s

19⁹⁹
per pack

Petcare Savings



Beeno
Malloes 500 g or
Biscuits 800 g
Assorted

64⁹⁹
each



SPAR
Woof
Dog Treats
120 g
Assorted

BUY ANY 2 FOR 38⁰⁰



SPAR
Woof
Dog Food
820 g
Assorted

21⁹⁹
each



SPAR
Mixed
Poultry Grain
2 kg

22⁹⁹
each



Pamper
Fine Cuts in
Gravy or Jelly
Multi Pack
12s
Assorted

109⁹⁹
per pack



Whiskas
Cat Food
In Jelly or Gravy
85 g
Assorted

BUY ANY 4 FOR 50⁰⁰



Whiskas
Dry Cat Food
2.7 kg
Assorted

209⁹⁹
each



SPAR
Cat Litter
Micro
Crystals
Super Fine
1.5 kg

74⁹⁹
each

LOVE IT? SPAR GETS IT DELIVERED 2U



Download now!



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tops!
at SPAR

OPEN THE RED
DOOR OF MORE
TO UNLOCK YOUR
EPIC!

Enter a world of EPIC to find your favourite.

THE STORY OF KLIPDRIFT

The farm gave Klipdrift its name, and a neighbour's brave deed gave it a spirit of generosity that stuck. When the first golden drops were distilled in Robertson at 8:02 p.m. in 1938, a pair of neighbours decided that life had improved because they were now friends.

That smooth South African liquid gold has been part of our tables, braais and big

nights ever since, shared with people who know how to make an evening worthwhile. Gold Between Friends.

+500 MB
FREE DATA mobile

199⁹⁹

WITH Rewards CARD

Klipdrift
Premium
Brandy
750ml



Deals valid from **20 January to 8 February 2026.**

ALL ITEMS
AS SEEN
ON TV

+1 GB
FREE DATA mobile



+1 GB
FREE DATA mobile

399⁹⁹

WITH Rewards CARD

Monkey Shoulder
Blended Malt
Scotch Whisky
750ml

SAVE
EXTRA
IN-STORE
ONLY



Absolut
Vodka
(Incl. Variants)
750ml and
Luckybird
Cocktail Mixer
(Incl. Variants)
750ml and
Schweppes
(Incl. Variants)
1L

BUY
ALL
FOR

349⁰⁰

WITH Rewards CARD



+1 GB
FREE DATA mobile

299⁰⁰

WITH Rewards CARD

Tanqueray
London Dry Gin,
Flor de Sevilla
or Blackcurrant Royale
Distilled Gin
750ml and
Schweppes
(Incl. Variants)
1L

SAVE
EXTRA
IN-STORE
ONLY

+200 MB
FREE DATA mobile

79⁹⁹

WITH Rewards CARD

Durbanville Hills
Chardonnay,
Chenin Blanc,
Sauvignon Blanc,
Dry Merlot Rosé,
Cabernet Sauvignon,
Merlot, Pinotage
or Shiraz
750ml



+300 MB
FREE DATA mobile

149⁹⁹

WITH Rewards CARD

Steenberg
Sauvignon Blanc
Sparkling Wine
750ml



+100 MB
FREE DATA mobile



Robertson Winery
Sweet Red, Sweet Rosé,
Sweet White, Dry Red,
Late Harvest, Stein,
Crisp Dry White
or Extra Light White
1L

43⁹⁹

WITH Rewards CARD

+400 MB
FREE DATA mobile



Carling
Black Label
Cans
6 x 500ml

BUY
2
FOR

180⁰⁰

WITH Rewards CARD

+500 MB
FREE DATA mobile



Bernini
Sparkling Spritzer
(Excl. Mimosa)
Cans
6 x 500ml

BUY
ANY
2
FOR

200⁰⁰

WITH Rewards CARD

tops!

TURN UP EPIC WITH FRESH DEALS FOR A FRESH START

Switch to **SPAR Mobile** now and get guaranteed **FREE DATA** in-store when you buy any participating product.
Ts & Cs apply. Visit www.sparmobile.co.za for more information.

