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VACANCY
PAGE 4

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

PLATINUM WEEKLY

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ABC GR
Grassroots
CERTIFIED PRINT RUN

Verified Print Quantity 25 000 newspapers per week

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.

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.

Rustenburg Home Affairs finally leaves the CBD

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CHECK OUT
THE LATEST
DEALS INSIDE

Dis-Chem
PHARMACIES

BOXER

SPAR  Checkers
FOOD TOWN HYPER

FOOD LOVER'S MARKET
THREE STAR POWERTRADE



CONGRATULATIONS CLASS OF 2025

34 YEARS OF EXCELLENCE

92.7% PASS RATE – 4TH IN BOITSHOKO DISTRICT
28 DISTINCTIONS

6 DISTINCTIONS

3 DISTINCTIONS



Rose Tsatsi

Business Studies	84%
Setswana FAL	89%
Tourism	84%



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 Kgatleng

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 Kgaboe Sele, O Kgaladi, B K gobane, T Khunou, R Kusumane, R Kwnaite, 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 Ngqoko, 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.

Together, we clean. Together, we care. Together, *Our Ward Matters*.



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.



Community clean-ups in Azaleapark, where residents and volunteers worked together to restore public spaces and strengthen neighbourhood pride.

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

VACANCY INTERNAL & EXTERNAL ADVERTISEMENT



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.

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

VACANCY | VAKANTE POS

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.



Ward 43 councillor Luan Snyders — a familiar face in Rustenburg, representing approachability, accountability, and a hopeful vision for the community.

- **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

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
129,99
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

89,99
per pack



AS SEEN ON TV

Bulk Beef Rump or Sirloin Steak

149,99
per kg

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AVAILABLE AT SELECTED FOOD LOVER'S MARKET STORES IN THE INLAND REGION: GAUTENG, KIMBERLEY, LIMPOPO, SHOWGATE, NORTH WEST, MPUMALANCA, FREE STATE & NORTHERN CAPE. EXCLUDING FOOD LOVER'S EATERY THE MARC, BRAAMFONTEIN, BANK CITY & ROSEBANK.
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IN FRESH
GUARANTEED!



BULK DEALS!



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



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



Prickly Pear Boxes
R59
each



Plum Punnets
2 for
R39



Imported Strawberry
Punnets 250 g
R39
each



Blackberry
Punnets 90 g
R25



Raspberry
Punnets 125 g
R25

NEW SEASON



Glo Red Apple
Econopacks
1.5 kg
2 for
R49



Pineapple Trays
R49
each



White Grape
Boxes 1.5 kg
R49
each



Nectarine or Yellow
Cling Peach Trays
R69
each



Jumbo Salad
Bowls 250 g
2 for
R49



**AS SEEN
ON TV**
Sweetcorn
Prepacks 4s
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 Sante 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



English Cucumbers
R30



Crown Pumpkins
2 for
R49



Carrot
Thriftpacks 1 kg
2 for
R25



Garlic, Turmeric
or Ginger Socks
any 2 for
R39



**AS SEEN
ON TV**
Tomato
Thriftpacks 1 kg
3 for
R49



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
39,99 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



2 for
R160



2 for
R95



any 2 for
R300



any 2 for
R24



any 2 for
R110



4 for
R70



2 for
R100



any 3 for
R47



91,99 each



2 for
R50



114,99 each



R40
each



2 for
R140



Food Lover's Cheese Slices Assorted 150 g
39,99 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
Simpli Fruit Juice Assorted 1.5 L
29,99 each
SAVE R16



29,99
each



15,99
each



28 cm Take-Home Pizzas Assorted
any 3 for
R150

Harbourside



AS SEEN ON TV
Food Lover's Braai Snoek 1 kg
119,99 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 **59,99** per pack

BIG DEAL Beef Club & T-Bone Steak Packs **149,99** per kg

BIG DEAL Kameelhout Boerewors **109,99** per kg

AS SEEN ON TV Beef Biltong or Droewors **299,99** per kg

BIG DEAL Beef Oxtail **119,99** per kg

BIG DEAL Beef Potjie Stew **99,99** per kg

AS SEEN ON TV Beef Forequarter Packs **99,99** per kg

BIG DEAL Bulk Pork Braai Chops **79,99** per kg

BIG DEAL Pork Leg Roast **89,99** per kg

AS SEEN ON TV Whole Chicken **49,99** per kg

BIG DEAL Pork Belly Roast **129,99** per kg

BIG DEAL Pork Packs with Stew **89,99** per kg

AS SEEN ON TV Chicken Fillets **69,99** per kg

BIG DEAL Lamb Packs with Stew **169,99** per kg

BIG DEAL Lamb Leg Roast **189,99** per kg

BIG DEAL Beef Goulash, Stir-Fry or Tenderised Steaks 500 g **69,99** per pack

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

AS SEEN ON TV 16-Piece Chicken Braai Packs **59,99** per kg

Pork Goulash, Stir-Fry or Tenderised Steaks 500 g **49,99** per pack

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PROMOTION VALID 21-27 JANUARY 2026

PRICE LOCK SAVINGS! NO CARD NEEDED TO SAVE!

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- Three Star Boerewors p/kg: 89.99
- Lamb Braai Chops p/kg: 149.99
- Pork Leg/Shoulder Chops p/kg: 69.99

FRUIT & VEG MARKET

- Butternut 3kg: 34.99
- Tomatoes 1kg: 14.99
- Lettuce Head: 14.99
- Apples Asst 1.5kg: 24.99

BUY ALL FOR 348.99

POTATOES Potatoes 7kg+ Tomatoes 2kg+ Onions 2kg **BUY ALL FOR 89.99**

WHITE STAR Super Maize Meal 10kg+ Spekko Rice 10kg+ Saska Cake Flour 10kg **BUY ALL FOR 348.99**

RAINBOW White Star Maize Meal 10kg+ Spekko Rice 10kg+ Saska Cake Flour 10kg **BUY ALL FOR 348.99**

Rainbow Chicken Mixed Portions 5kg **RAIN 198.99**

SunStar SunStar Oil 2lt **57.99**

Marang Large Eggs 60's **109.99**

Eskort French Polony 1kg **39.99**

KOO Baked Beans in Tomato Sauce **29.99**

Lucky Star Pilchards Asst 400g **27.99**

Atlanta Brown Sugar 2kg **39.99**

MAQ Laundry Powder **58.99**

Sprite Fanta/ Sprite/ Stoney Soft Drink Asst 2lt **17.99**

MAQ Auto **58.99**

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

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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 NTN4 ROUTE

Bakwena
NTN4 soi

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)

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

SUDOKU

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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?



"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."

Simon O Thobane,
Lefaragattha,
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."

Debbie du Toit,
Rustenburg

PUBLIC POLL: THE RESULTS ARE IN!

Do you think money can buy happiness?

NO **49%** YES **51%**



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 | grfpa.fire@gmail.com

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?

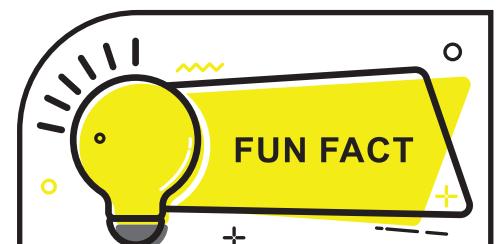
Here's how you can participate. Email us at news@platinumweekly.co.za or WhatsApp your response to 081 579 7000.

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!



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



RBJD 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"	<u>TENDER DOCUMENT</u> <u>AMOUNT</u> R 250.00 <u>REFERENCE NUMBER:</u> 0098+Company name <u>BANK NAME</u> Standard Bank <u>ACCOUNT NUMBER:</u> 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 Manager'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) <p>NB! That no other evaluation criterion should be used</p>	<u>TECHNICAL</u> Mr. G. Makhutle 014 590 3097 gmakhutle@rustenburg.gov.za <u>SCM</u> Ms. O. Pelesi 014 590 3148 opelesi@rustenburg.gov.za	<u>DATE</u> 09 February 2026 <u>VENUE</u> Rustenburg Local Municipality Offices <u>TIME</u> 09:00 NB! Optional Briefing Session for this tender only	<u>DATE</u> 23 February 2026 <u>TIME</u> 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	<u>TENDER DOCUMENT</u> <u>AMOUNT</u> R 500.00 <u>REFERENCE NUMBER:</u> 0091+Company name <u>BANK NAME</u> Standard Bank <u>ACCOUNT NUMBER:</u> 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 higher Functionality evaluation scoring 70% out of maximum 100. 80/20 preferential point system (price = 80 & specific goals = 20) <p>NB! That no other evaluation criterion should be used</p>	<u>TECHNICAL</u> Mr. B. Bonakele 014 590 3580 bbonakele@rustenburg.gov.za <u>SCM</u> Ms. O. Pelesi 014 590 3148 opelesi@rustenburg.gov.za	<u>DATE</u> 10 February 2026 <u>VENUE</u> Rustenburg Local Municipality Offices <u>TIME</u> 09:00	<u>DATE</u> 24 February 2026 <u>TIME</u> 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	<u>TENDER DOCUMENT</u> <u>AMOUNT</u> R250.00 <u>REFERENCE NUMBER:</u> 0177+Company name <u>BANK NAME</u> Standard Bank <u>ACCOUNT NUMBER:</u> 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 100 80/20 preferential point system (price = 80 & specific goals = 20) <p>NB! That no other evaluation criterion should be used</p>	<u>TECHNICAL</u> Mr. I. Phakula 014 590 3656 iphakula@rustenburg.gov.za <u>SCM</u> Ms. O. Pelesi 014 590 3148 opelesi@rustenburg.gov.za	<u>N/A</u>	<u>DATE</u> 25 February 2026 <u>TIME</u> 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	<u>TENDER DOCUMENT</u> <u>AMOUNT</u> R750.00 <u>REFERENCE NUMBER:</u> 0167+Company name <u>BANK NAME</u> Standard Bank <u>ACCOUNT NUMBER:</u> 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) <p>NB! That no other evaluation criterion should be used</p>	<u>TECHNICAL</u> Mr. J. Kgatle 014 590 3252 jkgatle@rustenburg.gov.za <u>SCM</u> Ms. N. Kiet 014 590 3633 nkiet@rustenburg.gov.za	<u>N/A</u>	<u>DATE</u> 26 February 2026 <u>TIME</u> 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	<u>TENDER DOCUMENT</u> <u>AMOUNT</u> R750.00 <u>REFERENCE NUMBER:</u> 0115+Company name <u>BANK NAME</u> Standard Bank <u>ACCOUNT NUMBER:</u> 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) <p>NB! That no other evaluation criterion should be used</p>	<u>TECHNICAL</u> Mr. J. Kgatle 014 590 3252 jkgatle@rustenburg.gov.za <u>SCM</u> Ms. N. Kiet 014 590 3633 nkiet@rustenburg.gov.za	<u>N/A</u>	<u>DATE</u> 27 February 2026 <u>TIME</u> 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	<u>TENDER DOCUMENT</u> <u>AMOUNT</u> R250.00 <u>REFERENCE NUMBER:</u> 0051+Company name <u>BANK NAME</u> Standard Bank <u>ACCOUNT NUMBER:</u> 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) <p>NB! That no other evaluation criterion should be used</p>	<u>TECHNICAL</u> Mr. J. Kgatle 014 590 3252 jkgatle@rustenburg.gov.za <u>SCM</u> Ms. N. Kiet 014 590 3633 nkiet@rustenburg.gov.za	<u>N/A</u>	<u>DATE</u> 27 February 2026 <u>TIME</u> 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	<u>TENDER DOCUMENT</u> <u>AMOUNT</u> R250.00 <u>REFERENCE NUMBER:</u> 0169+Company name <u>BANK NAME</u> Standard Bank <u>ACCOUNT NUMBER:</u> 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 higher 80/20 preferential point system (price = 80 & specific goals = 20) <p>NB! That no other evaluation criterion should be used</p>	<u>TECHNICAL</u> Mr. S. Segone 014 590 3218 ssegone@rustenburg.gov.za <u>SCM</u> Ms. O. Pelesi 014 590 3148 opelesi@rustenburg.gov.za	<u>N/A</u>	<u>DATE</u> 19 February 2026 <u>TIME</u> 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)	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.
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.	5. 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.
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.	6. 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
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	7. 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. 8. 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. 9. 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. 10. Rustenburg Local Municipality will not accept late bids. 11. The bid price validity is 90 days. 12. 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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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

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.

**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...

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

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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 Sherg 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 15i 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 Sherg Group (Pty) Ltd **Email:** buysontoa@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

Sibanye
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Stillwater

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

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

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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.



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

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.

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12.99 Spinach Bunch
109.99 Butternut 10kg
74.99 Marang Top Lay Large Eggs 60's
109.99 Blossom Lite Spread 1kg

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88.99 Unity UHT Long Life Milk 6x1lt
26 Sasko Premium Slices 500g
56 Kellogg's Noodlies 5x70g
26 Kellogg's Instant Noodlies Asst 5x70g
25 Koo Baked Beans 410g
49 Lucky Star Pilchards Asst 400g
32 Pilchards 410g
44 Sunlight Laundry Bar 500g
36 Eskort French Polony 750g
37.99 Clover Smooth Yoghurt Asst 6x100g
99.99 Nova Luxury Soft Toilet Tissue 2 Ply 350 Sheets 1lt
59 Mac Washing Powder 2kg

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169
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499
per combo



D'LITE
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Spread Tub

99
3 x 1kg



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

70
per combo



NESTLÉ
Cremora
Creamer

100
2 x 750g

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



65
per combo



BEST COOK
Instant Noodles
Multipack Assorted
5's

99
5 x (5 x 65g)



BEST COOK
Baked
Beans

60
6 x 410g



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Frozen Chicken Feet (Large)



52⁹⁹
per kg
139⁹⁹
3kg
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 1 Bag)
BUY FIVE
329⁹⁹
(In 1 Bag)
BUY TEN
599⁹⁹
(In 1 Bag)

4kg

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
3kg
SAVE R9

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

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	18⁹⁹ 6's		17⁹⁹ 4's		26⁹⁹ 10's
	11⁹⁹ 6's		24⁹⁹ each		26⁹⁹ 10's



BUY BOTH 99 per combo



114⁹⁹ each

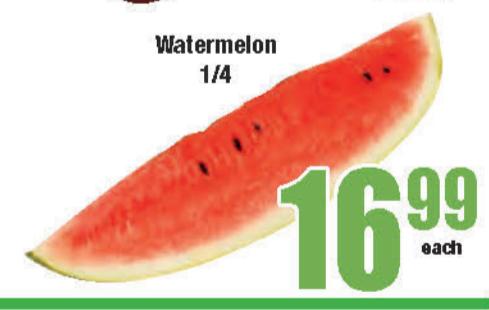
	26⁹⁹ each		25⁹⁹ per serving
	29⁹⁹ per serving		7⁹⁹ per 100g

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 - 08/02/2026
*Winners announced weekly
*Ts & Cs Apply - www.boxer.co.za

	25⁹⁹ per serving		28
	29⁹⁹ per serving		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 - 08/02/2026
*Winners announced weekly
*Ts & Cs Apply - www.boxer.co.za

	40 2 x 750g		40 2 x 750g
	40 2 x 500g		40 2 x 500g

	40 2 x 750g		16⁹⁹ each
---	------------------------	---	---------------------------------

DAILY COMBO'S

	45 3 x 700g
--	------------------------

	45 3 x 700g		28 2 x 600g		11⁹⁹ 14 x 60g
	23 14 x 60g		11⁴⁹ 18 x 60g		33 6's + 2L
	90		18 250g		50 per combo

Never pay more than the **BOXER** price

FROZEN MIX COMBO

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

R 99

BUY TWO 2x2kg **58**

BUY TWO 2x100g **24,99**

BUY TWO 2x100g **50**

BUY THREE 3x100g **54**

BUY TWO 2x900g **60**

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

BUY ALL per combo **89**

PARMALAT
Full Cream Processed Cheese
Slices Assorted

114,99

DEW DROP
40% Fat
Spread Brick

14,99

CLOVER
Berg
Processed
Cheese

TOP-LAY
Large Eggs

DAIRYMAID
Farmhouse
Ice Cream
Assorted

GOLDEN RAY
Apricot Jam 600g &
Peanut Spread 400g

400g **44,99**

600g **58**

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

BUY BOTH per combo **99**

BEST COOK
French Polony

59,99

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

60

ESKORT
French / Garlic
Polony

39,99

MAMA'S
Family
Value Pack
4.36kg

DEW DROP
37% Fat
Spread Tub

34,99

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

60

BIG JACK Pie
Assorted
160g &
PEPSI Soft
Drink 500ml

25

MAMA'S
Viennas Assorted

28

MAMA'S
Family
Value Pack
4.36kg

59,99

169,99

SWIPE & GET MORE

Buy any 3 Get 25% Off

1kg

360g

6 x 100g

**Buy any 3
25% OFF**

on COMBOS YOU NEED!

