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The leak of one of the water reservoirs at the Kgaswane Mountain Nature Reserve formed an incidental wetland.

WHERE HAS ALL THE WATER GONE? Long-time flowing...

Rustenburg – The warning that there will be no water in Rustenburg suburbs has become a familiar refrain so when *Platinum Weekly* discovered a recent scientific publication documenting that leaking drinking water had created a wetland in Kgaswane Mountain Reserve - visible on Google Earth Pro, we did not know whether to laugh or cry. Wetlands are marshy areas where plants like reeds and sedges grow. They have many positive benefits including removing pollution from water. They are naturally found where the water table is close to the surface and their characteristic clayey soils cause cracking and damp damage when they are used for housing. Researchers from the University of

Pretoria and the University of the Free State investigated Google Earth Pro images from 2004, 2009 and 2013 for the Rustenburg and Kgaswane Mountain Reserve area. They show that water infrastructure near the reserve was developed in 2009 to support the increased urbanisation of Rustenburg. However, by 2013 the huge amounts of drinking water that was leaking from this relatively new infrastructure had changed the soil and plants and developed an incidental wetland. By taking samples from the wetland as well as the water available for drinking purposes at the main gate of Kgaswane Mountain Reserve, the researchers confirmed that the new wetland was formed by municipal water. The

water samples were tested at the Agricultural Research Council Institute for Soil, Climate and Water. In addition to the incidental wetland, a stream which before 2013 only flowed during the rainy season started to flow continuously with the added purified water that should have been provided to households. The increased wetness at the site of the leak resulted in Acacia trees dying. The researchers wrote in the peer reviewed article that appeared in the South African Geographical Journal in December 2020 that the loss of drinking water has been reported numerous times and had not been fixed. **The full article can be accessed via www.tandfonline.com/doi/full/10.1080/03736245.2020.1851294**

A huge leak.





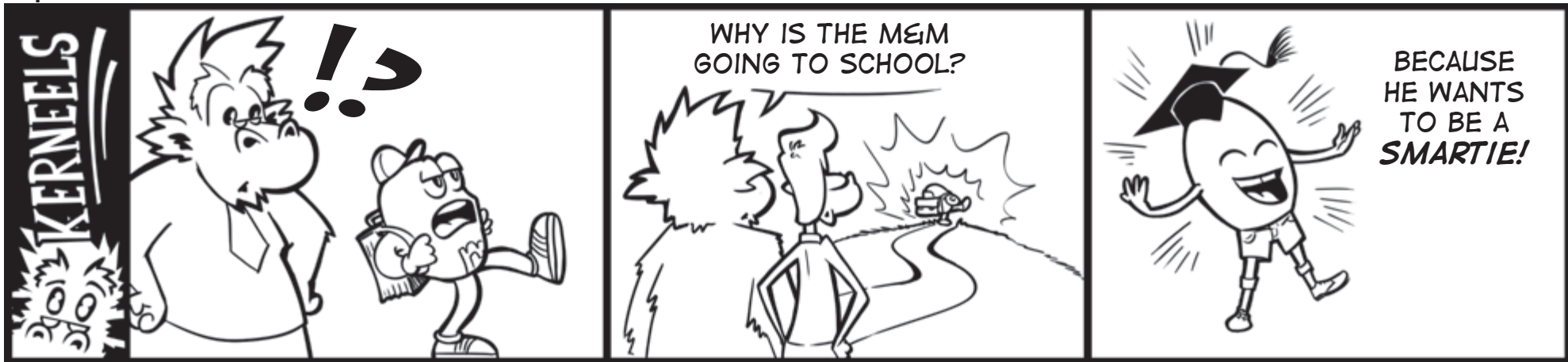
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PAY R30,000 FOR R268,000 OR FACE JAIL

Brits – A 45-year-old man was found guilty of defrauding his employers when he appeared before the Brits Magistrates' Court on Tuesday 19 January. Calvin Kwinana was sentenced to five years imprisonment with an option of a fine of R30,000 after

the state successfully proved he was guilty of defrauding the South African Nuclear Energy Corporation, during the time he was employed there as an accountant.

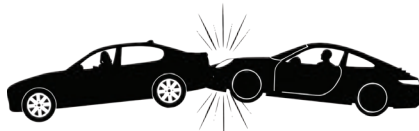
"He reportedly misappropriated the company's funds to the value of R268,000, which he transferred into his personal account," Hawks spokesperson for the North West province captain Tlangelani Rikhotso said. "A probe by the Hawks serious commercial crime investigation team resulted in his arrest in 2015. He made a series of court appearances until his recent conviction and sentencing."



BUMPER BASH 4 YOUR CAR & CASH

Rustenburg – A man travelling along the 'old mine road' was hijacked on Tuesday 19 January as he approached the R24. According to eyewitnesses, the victim stopped next to the road after a VW Polo bumped his white 2019 Nissan Navara from the back. This is now the third such incident over the past two weeks where this modus operandi has been used to commit crime in Rustenburg.

Metasec Security Solutions general manager Morné Engelbrecht urges motorists in and around Rustenburg to be vigilant and avoid being victims of hijacking syndicates operating within the area.



TWINS REUNITED WITH THEIR MOTHER

Rustenburg – A mother's anguish for being separated from her twin babies for a month and a half ended when their biological father was arrested in Evaton, Gauteng on Wednesday 13 January. The 37-year-old man was charged with the kidnapping of the twins on Thursday, 26 November 2020.

The Rustenburg couple separated and agreed that the father would take the babies to their day-care centre every morning and the mother would fetch them in the afternoon. When the mother went to fetch her six-month old babies on 26 November 2020, she was informed that the father never dropped them off that morning. Attempts to contact the father on his cellphone and at his business were in vain and the matter was reported to the police.



It was the start of a harrowing ordeal for the mother of six-month-old twins who never arrived at their day-care centre in Rustenburg.

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WEATHER REPORT NORTH WEST RUSTENBURG

	22 Jan 2020	23 Jan 2020	24 Jan 2020	25 Jan 2020	26 Jan 2020
Friday	22 Jan 2020	23 Jan 2020	24 Jan 2020	25 Jan 2020	26 Jan 2020
Saturday	23 Jan 2020	24 Jan 2020	25 Jan 2020	26 Jan 2020	
Sunday	24 Jan 2020	25 Jan 2020	26 Jan 2020		
Monday	25 Jan 2020	26 Jan 2020			
Tuesday	26 Jan 2020				

33°C - 19°C
34°C - 20°C
33°C - 19°C
24°C - 18°C
24°C - 18°C

Rainfall probability
20 %
Sunrise 06:13
Sunset 18:02

At time of print

FINANCIAL INDICATORS

ZAR/USD	14.89
Rand/Pound	20.39
Rand/Euro	18.06
Rand/Aus Dollar	11.55
Dollar/Pound	1.37
Pound/Euro	1.13
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Platinum	1 116.15
Palladium	2 383.00

At time of print



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R2 MILLION OWED TO WORKERS

Rustenburg – Former employees of Shepherd Bushiri, founder of the Enlightened Christian Gathering (ECG) church, expressed their frustration for not being fully paid for the period they worked at the Sparkling Waters Hotel and Spa in the Magaliesberg by protesting in the road leading to the spa on Monday 18 January 2021. The protest was peaceful, yet management refused to come out to discuss their plans with them. The Commission for Conciliation, Mediation and Arbitration (CCMA) informed *Platinum Weekly* that director Cameron Morajane had closed the matter brought to them by the South African Transport and Allied Workers Union (SATAWU) against Shepherd Bushiri trading as the Sparkling Waters Hotel and Spa, however, an email communication from SATAWU on Thursday 14 January 2021 states otherwise. SATAWU indicates that the CCMA case was heard on Friday 4 December 2020 by commissioner Foster Maluleke and is still on the roll as they tasked SATAWU to compile a detailed list of

all the workers and the amounts due to them. SATAWU submitted the list to the CCMA on Thursday 10 December 2020. The submission details salaries and wages amounting to around R2 million which have not been paid. SATAWU has secured an arbitration with the CCMA's commissioner Aaron Sebako for Wednesday 24 February 2021. Bushiri listed the resort as surety on a loan which he defaulted on. A court order from March 2020 states that if Bushiri's company defaults on repaying a loan the resort would become the property of the JM BUSHAI Investment Group (Pty) Ltd. The transfer of ownership came about and Benson Mavedzenge issued a letter on Wednesday 2 December 2020 stating that JM BUSHAI was ceasing to operate the country resort. Documents provided to *Platinum Weekly* show that debts incurred by Bushiri and the previous owner, before transferring the property to the current owner JM BUSHAI, have contributed to the outstanding wages owed to workers.



Protestors outside the Sparkling Waters Hotel and Spa asked management for answers on Monday 18 January 2021.

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1 x Green Pepper Thriftpack
1 x Tomato Thriftpack 1 kg
1 x Carrot Thriftpack 1 kg
R49

SALAD COMBO
1 x Lettuce Prepack
1 x Spanish Santé
Cocktail Tomato Prepack
1 x Robot Pepper Thriftpack
1 x English Cucumber
R49

BULK VEG COMBO
1 x Potato Pocket 7 kg
1 x Onion Bag 3 kg
1 x Butternut Pocket
1 x Tomato Box 3 kg
R129

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59.99 per packet

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Back from left: detective warrant officer Thomas Mogorosi, detective warrant officer Tyson Ramokgadi, captain TT Ramokgadi, detective warrant officer George Branders, colonel Chillyboy Molefinyane, warrant officer Zamani Ganza, and captain Frik Nortjé. Front from left: lieutenant colonel Eddy Sebele, captain Rosinah Modise, captain Rose Magalefe, and warrant officer Johannes Shaba.

FAREWELL AND THANK YOU

Rustenburg – No less than eleven officers and members greeted the South African Police Service (SAPS) at the end of November 2020... Most of them celebrated between 30 to 40 years' service. Station commander brigadier Gertrude Modise requested her 'pensioners' as she fondly referred to them, to meet for a cup of tea and some refreshments at the Rustenburg police station. She noted that not everyone is fortunate enough to live to a pensionable age and that it

is, but for the grace of God. She thanked them for their loyalty and dedication, mentioning that they had paid their respects to everyone, including her, during their police careers. She stressed that this was not "farewell" but only "goodbye". She encouraged them to keep in touch and to always visit the police station when they are in the vicinity. She used the well-known Setswana expression: "Letlhakulele...gologolo" referring to an old tree, with an old branch from which new life stems.