FREE DELIVERY



Product availability
may vary by store.
While stocks last.

#NO18

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

OPEN THE RED DOOR OF MORE

from 20 January – 22 March 2026

UNLOCK INSTANT FREE SHOPPING AND EPIC PRIZES

SHOP | SWIPE  | WIN

R4 MILLION IN PRIZES TO BE WON



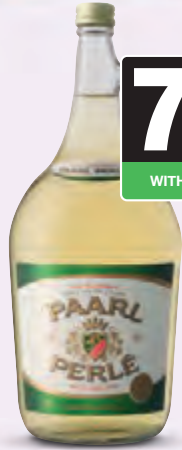

67⁹⁹
each
WITH Rewards CARD

The Wolftrap
White, Red or Rosé
750ml



82⁹⁹
each
WITH Rewards CARD

De Krans
Moscato
White, Red or Rosé
750ml



74⁹⁹
each
WITH Rewards CARD

Paarl Perlé
White
2L



109⁹⁹
each
WITH Rewards CARD

Jakkalsvlei
Sauvignon Blanc,
Chenin Blanc or
Pinotage Rosé
750ml



99⁹⁹
each
WITH Rewards CARD

Iona
Sophie te'Blanche
Sauvignon Blanc
750ml



134⁹⁹
each
WITH Rewards CARD

Drostdy Hof
Adelpracht,
Dry White
Grand Cru or
Smooth Claret
3L



89⁹⁹
each
WITH Rewards CARD

The Saints
Red, White or Rosé
1.5L

+200 MB FREE DATA 



WINE **KULCHA**
at **tops!**

CRISP AND COOL SIPS TO CELEBRATE THE SEASON

tops! TURN UP EPIC WITH DEALS TO WRITE A NEW CHAPTER

#NO18 aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

WHISKY
KULCHA

at **tops!**
at SPAR

**POUR UP
THE VERY
BEST**



999⁹⁹
WITH Rewards CARD

Johnnie Walker
Green Label
15 Year Old
Blended Scotch
Whisky
750ml



419⁹⁹
WITH Rewards CARD

Johnnie Walker
Black Label
Blended Scotch
Whisky
750ml



259⁹⁹
WITH Rewards CARD

Johnnie Walker
Red Label
Blended Scotch
Whisky
750ml



699⁹⁹
WITH Rewards CARD

Johnnie Walker
Gold Label Reserve
Blended Scotch
Whisky
750ml

**+1 GB
FREE DATA** 



529⁹⁹
WITH Rewards CARD

Jameson
Select Reserve
Blended
Irish Whiskey
750ml



219⁹⁹
WITH Rewards CARD

Bell's
Extra Special
Whisky
750ml



174⁹⁹
WITH Rewards CARD

Firstwatch
Extra Fine
Whisky
750ml



599⁹⁹
WITH Rewards CARD

Glenfiddich
12 Year Old
Single Malt
Scotch Whisky
750ml



249⁰⁰
per combo
WITH Rewards CARD

Grant's
Triple Wood
Blended Scotch Whisky
(Incl. Variants)
750ml and
Schweppes
(Incl. Variants)
1L