JUNGLE Oats	GOLDEN RAY Corn Flakes	YUM FUN Cereal Puffs / Hoops Assorted	FUTURELIFE Smart Food Cereal Assorted	BREAKFAST COMBO	
				 + 	
99 3 x 1kg	69 3 x 500g	29 99 320g each	99 99 1.25kg	R 99	
IWISA Instant Multigrain Porridge Assorted	SHIBOBO Instant Maize Porridge Assorted	MONATI Mabela / Supertieng Pure Grain Sorghum			
					
29 99 1kg	40 2 x 1kg	44 99 2kg each			
BREWER'S BLEND Rooibos Tagless Teabags	NUTRIFIC Wholewheat Biscuits	HEARTLAND Granola Assorted	BAKERS Choc-O Break / Tennis Doubles / Zoo Zoos Cream Biscuits	DANONE Ultra Mel Vanilla Flavoured Custard	
					
19 99 40's	29 99 450g	29 99 400g each	26 2 x 125g	50 2 x 1kg	
GLEN Tagless Teabags	YUM FUN Cream Biscuits Assorted	WHEELS Cream Biscuits Assorted	OREO Cream Cookies Assorted		
					
29 99 100's	20 5 x 82g	28 2 x 180g	32 2 x 125g		
CRE-MEAR Creamer 750g & NESCAFÉ Ricoffy Instant Coffee 250g / Pouch Value Pack 280g	NESCAFÉ Ricoffy Instant Coffee Value Pack	JACOB'S Instant Coffee Assorted	NESTLÉ Milo Malt Energy Drink		
					
99 per combo	89 99 400g	44 99 47.5g	44 99 250g		
250g + 280g = 530g	CREAMLINE Medium Fat Dairy Liquid Blend	MIKSI Skimmed Milk Powder	NESTLÉ Nespray Milk Powder Value Pack		
					
99 per combo	11 99 1L	99 2 x 500g	119 99 850g	180 2 x (6 x 1L)	

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

250g 	100's 	26's 	Buy any 3 Cheapest 1 FREE
200g 	200g 	200g 	

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

SPRITE /
STONEY / FANTA
Soft Drink
Assorted



**BUY ANY TWO
36**
2 x 2L

SPAR-LETTA / TWIST
Soft Drink
Assorted

**BUT ANY SIX
90**
6 x 2L

AMILA GO
Flavoured
Powdered Drink Assorted



10
5 x 5g

AQUELLÉ
Sparkling
Flavoured
Water
Assorted



16
2 x 500ml

POWERADE
Sports Drink
Assorted



26
2 x 500ml

WIN A
BIZNIZ
IN A BOX



POWER PLAY
Energy Drink
Assorted

24
2 x 500ml

SCORE
Immune Booster /
Energy Drink
Assorted



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



38
2 x 1L

BROOKES
Oros
Squash
Assorted



3999
2L

MARLIN
Blunt Nose
Scissors



NS
Eraser &
Sharpener



SCRIPTO
PVC
Pencil
Case
Assorted



NS
Colour
Pencils



MARLIN
Koki Pens (Fibre Tip)



MARLIN
Highlighters



NS
Twist
Crayons

NS
Math Set



1599
8 piece

HOME SQUARE
Stationery Tape
12mm x 66m



20
BUY TWO

BIC
Clic Medium
Ballpoint Pens
Assorted 2's



1999
each

BIC
Crystal Medium
Pens Assorted
2's



25
BUY TWO

NS
Glue
Stick



30
2 x 21g



4999
each



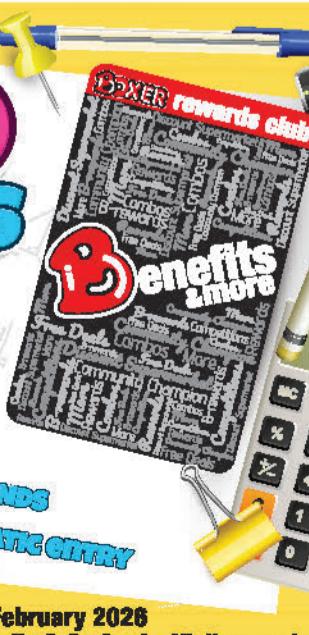
12999
each

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
FOR AUTOMATIC ENTRY



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



Add **BOXER** On WhatsApp 087 093 4333

SAY 'HI' & GET ALL THE LATEST PROMOTIONS & DEALS!

SCAN ME



GOBITE
Omychips Stackable
Potato Chips Assorted



50
3 x 110g

TINKIES
Mini Cream Filled
Sponge Cake Assorted



10
2 x 30g

TRUDA
Chippa Naks
Assorted



18
2 x 135g

TRUDA
Chippa Naks
Strips Assorted



SIMBA
Nik Naks
Flavoured
Maize Snack
Strips



24
2 x (5 x 22g)

**STUDY PACK
COMBO**

Limited Stock
BOXER
COUNTER BOOK
A4 / 192 Pages



5 x BOXER
A4 Counter Book
192 Pages

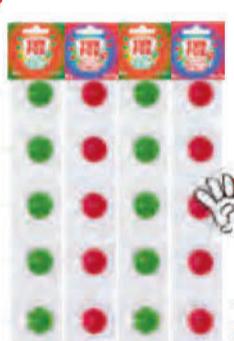
R60

MENTOS
Flavoured Soft
Mints Assorted



18
2 x 38g

YUM FUN
Lollies Assorted



20
4 x (5 x 35g)

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



22
2 x 75g

YUM FUN
Mallows Assorted



30
2 x 100g / 130g

TIARA
Back Pack Assorted



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

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

KitKat
BAR ONE
TEX
Mints

44 99
each

NESTLÉ
Bag Assorted
180g / 182g /
189g

MARLIN
A4 Exam
Pad Punched
100 Sheets

15 99
each

MONDI
Rotatrim Ream A4 Paper
500 Sheets

69 99
500 Sheets

79 99
each

SUPA
STRIKAS
Book
Labels



26

FREEDOM
A4
72 PAGE
FEINT &
MARGIN

32

FREEDOM
STATIONERY
A4 College
Exercise Book
72 Pages

FREEDOM
A5
MANUSCRIPT
BOOK
FEINT &
MARGIN

13 99
each

FREEDOM
STATIONERY
A5 Manuscript
Book 192
Pages

COUNTER BOOK
2 QUIRE

15 99
each

FREEDOM
STATIONERY
A4 2 Quire
Counter
Book 192
Pages

FREEDOM
A4
3 QUIRE
FEINT
MARGIN

FREEDOM
STATIONERY
A4 3 Quire
Counter
Book 288
Pages

60

TIARA
Gift Wrap
700mm x 1m



14

MARLIN
Brown Kraft
Rolls 480mm x 1.5m



26
2 x 5's

MARLIN
Colour Kraft
Rolls 480mm x 1m



38
2 x 5's

MARLIN
Polyethylene
Roll 450mm x 1.5m



40
2 x 5's

MARLIN
A4 Adjustable
Slip On Book
Cover 10's



40
2 x 5's

MARLIN
A4 Pre-Cut Book
Covers 5's



45
2 x 5's

MARLIN
Uni-File A4
Display Book
30 Pocket

50

CALLING ALL GRADE 10 & 11
FUTURE LEADERS

We want YOU to enter the
Boxer Youth Leadership Programme!

HERE IS HOW YOU ENTER:

1. 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?
2. Upload your pre-recorded video and complete the online entry form on www.boxer.co.za/competition/bylp2026
3. Entries close: 13/02/2026.
4. Winners will be announced: 26/02/2026 on our Facebook page.



YOUTH LEADERSHIP PROGRAMME
BOXER
YOUTH LEADERSHIP PROGRAMME
in partnership with
Colgate

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

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

TASTIC
Long Grain Parboiled
Rice 2kg



2kg

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



12⁹⁹
each



ROBERTSONS
Rajah
Curry
Powder
Assorted

19⁹⁹
100g



BEST COOK
Curry Powder
Assorted

BUY TWO
28
2 x 100g



BEST COOK
Seasoning
Assorted

14⁹⁹
90g



KNORR
Soup
Assorted

5⁹⁹
50g



BISTO
Original
Gravy
Powder

19⁹⁹
225g

BEST COOK
Polybag
Soup
Assorted



KNORROX
Cubes
Assorted

21⁹⁹
24's

TASTE & MORE
Soya Mince
Assorted



39⁹⁹
1kg



BEST COOK White Parboiled Thai
Premium Grade Rice 2kg, SHIBOBO
Super Maize Meal 2.5kg, LUCKY STAR
Instant Noodles Multipack Assorted 5's
& GOLDEN RAY Cooking Oil 750ml

R99

ESSENTIALS
COMBO



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

229
per combo



SHIBOBO
Super
Maize
Meal

159⁹⁹
25kg



ITAU
Super White
Super Maize
Meal

79⁹⁹
12.5kg

47⁹⁹
5kg

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

Download the
Boxer App
to
Spend
Your
TODAY!



GOLDEN CLOUD
Cake Wheat Flour 2.5kg

2.5kg



SWIPE CARD & GET
5 FREE
B rewards

KING KORN
G.S. Malt 3kg

3kg



SWIPE CARD & GET
5 FREE
B rewards

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



17⁹⁹
125ml

BLACK CHIC Hair Food Treatment Assorted



44⁹⁹
per pack

EASY WAVES Hairspray & Curl Activator Gel Banded Pack



DARLING One Million Hair Extensions / Braids Assorted

29⁹⁹
each



29⁹⁹
50ml

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

FROM 44⁹⁹
each



29⁹⁹
425ml

ISOPLUS Styling Gel



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



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



34⁹⁹
5 pack

Health Care

GAVISCON Liquid



89⁹⁹
150ml



CALPOL Paediatric Suspension Syrup

44⁹⁹
50ml



BENYLIN Cough Syrup Assorted

69⁹⁹
100ml



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

34⁹⁹
20ml each



PANADO Paracetamol Tablets

32⁹⁹
24's



SAVON 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



FRESH WAVE
Hand Washing
Powder
Assorted

49⁹⁹
2kg
BUY THREE
132

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



DOOM
Super Multi
Insect Killer
Assorted

39⁹⁹
300ml

+
BUY ALL
99
per combo

MAQ
All Purpose Soap



17⁹⁹
500g

FRESH WAVE
Laundry Soap



45
3 x 500g
BUY THREE

FRESH WAVE
Fabric Conditioner Refill Assorted



56
3 x 500ml
BUY THREE

MAQ
Dishwashing
Liquid



50
2 x 750ml
BUY TWO

MAQ
Thick Bleach
Assorted



48
2 x 750ml
BUY TWO

JIK
Bleach
Assorted



36⁹⁹
1.5L

STA-SOFT
Fabric Conditioner Refill Assorted



29⁹⁹
500ml



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

44⁹⁹
per pack



99⁹⁹
per pack

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

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



29⁹⁹
per pack



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

55



FLYING FISH
Pressed Lemon RB 3 x 660ml

55

FLYING FISH
Pressed Lemon Cans 2 x

(6 x 500ml)



180

BRUTAL FRUIT
Ruby Apple
NRB 2 x

(6 x 500ml)



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 customer's 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&OE. Terms & Conditions apply.

[BoxerSuperstores](#) [@BoxerStores](#) [www.boxer.co.za](#) 087 003 4333 @boxer_superstores 0860 02 69 37 • Download the BOXER App

DINNER done better



Jamie Oliver's

Crispy
Fish Tacos



Discovery
Vitality

GET UP TO
75% BACK

on over 2500 HealthyFood items



Up to 25% back in Discovery Miles for Vitality members. Spend up to 75% back in Discovery Miles when paying with a qualifying Discovery Bank card. Aus: PSP. Limit: T&Cs apply.

Tap to choose Checks as your HealthyFood partner


**BUY 2 &
SAVE
20%**
WITH CARD
2 x 10 per pack The Bakery
Mini White Flour Tortillas


**SAVE R5
44 99**
1kg
WITH CARD
Forage And Feast
Plain Double Cream
Yoghurt

**SELECTED
STORES**

44 99
800g
pack
Exotic Tomato
Selection


59 99
750g
bag
Class 1 Limes

checkers

better and better



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



On-the-Go



BUY ANY 2 &
SAVE R10

WITH CARD
2 x 600g pack
Cut Fruit Product
Range

NEW 2-Packs



BUY ANY 2 &
SAVE 15%

WITH CARD
2 x 2 per pack
Golden/Green/Red
Kiwi Fruit

NEW



SELECTED STORES

22⁹⁹
2 per pack
Heirloom Tomatoes

NEW



SERVES 2

BUY ANY 2 &
SAVE R10

WITH CARD
2 x 250g bag
Everyday Roast Veg/
Green Veg Mix/
Roast Veg Mix



SELECTED STORES

19⁹⁹
each

Exotic Brinjal

NEW

SELECTED STORES

44⁹⁹
800g pack

Exotic Tomato
Selection

39⁹⁹
500g bag

Sweet Baby Peppers

TAP TO
SHOP



SHOP NOW

For Your Convenience



BUY ANY 2 &
SAVE R10

WITH CARD
2 x Living Herbs
Basil/Mint/Parsley/Coriander

29⁹⁹
each

Lime



BUY ANY 2 &
SAVE 20%

WITH CARD
2 x 4x250g/350g/500g
Früzo Frozen Fruit/
Vegetables All Variants



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

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

**SAVE R5
39.99^{400g}**

Simple Truth Chickpeas

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

19.99^{per bunch}

Mixed Colour Kale

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

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 106g King Oscar Brisling Sild Sardines All Variants

BUY ANY 2 & SAVE 20%

X WITH CARD

2 x 2x125g Simple Truth Corn/Corn & Rice/Chickpea & Red Lentil Couscous

**SAVE R10
84.99^{400g}**

X WITH CARD

Simple Truth White Quinoa

BUY 1 & SAVE 15%

X WITH CARD

500g Simple Truth Wholewheat Couscous

36.99^{100g bag}

Padkos Raw Walnuts

Padkos Raw Almonds

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

Wholewheat couscous acts as a prebiotic for gut support



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
84.99^{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



protein DONE BETTER

These diverse protein options help strengthen your body and mind.