She quoted in Setswana: "Susu ilela Suswana gore suswana etle e go ilele", which means that respect is earned, even from the younger generation – it is true that the younger members have to respect their elders, but it applies both ways. She stressed that it was very sad to say goodbye, but that it is part of the circle of life. Gift vouchers were handed to each officer and member who are now starting a new era in their lives.

WHAT'S Cooking?



Sandy Roberts, from the Margaret Roberts herbal centre in De Wildt, North West province.

Marula and lemon iced tea

Rustenburg – Sandy Roberts grew up on a farm near Rustenburg and continues the herb and pottery legacy of her late mother, Margaret Roberts, with her own daughter Skye. From her student days Sandy helped run the Margaret Roberts herbal centre in De Wildt which is based on a passion for edible plants and those used for health and beauty. Here Sandy shares one of the delicious and nutritious iced tea recipes served at the herbal centre restaurant. The fragrant tea has an unforgettable taste with a high vitamin C content to boost the immune system from the use of marula and lemon fruits. The addition of the herb lemon verbena provides a natural antibiotic to assist with colds and flu.

- Prep time: 15 minutes
- Cook time: 45 minutes
- Total time: 1 hour
- Makes: 1 litre

Equipment

- Bowl
- Sieve with an extra piece of muslin cloth or similar to strain the fruit
- Medium pot
- Slotted spoon
- Sterilised glass bottles with well-fitting lids
- A pair of thin sterile plastic gloves

Ingredients to make syrup

- 250 ml all-purpose flour
- 1/2 tsp salt
- 1 tsp baking powder
- 65 g room temperature butter
- 2 egg yolks
- 25 ml water

Instructions for making syrup

1. Place marulas, honey, lemon verbena and lemon juice into a pot, cover the fruit with water and heat to boiling point for 5 minutes.
2. Turn down the heat and allow to simmer for 40 minutes. The marula skins should become soft and puffy and it is a good sign if they split open.
3. When the juice has reduced and thickened remove the pot from the heat and allow to cool.
4. Once the fruit has cooled, put on the gloves, and gently squeeze out the pips, pulp, and juice from the skins. Discard the pips and skins.
5. Place a sieve lined with muslin cloth over a bowl and pour in the pulpy liquid to strain, stir through the muslin and sieve using the slotted spoon until all the juice has passed through.
6. Decant into sterilised bottles and refrigerate until needed.
7. To serve, add 50 ml of syrup to a 250 ml glass of iced water with a fresh lemon slice. Stir and enjoy the fruits of your labour!

WAARDASIEROL – MUNISIPALITEIT IS 'N BOELIE

[Skrywe aan die redakteur]

Rustenburg – Die kennisgewing (in plaaslike koerante) deur die munisipaliteit ter insae van 'n voorlopige waardasierol, is 'n buitengewone stap wat geensins deur toepaslike wetgewing vereis of voorgeskryf word nie.

Die munisipaliteit sal seersekerlik argumenteer dat hulle die onnodige en buitengewone stap gedoen het in die gees van deursigtigheid? Sal dit nie 'n vars briesie wees nie?

Kommerwekkend is egter dat die voorlopige rol wat tans ter insae lê, geensins nuut is nie. Ek kon geen verskil vind tussen die 2020 rol en hierdie rol nie. Die waardasierol van 2020 is nie geïmplementeer nie juis as gevolg van die growwe nalatigheid van die waardeerder in bepaling van waardes van die eiendomme. Waardes wat drie tot vier keer meer is as wat die markwaarde van die eiendom is. En dit is steeds so! Ek weet nie of ek moet lag of huil nie.

Kan dit wees dat die rede vir die absurde waardes daarin geleë is dat die munisipaliteit deeglik kennis dra, dat die enigste manier om beswaar te maak teen die rol, is om teen elke individuele eiendom se waardasie apart beswaar te maak? Geen kollektiewe beswaar word deur die wet toegelaat nie. Dat die munisipaliteit weet dat dit 'n substansiewe opponering behels en dat dit die belastingbetaler gaan geld kos om te doen? Dat almal nie die geld het om te opponeer nie en dat hulle op so 'n manier die eiendomseienaar in Rustenburg boelie in absurde belasting in?

Kan dit wees?

Ja dit kan!

Chris Trytsman



REC opened its doors on 12 January - our learners returned to class. Since the announcement that schools must close, we are now fully operational in online teaching. Watch this space!



COVID-19 update
REC opened on 12 January 2021 and learners received their work and met their new teachers. Before the announcement that private schools must also close, WhatsApp groups were formed with the students and we are now fully operational in on-line teaching. Matrics starting on-line class today Saturday 16 Jan. The other grades on Monday. Limited Registrations will still be accepted.



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WATER LEAK – A SAFETY HAZARD

Rustenburg – Following up on video footage sent by a resident of a housing estate in the Elandsrivier street cul de sac, Cashan, *Platinum Weekly* investigated a fault in municipal water infrastructure where purified water was gushing out into a hole and down the street on Monday 18 January 2021. Cul de sacs are popular places for children to cycle or play ball while they are not at school and local parents worry that a child could drown in the one-meter-deep safety hazard that has developed.

An engineer, who wished to remain anonymous, showed *Platinum Weekly* the broken pipes and incorrect joints that the RLM had used in the past to temporarily fix the problem - resulting in major water losses since 2017. Photographs of the incorrect

joints used were shown to a local plumber who confirmed that the RLM was using the wrong clamps and pipes to fix the problem. Both sources indicated that the joints that were abandoned on the site were for a low water pressure system used in a household - not the kind of pressure that would be experienced at the site of the water wastage. The engineer explained that the high-water pressure experienced at the Elandsrivier street cul de sac requires a different solution. Many plumbing businesses in Rustenburg have the capability to be contracted by the RLM to do the work correctly and ensure that finances are used efficiently to prevent further water wastage.

The engineer also indicated that he had measured the potable water that was being

wasted as 5,000 litres per day. His comment was that rather than pay for a billboard telling the public to “save water” the RLM should use the finances available to save water by repairing infrastructure with the correct materials.

A health care worker returning from work at *Life Peglerae* hospital explained how her VW Polo’s tyres were damaged by driving through the potholes that have formed because of the water damage. She said that the RLM attends to the problem by using concrete to fill the holes, but this solution only lasts for a short while. Another resident returning home commented that they could not sell their property because of the state of the road and alleged that RLM employees were benefitting from the ongoing problem as they could

claim overtime. *Platinum Weekly* phoned the RLM customer care number and enquired whether residents or the ward councillor had reported the gushing potable water as they claimed. The customer call centre responded that they had not reported it. We described the problem and alerted the call centre that there was a safety hazard as the pooling water was almost one meter deep and a child could easily drown in it. *Platinum Weekly* was provided with the following reference number 113578 and will be checking the site to see when the problem will be resolved. The presence of bullrushes, sedges and algal growth all indicate that the water leak has been ongoing for a long time.

Rustenburg water leaks can be reported on 082 342 4952.



Property values have decreased in this lovely part of Cashan as the potholes and water have been an ongoing problem ever since 2017.



A discarded UPVC pipe... testament to the quality of workmanship.



Some of the purified water is channelled directly through a pipe into the stormwater drain while the rest flows into a purposefully dug hole and into the road.



Incorrect use of a stainless joint casket clamp at Elandsrivier cul de sac has led to vast amounts of drinking water being wasted.



Pooled water is a safety hazard in the residential area at Elandsrivier street.

SOULFOOD

GALATIANS 6

¹Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.

²Bear one another's burdens, and so fulfil the law of Christ.

³For if anyone thinks himself to be something, when he is nothing, he deceives himself.

⁴But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another.

⁵For each one shall bear his own load.

⁶Let him who is taught the word share in all good things with him who teaches.

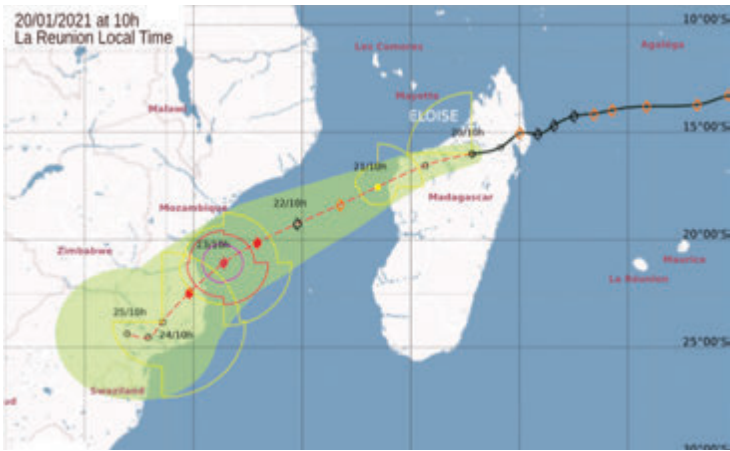
⁷Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

⁸For 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.

⁹And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.



NEW KING JAMES
VERSION (NKJV)



TROPICAL STORM “ELOISE”

SA – Following the severe tropical storm *Chalane* who brought rain to southern Africa during the festive season comes another fresh tropical system named *Eloise*. The South African Weather Service (SAWS) described *Eloise* [Monday 18 January] as a moderate tropical storm, with a central pressure under 1000 hPa (hectopascal). *Eloise* - moving at about 26km/h in a west-south-westerly direction made landfall on the island of Madagascar on Wednesday 20 January with winds exceeding 100km/h, categorised as a severe tropical storm. As *Eloise* moved across the landmass of northern Madagascar, it was exposed to increased friction, as the winds interacted with the rough land surface. Deprived of the latent heat energy from a warm, tropical ocean, *Eloise* weakened significantly before it reached the Mozambican Channel on Thursday 21 January. Uncertainty exists around any tropical system as they are notoriously fickle and unpredictable, often exhibiting very erratic movement. The SAWS will use modern satellite remote sensing as well as advanced ensemble numeric modelling techniques to closely monitor the future evolution of *Eloise*.