**SAVE
EXTRA
IN-STORE
ONLY**

**+1 GB
FREE DATA** 



899⁹⁹
WITH Rewards CARD

Remy Martin
V.S.O.P
Cognac
750ml



849⁰⁰
per combo
WITH Rewards CARD

Martell
Blue Swift
Cognac
750ml and
Appletiser
1.25L

**+1 GB
FREE DATA** 

**GOOD
TO THE
LAST
DROP**

tops! **TURN UP EPIC** **SWIPE**  **SAVE!** **EVERYDAY DEALS!**

#NO18  **Not For Persons Under The Age Of 18.**

14 MI_SSR5201

COCKTAIL KULCHA

at **tops!**



1099⁹⁹
WITH Rewards CARD

Don Julio
Reposado
Tequila
750ml



309⁰⁰ per combo
WITH Rewards CARD

Jägermeister
Orange
Herbal Liqueur
750ml and
Schweppes
(Incl. Variants)
1L



119⁹⁹ each
WITH Rewards CARD

Original
Shaken
Cocktails
(Incl. Variants)
2L



219⁰⁰ per combo
WITH Rewards CARD

Red Heart
Original
Dark Rum
750ml and
Coca-Cola
(Incl. Variants)
1L



139⁹⁹
WITH Rewards CARD

Strawberry Lips
Cream Liqueur
750ml



159⁹⁹ each
WITH Rewards CARD

Amarula
Premium Cream
(Incl. Variants)
Liqueur
750ml



399⁰⁰ per combo
WITH Rewards CARD

Malfoy
Gin
(Incl. Variants)
750ml and
Schweppes
(Incl. Variants)
1L



159⁹⁹ each
WITH Rewards CARD

Stretton's
Original
London Dry Gin,
Triple Berry, Wild Berries
or Ruby Orange
(Excl. Double Cut)
Flavoured Gin
750ml



249⁹⁹ each
WITH Rewards CARD

SKYY
Vodka
(Incl. Variants)
750ml

+1 GB FREE DATA mobile

SAVE EXTRA IN-STORE ONLY



Olmecca
Silver or Gold
Tequila
750ml and
Luckybird
Cocktail Mixer
(Incl. Variants)
750ml and
Schweppes
(Incl. Variants)
1L

299⁰⁰ per combo
WITH Rewards CARD

FIND YOUR KULCHA

at **tops!**



180⁰⁰
WITH Rewards CARD

Extreme
Apple Ale
Cans
4 x 440ml



180⁰⁰
WITH Rewards CARD

Redd's
MXD
Vodka & Pine or
Vodka & Guarana
Spirit Cooler
Cans
6 x 440ml



94⁹⁹ per pack
WITH Rewards CARD

Mainstay
Piña Colada Flavour
Island Fusion
(Incl. Variants)
Cans
6 x 440ml



Absolut
Spirit Cooler
(Incl. Variants)
Cans
4 x 300ml



180⁰⁰
WITH Rewards CARD

Hunter's
Real Dry or Gold
Cider
Handies
6 x 330ml



290⁰⁰
WITH Rewards CARD

Savanna
Premium Cider
Dry
Handies
6 x 500ml

SAVE EXTRA IN-STORE ONLY



150⁰⁰
WITH Rewards CARD

Flying Fish
Flavoured Beer
(Excl. Dry Apple)
Handies
6 x 330ml



180⁰⁰
WITH Rewards CARD

Castle Lite
Cans
6 x 500ml



200⁰⁰
WITH Rewards CARD

Windhoek
Draught
Cans
6 x 500ml



200⁰⁰
WITH Rewards CARD

Corona
Extra
Cans
6 x 410ml

tops!

TURN UP EPIC

WITH DEALS TO UNLOCK MORE MOMENTS

For your nearest TOPS at SPAR store, phone our share call number 0860 31 3141 or visit our website: www.topsatspar.co.za.

Specials available at all TOPS at SPAR stores from 20 January up to and including 8 February 2026 (including the Free State, Mpumalanga and North West Province) while stocks last. Not available in KwaZulu-Natal, Lowveld, Limpopo, Eastern, Northern or Western Cape. We reserve the right to limit quantities. Price and product availability may vary by region. In the event that an error occurs in an advertisement or incomplete information is printed, a notice will be displayed in-store with the correct details. Prices include VAT. No traders please. The advertised lines are only available at TOPS at SPAR stores.

TOPSatSPAR

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aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