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% X 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% X WITH CARD

2 x 106g King Oscar Brisling Sild Sardines All Variants

dinner med-style

Ostrich mince koftas and wholewheat couscous.

NEW

49.99 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% X WITH CARD

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

LOW SODIUM
 SOURCE OF FIBRE
 LOW IN FAT

Simple Truth

BUY ANY 3 & SAVE 10% X 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% X WITH CARD

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



SIMPLY organic

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

**SAVE
R10**
X WITH CARD

500g Simple Truth
Organic Coconut
Sugar

59,99
1L

Simple Truth
Coconut Water

84,99
500ml

Simple Truth
Organic Apple Cider
Vinegar



26,99
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

69,99
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
44,99**
750g
X WITH CARD

Clover
Authentikos Plain
Greek Style Double
Cream Yoghurt

**BUY ANY 2 &
SAVE R10**
X 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



TAP TO
SHOP



SHOP NOW



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

2 x Simple Truth
Confectionery
Biscuits/Rusks
All Variants



Medirite+ Pharmacy

gut HEALTH

Probiotic Support:
Aids in digestion plus immunity

BUY ANY 1 &
SAVE 25%
X WITH CARD

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



359⁹⁹
300g each
Metalab Whey
Protein All Variants

TAP TO
SHOP



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
X WITH CARD
NutriBullet 600 Series
Grey Blender - 600W

sleep
SUPPORT

SAVE R70
329⁹⁹
60 per
pack
X WITH CARD
Solal Magnesium
Glycinate Tablets



Checkers

better and better

also at:
Checkers
Hyper

OFFERS VALID FROM MONDAY 19/01/2026 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. NOT TRADEABLE. PLEASE, FROZEN & CMISSNS EXCEPTED.
SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES WHILE STOCKS LAST.
CUSTOMER CARE LINE: 0800 01 07 09 (TOLL-FREE).
XTRA SAVINGS SUPPORT LINE: 0800 33 33 85 (TOLL-FREE).

Over 1500 deals every week

19 JANUARY - 8 FEBRUARY 2026

SAVE 19%

29⁹⁹
each

X WITH CARD

Douglasdale
Full Cream/
Low Fat
Fresh Milk



HUGGIES
extra care



AS SEEN
ON TV

ANY 2 FOR
R199
PER PACK

ANY 1 FOR
219⁹⁹

Huggies Gold
Jumbo Pack/
Extra Care
Disposable
Nappies/Pants

SAVE
R60
PER PACK

SAVE
R40



PINK & BLUE COLOUR AT
SELECTED STORES ONLY



SAVE R110
269⁹⁹
each

X WITH CARD

Casio FX-82ZA
Plus II Scientific
Calculator

10
PACK

EXCLUSIVE TO
CHECKERS

SAVE R22
42⁹⁹
per pack

X WITH CARD

Staedtler
Tradition HB Pencils
- 10-Pack

SCHOLAR

COUNTER BOOK

A4
Section News for Extra Strength

192 PAGES

192
PAGES

SAVE R10
15⁹⁹
each

X WITH CARD

A4 Hardcover
Counter Book
- 192 Pages

Pritt
10-43g

SAVE R18
39⁹⁹
each

X WITH CARD

Pritt Jumbo Glue
Stick - 43g

SAVE R50

159⁹⁹
200g/
230g each

X WITH CARD

Jacobs Gold/
Krönung
Caffeinated
Instant Coffee
All Variants

XTRA SAVINGS
Checkers

AS SEEN
ON TV

SAVE R11

R45

X WITH CARD

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

AS SEEN
ON TV

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



Selection of Cheese

SAVE R40
129⁹⁹
900g
each

X WITH CARD

Lancewood
Gouda

Lancewood
Cheddar

AS SEEN
ON TV

Lancewood
Cheddar/Gouda
Cheese

149⁹⁹
per kg

Extra Lean
Beef Mince

Our Butchers'
Best for Less



SAVE R81
BUY 2 FOR
R259

X WITH CARD

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

99c OFF FOOD DATE

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

269⁹⁹
each

X WITH CARD

Casio FX-82ZA
Plus II Scientific
Calculator



10
PACK

EXCLUSIVE TO
CHECKERS

SAVE R22
42⁹⁹
per pack

X WITH CARD

Staedtler
Tradition HB Pencils
- 10-Pack



COUNTER BOOK

A4
Section News for Extra Strength

192 PAGES



SAVE R10
15⁹⁹
each

X WITH CARD

A4 Hardcover
Counter Book
- 192 Pages

Pritt
10-43g

SAVE R18
39⁹⁹
each

X WITH CARD

Pritt Jumbo Glue
Stick - 43g

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, LICHENBURG & 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).

Page 1

A WIDE SELECTION OF OUR EXPERT
BUTCHERS' CUTS



79⁹⁹
per kg

The Rooster
Company
Chicken Prego Fillet



109⁹⁹
per kg

Rookrantz
Thick/Thin Boerewors



119⁹⁹
per kg

Beef
Texan
Steak



139⁹⁹
per kg

Tenderised
Beef Steak



119⁹⁹
per kg

Pork
Rashers



CERTIFIED
NATURAL LAMB

THE FIRST SUPPLIER OF CERTIFIED
NATURAL LAMB SINCE 2004

NO ADDED GROWTH
HORMONES OR PROMOTERS

A DIET FREE FROM
ANIMAL BY-PRODUCTS

179⁹⁹
per kg

Simple Truth
Certified Natural
Lamb Braai Chops

QUALITY
SEAFOOD
AT HARBOUR PRICES



SAVE R10
44⁹⁹
400g
X WITH CARD

MJC Frozen
Seafood
Marinara Mix



SAVE R15
59⁹⁹
400g each
X WITH CARD

Cape Point
Frozen Whole
Cooked Mussels



SAVE R15
184⁹⁹
800g each
X WITH CARD

Cape Point
Frozen Prawn Meat



SAVE R71
R199
X WITH CARD

Cape Point Frozen
King Prawns 700g



AS SEEN
ON TV
BUY &
SAVE 12%
X WITH CARD

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

Rainbow Simply
Chicken Polony
All Variants



SAVE R17
72⁹⁹
700g/1kg each
X WITH CARD

Rainbow Simply
Chicken Viennas
All Variants



SAVE R15
104⁹⁹
1kg each
X WITH CARD

Rainbow
Simply Chicken
Viennas All Variants



SAVE R22
57⁹⁹
1kg each
X WITH CARD

Eskort Red/
Smoked Viennas



SAVE R16
ANY 2 FOR
R90
X WITH CARD

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



SAVE R13
ANY 2 FOR
R110
X WITH CARD

Farmer Brown
Frozen Crumbed
Chicken Fillets/
Strips All Variants
2 x 360g/400g



SAVE R13
39⁹⁹
300g
X WITH CARD

Crispy Cuts
Frozen Crumbed
Hake Fish Cakes



SAVE R15
69⁹⁹
600g
X WITH CARD

I&J Frozen
Fish Fingers



SAVE R15
94⁹⁹
800g each
X WITH CARD

I&J Beefers/
Chicksters Frozen
Burger Patties
All Variants



SAVE R30
89⁹⁹
380g each
X WITH CARD

Sea Harvest
Finely Dusted
Frozen Fish Portions
All Variants



SAVE R37
89⁹⁹
600g each
X WITH CARD

Sea Harvest
Frozen Fish Friday
Lemon Battered
Hake Fillets



SAVE R50
94⁹⁹
500g each
X WITH CARD

Sea Harvest Frozen
Cape Whiting Portions



SAVE R25
89⁹⁹
500g each
X WITH CARD

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



SAVE R55
ANY 2 FOR
R145
X WITH CARD

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



SAVE R15
94⁹⁹
800g each
X WITH CARD

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



SAVE R10
49⁹⁹
380g each
X WITH CARD

Fry's Plant-Based
Frozen Chunky/
Chick'n Strips LUE

SAVE R5
49⁹⁹
380g each
X WITH CARD

Fry's Plant-Based
Frozen Hot Dogs

SAVE R20
52⁹⁹
320g each
X WITH CARD

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

SAVE R17
57⁹⁹
320g each
X WITH CARD

Fry's Plant-Based
Frozen Smash
Burgers/Sizzlers

**MAKE A
MEAT-FREE
SWITCH**



SAVE R15
44⁹⁹
250g each
X WITH CARD

Melrose
Cheese Spread
All Variants

SAVE R10
64⁹⁹
400g each
X WITH CARD

Melrose
Cheese Spread
All Variants

SAVE R15
44⁹⁹
200g each
X WITH CARD

Melrose
Cheese Wedges
All Variants



SAVE R30
119⁹⁹
800g each
X WITH CARD

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, LICHENBURG & ZEERUST STORES. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES.

FRESH BAKERY DELIGHTS



BUY ANY &
SAVE 10%

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

SAVE 17%
BUY 2 FOR
R45

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



SAVE R16
ANY 2 FOR
R100

WITH CARD

Sandveld Rusks
All Variants 2 x 500g

WITH CARD

SAVE 12%
74,99
12 per pack

WITH CARD

GWK



SAVE R10
84,99
each

WITH CARD

Freshly Baked
Black Forest Cake

DELI



FROM
31,99
per 100g

Feischmecker
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

SAVE 13%
46,99
per pack

WITH CARD

Meze Foods
Pita Pockets
All Variants

WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Sandveld Rusks
All Variants 2 x 500g

WITH CARD

WITH CARD

Freshly Baked
Black Forest Cake

WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



WITH CARD

Freshly Baked
Dinner Brioche/
Sourdough Ciabatta/
Baguette Each

WITH CARD

Freshly Baked
Banana Loaf x 2

WITH CARD

GWK



SAVE R25

94⁹⁹
6x1L per pack



Parmalat
Everfresh
Long Life Milk
All Variants

Over
1500
deals

every week

AS SEEN
ON TV

SAVE 19%

36⁹⁹
1kg each

X WITH CARD



Parmalat
Fruit/Fabulite/
Smooth/Plain
Yoghurt
All Variants

SAVE 18%

32⁹⁹
2L pack

X WITH CARD

Clover
Tropika
Dairy Fruit
Blend
All Variants



SAVE R33

79⁹⁹
30 per pack

X WITH CARD



Extra Large Eggs
(Brands may vary)

30 EXTRA LARGE EGGS
GRADE 1 & 2

SAVE R25

54⁹⁹
1.8L each

X WITH CARD



Dairymaid
Country Fresh
Ice Cream
All Variants

SAVE R40

**ANY 2 FOR
R130**

X WITH CARD



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

MAKE 2026 BETTER AND BETTER

SAVE 15% 16⁹⁹ 700g each	SAVE 20% 34⁹⁹ 1kg	SAVE R61 ANY 2 FOR R139	SAVE R17 39⁹⁹ 1kg each	SAVE R51 ANY 3 FOR R99
X WITH CARD	X WITH CARD	X WITH CARD	X WITH CARD	X WITH CARD
SAVE FROM R16 ANY 2 FOR R40	SAVE R11 25⁹⁹ 1kg each	SAVE R10 39⁹⁹ 500ml each	SAVE R10 40⁹⁹ 1.5L each	SAVE R17 67⁹⁹ 1L each
X WITH CARD	X WITH CARD	X WITH CARD	X WITH CARD	X WITH CARD
SAVE 17% 18⁹⁹ 6 per pack	SAVE R10 39⁹⁹ 500ml each	SAVE R10 40⁹⁹ 1.5L each	SAVE R10 39⁹⁹ 1.5L each	SAVE R17 67⁹⁹ 1L each
X WITH CARD	X WITH CARD	X WITH CARD	X WITH CARD	X WITH CARD
SAVE R16 ANY 2 FOR R34	SAVE R31 79⁹⁹ 1kg each	SAVE R35 94⁹⁹ 1kg each	SAVE R102 ANY 2 FOR R150	SAVE R10 24⁹⁹ each
X WITH CARD	X WITH CARD	X WITH CARD	X WITH CARD	X WITH CARD

SAVE R20
BUY 4 & GET
A 5TH FREE

X WITH CARD

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



SAVE R10
39⁹⁹
900g

X WITH CARD

Nature's Garden
Frozen Mixed Vegetables



SAVE R13
44⁹⁹
1kg each

X WITH CARD

McCain Frozen Country Crop/
Garden Mix Vegetables



SAVE 13%
46⁹⁹
1kg each

X WITH CARD

McCain Frozen
Slap Chips/Skinny Fries



SAVE R15
54⁹⁹
750g each

X WITH CARD

McCain Texan BBQ/
Sea Salt Frozen Potato Chips



SAVE R30
119⁹⁹
6 per pack

X WITH CARD

Pieman's Frozen
Pies 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, LICHENBURG & ZEERUST STORES. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES.

SAVE R45**ANY 2 FOR
R89**

X WITH CARD

AS SEEN
ON TV**SAVE 19%****ANY 2 FOR
R40**

X WITH CARD

**SAVE R42****ANY 3 FOR
R99**

X WITH CARD

**SAVE 12%****ANY 2 FOR
R28**

X WITH CARD

Pepsi Max/
Light/7Up
Sugar Free
Cold Drink
2 x 2L**SWIPE & SAVE ON ALL YOUR MUST-HAVES**XTRA SAVINGS
Checkers**SAVE R8
26.99**

X WITH CARD

200g each

Bakers Eet-Sum-Mor Biscuits All Variants

**SAVE R14
42.99**

X WITH CARD

200g each

Bakers Good Morning Breakfast Biscuits All Variants

**SAVE R10
R30**

X WITH CARD

200g each

Willards Snack Strip Selected Variants x 2

**SAVE R10
R40**

X WITH CARD

200g each

Truda Pretzels All Variants 2 x 5x25g per pack

**SAVE R17
29.99**

X WITH CARD

200g each

Bakers Kips Crackers All Variants

**SAVE R11
R33**

X WITH CARD

Beacon
Marshmallows
All Variants
2 x 135g

SAVE 20%

**ANY 2 FOR
R32**

X WITH CARD

500g each

Oreo Biscuits
All Variants 2 x 119g-135g**SAVE R16
R44**

X WITH CARD

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

**SAVE R25
69.99**

X WITH CARD

500g each

Sally Williams Nougat All Variants

**SAVE R24
R76**

X WITH CARD

500g each

Cadbury Chocolate Slab All Variants 2 x 150g

**SAVE R16
R40**

X WITH CARD

200g each

Sweets From Heaven Sweets All Variants 2 x 125g

**BUY ANY 2 &
SAVE 20%**

X WITH CARD

200g each

Amajoya Sweets All Variants 2 x 125g

**SAVE 13%**
24.99

X WITH CARD

500ml

each

Bottle

1.5L

Bottle



Over 1500 deals

every week



SAVE R15

74⁹⁹
1,35kg

**Bokomo
Weet-Bix
Cereal**



**ANY 3 FOR
R25**

Happy Hippo Jelly Powder
All Variants 3 x 80g



SAVE 20%
19⁹⁹
50¢
each

Snowflake Easymix All Variants



SAVE 14%
36⁹⁹
2.5kg

**Snowflake
Cake Wheat Flour**



SAVE R12
54⁹⁹
2.5kg

Snowflake Self Raising Wheat Flour



**SAVE R14
54⁹⁹
400g**

**Nestlé Nespray Fortigrow
Dairy Powder Blend**



SAVE R20
49⁹⁹
5kg

Super White
Super Maize Meal



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 20%

29⁹⁹
each

X WITH CARD



Knorr Mates
Meal Kit
All Variants

SAVE R50

189⁹⁹
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

AS SEEN
ON TV

SAVE R10

29⁹⁹
2kg

X WITH CARD



Tastic
Long Grain
Parboiled
Rice

AS SEEN
ON TV

JOIN UCOUNT REWARDS &
STAND TO WIN* YOUR SHARE OF

500 000
UCOUNT REWARDS POINTS.