South African
Weather Service

RUSTENBURG KINDER- EN GESINSORG KORT ‘N HUISOUER



Rustenburg – Rustenburg Kinder- en Gesinsorg is opsoek na 'n betroubare Afrikaanssprekende huisouer of huisouer-egpaar om na kinders wat in hul sorg geplaas word, om te sien. 'n Geldige bestuurslisensie is 'n vereiste en ervaring in die hantering van gedragsmoeilike kinders sal goed te pas kom.

Indien jy belangstel, stuur jou CV na
deidre1983@webmail.co.za.

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10 WAYS YOU CAN MAKE A DIFFERENCE

“Be the change you want to see in the world.”
Mahatma Gandhi

With the hustle and bustle of our everyday lives, people have become accustomed to the 'everyone for themselves' mindset. There is so much need in the world and now, more than ever before, we need to stand together to bring about positive change in our communities... But where to start? Here are some ideas...

- VOLUNTEER**
People choose to volunteer for a variety of reasons. Contact non-profit organisations in your area and find out if they need volunteers. Volunteering can help you make friends, learn new skills, and even make you feel happier and healthier.
- GATHER CLOTHING FROM YOUR NEIGHBOURS AND DONATE IT TO A LOCAL SHELTER**
Many organisations collect anything from clothes and furniture to second-hand books and furniture that they sell to raise funds for their cause. Others collect these items to give to those in need. So, clean out your cupboards and throw out that dress that you haven't worn in the past three years. Donate last year's gift that you haven't even taken out of the box yet. Every item might make a difference.
- DONATE BLOOD**
The South African National Blood Service (SANBS) provides an essential service within South Africa by collecting and distributing blood to those in need. By donating blood, you are giving someone a very precious gift – the gift of life. Every unit of blood can save a minimum of three lives.
- HELP COOK AND/OR SERVE A MEAL AT A HOMELESS SHELTER**
Find out which organisations provide a warm plate of food to the homeless and offer to help them cook. They will surely appreciate the extra pair of hands.
- PICK UP GROCERIES OR MEDICINE FOR AN ELDERLY PERSON**
During these unprecedented times, the elderly should avoid busy shopping centres as far as possible. Offer to go shopping for them and drop off their groceries at their front door.
- GIVE OUT AT LEAST ONE COMPLIMENT A DAY**
No one can deny that receiving a compliment from someone just makes your day a bit better. If you see someone that looks great or is really good at something – tell them! It might brighten up their day.
- OFFER TO CUT AN ELDERLY NEIGHBOUR'S GRASS**
If there are any elderly living in your area that you know is unable to tend to their own garden – offer to do it for them. Even just cutting the grass can lighten their burden.
- SAY THANK YOU**
Thank a nurse, teacher, cashier, or anyone on a job well done or an act of kindness! If you receive great service from someone – tell them.
- LET SOMEONE CUT IN LINE IN FRONT OF YOU**
Let an elderly or disabled – or even the mother with the two kids – cut in front of you in the queue. By saving them those two minutes you will make their day!
- DONATE OLD TOYS TO THE POLICE'S FAMILY VIOLENCE, CHILD PROTECTION & SEXUAL OFFENCES UNIT (FCS)**
The FCS often serves as a temporary haven for very traumatised children. By creating a better environment, you can make this experience a little more bearable for them.



Now that you
have an idea
where to start –
go out and make
a difference!

CLASSIFIEDS

PETPASSION ANIMAL CARE VETERINARY CLINIC

For all animal needs in Buffelspoort and surrounding areas. Contact us on 081 595 4231 or email: reception@petpassion-animalcare.co.za

EGGS FOR SALE

2 ½ dozen eggs @ R40.00
Contact Marieta Olivier on 071 595 2143

CAKES AND CUPCAKES

Cakes and cupcakes for all occasions
Contact Faith on 078 470 1498 or
065 968 1473.

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CONTACT KOBUS: 082 498 8148

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Pitstop Motors, We are open. Engine overhauls and repairs. Restoration of cars, panelbeating and carwash. Neville 076 025 3541, 1st Ave Rustenburg rural.

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J AND E CONSTRUCTION COMPANY

Services offered: painting, paving, boom sloping/tree cutting, garden service.
Contact 083 985 9258. IN GOD WE TRUST

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Vervet monkeys enjoying vegetable peelings.

MESS WITH NATURE AND IT WILL MESS WITH YOU!

[Letter to the editor]

Rustenburg – We live in the bushveld and enjoy watching monkeys and listening to jackals at night. Although I am only 13 years old, I want to find a peaceful solution for people and wildlife, whose paths cross because they have to coexist. My research led me to another person who likes to live in harmony with nature. Dave du Toit is the founder of the Vervet Monkey Foundation, which has been running for 27 years. In an interview he provided advice that all Rustenburg residents lucky enough to live near nature can apply. There are peaceful ways to keep the monkeys away without using firecrackers or a gun. For instance, you could use a water gun (super squirter) and spray them if they enter your property. Alternatively, place vegetable peelings far away from your house where the animals can

get to it. They will soon learn where they can find food and leave your home and bins alone. Dave suggested using a teddy bear, or something with large eyes, as monkeys don't like large eyes looking at them, to scare the monkeys away. Another suggestion is to display an inflatable pop up with a picture of a leopard or an eagle on it, in the garden or on the roof. The constant movement of the picture will help keep them away. Grease or oil any pole that allows the monkeys access to places near your house. Dave says that some of these tips may even work for baboons! We need to develop a harmonious relationship with the animals on whose habitat we are encroaching. If we are consistent, and work together, we can create a peaceful environment for both human and monkey to live in, and our efforts

will have a positive effect on our environment!

My other concern is the jackal for which I can't find a jackal foundation or sanctuary. Did you know jackals mate for life! So, it is likely that by killing one the heartbroken mate will remain alone and not reproduce. Jackals are helpful as they feed on snakes and rats.

By killing jackals, a bigger problem will be created such as rats creating havoc in car engines and farm stores and snakes entering your home. So be wise in what you do, and don't mess with nature too much, or nature will come and mess with you! I am challenging my peers from *Generations Z and Alpha*, to come up with ideas to save the jackal!

Auralea Langford

Are you willing to donate your time and effort?

Rustenburg – Volunteers give their time and effort freely, to assist non-profit organisations and charities in serving the community. Some volunteers are specialists in their field, and some will do anything to help out, like baking cookies for a bake sale or selling tickets for a charity event. Volunteers are also a physical presence at events... an extra pair of arms to carry donations into a foster home, or a voice filled with purpose to call on businesses for donations. A volunteer in return gains life experience which can help combat loneliness, increase mindfulness, or give a CV that extra sentence that makes it stand out from the crowd of indifference. But most of all, there is much joy in giving. Rustenburg SAVF, located at 212A Kruger street, urgently needs volunteers to help them. There are unemployed youth or students waiting for their studies to start in 2021 that can assist those less fortunate than themselves. Now is the opportunity to step forward and to volunteer to assist social workers and a non-profit community organisation that has been working with the most vulnerable people in our community for more than a century. If you can make the time, please volunteer!



If you are interested, contact Sandra Smit on 082 342 4952.

PHYSICS + MATHS = MINING ENGINEERING. IT'S A GLENCORE STORY.

When Katlego Molete received over 90% for his matric physics and maths in his small village near Lichtenburg, he knew he wanted to study Mining Engineering. Awarded a Glencore bursary, his final year of study is fully funded, with extensive support and follow-up from the company. Although Covid-19 has interrupted his vacation work plans, he is still hoping to spend some time at Glencore's Alloys operations in December and January. When he starts working full-time, he wants to begin in production, and hopes to be a Mine Manager one day, and ultimately, run his own mining consultancy. Katlego's story is part of what we mean at Glencore by progress, together.

www.glencore.com/southafrica



HKLM/Katlego/PlatinumWeekly/7x04

PROGRESS. TOGETHER.

GLENCORE

Have your say / Sê jou sê

The time has come to dip your toes...

Are you prepared to dip your toe in the water to make our community a better place for all? What would you do if you had the support of other community members? *Platinum Weekly* caught up with people to hear what they plan to dip their toes into this year.

“As a preschool teacher at Rustenburg Early Learning Centre, my mantra is to educate and empower. The children have been so resilient and adaptable to the challenges of the pandemic.”

Zakkiyah Sujee



“Buiten dieregesondheid en menslike sielkunde by Pet Passion Animal Care, eksperimenteer ons versigtig met die groei van groente wat goed is vir diere.”

Fida Young



“This is a landmark year as I will be awarded a doctorate in ergonomics in 2021. South Africa could be highly influential in global industry if corporates would use ergonomics to help to play to our strengths and maximise our resources. It is all about promoting the well-being of our citizens and optimising productivity in the workplace.”

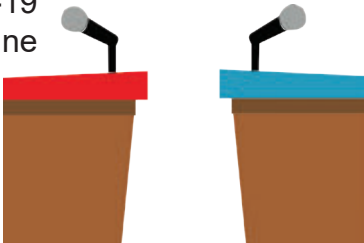
Ben Ryan

QUICK POLL:

Will you be taking the COVID-19 vaccine?

YES/ NO?

The past year has seen hundreds of vaccines in development worldwide in response to the growing coronavirus pandemic. According to the South African Government’s official COVID-19 information page, the first COVID-19 vaccine is on its way. If all goes according to plan, they hope to secure direct deals with manufacturers by February. Their plan is to reach two-thirds of the population once doses reach our shores.



Question: Will you voluntary take the COVID-19 vaccine?

Make yourself heard by partaking in our poll on Facebook or Send us an email to news@platinumweekly.co.za with the following information before 17:00 on Wednesday 27 January:

- Yes, I will be taking the vaccine or no, I won’t be taking the vaccine.
- You will be kept anonymous.

If you want to make your opinion public:

- Give the reason for your answer.
- A recent photo of yourself (optional) – that we can publish with your answer.
- Your contact details.

The results of the votes will be published in our next issue.