★

Super Savings

♥



Sunlight Fabric Conditioner Refill 500 ml Assorted

21⁹⁹ each

WITH RewardsCARD

Home Care Essentials



Sunlight Auto Washing Powder 2 kg or Liquid 1.5 litre Assorted

BUY ANY 2 FOR

110⁰⁰



Sunlight Dishwashing Liquid 750 ml Assorted

29⁹⁹ each



Handy Andy All Purpose Cream 750 ml Assorted

24⁹⁹ each

WITH RewardsCARD



Jik Bleach 1.5 litre Assorted

36⁹⁹ each

WITH RewardsCARD



Finish All in 1 56s, Quantum Tabs 50s or Ultimate Plus Tabs 45s

219⁹⁹ each

WITH RewardsCARD



Sunlight Laundry Bar 400 g / 500 g Assorted

BUY ANY 2 FOR

45⁰⁰



Domestos Multipurpose Stain Removal Thick Bleach Cleaner 750 ml Assorted

28⁹⁹ each

WITH RewardsCARD



Mr Min Multi Surface Cleaner 300 ml Assorted

43⁹⁹ each



Airoma Air Freshener 210 ml Assorted

20⁹⁹ each



Twinsaver Toilet Roll Twin Ply Value Pack 18s

129⁹⁹ per pack

WITH RewardsCARD

More for Less



COMBO DEAL

SPAR Super Maize Meal 10 kg

+ SPAR Brown Sugar 2 kg

+ SPAR Sunflower Oil 2 litre

+ Spekko Rice 10 kg

BUY ALL FOR

339⁰⁰



COMBO DEAL

SPAR Instant Noodles Assorted 5s

+ SPAR Pilchards Assorted 400 g

+ SPAR Baked Beans in Tomato Sauce 410 g

+ SPAR Sunflower Oil 750 ml

+ SPAR Parboiled Rice 2 kg

+ SPAR Super Maize Meal 5 kg

BUY ALL FOR

149⁰⁰

SPAR Rewards

More for You



SIGN UP FOR MORE!

MORE SAVINGS. MORE WINS. MORE FOR YOU.

Maximum 10 SPAR Rewards deals per product, per customer on all SAVE EXTRA products. While stocks last. Ts & Cs apply.

Let's chat

 0860 313 141

Say "hello" to get specials, store details, SPAR Rewards & more!

For more info: www.spar.co.za or Find us on  /myspar

SPAR



SUPERSPAR



SPAR: • BIRCHGATE • BLOEMHOF • BONANZA • BONUS • BOTHAVILLE • BREDELL • CONSTANTIA • CROSS • CRYSTAL GATE • CULLINAN • DANIELSKUIL • DANVILLE • DELAREYVILLE • DELMAS • DELTA • DERICKS • DIAS • DOUGLAS • FAMILY SAVE • FERRYVALE • FRANKFORT • GHANDI SQUARE • GOLDFIELDS • RANDGATE • GREENHILLS • HARTSWATER • HEIDELBERG • HILLBROW • KALAHARI • KISMET • KLOPPER PARK • KROONDAL • LIME ACRES • LEONDALE • McLEANS • MOUNTAIN VIEW • NOORDWYK • ORCHARDS • POST OFFICE • PRIESKA • RANDGATE • RANDJESPAK • REITZ • ROOSVILLE • SAFI • SELCOURT • SETARIA • SILVERTON • SIMUNYE • SOUTPANSBERG • SPARTAN • STRUBENSVALE • THE PALMS • THREE MONKEYS • VENTERSBURG • VREDE • WESSELBRON • WOLMARANSTAD • ZEEDERBERG

SUPERSPAR: • BALFOUR • BELA BELA • BENONI • BERTRAMS • BETHAL • BOKSBURG • CHRISTIANA • ERMELO • GEOLLAINE • GROBLERSAL MALL • KATHU • KURUMAN • MARBLE HALL • MIDRAND • MOKOPANE • MOGOL (Onverwacht) • POSTMASBURG • PLATINUM PARK • PRIMROSE • RANDFONTEIN • SILVERPLACE • SOUTHERN • SUN VILLAGE • SYLVANIA • THABAZIMBI • THORNHILL • XAVIER • V.C. • VOLKSRUST • VRYBURG

Maximum 10 deals per customer on all SAVE EXTRA products. SAVE EXTRA products are only available in-store and not on the SPAR2U App.

Specials available at selected SPAR and SUPERSPAR stores (excluding KWIKSPAR and SPAR Express stores) from 20 January up to and including 8 February 2026, while stocks last. We reserve the right to limit quantities. Prices include VAT. TV products available nationwide. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).

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