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



SAVE 23%
16⁹⁹
410g each

X WITH CARD



SAVE 23%
16⁹⁹
410g each

X WITH CARD



SAVE 17%
24⁹⁹
400g each

X WITH CARD



SAVE 12%
21⁹⁹
200g each

X WITH CARD



SAVE R10
38⁹⁹
410g each

X WITH CARD



SAVE R13
44⁹⁹
700g each

X WITH CARD



SAVE R25
69⁹⁹
2l each

X WITH CARD

Sunfoil
Pure
Sunflower
Seed Oil



SAVE R10
22⁹⁹
1kg each

X WITH CARD



SAVE R30
ANY 2 FOR
R36

X WITH CARD



SAVE R13
29⁹⁹
540ml each

X WITH CARD



SAVE R10
39⁹⁹
200ml/200g each

X WITH CARD



SAVE R13
39⁹⁹
700ml each

X WITH CARD



SAVE 11%
39⁹⁹
750g

X WITH CARD



SAVE 20%
ANY 2 FOR
R32

X WITH CARD

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



SAVE R10
ANY 4 FOR
R22

X WITH CARD



SAVE 27%
21⁹⁹
200g each

X WITH CARD



SAVE R16
23⁹⁹
500g each

X WITH CARD



SAVE R15
124⁹⁹
500ml each

X WITH CARD



SAVE R20
69⁹⁹
1l each

X WITH CARD



SAVE 18%
32⁹⁹
200ml each

X WITH CARD

Ina Paarman's
Sauces All Variants



SAVE R10
59⁹⁹
400g each

X WITH CARD

Ina Paarman's
Pasta Sauces All Variants



ANY 2 FOR
R58

X WITH CARD

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

SAVE R28

AS SEEN
ON TV



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.

SAVE R200

799⁹⁹ each

X WITH CARD



Platinum Digital Airfryer - 6.6L

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

SAVE R200

999⁹⁹ each

X WITH CARD

Platinum Silver Mirror Microwave Oven - 20L

PLATINUM

PLATINUM

SAVE R10

79⁹⁹ per pack

X WITH CARD

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



©2026 FOOD & DRINK

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

*T&Cs apply

morphy richards



SAVE R100
199⁹⁹ each

X WITH CARD

Morphy Richards Rose Gold & Black Steam Iron - 2200W



SAVE R50
449⁹⁹ each

X WITH CARD

Morphy Richards Motive Brushed Jug Kettle - 1.7L



SAVE R50
599⁹⁹ each

X WITH CARD

Platinum Panini Press - 4-Slice



SAVE R50
549⁹⁹ each

X WITH CARD

Platinum Electric Fry Pan - 7L



SAVE R50
299⁹⁹ each

X WITH CARD

Ottimo BBQ Griller



SAVE R30
299⁹⁹ per set

X WITH CARD

Home Discovery Glass Storage Set - 20-Piece



SAVE R20
279⁹⁹ each

X WITH CARD

Platinum Stick Blender - 250W



SAVE R50
449⁹⁹ each

X WITH CARD

Platinum Jug Blender - 1.5L



SAVE R50
299⁹⁹ each

X WITH CARD

Platinum Sport Blender - 750ml



SAVE R10
FROM 69⁹⁹

X WITH CARD

LAV Empire Glasses Range - 3-Pack



SAVE R30
99⁹⁹ per pack

X WITH CARD

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



SAVE R100
899⁹⁹ per set

X WITH CARD

Quisimo Pressed Aluminium Cookware Set - 7-Piece



SAVE R60
89⁹⁹ each

X WITH CARD



SAVE R80
99⁹⁹ each

X WITH CARD

Blu52 All-in-One Pool Solution - 1.2kg (Reg. No. L7748 Act 36 of 1947)



SAVE R60
99⁹⁹ each

X WITH CARD

Pool Magic Brilliant Multi-Function Chlorine Feeder - 1.5kg



SAVE R60
399⁹⁹ each

X WITH CARD

HTH Mineralsoft Granular+ Chlorine - 8kg (Reg. No. L146 & N-AR 1060 Act 36 of 1947)

MoneyMarket



Blue Tag

SAVE R500

R1999

X WITH CARD

Add to new shopping pack



Blue Tag

SAVE R400

R1599

X WITH CARD

Add to new shopping pack



Blue Tag

BUY and GET

FREE 100GB data

100GB data

X WITH CARD

Add to new shopping pack



Blue Tag

BUY and GET

FREE 100GB data

100GB data

X WITH CARD

Add to new shopping pack



Blue Tag

SAVE R50

R249⁹⁹

X WITH CARD

Add to new shopping pack



SAVE R40
4 FOR R120

X WITH CARD

BushBaby Gas Stove Cartridge - 220g

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, LICHENBURG & ZEERUST STORES. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES.

PERSONAL CARE ESSENTIALS



Aunt Jackie's™ CURLS & COILS

NOT ON MY WATCH Instant Detangling Therapy

QUENCH! Moisture Intensive Leave-In Conditioner

DRY & CLEAN! Moisturising & Softening Shampoo

GET YOUR curl ON

FRIZZ PATROL Anti-Frizz Setting Mousse

QUENCH! Moisture Intensive Leave-In Conditioner

DRY & CLEAN! Moisturising & Softening Shampoo

BABY CURLS Conditioning Custard

REPAIR MY HAIR Argan Natural Growth Oil

BUY ANY 2 & SAVE 20%
X WITH CARD

Aunt Jackie's Hair Care Products x 2

CURL LA LA Detangling Curl Custard

ICE CURLS Glowing Coiling Jelly

DON'T SHRINK Flexible Detangling Curing Gel

IN CONTROL Micro-Scaling & Softening Conditioner

TRANSFORM! Hydrating Leave-In Conditioner

Available at Selected Stores

f [auntjakkiescurlsandcoils](#)

DEEPLY NOURISHES TEXTURED HAIR

FOR INSTANT MOISTURE AND STRONG HAIR

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

NEW

SAVE FROM R20 FROM 79.99
X WITH CARD

Creme of Nature Hair Care Products

CREME OF NATURE

Available at Selected Stores

ARGAN OIL **PERFECT EDGES** **CREME OF NATURE** **PERFECT EDGES** **CREME OF NATURE** **PERFECT EDGES**

BUY ANY 2 &
SAVE 25%

X WITH CARD



Sanex
Body Wash
450ml/Shower
Gel 500ml/
Roll-On 50ml
All Variants x 2

SAVE R30

59,99
400ml per pack

X WITH CARD



Dove
Bath Soap
All Variants

SAVE R30

49,99
400ml each

X WITH CARD



Vaseline
Body Lotion/
Cream
Selected
Variants

SAVE R70

**ANY 2 FOR
R150**

X WITH CARD



Elvive
Shampoo/
Conditioner
All Variants
2 x 300ml/
400ml

KEEP SWIPING, KEEP SAVING

XTRA SAVINGS
Checkers



**SAVE R10
ANY 2 FOR
R70**

X WITH CARD

Good Stuff Body Mist
All Variants 2 x 100ml



**SAVE FROM R10
29,99**
50ml
150ml each

X WITH CARD

Playboy/Playgirl
Deodorant All Variants



**SAVE R13
39,99**
150ml
each

X WITH CARD

Dove Deodorant
All Variants



**SAVE R8
27,99**
50ml
each

X WITH CARD

Dove Roll-On
All Variants



**SAVE R25
89,99**
50g
each

X WITH CARD

Mitchum Gel Stick
Roll-On All Variants



**SAVE UP TO R21
ANY 2 FOR
R65**

X WITH CARD

Karroo Foot Powder/
Spray 2 x 100ml/120ml

**SAVE R60
FREE DEAL**

X WITH CARD

BUY gill
Anti-Dandruff
2in1 Shampoo
All Variants
400ml & GET
a 200ml FREE!

FREE!



**SAVE R15
ANY 3 FOR
R45**

X WITH CARD

Protex Bath Soap
All Variants 3 x 175g



**SAVE R15
54,99**
40 per pack

X WITH CARD

Dettol
Wet Wipes



**SAVE R17
29,99**
100ml
each

X WITH CARD

Dettol Liquid
Hand Wash All Variants



**SAVE R20
79,99**
200ml
each

X WITH CARD

Dettol
Hand Sanitiser



**SAVE R10
ANY 2 FOR
R80**

X WITH CARD

Renew Foaming Hand Wash
All Variants 2 x 500ml

**SAVE FROM R70
ANY 2 FOR
R99**

X WITH CARD

R99

X WITH CARD

Nivea Body
Lotion/
Cream
Selected
Variants
2 x 400ml

FREE!



**SAVE R40
149,99**
100ml
each

X WITH CARD

Gynaguard Feminine
Intimate Wash All Variants



**SAVE 22%
42,99**
30 per pack

X WITH CARD

Lil-lets Non-Applicator
Tampons All Variants



**SAVE FROM R20
49,99**
65/100 per pack

X WITH CARD

Kotex Pantyliners
All Variants



**SAVE 20%
39,99**
10-20 per pack

X WITH CARD

Libresse Sanitary
Pads All Variants



**SAVE R19
ANY 2 FOR
R45**

X WITH CARD

Twinsaver Facial Tissues
All Variants 2 x 180 per pack



**COTTONY
COMFORT
TOPSHEET**

**SAVE FROM R34
ANY 2 FOR
R80**

X WITH CARD

Always
Sanitary Pads
All Variants
2 x 12-20 per pack



**OUR
No.1 SKIN
HYGIENE
PROTECTION**

**SAVE FROM R34
ANY 2 FOR
R80**

X WITH CARD

Always
Sanitary Pads
All Variants
2 x 12-20 per pack



**BUY ANY &
SAVE 30%**

X WITH CARD

EverySun Sun
Protection Products

SELECTED STORES



**BUY ANY &
SAVE 30%**

X WITH CARD

Nivea Sun
Protection Products

SELECTED STORES

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, LICHENBURG & ZEERUST STORES. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES.



XTRA MONTH-END SAVINGS ON

HEALTH ESSENTIALS



FITNESS ESSENTIALS



VITAMINS & SUPPLEMENTS



SEXUAL HEALTH



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, LICHENBURG & ZEERUST STORES. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES.

BABY

SAVE R12

74⁹⁹

500g each
X WITH CARD

Nestle
Cerelac
Baby Cereal
All Variants

SAVE R70

79⁹⁹

224/288 per pack
X WITH CARD

Johnson's
Baby Wipes
All Variants

179⁹⁹

per pack
Lovies Ultra
Value Pack
Disposable
Nappies

ANY 2 FOR
R350

& SAVE R10
X WITH CARD

AS SEEN ON TV

**ANY 2 FOR
239⁹⁹
PER PACK**

**SAVE
R40
PER PACK**

**ANY 1 FOR
259⁹⁹**

**SAVE
R20**

Pampers Jumbo Pack/
Premium Care
Value Pack
Disposable
Nappies/Pants
X WITH CARD

**SAVE 15%
ANY 3 FOR
R38**

**SAVE R7
ANY 2 FOR
R23**

**SAVE R15
ANY 4 FOR
R57**

**SAVE R22
ANY 4 FOR
R66**

**BUY ANY 2 &
SAVE 20%**

**BUY ANY 2 &
SAVE 20%**

Infacare Baby Juice All Variants 3 x 200ml
Rhodes Squish Baby Food Pouches All Variants 2 x 110ml
Purity 2nd Foods/Pouch Baby Food All Variants 4 x 110ml/125ml
Purity 3rd Foods Baby Food All Variants 4 x 200ml
Umatic Frozen Baby Food All Variants 2 x 120g/210g
Kiddylicious Baby Snack All Variants 2 x 12g

**SAVE R90
239⁹⁹
X WITH CARD**

**SAVE 17%
24⁹⁹
100g each
X WITH CARD**

**SAVE R25
74⁹⁹
450ml each
X WITH CARD**

**SAVE R30
94⁹⁹
400g
X WITH CARD**

**SAVE R12
BUY 2 FOR
R58
X WITH CARD**

**SAVE R20
169⁹⁹
900g
X WITH CARD**

Bepanthen Antiseptic Ointment
Epi-max Baby & Junior Soap Free Glycerine Bar
Epi-max Baby & Junior Body Wash
Epi-max Baby & Junior Cream
Garbie Baby Loo Nappy Bin Liner Refill 2 x 20 per pack
Nestle Nido No. 3+ Powdered Drink for Growing Children

**SAVE R10
BUY 2 FOR
R70
X WITH CARD**

**SAVE R15
69⁹⁹
25 per pack
X WITH CARD**

**SAVE R30
99⁹⁹
1/12 per pack
X WITH CARD**

**SAVE R20
164⁹⁹
30 per pack
X WITH CARD**

Lovies Ultra Baby Wipes 2 x 64 per pack
Lovies Ultra Newborn Disposable Nappies
Huggies Little Swimmers Disposable Swim Pants
Huggies Little Snugglers Disposable Nappies
Huggies Extra Care Newborn Disposable Nappies

**johnson's®
baby**

Designed for healthy skin
development from day 1

**BUY ANY 8 &
SAVE 30%**
X WITH CARD

Johnson's Baby
Bath/Body Products

EXCLUDING
BABY WIPES



World's
#1
baby and
child care
brand

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 R110
BUY 2 & GET A 3RD FREE
X WITH CARD



SAVE 16%
24.99
750ml each
X WITH CARD



SAVE R31
ANY 2 FOR R95
X WITH CARD



SAVE R30
79.99
2kg each
X WITH CARD



NEW DEALS IN EVERY AISLE

SAVE R55
229.99
45-50 per pack
X WITH CARD

Finish Dishwasher Tablets All Variants



SAVE R30
ANY 2 FOR R90
X WITH CARD

Domestos Power Foam All Variants 2 x 450ml

SAVE R10
36.99
500ml each
X WITH CARD

Mortein Insecticide All Variants

SAVE R10
39.99
400ml each
X WITH CARD

Glade Air Freshener All Variants

SAVE R15
34.99
500ml each
X WITH CARD

SAVE R15
39.99
500ml each
X WITH CARD

Mr. Min Multi Surface Cleaner All Variants

SAVE R15
29.99
500ml each
X WITH CARD

Kiwi Shoe Polish All Variants

SAVE R20
39.99
500ml each
X WITH CARD

SAVE R20
39.99
500ml each
X WITH CARD

Dinu Mega Kitchen Towels

SAVE R13
34.99
500ml each
X WITH CARD

Garbie Super Saver Refuse Bags

SAVE R20
79.99
50m each
X WITH CARD

Housebrand Aluminium Heavy Foil

SAVE R20
49.99
15cm each
X WITH CARD

Ziploc Freezer Bags

BUY ANY 2 & SAVE 25%
X WITH CARD

Glad Bags Products x 2

SAVE FROM R80
BUY 1 & GET A 2ND FREE
X WITH CARD

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



ANY 6 FOR R60
X WITH CARD

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



ANY 3 FOR R99
X WITH CARD

Husky Dog Food All Variants 3 x 775g



ANY 2 FOR R140
X WITH CARD

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



SAVE R60
179.99
6kg/8kg each
X WITH CARD

Vitagen Dog Food All Variants



SAVE R80
284.99
4kg/8kg each
X 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.