GML model Storm Hannam (left) and PNA Rustenburg supervisor Megan Edwards.

GML MODEL TAKING THE SMALL SCREEN WITH A STORM

Rustenburg – Globe Model Look (GML) model Storm Hannam has been chosen as the face of PNA’s advertisement *Storms TOP 10 Back to School must-haves* campaign. During the add – Storm is seen shopping up a ‘storm’ at PNA while showing her favourite stationary items available at PNA. “It was a great honour to be chosen for the add. I have been taking classes with GLM

for two years and I hope that I make them proud,” Storm said in an interview with *Platinum Weekly*. For all your back-to-school needs, visit PNA at Lifestyle Square, 198 Beyers Naude drive, Rustenburg. **For more information on GLM’s modelling classes, contact owner Lizelle Jacobs on 082 084 6885.**



GML model Storm Hannam (left) and PNA Rustenburg senior manager Hamman Mynhard.



GML model Storm Hannam on a shopping spree at PNA Rustenburg.

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From left: Rustenburg Kinder- en Gesinsorg manager Desire Jansen van Vuuren, Schauenburg Systems account manager Deon de Beer, Rustenburg Kinder- en Gesinsorg chairperson Sheehan Grant and Schauenburg Systems sales and development director Martin Marais.

PAYING IT FORWARD

Rustenburg – As a kind gesture to give back to their host communities, Schauenburg Systems generously donated an amount of R150,000 to Rustenburg Kinder- en Gesinsorg during the festive season.

“The work that these people do is fantastic, and they really make a difference in the community. We certainly hope that this donation helps to make their task a bit easier and enables them keep on helping,” said Schauenburg Systems account manager Deon de Beer.

Schauenburg Systems sales and development director Martin Marais added: “As a company, we want to plough back into the community and assist organisations to help those in need.”

Rustenburg Kinder- en Gesinsorg was grateful for the generous donation. “This will certainly go a long way to make a difference in the lives of not only the 36 children currently in our care, but also in the lives of others in our community that we care for,” Rustenburg Kinder- en Gesinsorg manager Desire Jansen van Vuuren said. The organisation would like to extend their gratitude towards Schauenburg Systems for their substantial donation.

Live out your passion for photography

Rustenburg – The Rustenburg Photographic Society created an active photographic community within the Rustenburg area. The group fashioned an exciting and informative platform where photographers can live out their passion.

They aim to give everyone from novice to professional photographers the opportunity to learn and grow their craft and share their work not just locally, but internationally. The society meets every third Wednesday of the month and while the regulations against gatherings are in place, they have their meetings via Zoom.

For more information, contact their club chairperson Simon Fletcher on 082 371 9867 or vice chairperson Ronel Broderick on 082 451 2999.



Stempel by Christa Mynhardt. RPS COM Achiever



Dandelion nestled on Moss by Marinda Badenhorst.

RPS COM Achiever



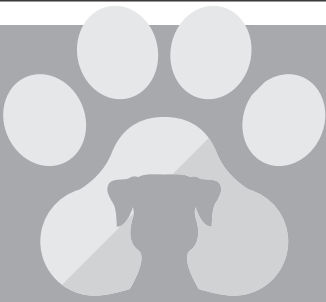
Blue Christmas by Angelina van Rooyen.

COM Achiever

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WE ARE UP FOR ADOPTION!

For more information contact the Rustenburg Society for the Prevention of Cruelty to Animals (SPCA) office on 014 592 3181 or admin@spcartb.org.za



PLATINUM
Weekblad/Weekly

SPORT

KARATE STUDENTS EXCEL

Rustenburg – Karate students training under kancho Albert Venter of Traditional Styles Known Knowledge in Action (TSKKIA) have done themselves proud by excelling. On Sunday 6 December 2020, senseis Veronica Strydom, Anrich Kleyn, Carlo Classe and Conrad Verster were each recognised for achieving a 1st dan grading. For more information contact TSKKIA headquarters at 082 463 1073 or visit www.tskkia.co.za.



Kancho Albert Venter (left) and sensei Anrich Kleyn.



Kancho Albert Venter (left) and sensei Carlo Classe.



Kancho Albert Venter (left) and Sensei Conrad Verster.



Kancho Albert Venter (left) and sensei Veronica Strydom.

2020/21 CURRIEBEKER SEMI-FINALE

Loftus – Pretoria
14:00, 23 Jan
Bulle vs Leeus

Die Bulle gaan as die gunsteling opdraf in die eerste semi-finaal wat op Loftus afskop ou grote. Bra Jake is egter nie te bekommerd oor die *game* nie en hoop hy sal teen die Haaie in die finaal speel. Blykbaar is die Haaie maklik. Die Leeus se kopdokter van Brakpan het blykbaar alles onder beheer in die Leeukamp. In die verlede is daar al baie gesien dat een verkeerde spring van 'n *rugga* bol trane van blydschap en pyn kan meebring. Dit gaan dalk die beste *game* van die twee semi's wees as dié weer gaan saamspeel. Ons redaksie se voorspelling is dat die Leeus gaan verras.

Nuweland – Kaapstad
16:30, 23 Jan
WP vs Haaie

In die Kaap waar die tweede semi-finaal sal plaasvind word daar sonder ophou gebid dat Steven Kitshoff fiks sal wees om wel te kan uitdraf. Nou my liewe ou grote, daar is mos dan ietwat paniek daarrond. Wyn is ook nou nie soos gewoonlik in dromme beskikbaar daar om te help met die bekommernisse nie. Daar word weer honderde tande stukkend gekners die naweek. Die Haaie het blykbaar 'n plan B en kom ons hoop hulle vergeet nie weer van plan A nie. Maar grappies op 'n einde. Die Haaie kan hier verras ou grote om in die finaal teen die Leeus te loop speel.

Nag ou grote...



HAPPY 20TH BIRTHDAY WIKIPEDIA!

Everybody's favourite research page, Wikipedia, turned 20 on Friday 15 January. What started as an ambitious idea to create a free encyclopaedia, written by volunteers for everyone in the world, has become the largest collection of open knowledge in history. Overall, Wikipedia comprises more than 55 million articles, attracting 1.7 billion unique visitors per month and in January 2021, it was ranked as one of the 15 most visited websites.

JUST FOR FUN

Check out <https://www.thewikigame.com/group> for a fun game... learning more about the variety of topics Wikipedia has to offer.



RUSTENBURG EMERGENCY CONTACT NUMBERS

SAPS

Rustenburg SAPS Radio Control Centre:
014 590 4115/6/7
Rustenburg SAPS Community Service Centre:
014 590 4126/27/39
SAPS Boitekong: 014 593 6001/ 6002/ 6003
SAPS Emergency (cell phones only): 112
SAPS Marikana: 014 572 3143
SAPS Rustenburg: 014 590 4116
SAPS Tlhabane: 014 565 9171/54/59

AMBULANCE

Ambulance / Metro Control Room:
014 597 6612
Ambulance / Metro Control Room (provincial):
10177

MEDICAL EMERGENCY

Med 24/7 (Private): 086 177 7761
ER24: 084 124
NetCare 911: 082 911
Trauma Rescue:
014 594 0689
Ferncrest Hospital (Emergencies):
014 568 4339/8
Peglerae Hospital (Casualties):
014 597 2823

HOSPITALS

Ferncrest Hospital: 014 568 4399
Job Shimankana Tabane (JST) provincial
hospital: 014 590 5100
La Femme Clinic: 014 594 9500
RusMed 24: 014 523 9378/9351

PEST CONTROL / SNAKE EMERGENCY NUMBERS

Mostert Pest Control: 071 213 5107

CLEANING SERVICES 24/7

CIA Crime Incident Accident:
079 498 7606

FIRE

Fire Department: 014 590 3232 /3444/3333
Rustenburg Local Municipality emergencies
(fire): 014 590 3090

RTB LOCAL MUNICIPALITY

RLM Accounts Queries:
014 590 3111
Press 1 for:
RLM Emergencies (Fire Dept.)
Press 2 for:
RLM Customer Care Supervisor

ALARMS

ADT (Control Room):
086 121 2520 / 086 121 2501
Oracle Protection Services:
014 533 3062/3726 / 081 358 4032
Wesalarms: 014 592 8364

SSR & CPF/GPF

CPF Sector 1: 061 019 6870
CPF Sector 2: 079 085 3424
CPF Sector 3: 072 204 4847
CPF Sector 5: 071 496 5244
CPF Sector 6: 084 555 1513
Staan Saam RTB: 083 444 6391
CPF Website: www.rustenburgcpf.co.za
Staan Saam Rustenburg Community Watch:
083 296 6949

SOUTH AFRICAN COMMUNITY CRIME WATCH RUSTENBURG (SACCW)

079 689 0961

ANIMAL EMERGENCIES

Animal Clinic Zinniville: 014 538 2114
ARAN Veterinary Clinic: 014 592 6007/
083 410 7960
Bergbos Diereklinië: 014 533 1959/2084
Bergbos Diereklinië (A/H): 083 653 1081
Rtb SPCA: 014 592 3181
Rtb SPCA (A/H): 072 933 7723

WATER

Water Problem Helpline: 014 590 3111

ELECTRICITY

Electricity Helpline: 014 565 1042
Eskom National Line: 086 003 7566

ROAD & TRAFFIC

Bakwena N4 Toll Road: 080 022 5936
Traffic Control Room (Rustenburg): 014 590 3221

PLATINUMWEEKLY
NEWSPAPER: 014 592 5653 /
072 482 6871.

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Activovite Complete Multivitamin & Mineral 30 caplets

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Marcus Rohrer Spirulina Refill Pack 180 tablets

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*Advertised prices already reflect discount



Bettaway Beta Women Multivitamin & Minerals 30 tablets

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*Advertised prices already reflect discount



Cellfood 29ml

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A.Vogel Echinaforce 120 tablets

184⁹⁵



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307⁹⁶

*Advertised price already reflects discount



Chela-fer 15mg Iron Supplement 60 tablets

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Chela-fer 24mg Iron Supplement 30 tablets

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*Advertised prices already reflect discount



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159⁹⁵



Collasyn Glow 560g

349⁹⁵

Radiance 90 capsules

329⁹⁵



DS-Boost
60 tablets

~~WAS 159⁹⁵~~
139⁹⁵



Fithealth Chela Zinc
60 tablets

~~WAS 144⁹⁵~~
109⁹⁵

Dis-Chem brands fewer RANDS



Spectrum Multivitamin OR Senior
300 tablets

~~WAS 549⁹⁵~~
412⁴⁶

25% OFF
ALL Spectrum products



Spectrum Multivitamin OR Senior
120 tablets

~~WAS 309⁹⁵~~
232⁴⁶



Viral Guard
30 tablets

~~WAS 112⁹⁵~~
99⁹⁵



Viral Guard
60 tablets

~~WAS 175⁹⁵~~
154⁹⁵



Vital Men OR Women
OR Men 50 PLUS Multivitamin
30 film coated tablets
OR Women 50 PLUS Multivitamin
30 film coated caplets

~~WAS 129⁹⁵~~
114⁹⁵



ViralChoice C Immune Support Value Pack
120 capsules

~~WAS 249⁹⁵~~
219⁹⁵



Zyora Zymune
60 capsules

179⁹⁵

*Advertised prices already reflect discount



A.Vogel Boldocynara OR Nephrosolid
50ml

~~WAS 139⁹⁵~~
114⁹⁵



Gold L-Lysine
60 tablets

~~WAS 87⁹⁵~~
69⁹⁵



Gold Multivit Supreme
60 film coated tablets

~~WAS 199⁹⁵~~
169⁹⁵



Nicorette Gum 2mg
105-pack / Assorted

~~WAS 309⁹⁵~~
279⁹⁵



Plussz Ginseng
20 effervescent tablets

~~WAS 109⁹⁵~~
94⁹⁵

Omegas & Heart Health

Dis-Chem brands fewer RANDS



Gold Salmon Oil
365 softgel capsules

~~WAS 337⁹⁵~~
270³⁶



Gold Evening Primrose Oil 1000mg
365 softgel capsules

~~WAS 419⁹⁵~~
335⁹⁶

20% OFF
ALL Gold 365 products

Gold Salmon & EPO 1000mg
365 softgel capsules

~~WAS 395⁹⁵~~
319⁹⁵



Gold Flaxseed Oil 1000mg
365 softgel capsules

~~WAS 317⁹⁵~~
254³⁶



Gold Omega 3 Salmon Oil 1000mg
90 softgel capsules

106⁹⁵

2+1 FREE
on Gold Omega 3 Salmon Oil 90 softgel capsules

*Advertised prices already reflect discount



Vital Omega 3 OR 3 & 6 OR 3, 6 & 9
30 softgel capsules

~~WAS 84⁹⁵~~
69⁹⁵



20% OFF
ReVite Omega-3 1000mg 90 softgels

ReVite Omega-3 1000mg
90 softgels

~~WAS 129⁹⁵~~
103⁹⁶

*Advertised price already reflects discount



Biogen Supreme Omega-3
60 PLUS 10 softgel capsules

~~WAS 169⁹⁵~~
149⁹⁵

Dis-Chem PHARMACIES



Bone & Joint Health



CrampEase OR
CrampEase Night
30 capsules

WAS 142⁰⁰
NOW 114⁹⁵



Biogen
Calmag Max
60 tablets

WAS 189⁰⁰
NOW 159⁹⁵



Biogen
Magnesium Glycinate
60 tablets

WAS 229⁰⁰
NOW 209⁹⁵



Pro Collagen
90 capsules

WAS 189⁰⁰
NOW 164⁹⁵



FutureLife
Repair Food Protein Bars
7 x 50g bars / Assorted

WAS 179⁰⁰
NOW 149⁹⁵



ArthrAway Chronic
Value Pack
90 caplets PLUS 90 caplets

WAS 246⁰⁰
NOW 214⁹⁵



OsteoEze with MSM
Banded Pack
90 capsules PLUS
30 capsules

WAS 244⁰⁰
NOW 209⁹⁵



Arthroguard
Active Rub
100ml

WAS 96⁰⁰
NOW 84⁹⁵



Arthroguard
Everyday Joint Repair
90 tablets

WAS 204⁰⁰
NOW 184⁹⁵



Arthroguard
Acute Intensive
90 tablets

WAS 250⁰⁰
NOW 204⁹⁵



Opti-Cal
30 Day Pack

WAS 129⁰⁰
NOW 103⁹⁶



Flexi-Cal
30 Day Pack

WAS 259⁰⁰
NOW 207⁹⁶



Repleni-Mag
30 Days Supply

WAS 124⁰⁰
NOW 99⁹⁶



MenaCal. 7
Value Pack
90 tablets

WAS 296⁰⁰
NOW 237⁵⁶

*Advertised prices already reflect discount



Radical.
30 tablets

WAS 104⁰⁰
NOW 89⁹⁵



Dis-Chem PackMyMeds



No more receiving medicines you don't need.
CHOOSE WHICH MEDICINES YOU WANT
to order to save you money and make your
medical aid benefits go further.

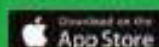


REPEAT CHRONIC MEDICINES made easy



SMS, WHATSAPP OR EMAIL

- Get your nearest store's details at dischem.co.za/stores
- Submit your new prescription or place your repeat prescription



ALL Prescription Medicine



FREE DELIVERY of prescription
medicines and any online order
over R600 within 15KM of a store
(including front shop purchases).
If your postal code is not eligible
for a standard delivery, you can
choose to use our click and collect
service or an additional delivery
fee will be payable. Pre-packing for
quick and easy collection in-store.



Digestive Care & Probiotics

Entiro Probiotic Value Pack
30 capsules PLUS FREE 30 capsules
275⁹⁵

Iberogast 9 Herb Treatment
50ml
199⁹⁵

Tasectan Adult
8 capsules
99⁹⁵

Biogen Daily Gut Health Pack
Contains:
Supreme Probiotic 9 Strain
60 capsules
L-Glutamine Powder 100g
Alkaline Powder 150g
399⁹⁵

Biogen Digestive Enzymes
60 PLUS 10 capsules
109⁹⁵

Biogen Herbal Cleanser
60 PLUS 20 capsules
84⁹⁵

Biogen Digestive Enzymes
109⁹⁵

20% OFF
GastroChoice IBS OR Probiotic 30 capsules

GastroChoice IBS
30 capsules
164⁹⁵

GastroChoice Probiotic
30 capsules
149⁹⁵

*Advertised prices already reflect discount

ProbiFlora Rx Intestinal Flora Care 10 capsules
50³⁶

Adult Everyday Flora Balance 2-Strain
30 capsules
79⁹⁶

Junior Everyday Flora Balance
30 chewtabs
86³⁶

There are many probiotics, but only 1 ProbiFlora™

20% OFF
ALL ProbiFlora products

Adult Classic Bowel Support 4-Strain
30 capsules
114³⁶

Infant Drops 3-Strain
5ml
127⁹⁶

Adult Intensive Rescue 9-Strain
30 capsules
130³⁶

*Advertised prices already reflect discount



Herbal Remedies

30% OFF
ALL SOIL products

SOIL Aromatherapy Oil
10ml / Assorted
27⁹⁷

Lifestyle Nutrition Advanced Base Powder
300g
109⁹⁵

Dis-Chem brands fewer RANDS

20% OFF
ALL Gold 365 products

Gold Calcium & Magnesium with Boron
365 softgel capsules
327⁹⁶

Gold Cayenne
365 capsules
258³⁶

*Discount to be deducted at tills

*Advertised prices already reflect discount



CBD

GREENER LIVING

Rethink CBD 250mg Pain Relief Muscle + Joint Cream
100ml
299⁹⁵

Rethink CBD 50mg Hand Cream
50ml
149⁹⁵

Rethink CBD 50mg Tissue Oil
125ml
199⁹⁵

Rethink CBD 50mg Body Lotion
200ml
199⁹⁵

Adco CBD Pain 200mg
15ml drops
314⁹⁵

Adco CBD Pain 20mg
30 capsules
539⁹⁵

Adco CBD Stress 200mg
15ml drops
314⁹⁵

Adco CBD Stress 20mg
30 capsules
539⁹⁵

Adco CBD Daily 20mg
30 capsules
536³⁵

Adco CBD Daily 200mg
15ml drops
310⁴⁵

10% OFF
ALL Adco CBD products

See the symbol, trust the brand. These products are made using natural, naturally derived or organic ingredients.
CBD products available at selected stores - details on dischem.co.za