095-0200252500

wine route we bring the wine route to you

Available at **Checkers & LiquorShop**

J.C. Le Roux Vivante Range Sparkling Wine Cans/Bottle All Variants **SAVE R15 89.99** 750ml/6x250ml/350ml per pack

KWV **SAVE R20 139.99** 750ml each **WITH CARD**

KWV Classic Collection
- Sauvignon Blanc White Wine
- Cabernet Sauvignon Shiraz Red Wine - R169.99
Save R20

LiquorShop

KWV 10-Year-Old Barrel Select Potstill Brandy **SAVE R70 349.99** 750ml each **WITH CARD**

NOT FOR PERSONS UNDER THE AGE OF 18. DRINK RESPONSIBLY. **#NO18** awareYOU

Checkers

better and better

Available at **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, LICHENBURG & 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



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



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™



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

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

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
R71**

Bio-Strath
Daily
Nutritional
Supplement
200ml
254⁹⁹

+B MEMBER PRICE:
183⁵⁹



**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
R92**

FoodGrown
Lion's Mane
Extract
1000mg
60 capsules
329⁹⁹

+B MEMBER PRICE:
237⁵⁹

**SWIPE TO GET
20% OFF**

+B GET AN EXTRA

10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts



**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
Multi
Vitamin
Advanced
50+
60 PLUS
30 tablets
274⁹⁹

+B MEMBER PRICE:
**197⁹⁹
per pack**



**SAVE
R77
per pack**

Biogen
Multi
Vitamin+
60 PLUS
30 capsules
274⁹⁹

+B MEMBER PRICE:
**197⁹⁹
per pack**

on 140+ Better Rewards brands every time you shop

DAILY SUPPLEMENTS

Offer on the Centrum multivitamin range



179⁹⁹

+B MEMBER PRICE:
161⁹⁹

Centrum
Multivitamin
30 tablets



209⁹⁹

+B MEMBER PRICE:
188⁹⁹

Centrum
Multivitamin
Select 50+
30 tablets

SWIPE
TO GET
2+1 + 10% OFF
GET AN
EXTRA
CHEAPEST
FREE
ALL Better Rewards Brands

Member prices already reflect both discounts

Offer on the Vital vitamin range



Vital
Hair, Skin & Nails
30 softgel capsules
174⁹⁹

+B MEMBER PRICE:
157⁴⁹
each

Offer on the Vital vitamin range



Vital
Omega 3
1000 mg
30 softgel
capsules
154⁹⁹

+B MEMBER PRICE:
139⁴⁹



Vital
Maxi C
1000 mg
High Potency Daily Antioxidant
30 softgel
capsules
161⁹⁹

+B MEMBER PRICE:
145⁷⁹

SAVE
R56

25% OFF
MEMBER DEAL



ReVite
Super B
Energy &
Anti-Stress
30 effervescent
tablets
224⁹⁹

MEMBER PRICE:
168⁷⁴

SAVE
R50



ReVite
Magnesium
Fizzy
30 effervescent
tablets
199⁹⁹

MEMBER PRICE:
149⁹⁹

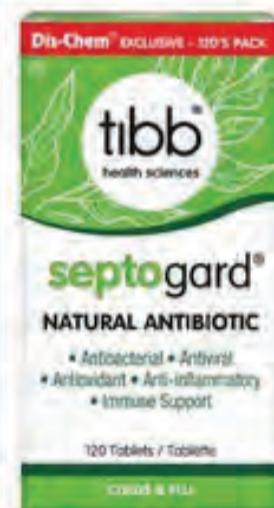
SAVE
R123



Proanthodin
60 capsules
161⁹⁹

MEMBER PRICE:
2 FOR
199⁹⁹

MEMBER DEAL
**2+1
CHEAPEST
FREE**
on ANY Tibb
products



Septogard
NATURAL ANTIBIOTIC
• Antibacterial • Antiviral
• Antioxidant • Anti-inflammatory
• Immune Support
120 Tablets / Tablete

Tibb
Septogard
Natural
Antibiotic
120 tablets
359⁹⁹

SAVE
R84

20% OFF
the Solal
vitamin range



Solal
Omega-3
Krill Oil
60 capsules
419⁹⁹

MEMBER PRICE:
335⁹⁹



Activovite
Complete
Multivitamin &
Mineral
30 caplets
148⁹⁹

MEMBER PRICE:
119¹⁹

20% OFF
MEMBER DEAL



20% OFF
ALL DS-24
multivitamins
309⁹⁹

MEMBER PRICE:
247⁹⁹

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



Nativa
Complex
Diabetic
Multivitamin
30 capsules
199⁹⁹

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
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 10% OFF

ALL Better Rewards Brands

SAVE R52

Dis-Chem gold ACTIVATED CHARCOAL
60 vegecapsules
159⁹⁹
+B MEMBER PRICE: **107⁹⁹**

SAVE R55

Lifestyle Health INULIN PREBIOTIC
prebiotic fibre powder UNFLAVOURED
169⁹⁹
+B MEMBER PRICE: **114⁷⁴**

SAVE R60

Lifestyle Health FIBRE SUPPLEMENT
highly-soluble dietary fibre FLAVOURED
184⁹⁹
+B MEMBER PRICE: **124⁸⁷**

SAVE R40

Lifestyle Health Fibre Supplement Powder
300g
124⁹⁹
+B MEMBER PRICE: **84³⁷**

SAVE R60

Lifestyle Food ACTIVATED CHARCOAL
400g
184⁹⁹
+B MEMBER PRICE: **124⁸⁷**

20% OFF MEMBER DEAL

SAVE R40

Molkosan
200ml
269⁹⁹
+B MEMBER PRICE: **229⁹⁹**

SAVE R54

entiro PROBIOTIC
30 capsules
269⁹⁹
+B MEMBER PRICE: **215⁹⁹**

SAVE R80

A.Vogel Molkosan Prebiotic Food Supplement
200ml
399⁹⁹
+B MEMBER PRICE: **319⁹⁹**

MEMBER DEAL 20% OFF ALL Reuterina Probiotics

SAVE R52

Reuterina daily
30 chew tablets
262⁹⁹
+B MEMBER PRICE: **210³⁹**

on 140+ Better Rewards brands every time you shop

IMMUNE SUPPORT

SAVE
R82



A. Vogel
Echinaforce®
JUNIOR

Colds & Flu
120 chewable
tablets
295⁹⁹

+B MEMBER PRICE:
213¹¹

SWIPE
TO GET

20%+10%
OFF

GET AN
EXTRA

10%
OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE
R30



Biogen
IMMUNO BOOST
EFFERVESCENT

Vitamin C 1000mg
20 effervescent tablets
109⁹⁹

+B MEMBER PRICE:
79¹⁹

SAVE
R151



Dis-Chem
gold
GLUTATHIONE
MELT 500 MG

500mg
30 sublingual
tablets
539⁹⁹

+B MEMBER PRICE:
388⁷⁹

SAVE
R40



Lifestyle
Health
Vitamin C
1000mg
100 tablets

142⁹⁹
+B MEMBER PRICE:
102⁹⁵

SAVE
R30



Efferflu C
Immune
Booster
20 effervescent
tablets
107⁹⁹

+B MEMBER PRICE:
77⁷⁵

SAVE
R80



288⁹⁹
+B MEMBER PRICE:
208⁰⁷

SAVE
R35



Prospan
Cough
Syrup
200ml
174⁹⁹

MEMBER PRICE:
139⁹⁹

SAVE
R52
per pack



Viraway
Cold & Flu
Immune System
Enhancer
120 capsules

260⁹⁹
VALUE PACK
MEMBER PRICE:
208⁷⁹ per pack

Offer on the Sinupret range



Sinupret
Syrup
100ml
143⁹⁹

MEMBER PRICE:
115¹⁹

SAVE
R26



MN
IMMUNE
BOOST
WITH
QUERCETIN
AND
VITAMIN C
10-DAY SUPPLY
10 EFFERVESCENT
TABLETS
129⁹⁹

MEMBER PRICE:
103⁹⁹

SAVE
R54
per pack



Airmune
Immune System
Support
30 effervescent tablets

269⁹⁹
VALUE PACK
MEMBER PRICE:
215⁹⁹ per pack

SAVE
R40



199⁹⁹
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.

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

MINERALS

SAVE R47



Gold Iron Plus High Strength
60 coated tablets
168⁹⁹
MEMBER PRICE: 121⁶⁷

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

Member prices already reflect both discounts

SAVE R51



Lifestyle Health Electro Mag Plus
30 day pack
183⁹⁹
MEMBER PRICE: 132⁴⁷

SAVE R79



A.Vogel Multiforce Alkaline Powder
225g
282⁹⁹
MEMBER PRICE: 203⁷⁵

Offer on the Slow-Mag range

SAVE R114
Slow-Mag Magnesium
100 capsules
409⁹⁹
MEMBER PRICE: 295¹⁹

SAVE R78
Slow-Mag Magnesium Fizzies
30 effervescent tablets
279⁹⁹
MEMBER PRICE: 201⁵⁹

SAVE R36



Lifestyle Health Electrolytes
3 x 10 effervescent tablets
129⁹⁹
MEMBER PRICE: 93⁵⁹

SAVE R59



MEMBER DEAL 20% OFF
ALL CrampEase products
296⁹⁹
MEMBER PRICE: 237⁵⁹

CrampEase
60 capsules

SAVE R59
CrampEase Night
60 capsules
296⁹⁹
MEMBER PRICE: 237⁵⁹

SAVE R58
Ferrous Forte
IRON SUPPLEMENT
60 tablets
292⁹⁹
MEMBER PRICE: 234³⁹

20% OFF MEMBER DEAL
MN Premium Silver Zinc Immune Support 60 vegecaps
209⁹⁹
MEMBER PRICE: 167⁹⁹

SAVE R28



25% OFF MEMBER DEAL
ALL Zinplex vitamins
114⁹⁹
MEMBER PRICE: 86²⁴

Healthy Living Acne Away with Zinc
60 tablets

MEMBER DEAL 25% OFF
ALL Zinplex vitamins

SAVE R20
ZINPLEX MAGNEPLEX SYRUP SUGAR FREE
Contributes to the maintenance of normal muscle function and tissue formation
Cream Soda Flavour
MAGNEPLEX

SAVE R20
ZINPLEX JUNIOR SYRUP SUGAR FREE
IMMUNE BOOSTER FORTIFIED WITH VITAMIN C
CHILDREN 2-10 YEARS
CREAM SODA FLAVOUR

SAVE R40
Zinplex Magneplex Syrup 200ml
79⁹⁹
MEMBER PRICE: 59⁹⁹

82⁹⁹
MEMBER PRICE: 62²⁴

Zinplex Junior Immune Booster Syrup 200ml

159⁹⁹
MEMBER PRICE: 119⁹⁹

Zinplex Zinc & Selenium 120 tablets

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

20% OFF + 10% OFF

GET AN EXTRA

ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE R112

Flexi-Cal Nutrient Support for Bones, Joints & Muscles 30 day supply
+B MEMBER PRICE: **287⁹⁹**

SAVE R92

Biogen Calmag Max 120 tablets
+B MEMBER PRICE: **237⁵⁹**

SAVE R98 each

Lifestyle Health MSM 1000mg 120 coated tablets
+B MEMBER PRICE: **251⁹⁹ each**

SAVE R95

OsteoEze GOLD HIGH DOSAGE JOINT & CARTILAGE SUPPORT 90 capsules
+B MEMBER PRICE: **284⁹⁹**

MEMBER DEAL 25% OFF

the OsteoEze range

SAVE R87

ArthroChoice Advanced Joint Support 120 tablets
+B MEMBER PRICE: **351¹⁹**

20% OFF MEMBER DEAL

SAVE R73

Piascledine 30 capsules
+B MEMBER PRICE: **294³⁹**

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.

20% OFF MEMBER DEAL

SAVE R71 per pack

Arthraway CHRONIC JOINT THERAPY 180 tablets
+B MEMBER PRICE: **284⁷⁹ per pack**

SAVE R80

THRESHHold Real MSM 120 tablets
+B MEMBER PRICE: **319⁹⁹**

SAVE R80

MenaCal⁷ 90 tablets
+B MEMBER PRICE: **319⁹⁹**

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.

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

WOMEN'S HEALTH

SAVE R70



Gold Cranberry Plus
120 softgel capsules
249⁹⁹
HB MEMBER PRICE: 179⁹⁹

SWIPE TO GET

20%+10% OFF

GET AN EXTRA 10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE R112



Biogen Collagen with Peptan
320g
399⁹⁹
HB MEMBER PRICE: 287⁹⁹

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
Nutrient support for pre-conception, pregnancy and breastfeeding.
347⁹⁹
HB MEMBER PRICE: 250⁵⁵

SAVE R100



Femolene Ultra SR
30 capsules
344⁹⁹
MEMBER PRICE: 275⁹⁹

SAVE R126



A. Vogel Menoforce Remedy
30 tablets
439⁹⁹
MEMBER PRICE: 351⁹⁹

20% OFF MEMBER DEAL

SAVE R88



A. Vogel Menoforce
Hot Flush and Night Sweat Remedy
30 tablets

SAVE R65



Maxipreg
28 sachets
324⁹⁹
MEMBER PRICE: 259⁹⁹

on 140+ Better Rewards brands every time you shop

CHILDREN'S HEALTH

Offer on the Gummy Vites range

SAVE R82

Gummy Vites
Everyday well-being
Multivitamin
120 gummies
293⁹⁹
NB MEMBER PRICE: 211⁶⁷

SWIPE TO GET

20% OFF + 10% OFF

GET AN EXTRA

ALL Better Rewards Brands

Offer on the Lifestyle Health Gummy range

SAVE R72

Lifestyle Health Vitamin C Gummy Bears for Kids
120 gummies
259⁹⁹
NB MEMBER PRICE: 187¹⁹

Member prices already reflect both discounts

SAVE R58

Biogen Junior Multi Mune Syrup
200ml
209⁹⁹
NB MEMBER PRICE: 151¹⁹

SAVE R71

Biogen Junior Multivitamin Gummies
120 gummies
254⁹⁹
NB MEMBER PRICE: 183⁵⁹

SAVE R66

Crèche Guard Gummies Multivit One A Day
30 gummies
238⁹⁹
NB MEMBER PRICE: 172⁰⁷

SAVE R68

Crèche Guard Immune Multivit Syrup
200ml
244⁹⁹
NB MEMBER PRICE: 176³⁹

20% OFF
MEMBER DEAL

SAVE R51

NutriPure Kids Multi Vitamin
120 capsules
254⁹⁹
NB MEMBER PRICE: 203⁹⁹

SAVE R19

SCOTT'S EMULSION
200ml
94⁹⁹
NB MEMBER PRICE: 75⁹⁹

SAVE R20

Zinplex Junior Magnesium Syrup
200ml
79⁹⁹
NB MEMBER PRICE: 59⁹⁹

Did you know?



20% OFF
MEMBER DEAL

SAVE R80 per pack

BRAIN CHILD
great tasting omega-3, vitamins & minerals
120 tablets
NB MEMBER PRICE: 319⁹⁹ per pack

SAVE R105

SFI HEALTH EQUAZEN CAPSULES
180 capsules
NB MEMBER PRICE: 419⁹⁹ per pack

SAVE R46

Vi-Daylin
Drops Daily multivitamin supplement
180 capsules
NB MEMBER PRICE: 183⁹⁹

Brain Child Omega-3 Vitamins & Minerals
120 tablets

VALUE PACK

399⁹⁹

MEMBER PRICE: 319⁹⁹ per pack

524⁹⁹

MEMBER PRICE: 419⁹⁹

229⁹⁹

MEMBER PRICE: 183⁹⁹

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.

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

COGNITIVE HEALTH

SAVE R40



Biogen Ginkgo Biloba 200mg 30 capsules

144⁹⁹

Biogen MEMBER PRICE: 104³⁹

SWIPE TO GET

20% OFF + 10% OFF

GET AN EXTRA

ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE R47

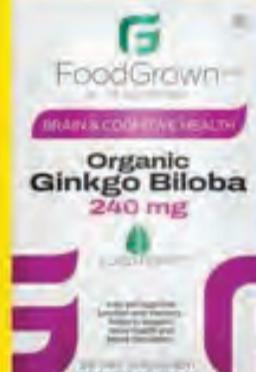


Lifestyle Health Sleep Aid 60 vegecapsules

199⁹⁹

Lifestyle Health MEMBER PRICE: 143⁹⁹

SAVE R75



FoodGrown Organic Ginkgo Biloba 240mg 60 capsules

269⁹⁹

FoodGrown MEMBER PRICE: 194³⁹

SAVE R67



Dis-Chem gold 5-HTP 220mg 30 vegecapsules

239⁹⁹

Dis-Chem MEMBER PRICE: 172⁷⁹

SAVE R37



Dis-Chem gold L-Theanine 250mg 60 vegecapsules

134⁹⁹

Dis-Chem MEMBER PRICE: 97¹⁹

Easy Sleep
40Winx
30 days supply
199⁹⁹

MEMBER PRICE: 159⁹⁹



NeuroXCEL
Brain and
Nervous System
Support
30 days supply
311⁹⁹

MEMBER PRICE: 249⁵⁹

20% OFF
MEMBER DEAL



Keenmind
60 capsules
367⁹⁹

MEMBER PRICE: 294³⁹

Elev8
25mg
30 film coated
tablets
199⁹⁹

MEMBER PRICE: 159⁹⁹

SAVE R49

**MEMBER DEAL
20% OFF**
ALL Relicalm products



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

**MEMBER DEAL
20% OFF**
ALL Biral products



Biral Stress and Anxiety Tablets 40 tablets

265⁹⁹

MEMBER PRICE: 212⁷⁹

**MEMBER DEAL
20% OFF**
ALL Biral products

SAVE R150



Noolit All-in-One Cognition 60 capsules

599⁹⁹

MEMBER PRICE: 449⁹⁹

**MEMBER DEAL
25% OFF**
the Noolit range

Noolit Mental
Performance
Cognition
60 capsules
599⁹⁹

MEMBER PRICE: 449⁹⁹



on 140+ Better Rewards brands every time you shop

HERBAL REMEDIES & AROMATHERAPY

SAVE R80



Lifestyle Health Prostate Support
60 vegecapsules

285⁹⁹
+B MEMBER PRICE: **205⁹¹**

SWIPE TO GET

20% + 10% OFF

GET AN EXTRA

ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE R77



Gold Prostate Care
60 softgel capsules

275⁹⁹
+B MEMBER PRICE: **198⁷¹**

AFRICAN TRADITIONAL HERBS

SELA
for better health

BLADDER & KIDNEY
Traditionally used for:
• Cleaning bladder
• Cleaning kidneys
• Soothing urinary tract

Sela Bladder & Kidney Tea
20 teabags

56⁹⁹
+B MEMBER PRICE: **41⁰³**

BLADDER & KIDNEY TEA
Lends support to the bladder & kidney system

SAVE R15

AFRICAN TRADITIONAL HERBS

SELA
for better health

BLOOD CLEAN
Traditionally used for:
• Cleaning blood
• Detoxifying the body
• Supporting the heart

Sela Blood Clean Tea
20 teabags

56⁹⁹
+B MEMBER PRICE: **41⁰³**

BLOOD CLEAN TEA
Lends support to the blood and heart system

SAVE R15



Dis-Chem gold
KIDNEY & BLADDER
for better health

Gold Kidney & Bladder Support
60 vegecapsules

159⁹⁹
+B MEMBER PRICE: **115¹⁹**

SAVE R44



Dis-Chem gold
MILK THISTLE
with Silymarin, Silychristin, Flavonoids

Gold Milk Thistle
60 vegecapsules

162⁹⁹
+B MEMBER PRICE: **117³⁵**

SAVE R45

20% OFF
MEMBER DEAL

SAVE R43



A.Vogel
Boldocynara
Liver and Gallbladder Support

50ml

SAVE R43



A.Vogel
Nephrosolid
Kidney and Bladder Tonic Drops

50ml

SAVE R60



Himalaya SINCE 1920
Mentat TABLETS

Himalaya SINCE 1920
Mentat Tablets

100 tablets

A.Vogel
Boldocynara
Liver and Gallbladder Support
50ml

214⁹⁹

MEMBER PRICE:
171⁹⁹

214⁹⁹

MEMBER PRICE:
171⁹⁹

302⁹⁹

MEMBER PRICE:
242³⁹

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.

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
Sandalwood 5ml

104⁹⁹



Natura
RESUCE
Drops

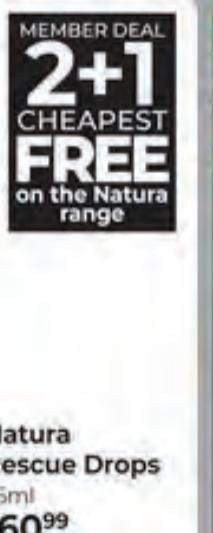
SHOCK, ANXIETY & SLEEPLESSNESS

25ml

160⁹⁹

MEMBER DEAL

2+1 CHEAPEST FREE
on the Natura range



Natura
Rescue
Drops

25ml

160⁹⁹

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 + 10% OFF
GET AN EXTRA
+B ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE R43



Dis-Chem 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 R106



FoodGrown
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**

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

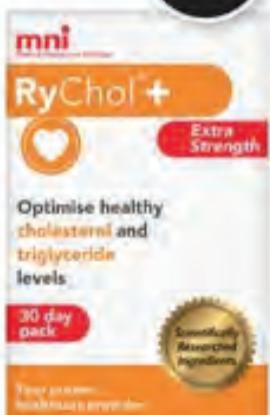
SAVE R54



Cardiomax Q10 150mg 30 vegicaps
269⁹⁹
MEMBER PRICE: **215⁹⁹**

Mni RyChol+ Extra Strength 30 day pack
424⁹⁹
MEMBER PRICE: **339⁹⁹**

SAVE R85



20% OFF MEMBER DEAL

RyChol+ Extra Strength
Optimise healthy cholesterol and triglyceride levels
30 day pack
Scientifically Advanced Ingredients

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

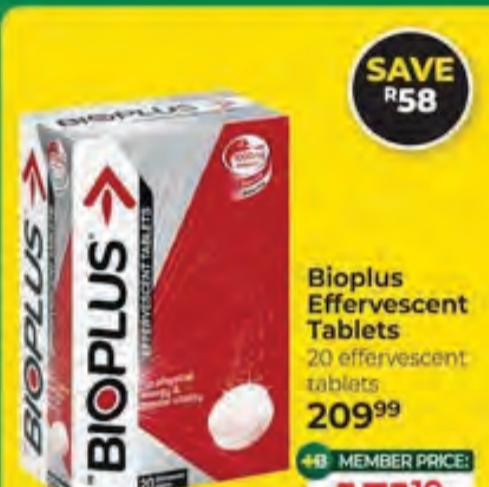


SAVE R50
Lifestyle Health Vitamin B Fizzy Orange flavor 30 effervescent tablets
179⁹⁹
HB MEMBER PRICE: **129⁵⁹**

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

Member prices already reflect both discounts.

Offer on the Berocca range
SAVE R89
Berocca Performance 30 effervescent tablets
318⁹⁹
HB MEMBER PRICE: **229⁶⁷**



SAVE R58
Bioplus Effervescent Tablets 20 effervescent tablets
209⁹⁹
HB MEMBER PRICE: **151¹⁹**

Offer on the Bioplus range
SAVE R21
Bioplus Booster Sachets 12 sachets
76⁹⁹
HB MEMBER PRICE: **55⁴³**

SAVE R92
Berocca Boost 30 effervescent tablets
329⁹⁹
HB MEMBER PRICE: **237⁵⁹**



MEMBER DEAL 2+1 CHEAPEST FREE
on the Turbomite range
Turbomite Excel 20 sachets
189⁹⁹



SAVE R63
20% OFF
ALL Vita-Thion products
Turbomite Focus 500ml
209⁹⁹

Did you know?
A man in a green tracksuit running.



SAVE R30
20% OFF
MEMBER DEAL
ReVite Vit-T-Go 20 sachets
149⁹⁹
HB MEMBER PRICE: **119⁹⁹**



SAVE R78
25% OFF
MEMBER DEAL
Healthy Living Fatigue Away 60 sachets
314⁹⁹
HB MEMBER PRICE: **236²⁴**

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!

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

FIRST AID & WOUND CARE



SAVE R29

Savlon Antiseptic Liquid
750ml
104⁹⁹
+ MEMBER PRICE: **75⁵⁹**

SWIPE TO GET

20% OFF

GET AN EXTRA 10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE R50

Savlon Antiseptic Liquid
2 litres
179⁹⁹
+ MEMBER PRICE: **129⁵⁹**



SAVE R100

MEMBER DEAL 20% OFF

ALL Medic + First Aid Kits

499⁹⁹
+ MEMBER PRICE: **399⁹⁹**



SAVE R16

MEMBER DEAL 20% OFF

ALL Germolene 20g AND 50g

82⁹⁹
+ MEMBER PRICE: **66³⁹**



SAVE R11

MEMBER DEAL 20% OFF

ALL Septadine Antiseptic Ointments

43⁹⁹
+ MEMBER PRICE: **35¹⁹**



MEMBER DEAL 2+1 CHEAPEST FREE

on ANY Medic + Gauze Swabs

GAUZE SWABS

89⁹⁹
+ MEMBER PRICE: **89⁹⁹**



SAVE R15

Dettol Antiseptic Liquid
750ml
114⁹⁹
+ MEMBER PRICE: **99⁹⁹**



SAVE R11

Medic + Dressings
Alcohol Cleansing
Pad
50mm x 50mm
30-piece
25⁹⁹
+ MEMBER PRICE: **2 FOR 40⁰⁰**



SAVE R20

Medic + Hand
Disinfectant
Wipes
40 wipes
49⁹⁹
+ MEMBER PRICE: **2 FOR 79⁹⁸**

Did you know?



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



Medic +
Disposable
Nitrile Examination
Gloves
100-piece
114⁹⁹



SAVE R45

Trifectiv
Plus
Wound &
Burn Care
100ml
464⁹⁹
+ MEMBER PRICE: **419⁹⁹**



SAVE R30

Burnshield
Home Burn Kit
6-piece
149⁹⁹
+ MEMBER PRICE: **119⁹⁹**



on 140+ Better Rewards brands every time you shop

SELF-MEDICATION



CITRO-SODA
Gastric Antacid
120g
SAVE R33
119⁹⁹
+B MEMBER PRICE: **86³⁹**



CITRO-SODA
CRANBERRY FLAVOUR
Gastric Antacid
60g
SAVE R21
77⁹⁹
+B MEMBER PRICE: **56¹⁵**



ADCO MAYOGEL
ANTACID
Suspension
200ml
SAVE R14
54⁹⁹
+B MEMBER PRICE: **39⁵⁹**

Offer on Movicol 8 AND 20 sachets



MOVICOL
Original
8 sachets
20 sachets
SAVE R55
197⁹⁹
+B MEMBER PRICE: **142⁵⁵**



REHIDRAT
blackcurrant
ORAL ELECTROLYTE MIXTURE
FOR THE TREATMENT OF DEHYDRATION
NO ARTIFICIAL SWEETENERS
COLOURANTS OR PRESERVATIVES
6 sachets
each containing 10g of powder
SAVE R32
115⁹⁹
+B MEMBER PRICE: **83⁵¹**

SWIPE TO GET

20%+10% OFF

GET AN EXTRA

ALL Better Rewards Brands

Member prices already reflect both discounts



obvio
optive
FUSION
Eye Drops
10ml
SAVE R52
185⁹⁹
+B MEMBER PRICE: **133⁹¹**



Rennie
Peppermint
48 chewable tablets
SAVE R27
98⁹⁹
+B MEMBER PRICE: **71²⁷**



Rennie
Spearmint
96 chewable tablets
SAVE R49
176⁹⁹
+B MEMBER PRICE: **127⁴³**



Salex
Saline Sinus Rinse SSR
Complete Kit
60 sachets
SAVE R77
276⁹⁹
+B MEMBER PRICE: **199⁴³**



Salex
Metered
Saline Spray
30ml
SAVE R32
116⁹⁹
+B MEMBER PRICE: **84²³**



GAVISCON
DOUBLE ACTION
Tablets
48 chewable tablets
SAVE R20
199⁹⁹
+B MEMBER PRICE: **179⁹⁹**



GAVISCON
DOUBLE ACTION
Liquid
300ml
SAVE R20
219⁹⁹
+B MEMBER PRICE: **199⁹⁹**



OcuVite
Lutein
60 tablets
SAVE R28
297⁹⁹
+B MEMBER PRICE: **269⁹⁹**



OcuVite
Complete
60 softgel capsules
SAVE R30
364⁹⁹
+B MEMBER PRICE: **334⁹⁹**

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.

+Cover

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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INSURANCE
A LICENSED NON-LIFE INSURER

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+Pharmacy

Rewards that just
keep getting Better.



Get

10% OFF

Instantly at the till

+5%

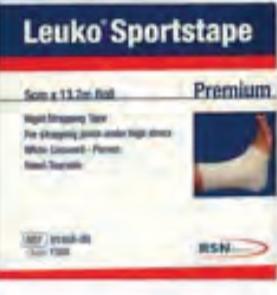
Pharmacy Boost

Ask your pharmacist
for more info.

Ts and Cs apply.