*Advertised prices already reflect discount

Dis-Chem
PHARMACIES

Energy Boosters

30%* OFF
ALL ReVite Super B products

ReVite Super B Energy & Anti-Stress
30 tablets
WAS 115⁹⁵
NOW 81¹⁶

turbovite
Recharge your life
FOCUS
Assorted
WAS 139⁹⁵
NOW 124⁹⁵

FatigueAway
20 sachets
WAS 99⁹⁵
NOW 84⁹⁵

*Advertised price already reflects discount

BIOPLUS →

20%* OFF
ALL BioPlus products

Syrup
500ml Assorted
WAS 139⁹⁵
NOW 111⁹⁵

Booster
10ml Assorted
WAS 4⁹⁵
NOW 3⁹⁶

Chews
12 chews Assorted
WAS 12⁹⁵
NOW 10³⁶

Vit-ality Vitamin C
20 effervescent tablets
WAS 109⁹⁵
NOW 87⁹⁶

Vit-ality Multi-Vitamin
30 tablets
WAS 109⁹⁵
NOW 87⁹⁶

Vit-ality Vitamin B6 + B12
30 capsules
WAS 64⁹⁵
NOW 51⁹⁶

*Advertised prices already reflect discount

Stress & Anxiety

Biogen 5-HTP Neuro
60 vegicaps
WAS 189⁹⁵
NOW 159⁹⁵

Biogen Brain Boost
60 softgel capsules
WAS 249⁹⁵
NOW 209⁹⁵

Dis-Chem brands fewer RANDS

TensAway
100 tablets
WAS 315⁹⁵
NOW 289⁹⁵

20%* OFF
Tibb Stress-Away 60 tablets

Tibb Stress-Away
60 tablets
WAS 149⁹⁵
NOW 119⁹⁶

*Advertised prices already reflect discount

Women's Health

20%* OFF
Antistax Active Leg 60 film coated tablets

Antistax Active Leg
60 film coated tablets
WAS 369⁹⁵
NOW 317⁹⁵

*Advertised price already reflects discount

20%* OFF
Stellar Mama 30 Day Pack

Stellar Mama
30 Day Pack
WAS 259⁹⁵
NOW 207⁹⁶

*Advertised price already reflects discount

erex
FOR WOMEN
BROUILLÉMENT

Erex for Women Arousal Drops
50ml
WAS 127⁹⁵
NOW 109⁹⁵

Dis-Chem brands fewer RANDS

VeinAway
60 film coated caplets
WAS 345⁹⁵
NOW 329⁹⁵

25%* OFF
Lifestyle Nutrition Pregnancy Pack 30 day pack

Lifestyle Nutrition Pregnancy Pack
30 day pack
WAS 214⁹⁵
NOW 171⁹⁶

*Advertised price already reflects discount

BANDED PACK

Venavine
30 capsules PLUS 15 capsules
WAS 209⁹⁵
NOW 199⁹⁵

20%* OFF
ALL Chela-Preg Trimester products

Chela-Preg Pre-Natal Trimester 1
30 tablets PLUS 30 capsules
WAS 226⁹⁵
NOW 181⁵⁶

Chela-Preg Pre-Natal Trimester 2
30 tablets PLUS 60 capsules
WAS 259⁹⁵
NOW 207⁹⁶

Chela-Preg Pre-Natal Trimester 3
60 tablets PLUS 60 capsules
WAS 279⁹⁵
NOW 223⁹⁶

*Advertised prices already reflect discount



Self-Medication

15 MINUTES

Calpol

**CHILDREN ARE CUTE
FEVER IS NOT.**

30 CALPOL Pediatric Suspension, 80/100ml. Each 3 sachets. Paracetamol 120 mg. **Discovery Vitality** members get up to 50% back on the above HealthyCare items, look for the Vitality HealthyCare indicator in store for more. Discovery Vitality (Pty) Ltd, Auth FSP Limited, T&Cs apply.

gsk

Calpol

3

DEEP FREEZE

2+1 CHEAPEST FREE
on ANY Deep Freeze products

SmectaGo
12 sachets
WAS 124⁹⁵
109⁹⁵

MOVICOL
20 sachets Assorted
WAS 142⁹⁵
114⁹⁵

Dulcolax
10mg Adult
10 suppositories
WAS 134⁹⁵
107⁹⁵

Dulcolax
60 coated tablets
WAS 147⁹⁵
115⁹⁵

FRESHEN
LAXATIVE
WAS 22⁹⁵
19⁹⁵

FRESHEN
LAXATIVE
WAS 11⁹⁵
9⁹⁵

GELACID
SUSPENSION
WAS 79⁹⁵
67⁹⁵

Zymafluor
150 fluoride tablets
WAS 84⁹⁵
62⁹⁵

NUDRATE
Oral Rehydration Therapy
6 sachets Assorted
49⁹⁵

Discovery Vitality members get up to 50% back on the above HealthyCare items, look for the Vitality HealthyCare indicator in store for more. Discovery Vitality (Pty) Ltd, Auth FSP Limited, T&Cs apply.

ReNu
VALUE PACK
169⁹⁵

ReNu
VALUE PACK
179⁹⁵

Bausch + Lomb
ReNu
Multi-Purpose Solution
Value Pack
2 x 360ml
169⁹⁵

Bausch + Lomb
ReNu
MultiPlus Solution
Value Pack
2 x 360ml
179⁹⁵

Ocuvite
166⁹⁵

Ocuvite
235⁹⁵

Ocuvite
215⁹⁵

Bausch + Lomb
Ocuvite Lutein
60 tablets
166⁹⁵

Bausch + Lomb
Ocuvite Complete
30 sachets
235⁹⁵

Bausch + Lomb
Ocuvite Complete
60 softgel capsules
215⁹⁵

Bio true
87⁹⁵

Bausch + Lomb
Biotrue
Multi-Purpose Solution
300ml
87⁹⁵

Bausch + Lomb
Easy Sept
Cleaning & Disinfecting Solution
360ml
109⁹⁵

Eye Gene
Eye Drops
5ml
WAS 29⁹⁵
23⁹⁵

NEW LOZENGES

VICKS

3-IN-1 ACTION:
✓ COUGH
✓ BLOCKED NOSE
✓ SORE THROAT

VapoLozenge
COUGH - NOSE - THROAT
HOES - NOUS - KEEL

VapoLozenge
COUGH - NOSE - THROAT
HOES - NOUS - KEEL

VapoLozenge
COUGH - NOSE - THROAT
HOES - NOUS - KEEL

50 Vicks VapoLozenges Berry Menthol. 50 Vicks VapoLozenges Orange Menthol. 50 Vicks VapoLozenges Honey Lemon Menthol. Each lozenge contains: Glycyrrhiza glabra (licorice root) 15 mg, Zingiber officinale (common ginger rhizome) 10 mg, Phyllanthus emblica (Indian gooseberry fruit) 10 mg, Menthacanthol 7 mg, Peruvianella, Methyl ephedrinehydrochloride 0.2 % w/w, Eucalyptus globulus 0.02 % w/w. Contains sugar. Complementary Medicine: Ayurveda. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. T&S South African Trading (Pty) Ltd. Reg. No.: 1989/004241/07, 12th Floor, Alice Lane Towers, 13 Alice Lane, Sandton, South Africa, 2196. Customer Care Line 0840 112 188 (Sharecall charged at local rates). <http://www.vg.com/consumers>. MAIL 2A VICKS-20-000049. October 2020. All discounts on pricing, promotion and distribution (assortment and shelving) are at the sole discretion of the retailer. All P&G recommendations are based on objective category management principles, in accordance with all applicable legal requirements, and are based on the principles of fair share of shelf and fair share assortment.



Scheduled Medicine

Cepacol Sore Throat & Cough Relief Discs 24 lozenges R39⁹⁵	Colchicine Houde 1mg 6 tablets R28⁹⁵	Corenza C 10 effervescent tablets R61⁹⁵	Fexo 180mg 30 tablets R197⁹⁵
Flomist Nasal Spray 50mcg R75⁹⁵	Gen-Payne 30 capsules R58⁹⁵	K-Fenak 50mg 9 tablets R20⁹⁵	Panado Plus 20 capsules R39⁹⁵



Health Foods



Dis-Chem brands **fewer RANDS**



Fuel up at TOTAL to earn Dis-Chem Benefit Points

Present your **Dis-Chem** Benefit Card at **TOTAL** today and earn as you fill up.
(Only available in South Africa)





1 FOR 35⁹⁵
2 FOR 66⁰⁰
SAVE 5⁹⁵

Nature's Buzz
Peanut Butter
Smoothie OR
Crunchy
400g / Assorted



OhMega
Almond Butter
1kg
WAS 239⁹⁵
234⁹⁵

Lifestyle Food
Peanut Butter
800g / Assorted

59⁹⁵



Eat Naked
Super Seed
Natural Peanut
Butter
520g
WAS 69⁹⁵
59⁹⁵



Rush
Pomegranate
+ Water
250ml
WAS 29⁹⁵
24⁹⁵



**2+1
FREE**
on ANY Aloe Vera
Drink 500ml

Aloe Vera
Drink
500ml
Assorted
16⁹⁵

Dis-Chem brands fewer Rands

Value Packs



Mixed
Dried Fruit
Value Pack
750g

94⁹⁵



Dried Peaches
Value Pack
750g

139⁹⁵



Pitted Dates
Value Pack
750g

54⁹⁵



Pitted Prunes
Value Pack
750g

109⁹⁵



Raw Almonds
Value Pack
750g

179⁹⁵



Raw Cashews
Value Pack
750g

209⁹⁵



Raw
Walnuts
Value Pack
750g

209⁹⁵



Raw Mixed Nuts
Value Pack
750g

199⁹⁵



Little Bee
Choice Grade
Honey
1kg

WAS 139⁹⁵
134⁹⁵



Zambezi Gold
Choice Grade
Honey
375g

WAS 69⁹⁵
64⁹⁵



Vermont
Maple Syrup
250g

WAS 131⁹⁵
121⁹⁵

Vermont products available at selected
stores - details on dischem.co.za



Fresh Earth
Low Carb
Bread
400g

WAS 59⁹⁵
49⁹⁵



Fresh Earth
Banting Bread Mix
230g

WAS 57⁹⁵
49⁹⁵

Fresh Earth products available at selected
stores - details on dischem.co.za

Dis-Chem
PHARMACIES



Health Foods



Health Connection Wholefoods Erythritol & Stevia Blend 700g

WAS 169⁹⁵
NOW 159⁹⁵



Health Connection Wholefoods Berry Beetroot Superfood Mix 200g

WAS 132⁹⁵
NOW 122⁹⁵



Kellogg's Corn Flakes 400g

WAS 29⁹⁵
NOW 24⁹⁵



Jungle Oatso Easy 10 x 50g sachets Assorted

WAS 49⁹⁵
NOW 43⁹⁵



Bokomo Weet-Bix 450g

WAS 34⁹⁵
NOW 29⁹⁵



Dis-Chem brands fewer Rands



1 FOR 22⁹⁵
2 FOR 37⁹⁵
SAVE 7⁹⁵

Turmeric Powder 100g



1 FOR 25⁹⁵
3 FOR 70⁰⁰
SAVE 7⁹⁵

Ground Cinnamon 100g



Quick Oats 1kg

WAS 29⁹⁵
NOW 24⁹⁵



Oat Milk 1 litre

WAS 29⁹⁵
NOW 24⁹⁵



100% Xylitol 1kg

WAS 149⁹⁵
NOW 139⁹⁵

2+1 FREE
on ANY Tru Hydration Milk Shake Enhancer 45ml



Tru Hydration Milk Shake Enhancer 45ml / Assorted

39⁹⁵ each

1 FOR 29⁹⁵
2 FOR 50⁰⁰
SAVE 9⁹⁵



Delta Coco Sweetened Coconut Milk 300g



Blue Diamond Almond Breeze Barista Blend 1 litre

WAS 45⁹⁵
NOW 39⁹⁵



Clover Good Hope Soy Milk Alternative 1 litre

WAS 21⁹⁵
NOW 19⁹⁵



Tantalize Liquid Sweetener 150ml

WAS 49⁹⁵
NOW 44⁹⁵ each



**LIFESTYLE
FOOD**

NATURE'S DIFFERENCE

Dis-Chem Lifestyle Food is filled with products that are versatile, healthy and so affordable.