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

SPORTS STRAPPING & INJURY PREVENTION

 <p>MEMBER DEAL 2+1 CHEAPEST FREE on ANY Medic + Elastic Bandages</p> <p>Medic + Elastic Adhesive Bandage 100mm 109⁹⁹</p>	 <p>MEMBER DEAL 2+1 CHEAPEST FREE on ANY Medic + Sports Injury Tape</p> <p>Medic + Sports Injury Tape 7.5cm x 10m 89⁹⁹</p>	 <p>SAVE R79</p> <p>D3 Waterproof Kinesiology Tape 5cm x 6m 169⁹⁹ MEMBER PRICE: 2 FOR 260⁰⁰</p>	 <p>SAVE R79</p> <p>K60 Kinesiology Tape 50mm x 6m 159⁹⁹ MEMBER PRICE: 2 FOR 240⁰⁰</p>
 <p>2+1 CHEAPEST FREE MEMBER DEAL</p> <p>Leukoband S Sports Edition Elastic Adhesive Bandage 7.5cm x 4.5m 136⁹⁹</p>	 <p>2+1 CHEAPEST FREE MEMBER DEAL</p> <p>Leuko Sportstape Premium 5cm x 13.7m 254⁹⁹</p>	 <p>2+1 CHEAPEST FREE MEMBER DEAL</p> <p>Leukotape K Sports Edition Kinesiology Tape 5cm x 5m 189⁹⁹</p>	 <p>2+1 CHEAPEST FREE MEMBER DEAL</p> <p>Tensospray 300ml 409⁹⁹</p>
 <p>MEMBER DEAL 2+1 CHEAPEST FREE on ANY Deep Heat AND Deep Freeze products</p> <p>Deep Heat 6in1 Pain Relief Rub 100g 147⁹⁹</p>	 <p>VALUE PACK</p> <p>Deep Heat 6in1 Pain Relief Spray 250ml 199⁹⁹</p>	 <p>VALUE PACK</p> <p>Deep Freeze 6in1 Cold Spray 250ml 168⁹⁹</p>	 <p>SAVE R18</p> <p>Arnica Ice Cooling Gel 475ml 97⁹⁹ MEMBER PRICE: 79⁹⁹</p>

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

Panado

SAVE **R16**

58⁹⁹

Panado Capsules 500mg
20 capsules

+B MEMBER PRICE: **42⁴⁷**

Panado

SAVE **R10**

36⁹⁹

Panado Tablets
24 tablets

+B MEMBER PRICE: **26⁶³**

Panado

SAVE **R16**

59⁹⁹

Panado Effervescent
16 effervescent tablets

+B MEMBER PRICE: **43¹⁹**

Calpol

SAVE **R12**

44⁹⁹

Calpol Pain and Fever Tablets 500mg
24 tablets

+B MEMBER PRICE: **32³⁹**

Compral

SAVE **R23**

83⁹⁹

Compral Pain Powders
38 sachets

+B MEMBER PRICE: **60⁴⁷**

SWIPE TO GET

20% + 10% OFF

GET AN EXTRA

ALL Better Rewards Brands

Member prices already reflect both discounts

Calpol

SAVE **R22**

79⁹⁹

Calpol Paediatric Suspension Syrup 100ml
3 sachets

+B MEMBER PRICE: **57⁵⁹**

DISPRIN

SAVE **R12**

45⁹⁹

Disprin Extra Strength 500mg
16 tablets

+B MEMBER PRICE: **33¹¹**

DISPRIN

SAVE **R33**

119⁹⁹

Disprin Extra Strength 500mg
48 tablets

+B MEMBER PRICE: **86³⁹**

TransAct

SAVE **R57**

204⁹⁹

TransAct Medicated Pain Relief Patch 5 patches

+B MEMBER PRICE: **147⁵⁹**

TransAct

SAVE **R88**

314⁹⁹

TransAct Medicated Pain Relief Patch 10 patches

+B MEMBER PRICE: **226⁷⁹**

GRAND-PA

SAVE **R9**

48⁹⁹

Grand-Pa Headache Powders
12 powders

MEMBER PRICE: **39⁹⁹**

GRAND-PA

SAVE **R21**

110⁹⁹

Grand-Pa Headache Powders
38 powders

MEMBER PRICE: **89⁹⁹**

Arnica Ice

2+1 FREE
MEMBER DEAL

44⁹⁹

Arnica Ice Cooling Gel 2 Patches

MEDIC+

2+1 FREE
MEMBER DEAL

46⁹⁹

Medic + Capsicum Plasters 3 patches

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

BREAKFAST CORNER

Offer on ALL Futurelife products

FUTURELIFE

**SWIPE TO GET
2+1+10% OFF**
GET AN EXTRA
ALL Better Rewards Brands

Member prices already reflect both discounts

Futurelife Smart+ Food 750g 81 ⁹⁹ +B MEMBER PRICE: 73⁷⁹	Futurelife Smart+ Food Zero 500g 59 ⁹⁹ +B MEMBER PRICE: 53⁹⁹	Futurelife Smart+ Food 500g 58 ⁹⁹ +B MEMBER PRICE: 53⁹⁹	Futurelife Smart+ Food Granola Crunch 700g 82 ⁹⁹ +B MEMBER PRICE: 74⁶⁹	Futurelife Smart+ Food Granola Crunch 425g 58 ⁹⁹ +B MEMBER PRICE: 53⁰⁹
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Offer on ALL Lifestyle Food products

LIFESTYLE FOOD

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

Member prices already reflect both discounts

Lifestyle Food Granola 750g 76 ⁹⁹ +B MEMBER PRICE: 55⁴³	Lifestyle Food Rolled Oats 1kg 69 ⁹⁹ +B MEMBER PRICE: 50³⁹
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**MEMBER DEAL
2+1 CHEAPEST FREE
on ANY Bokomo Weet-Bix products**

Bokomo Weet-Bix
900g
68⁹⁹

Bokomo Weet-Bix
450g
38⁹⁹

**MEMBER DEAL
20% OFF
ALL Alette's Rusks**

Alette's Rusks
450g/500g
72⁹⁹
+B MEMBER PRICE:
58³⁹ each



on 140+ Better Rewards brands every time you shop

TEAS AND HONEY

Offer on ALL Lifestyle Food products

SAVE
R52

SAVE
R23

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

Member prices already reflect both discounts

Offer on ALL Lifestyle Food products

SAVE
R26

SAVE
R26

SAVE
R15

Lifestyle Food
Crunchy
Peanut Butter
750g
84⁹⁹

Lifestyle Food
Choice Grade
Honey
1kg
186⁹⁹

+B MEMBER PRICE:
61¹⁹

+B MEMBER PRICE:
134⁶³

Lifestyle Food
Green Tea
with Ginger
20 teabags
26⁹⁹

+B MEMBER PRICE:
19⁴³

Lifestyle Food
Instant Ginger
Drink with Honey
20 sachets
95⁹⁹

+B MEMBER PRICE:
69¹¹

Lifestyle Food
Ginger, Honey
& Lemon Tea
20 sachets
95⁹⁹

+B MEMBER PRICE:
69¹¹

Lifestyle Food
Hibiscus Tea
20 teabags
54⁹⁹

+B MEMBER PRICE:
39⁵⁹

SAVE
R23

SAVE
R20

MEMBER DEAL
25% OFF

the Little Bee Honey, Laager, Carmi n
Teas, Jacobs, Mokate Coffee
AND Cappuccino range

SAVE
R72

SAVE
R21

SAVE
R15



Little Bee
Honey
500g
81⁹⁹

MEMBER PRICE:
61⁴⁹

Laager
Pure Rooibos
160 teabags
94⁹⁹

MEMBER PRICE:
71²⁴

Carmi n
Rooibos Nursing
Mama Tea
40 teabags
59⁹⁹

MEMBER PRICE:
44⁹⁹

Jacobs
Gold Mild
Instant Coffee
200g
219⁹⁹

MEMBER PRICE:
164⁹⁹

Jacobs
Decaf Freeze Dried
Instant Coffee
200g
289⁹⁹

MEMBER PRICE:
217⁴⁹

Jacobs
Cappuccino Classic
10 sachets
85⁹⁹

MEMBER PRICE:
64⁴⁹

Mokate Gold
Latte Caramel
10 sachets
61⁹⁹

MEMBER PRICE:
46⁴⁹

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.

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



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

Member prices already reflect both discounts

Offer on the Lifestyle Food range



Blue Diamond
Almond
Breeze
Almond Milk
1 litre
39⁹⁹

MEMBER PRICE:
28⁷⁹

Blue Diamond
Almond
Breeze
Flavoured
Almond Milk
1 litre
39⁹⁹

MEMBER PRICE:
28⁷⁹

Blue Diamond
Almond
Breeze
Barista Blend
1 litre
49⁹⁹

MEMBER PRICE:
35⁹⁹

Lifestyle Food
Gluten Free
Macaroni
250g
45⁹⁹

MEMBER PRICE:
33¹¹

Lifestyle Food
Green Pea
Penne Pasta
250g
68⁹⁹

MEMBER PRICE:
49⁶⁷

Lifestyle Food
Gluten Free
Oats
1kg
149⁹⁹

MEMBER PRICE:
107⁹⁹

Lifestyle Food
Gluten Free
Spaghetti
250g
45⁹⁹

MEMBER PRICE:
33¹¹

Lifestyle Food
Red Lentil
Fusilli Pasta
250g
61⁹⁹

MEMBER PRICE:
44⁶³

MEMBER DEAL
**2+1
CHEAPEST
FREE**
on
selected
Canderel
products



Canderel with
Sucratose
Cafe Sticks
200 cafe sticks
135⁹⁹

Canderel
Original
Cafe Sticks
200 cafe sticks
127⁹⁹

Canderel
Original
Tablets
600 tablets
118⁹⁹

Canderel
Original
Sticks
100 sticks
72⁹⁹

MEMBER DEAL
**20%
OFF**
ALL
Gullón
Biscuits



Gullón
Sugar Free
Shortbread
Biscuits
330g
53⁹⁹

MEMBER PRICE:
43¹⁹

Gullón
Sugar Free
Chocolate
Chip Biscuits
200g
35⁹⁹

MEMBER PRICE:
28⁷⁹

Gullón
Sugar Free
Gluten Free
Fibre
Biscuits
170g
53⁹⁹

MEMBER PRICE:
43¹⁹

Gullón
Gluten Free
Fibre
Biscuits
170g
36⁹⁹

MEMBER PRICE:
29⁵⁹



on 140+ Better Rewards brands every time you shop

HEALTHY SNACKS

Offer on the Lifestyle Food range

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

Member prices already reflect both discounts

SAVE R39 **SAVE R61** **SAVE R79** **SAVE R72**

Lifestyle Food Beef Biltong Snapsticks 150g 139⁹⁹ **MEMBER PRICE: 100⁷⁹**

Lifestyle Food Dried Mango 300g 182⁹⁹ **MEMBER PRICE: 131⁷⁵**

Lifestyle Food Pitted Prunes 750g 218⁹⁹ **MEMBER PRICE: 157⁶⁷**

Lifestyle Food Raw Cashews 750g 283⁹⁹ **MEMBER PRICE: 204⁴⁷**

Lifestyle Food Raw Mixed Nuts 750g 283⁹⁹ **MEMBER PRICE: 204⁴⁷**

Lifestyle Food Dry Roasted Almonds 750g 259⁹⁹ **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**

Lorenz Naturals Crisps 100g 59⁹⁹

MEMBER DEAL 2+1 FREE on ANY Lorenz Naturals Crisps 100g

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

HEALTHY FOODS

Offer on the Lifestyle Food range



Lifestyle Food
Salt Himalayan
Fine
1kg
79⁹⁹

Lifestyle Food
Celtic Salt
200g
229⁹⁹

Lifestyle Food
Cayenne
Pepper
300g
86⁹⁹

Lifestyle Food
Cinnamon
300g
82⁹⁹

SAVE
R64

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

Member prices already reflect both discounts

Offer on the Lifestyle Food range



Lifestyle Food
Extra Virgin
Olive Oil
1 litre
289⁹⁹

Lifestyle Food
Activated
Charcoal
100g
45⁹⁹

Lifestyle Food
Coconut Oil
Odourless
1 litre
76⁹⁹

Lifestyle Food
Chia Seeds
300g
136⁹⁹

MEMBER PRICE:
57⁵⁹

MEMBER PRICE:
165⁵⁹

MEMBER PRICE:
62⁶³

MEMBER PRICE:
59⁷⁵

MEMBER PRICE:
208⁷⁹

MEMBER PRICE:
33¹¹

MEMBER PRICE:
55⁴³

MEMBER PRICE:
98⁶³

MEMBER DEAL
2+1
CHEAPEST
FREE
on the Tony Ferguson range



Tony Ferguson
Lemon Juice
500ml
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 + 10% OFF ALL Better Rewards Brands

SAVE R190 **SAVE R297** **SAVE R137**

Member prices already reflect both discounts

Biogen Premium Iso-Whey Protein 750g **679⁹⁹** **MEMBER PRICE: 489⁵⁹**

NPL Platinum Whey PLUS Complete Protein 1kg **489⁹⁹** **MEMBER PRICE: 352⁷⁹**

MEMBER DEAL 20% OFF **SAVE R170**

USN Isozero Whey 1.6kg **1485⁹⁹** **MEMBER PRICE: 1188⁷⁹**

Primal Egg Protein Powder 500g **449⁹⁹** **MEMBER PRICE: 359⁹⁹**

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%+10% OFF your **SECOND** Biogen Premium Pre-Workout 600g **AND** NPL Anarchy Pre-Workout 160g

Discount to be deducted at till

Biogen Premium Pre-Workout 600g **399⁹⁹** **MEMBER PRICE: 359⁹⁹**

NPL Anarchy Pre-Workout 160g **249⁹⁹** **MEMBER PRICE: 224⁹⁹**

on 140+ Better Rewards brands every time you shop

CREATINE SUPPLEMENTS

**SWIPE TO GET
50%+10% OFF**

**GET AN EXTRA
10% OFF**

your **SECOND** Biogen Creatine Monohydrate 500g **AND** NPL Creatine Hydra 5-in-1 360g

ALL Better Rewards Brands

Discount to be deducted at till

Biogen Creatine Monohydrate 500g
Member Price: **391⁴⁹**

NPL Creatine Hydra 5-in-1 360g
Member Price: **314⁴⁹**

**MEMBER DEAL
50% OFF**

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

USN Creatine Hydrator 360g
Member Price: **309⁹⁹ each**

Animal 100% Pure Creatine Monohydrate 500g
Member Price: **599⁹⁹ each**

Foundation Creatine Monohydrate 400g
Member Price: **499⁹⁹ each**

TESTO BOOSTERS

**MEMBER DEAL
20% OFF**

SAVE R71

SAVE R580

SAVE R100

NEW & IMPROVED FORMULA

USN Testo gH Ultra
Member Price: **283⁹⁹**

Primal Hyper Test
Member Price: **399⁹⁹**

Animal Advanced Test
Member Price: **2319⁹⁹**

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

**GET AN EXTRA
10% OFF**

ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE R210

NPL HALOTEST
Member Price: **539⁹⁹**

NPL Halo Test
Member Price: **749⁹⁹**

Biogen Rage Testo Armour
Member Price: **269⁹⁹**

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

HYDRATION

SWIPE TO GET 50% OFF + **10% OFF** ALL Better Rewards Brands

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

Member Price: 224⁹⁹ each

USN Super-Immune Hydrator 10 sachets **129⁹⁹** each

USN Zero Sugar Hydrator 10 sachets **108⁹⁹** each

Revive Daily Electrolytes 40 sachets **579⁹⁹**

MyProtein Pro Hyrox Electrofuel 30 servings **599⁹⁹** 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**

RE VIVE DAILY ELECTROLYTES

1000mg SODIUM
200mg POTASSIUM
100mg MAGNESIUM

No Sugar. No Carbs. No Calories.

HYROX

THE ELECTROFUEL

TRANSFUSION LEMONADE

WEIGHT MANAGEMENT

SAVE R77 per pack

SAVE R190

SAVE R242

SAVE R117

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

Member prices already reflect both discounts

Biogen CLA 3000 90 PLUS 90 softgel capsules **BANDED PACK 274⁹⁹**

Biogen Diet Protein 1.6kg **679⁹⁹**

NPL Body Rev Slim Stack Box **866⁹⁹**

NPL Diet Pro 90Bgs **419⁹⁹**

Member Price: 197⁹⁹ per pack

Member Price: 489⁵⁹

Member Price: 624²³

Member Price: 302³⁹

on 140+ Better Rewards brands every time you shop

RECOVERY

ENDURANCE

MEMBER DEAL
20% OFF

SAVE R92

SAVE R49

SWIPE TO GET
20% OFF + 10% OFF

GET AN EXTRA

Member prices already reflect both discounts

32Gi ENDURE
SUSTAINED ENERGY SPORTS DRINK
BLUEBERRY FLAVOURED POWDERED DRINK 900g

SAVE R67

USN VO2 Max
60 capsules

USN CYTO POWER
HIGH ENERGY ENDURANCE DRINK WITH CAFFEINE
03 HRS INTEGRATED PERFORMANCE

SAVE R12

Biogen Elite Carb Drink 70
83g

Biogen CytoGen Racing Mix
800g

MEMBER PRICE: 367⁹⁹

MEMBER PRICE: 267⁹⁹

MEMBER PRICE: 195⁹⁹

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 carelne@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



R75

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



199 99

per pack
WITH Rewards CARD



89 99

each
Save R17



44 00

Save R12



69 99

each
WITH Rewards CARD



99 99

each
WITH Rewards CARD



54 99

Save R13

Packed with Flavour and Value



Bulk
Beef Mince

119 99



229 99

per pack
WITH Rewards CARD

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

MI_SS5201

SPAR



★ SAVE like a SUPER STAR!