Lifestyle Food Almond Flour
300g

WAS 99⁹⁵
NOW 94⁹⁵

Lifestyle Food Coconut Flour
500g

WAS 43⁹⁵
NOW 38⁹⁵

Health Connection Wholefoods Yeast Flakes
200g

WAS 105⁹⁵
NOW 99⁹⁵

Lifestyle Food Turmeric OR Cayenne Unfiltered Apple Cider Vinegar
500ml

WAS 44⁹⁵
NOW 39⁹⁵ each

Bragg Organic Apple Cider Vinegar
473ml

WAS 129⁹⁵
NOW 119⁹⁵

Health Connection Wholefoods Gluten-Free Flour Mix
500g

WAS 43⁹⁵
NOW 38⁹⁵

Lifestyle Food Himalayan Crystal Salt
1kg

WAS 44⁹⁵
NOW 39⁹⁵

Activated Charcoal.

Use for baking because it helps your baked goods last longer than usual. It gives food an earthy, smoky taste and the black colouring gives the food a fashionable appearance.



Lifestyle Food Activated Charcoal
400g

WAS 99⁹⁵
NOW 85⁹⁵

Lifestyle Food Odourless Coconut Oil
400ml

1 FOR 29⁹⁵
2 FOR 54⁹⁵
SAVE 4⁹⁵

Coconut Oil. Healthy fatty acids, may boost heart health and even help with weight loss.

Health Connection Wholefoods Potato Flour
500g

WAS 40⁹⁵
NOW 34⁹⁵

Lifestyle Food Organic Cold Pressed Virgin Coconut Oil
1 litre

WAS 129⁹⁵
NOW 119⁹⁵

Lifestyle Food Coconut Cream OR Milk
400ml

WAS 25⁹⁵
NOW 19⁹⁵ each

Baking Essentials

**Dis-Chem
PHARMACIES**

Sport Supplements

PRIMAL
SPORTS NUTRITION
Energy AMINO
NO SUGAR ADDED • BCAA
Mango Tropicana

Amino Energy
390g / Assorted
WAS 199⁹⁵
169⁹⁵

PRIMAL
SPORTS NUTRITION
CLA
Cappuccino Lemonade

BANDED PACK
CLA
3 x 90 softgel capsules
WAS 319⁹⁵
249⁹⁵

PRIMAL
SPORTS NUTRITION
Diet SHAKE
ALL-IN-ONE MEAL REPLACEMENT
Lemon Orange

Diet Shake
900g / Assorted
WAS 189⁹⁵
159⁹⁵

PRIMAL
SPORTS NUTRITION
Skinny WHEY
LOW CARB • HIGH PROTEIN
Berry Smoothie

Skinny Whey
900g / Assorted
WAS 259⁹⁵
219⁹⁵

BIOGEN
Lean AMINOS
CLEANING ADD BLEND
with 100mg CAFFEINE

Lean Aminos
300g / Assorted
WAS 289⁹⁵
249⁹⁵

BIOGEN
THERMOCUT SLIM STICKS
WITH CHERRY BOMB FLAVOUR

Thermocut Slim Sticks
20 sachets Assorted
WAS 179⁹⁵
149⁹⁵

BIOGEN
Lean WHEY
with 5g COLLAGEN

Lean Whey Protein
1kg / Assorted
WAS 349⁹⁵
309⁹⁵

BIOGEN
PRE-BURN Pulse
THERMOGENIC PRE-WORKOUT
high in caffeine

Pre-Burn Pulse
180g / Assorted
WAS 199⁹⁵
159⁹⁵

USN
FAST GROW ANABOL
ALL-IN-ONE ULTRA LEAN GAINER

LEAN MUSCLE GAINER
Fast Grow All-in-One Anabolic
4kg / Assorted
WAS 509⁹⁵
469⁹⁵

USN
PHEORACUT
BLACK
THERMOGENIC FAT SHREDDER

Lipo X Black
80 capsules
WAS 499⁹⁵
449⁹⁵

USN
BCAA AMINO GRO
PRE-WORKOUT AMINO ACIDS • STAMINA • ENERGY

INTRA WORKOUT
BCAA Amino Gro
200g / Assorted
WAS 219⁹⁵
189⁹⁵

USN
TESTO 17 GOLD
SUPERIOR TESTO BOOSTER

Testo Methox 17 Gold
80 capsules
WAS 569⁹⁵
499⁹⁵

NPL
ProLifeStyle Series
DIET PRO
All in One

Diet Pro
1.8kg / Assorted
WAS 489⁹⁵
399⁹⁵

NPL
THERMO CUTS
All in One

Thermo Cuts
120 capsules
WAS 299⁹⁵
249⁹⁵

NPL
NIGHT TIME BURN
All in One

Night Time Burn
90 capsules
WAS 249⁹⁵
199⁹⁵

NPL
AMINO BURN
All in One

Amino Burn
200g Assorted
WAS 269⁹⁵
219⁹⁵

planetfitness
Members

EARN AN ADDITIONAL 10% BACK IN Dis-Chem BENEFIT POINTS WHEN PURCHASING ANY OF THESE PARTICIPATING BRANDS

Ts & Cs apply. Details on dischem.co.za
Exclusive to Dis-Chem Benefit Card members

#1 Best Seller
For Fully Disclosed
Ingredients & Formulas
No Proprietary Blend Policy

NPL Hyper Pump
500g / Assorted
WAS 489⁹⁵
399⁹⁵

NPL Thermo Cuts Black
80 capsules
WAS 599⁹⁵
499⁹⁵

NPL Pro Test
150 capsules
WAS 569⁹⁵
469⁹⁵

USN
FAST & EFFECTIVE
WEIGHT LOSS

**BURN MORE
FAT FASTER**
Phedracut
Lipo X
Gold
80 capsules
WAS 399⁹⁵
349⁹⁵

**THERMOGENIC
FAT SHREDDER**
L-Carnicut
Liquid
465ml
Assorted
WAS 259⁹⁵
229⁹⁵

**HIGH PROTEIN & LOW GI
SHAKE**
Diet Fuel
900g
Assorted
WAS 289⁹⁵
239⁹⁵

BIOGEN

KETO SERIES

Keto Alkaline BHB
200g / Assorted
WAS 369⁹⁵
329⁹⁵

Keto Burn
60 capsules
WAS 339⁹⁵
299⁹⁵

**Keto Meal Shake
with Collagen**
560g / Assorted
WAS 349⁹⁵
299⁹⁵

ON
OPTIMUM NUTRITION

**Gold Standard
Pre-Workout**
330g / Assorted
WAS 599⁹⁵
499⁹⁵

**Gold Standard
100% Whey**
908g / Assorted
WAS 799⁹⁵
699⁹⁵

Opti-Men
90 tablets
WAS 499⁹⁵
429⁹⁵

WARRIOR
UNLEASH THE BEAST

**Rage
Pre-Workout**
392g / Assorted
WAS 399⁹⁵
329⁹⁵

Whey Protein
1kg / Assorted
WAS 334⁹⁵
249⁹⁵

Lean Mass Gainer
5kg
WAS 649⁹⁵
549⁹⁵

PHARMAFREAK **SAVE BIG**

Test Freak 2.0
180 capsules
WAS 749⁹⁵
599⁹⁵

**Super Freak Hybrid
Pre-Workout Powder**
200g / Assorted
WAS 354⁹⁵
299⁹⁵

**Ripped Freak Hybrid
Fat Burner**
30 capsules **PLUS FREE**
10 capsules
379⁹⁵

Slimming & Weight Management

Tony Ferguson

10% OFF
Tony Ferguson 3-Day
Detox 9 effervescent
tablets

10% OFF
Tony Ferguson
Munch Bars
55g

2+1 FREE
on Tony Ferguson
Diet Jelly
19g

**3-Day
Detox**
9 effervescent
tablets
WAS 79⁹⁵
71⁹⁵

Munch Bar
55g / Assorted
WAS 29⁹⁵
26⁹⁵

Diet Jelly
19g
Assorted**
14⁹⁵

*Advertised prices already reflect discount **Offer excludes Litchi variant

CONTACT US FOR HELP: 080-SLIMMER / 080-7546637 | www.tonyferguson.co.za
f Tony Ferguson Weightloss South Africa | tTFWeightlossSA | tonyfergusonrns

CONSULT YOUR DOCTOR OR HEALTHCARE PROFESSIONAL BEFORE EMBARKING ON ANY WEIGHT LOSS PROGRAM

herbex

Ultraslim
100 tablets
WAS 269⁹⁵
229⁹⁵

Attack The Fat
300ml
WAS 159⁹⁵
139⁹⁵

Attack The Fat
40 tablets
WAS 149⁹⁵
129⁹⁵

**Attack The Fat
Mix 'n Drink**
400ml / Assorted
WAS 159⁹⁵
129⁹⁵

FLIP CATALOGUE OVER FOR FROZEN II SPECIALS

Dis-Chem PHARMACIES

Disney FROZEN II

Valid from 15 January to 7 February 2021



COLLECT ALL 54 PLAYING CARDZ
EXCLUSIVE TO DIS-CHEM

**SPEND 150⁰⁰* AND RECEIVE A
FREE PACK WITH 4 MAGICAL
PLAYING CARDZ**

**RECEIVE AN EXTRA MAGICAL PLAYING CARDZ PACK
WHEN YOU BUY ANY PARTICIPATING OFFER AS INDICATED**

*Excluding dispensary purchases, gift card and return redemptions, infant feeding & feeding accessories.
T & C apply, details on dischem.co.za. While stocks last.