Big on taste, kind on your budget.



7000 SPAR
freshline
Onions 1 kg, Potatoes 2 kg
and Butternut 2s



54,99 SPAR
Bakery
Large Wraps
8s
Assorted



17,99 SPAR
Bakery
White or Brown
Hamburger or Hot Dog Rolls
6s



79,99 Your Butcher
By SPAR
Chicken Breast Fillet
(Skinless)
4s

Scan for
super
recipes.



Tropical Superstar Smoothie



Fruity Vanilla Bowl



35,99 SPAR
freshline
Ripe n Ready
Mangoes
2s



49,99 SPAR
freshline
Litchis
Punnet
500 g



29,99 SPAR
freshline
White or Red
Seedless Grapes
500 g

Assorted Munchbox Muffins



69,99 SPAR Bakery
Muffins 6s
+ 3 FREE
Muffins
Assorted

+3
FREE
Muffins

**Wrap
Stars:**
Classic Chicken
& Mayo
or Veggie



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.

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Scan for
super
recipes.



Packed with VALUE

Smart, satisfying lunches for less.



The
Very
Veggie
Box



24,99 SPAR
freshline
Crisp Lettuce Pillow Pack
300 g or
Season's Value Salad
220 g



59,99 per kg
Your Butcher
By SPAR
Whole Chicken in a Bag
(Without Giblets)



69,99 per kg
Your Butcher
By SPAR
Chicken Braai Pack
5s or 8s



89,99 per kg
Your Butcher
By SPAR
Pork Loin Chops



109,99 per kg
Your Butcher
By SPAR
Grabouw
Boerewors



99,99 per kg
Your Butcher
By SPAR
Beef Original, Chargrilled or Cheese
Flavoured Burgers

SPAR2U DOWNLOAD NOW ON

Available on the
App Store

GET IT ON
Google Play

The SPAR & TOPS you love, now online!

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Super Savings



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

335⁰⁰

WITH Rewards CARD

Pantry Savings



44⁹⁹
per pack



44⁹⁹
per pack



39⁹⁹
per pack



100⁰⁰

WITH Rewards CARD



36⁹⁹
per pack



31⁹⁹
per pack



69⁹⁹
per pack



66⁹⁹
per pack



94⁹⁹
each

WITH Rewards CARD



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



BUT ALL 3 FOR

55⁰⁰

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



51⁹⁹
per pack

WITH Rewards CARD



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 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. T&Cs apply.
Visit www.spar.co.za

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



LOVE IT? SPAR GETS IT DELIVERED 2U



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Super Savings



69 99
each

Save R15

Breakfast Essentials



42 99
each

WITH Rewards CARD



24 99
each

Iwisa or
Super Sun
Instant
Breakfast
Porridge
1 kg
Assorted



74 99
each

Kellogg's
All Bran
Flakes
1 kg



134 99
each

WITH Rewards CARD



129 99
each

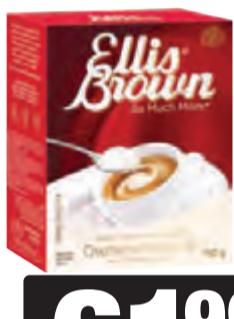
Nescafé
Ricoffy
Pouch 800 g
or Tin 750 g
(Excl. Decaf)

Save R20



61 99
per pack

WITH Rewards CARD



61 99
each

WITH Rewards CARD



64 99
per pack

WITH Rewards CARD



42 99
each

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



36 99
each

SPAR
Apricot or
Mixed
Fruit Jam
900 g



34 99
each

Save R15

Pantry Savings



31 99
each

WITH Rewards CARD



60 00

WITH Rewards CARD

BUY ANY
2 FOR

Maggi
2 Minute
Instant Noodles
5s
Assorted



BUY ANY
2 FOR

32 00

WITH Rewards CARD

WITH Rewards CARD



42 99
each



SPAR
Sunflower
Oil
4 litre

139 99
each

WITH Rewards CARD



Iwisa or
Super Sun
Super Maize
Meal
5 kg

49 99
each

WITH Rewards CARD



Selati
White Sugar
10 kg

235 99
each

WITH Rewards CARD



104 99
each

WITH Rewards CARD

SPAR Rewards deals available while stocks last.



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Super Savings

Koo
Baked Beans
in Tomato Sauce
400 g

BUY 2 FOR
30⁰⁰
Save R8

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 Rewards CARD



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 Rewards CARD



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

12⁹⁹
each
WITH Rewards CARD



Imana
Flavoured
Soya Mince
200 g
Assorted

16⁹⁹
each



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

BUY ANY
2 FOR
26⁰⁰
each
WITH Rewards CARD



Imana
Gravy or
Sauce
34 g / 38 g
Assorted

BUY ANY
3 FOR
24⁰⁰



Royco
Packet of Soup
45 g / 50 g
Assorted

BUY ANY
4 FOR
21⁰⁰



SPAR
Cake
Wheat Flour
10 kg

109⁹⁹
each
WITH Rewards CARD



Snowflake
Cake, White or
Brown
Wheat Bread
Flour
2.5 kg

36⁹⁹
each

LOVE IT? SPAR GETS IT DELIVERED



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Stock up on these

Snack & Beverage Savings



+100MB
FREE DATA



Simba
Potato Chips
120 g
Assorted

BUY
ANY
2
FOR

32⁰⁰

Save R12



Cadbury
Chocolate Slabs
(Excl. Oreo, Bubbly or
Special Edition Range)
80 g
Assorted

BUY
ANY
2
FOR

35⁰⁰

WITH Rewards CARD



Amajoya
Chews 100 g,
Toffees 92 g /
113 g or Candy
125 g
Assorted

BUY
ANY
2
FOR

46⁰⁰

WITH Rewards CARD



Bakers
Blue Label
Marie Biscuits
200 g
Assorted

BUY
ANY
2
FOR

35⁰⁰



Bakers
Provita
250 g
Assorted

32⁹⁹

each



Pepsi
Max Zero
No Sugar,
Pepsi Light or
7Up Sugar Free
2 litre

BUY
ANY
2
FOR

26⁰⁰

WITH Rewards CARD



Fanta, Sprite,
Stoney,
Sparletta,
Twist, Coke Zero
Soft Drink
(Excl. Coke
Original)
1.5 litre
Assorted

BUY
ANY
2
FOR

26⁰⁰

WITH Rewards CARD



24⁰⁰

WITH Rewards CARD



41⁹⁹
per pack



31⁹⁹
each

WITH Rewards CARD



aQuelle
Flavoured
Sparkling
Water
6 x 500 ml
Assorted

44⁹⁹
per pack

WITH Rewards CARD



Monster
Energy Drink
(Incl. Zero)
500 ml
Assorted

BUY
ANY
2
FOR

32⁰⁰

WITH Rewards CARD



22⁹⁹
each

WITH Rewards CARD



SPAR
100% Fruit
Juice Blend
6 x 200 ml
Assorted

49⁹⁹
each

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Super Savings

Personal Care Savings



LUX Soap 150 g Assorted **BUY ANY 2 FOR 2600**



Colgate Maximum Protect, Herbal White, Herbal, Gel 100 ml or Triple Action 150 ml Toothpaste **2299** each WITH Rewards CARD



+50MB FREE DATA
Dettol Hygiene Soap 175 g Assorted (Excl. Detox) **2800**
Save R8



Shield Antiperspirant Roll-On 50 ml Assorted **2299** each WITH Rewards CARD



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 Rewards CARD



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 Rewards CARD



Dawn Body Lotion for Male or Female 400 ml Assorted

2499 each



Satiskin 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

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Januworry Savers



78⁹⁹
each

Baby and Health Care Savings



Purity Puree Pouch 110 ml Assorted
BUY ANY 2 FOR
30⁰⁰
WITH Rewards CARD



Johnson's Baby Aqueous Cream 350 ml Assorted
42⁹⁹
each



Johnson's Baby Aqueous Cream or Petroleum Jelly 500 ml Assorted
49⁹⁹
each



Johnson's Baby Wipes 288s
92⁹⁹
per pack



Twinsaver Facial Tissues 3 ply 120s / 180s
27⁹⁹
each
WITH Rewards CARD

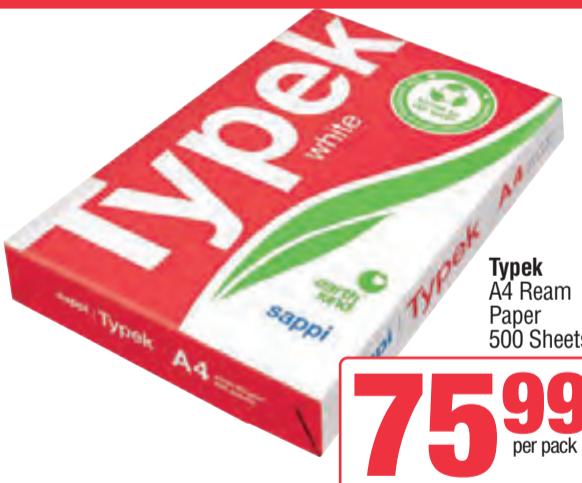


79⁹⁹
each



57⁹⁹
per pack

Back to School



75⁹⁹
per pack



19⁹⁹
per pack



14⁹⁹
each

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. T's & Cs apply.
Visit www.spar.co.za



SPAR Rewards deals available while stocks last.



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Super Savings



169⁹⁹
each

Household Essentials



159⁹⁹
each



279⁹⁹
each

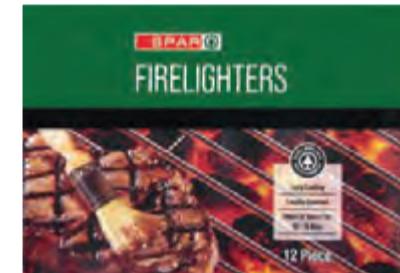


19⁹⁹
per pack

Braai Savings



71⁹⁹
each



19⁹⁹
per pack



37⁹⁹
each



62⁹⁹
each



89⁹⁹
each

Petcare Savings



64⁹⁹
each



38⁰⁰



21⁹⁹
each



22⁹⁹
each



109⁹⁹
per pack



50⁰⁰



209⁹⁹
each



74⁹⁹
each

LOVE IT? SPAR GETS IT DELIVERED 2U



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

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

199⁹⁹

WITH Rewards CARD

Klipdrift
Premium
Brandy
750ml



399⁹⁹

WITH Rewards CARD

Monkey Shoulder
Blended Malt
Scotch Whisky
750ml

+1 GB FREE DATA

SPAR mobile

ALL ITEMS
AS SEEN
ON TV

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

349⁰⁰

per combo

WITH Rewards CARD



299⁰⁰

per combo

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

SPAR mobile

79⁹⁹

each

WITH Rewards CARD



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



43⁹⁹

each

WITH Rewards CARD



149⁹⁹

WITH Rewards CARD

Steenberg
Sauvignon Blanc
Sparkling Wine
750ml

SAVE
EXTRA
IN-STORE
ONLY



+400 MB FREE DATA

SPAR mobile

180⁰⁰

WITH Rewards CARD

Carling
Black Label
Cans
6 x 500ml

BUY
2
FOR

BUY
2
FOR



+500 MB FREE DATA

SPAR mobile

200⁰⁰

WITH Rewards CARD



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

BUY
ANY
2
FOR

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.

#NO

aware.org
www.aware.org.za

Not For Persons Under The Age Of 18.

OPEN THE RED DOOR OF MORE

UNLOCK
INSTANT FREE
SHOPPING AND EPIC PRIZES

SHOP | SWIPE  | WIN

R4 MILLION
IN PRIZES TO BE WON



from 20 January - 22 March 2026



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!
at SPAR

TURN UP EPIC

WITH DEALS TO WRITE A NEW CHAPTER

#NO 

[aware.org.za](http://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

Rémy 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!

#NO

aware.org
www.aware.org.za

Not For Persons Under The Age Of 18.

COCKTAIL KULCHA

at tops!



1099⁹⁹

WITH Rewards CARD

Don Julio
Reposado
Tequila
750ml

309⁰⁰

WITH Rewards CARD



309⁰⁰

WITH Rewards CARD

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

119⁹⁹

WITH Rewards CARD



119⁹⁹

each
WITH Rewards CARD



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



159⁹⁹

each
WITH Rewards CARD

Amarula
Premium Cream
(Incl. Variants)
Liqueur
750ml



249⁹⁹

each
WITH Rewards CARD

SKYY
Vodka
(Incl. Variants)
750ml

299⁰⁰

per combo

WITH Rewards CARD

BUY ALL FOR

1L



399⁰⁰

per combo

WITH Rewards CARD

Malfy
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

FIND YOUR KULCHA

at tops!



160⁰⁰

WITH Rewards CARD

BUY 2 FOR

6 x 330ml

+400 MB FREE DATA mobile



180⁰⁰

WITH Rewards CARD

BUY 2 FOR

4 x 440ml

Extreme
Apple Ale
Cans
4 x 440ml



94⁹⁹

per pack

WITH Rewards CARD

BUY 2 FOR

6 x 440ml

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



109⁹⁹

per pack

WITH Rewards CARD

BUY ANY 2 FOR

4 x 300ml

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

180⁰⁰

WITH Rewards CARD

BUY ANY 2 FOR

6 x 440ml

180⁰⁰

WITH Rewards CARD

BUY ANY 2 FOR

6 x 330ml

150⁰⁰

WITH Rewards CARD

BUY 2 FOR

6 x 330ml

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



180⁰⁰

WITH Rewards CARD

BUY 2 FOR

6 x 500ml

Castle Lite
Cans
6 x 500ml



200⁰⁰

WITH Rewards CARD

BUY 2 FOR

6 x 500ml

Windhoek
Draught
Cans
6 x 500ml



200⁰⁰

WITH Rewards CARD

BUY 2 FOR

6 x 410ml

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



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 Rewards CARD

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 Rewards CARD



Jik
Bleach
1.5 litre
Assorted

3699
each

WITH Rewards CARD



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

21999
each

WITH Rewards CARD



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 Rewards CARD



Mr Min
Multi Surface Cleaner
300 ml
Assorted

4399
each



Aroma
Air Freshener
210 ml
Assorted

2099
each



Twinsaver
Toilet Roll
Twin Ply Value
Pack
18s

12999
per pack

WITH Rewards CARD

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 [f /myspar](https://www.facebook.com/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 • KROONDALE • LIME ACRES • LEONDALE • MCLEAN'S • MOUNTAIN VIEW • NOORDWYK • ORCHARDS • POST OFFICE • PRIEKSA • RANDGATE • RANDJESPARK • REITZ • ROOSVILLE • SAFI • SELCOURT • SETARIA • SILVERTON • SIMUNYI • SOUTPANBERG • SPARTAN • STRUBENSVALE • THE PALMS • THREE MONKEYS • VENTERSBURG • VREDE • WESSELBRON • WOLMARANSTAD • ZEEDERBERG
SUPERSPAR: • BALFOUR • BELA BELA • BENONI • BERTRAMS • BETHAL • BOKSBURG • CHRISTIANA • ERMELO • GEOLAINÉ • 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. • VOLKSROST • 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).