**STORE YOUR MAGICAL
PLAYING CARDZ**

**GET THE COLLECTIBLE ALBUM
FOR ALL 54 CARDZ**

54⁹⁵



**Complete your Frozen II Magical Playing Cardz
Collection with the Frozen II Album.**

NIVEA

Body Lotion
625ml pump
Assorted

**WAS 78⁰⁰
NOW 54⁹⁵**



Purchase ANY TWO of these NIVEA products* and receive an EXTRA PACK OF MAGICAL PLAYING CARDZ

100ml FREE

**Repair & Care
Body Lotion
400ml pump
OR Cream
400ml**

**WAS 69⁰⁰
NOW 54⁹⁵**

*Offer only applicable on the above NIVEA body care products

LISTERINE

Smart Rinse
Kids Mouthwash
500ml / Assorted

**WAS 62⁰⁰
NOW 54⁹⁵**



Purchase ANY of these Listerine OR E45 products and receive an EXTRA PACK OF MAGICAL PLAYING CARDZ

E45

Lotion OR
Cream
500ml pump
OR jar

**WAS 219⁰⁰
NOW 159⁹⁵**



Double Action
Liquid Sachets
12 x 10ml

**WAS 99⁰⁰
NOW 79⁹⁵**



Double Action
Liquid 300ml

**WAS 168⁰⁰
NOW 134⁹⁵**

*Offer only applicable on the above Gaviscon products



Knee & Elbow
Fabric Plasters
10-pack

35⁹⁵

Purchase ANY TWO Elastoplast products and receive an EXTRA PACK OF MAGICAL PLAYING CARDZ



Disney
Frozen
Plasters
20-pack

27⁹⁵



Disney FROZEN II

GOLDEN PLAYING CARDZ

Find **1 of 200 Golden Cardz!** and you could win a Dancing Olaf Plush Toy, a Frozen II DVD and get entered into a grand prize draw to Win 1 of 6 Luxury Safari Weekends away courtesy of Legacy Hotels & Resorts*

*Ts & Cs apply, details on dischem.co.za.



LEGACY LIFESTYLE





SENSODYNE

Toothpaste
75ml

- Rapid Relief
- Complete Protection
- Repair & Protect
- Repair & Protect Whitening
- Sensitivity & Gum

WAS 59⁹⁵
37⁹⁵ each



SENSODYNE

Toothbrush

- Complete Protection
- Repair & Protect
- Rapid Relief
- Sensitivity & Gum

WAS 62⁹⁵
39⁹⁵ each



SENSODYNE

Mouthwash
500ml

- Cool Mint
- Extra Fresh

WAS 62⁹⁵
44⁹⁵ each

*Offer only applicable on the above Sensodyne products



Zinplex Junior Syrup
200ml Assorted

59⁹⁵



Colgate Optic White Toothpaste
75ml / Assorted

1 FOR 49⁹⁵
3 FOR 99⁰⁰
SAVE 50⁰⁰



Revlon Mascaras Assorted

40% OFF
ALL Revlon Mascaras

FROM 89⁹⁵ each

*Offer excludes Colgate Value Packs. **Offer only applicable on the above Colgate Optic White products. *Advertised price already reflects discount



Vaseline Body Cream OR Lotion
400ml Assorted*

44⁹⁵ each



Vaseline Petroleum Jelly
250ml / Assorted

29⁹⁵ each



Vaseline Men Face Wash
100ml / Assorted

64⁹⁵ each



Vaseline Lip Therapy
20g Assorted

25⁹⁵ each

*Offer excludes Vaseline Clinical Care AND Firming Ranges. *Offer only applicable on Vaseline Body Lotion OR Cream, Petroleum Jelly, Men Face Wash AND Lip Therapy



OMO Auto Washing Liquid
1.5 litres Assorted

1 FOR 65⁹⁵
2 FOR 95⁰⁰
SAVE 36⁹⁵



Millex Antarctic Air Cooler

- 10W USB
- Cools, humidifies & purifies for better air
- Easy-fill water tank
- 500ml water tank
- Compact and powerful
- Adjustable air vents
- Ultra-quiet operation
- Plugs into wall outlet or USB port
- 3 adjustable fan speeds

WAS 399⁹⁵
299⁹⁵

SPEND 150⁰⁰ AND RECEIVE A FREE PACK WITH 4 MAGICAL PLAYING CARDZ
RECEIVE AN EXTRA MAGICAL PLAYING CARDZ PACK WHEN YOU BUY ANY PARTICIPATING OFFER AS INDICATED

©Disney *Excluding dispensary purchases, gift card and return redemptions, infant feeding & feeding accessories. Ts & Cs apply, details on dischem.co.za. While stocks last.

Promotional offers valid from 15 January to 7 February 2021, while stocks last - may not be available in all stores.

STORE YOUR MAGICAL CARDZ

54⁹⁵

Complete your Frozen II Magical Playing Cardz Collection with the Frozen II Album.

GET THE COLLECTIBLE ALBUM FOR ALL 54 CARDZ

© Disney



2+1 CHEAPEST FREE
on ANY Doctor Daycare products

EXTRA PACK OF MAGICAL PLAYING CARDZ

Doctor Daycare Syrup
100ml OR 200ml Assorted

FROM 99⁹⁵

1 FOR 89⁹⁵
2 FOR 149⁹⁵
SAVE 29⁹⁵

Linctagon-C Junior
12 effervescent tablets Assorted

EXTRA PACK OF MAGICAL PLAYING CARDZ

Linctagon-C Viral Defence Junior Syrup
150ml

WAS 89⁹⁵
69⁹⁵

EXTRA PACK OF MAGICAL PLAYING CARDZ

Citro-Soda Granules
120g

WAS 89⁹⁵
69⁹⁵

3 Purchase ANY THREE of these Aquafresh Kids products* and receive an EXTRA PACK OF MAGICAL PLAYING CARDZ

Kids Milk OR Little OR Big Teeth Toothbrushes

25⁹⁵

Advance Kids Toothbrush
9-13 years

25⁹⁵

2+1 CHEAPEST FREE
on ANY Aquafresh Kids products

Milk OR Little OR Big Teeth Toothpaste
50ml

15⁹⁵

3 Purchase ANY Oral-B Kids Powerbrush* and receive an EXTRA PACK OF MAGICAL PLAYING CARDZ

Advance Kids Toothpaste
9-13 years 75ml

24⁹⁵

SAVE 240⁰⁰

3 Purchase ANY THREE Oral-B Kids Toothpaste* and receive an EXTRA PACK OF MAGICAL PLAYING CARDZ

Kids Toothpaste
75ml / Assorted

22⁹⁵

2+1 CHEAPEST FREE
on ANY Oral-B Kids Toothpaste

D100/D12 Kids Character Stages Powerbrush
Assorted

WAS 589⁹⁵
349⁹⁵

*Offer only applicable on the above Aquafresh Kids products

*Offer only applicable on the above Oral-B Kids products

EXTRA PACK OF MAGICAL PLAYING CARDZ

Reflections Shampoo OR Conditioner
250ml Assorted

WAS 109⁹⁵
99⁹⁵

EXTRA PACK OF MAGICAL PLAYING CARDZ

Reflections Masks
250ml Assorted

WAS 89⁹⁵
74⁹⁵

30%* OFF
All Schwarzkopf SuperSoft Kids Shampoo for Boys OR Girls 250ml

Schwarzkopf SuperSoft Kids Shampoo for Boys OR Girls
250ml / Assorted

WAS 34⁹⁵
24⁴⁷

EXTRA PACK OF MAGICAL PLAYING CARDZ

Satiskin Body Wash
1 litre Pump Assorted

1 FOR 75⁹⁵
2 FOR 100⁰⁰
SAVE 51⁹⁵

*Advertised price already reflects discount

SAVE 15⁰⁰

3 Purchase ANY TWO of these Mitchum products* and receive an EXTRA PACK OF MAGICAL PLAYING CARDZ

Mitchum Solid 76g OR Gel for Men OR Women 63g / Assorted

WAS 59⁹⁵
44⁹⁵

EXTRA PACK OF MAGICAL PLAYING CARDZ

Rehidrat
6 sachets / Assorted

WAS 75⁹⁵
59⁹⁵

3 Purchase ANY TWO of these Mr Muscle products* and receive an EXTRA PACK OF MAGICAL PLAYING CARDZ

Mr Muscle Bathroom OR Kitchen Cleaner Trigger Spray
500ml

WAS 42⁹⁵
35⁹⁵

Mr Muscle 5 in 1 Tile Cleaner
750ml Assorted

WAS 36⁹⁵
29⁹⁵

*Offer only applicable on the above Mitchum products

*Offer only applicable on the above Mr Muscle products

GET THE FROZEN II APP

Digitally store your cards by scanning them using the **Dis-Chem FROZEN II Playing Cardz App**. Scanning collectible cards stores them digitally & reveals cool augmented reality effects. The exciting **PIG** game is available instantly. **PIG** is a fun and interactive game for 5-10 players. Bonus tutorials will be released regularly.

©Disney



Energizer



Max AA OR AAA Batteries 12-pack
WAS 119⁹⁵
99⁹⁵



Max Plus AA OR AAA Batteries 10-pack
WAS 139⁹⁵
114⁹⁵



Max AA OR AAA Batteries 16-pack
WAS 174⁹⁵
119⁹⁵



Masha & The Bear Headlight 80 Lumens
WAS 114⁹⁵
99⁹⁵



Masha & The Bear Handheld Kids Torch Lasts up to 87 hours
WAS 129⁹⁵
99⁹⁵

*Offer only applicable on the above Energizer products



Equazen Eye Q 180 capsules
WAS 529⁹⁵
449⁹⁵



Flordis KeenMind 60 capsules
WAS 269⁹⁵
244⁹⁵



Brain Child Vitamin C 60 chew tablets
WAS 69⁹⁵
59⁹⁵



Brain Child Multivitamin 60 chew tablets
WAS 106⁹⁵
74⁹⁵



Cerelac Baby Cereal Stages 1-3 (Just add Water) 500g / Assorted
WAS 62⁹⁵
56⁹⁵

Nestle



Nido 3+ Powdered Drink 1.8kg
WAS 249⁹⁵
218⁹⁵



Collagen Nutritional Shake Value Pack 28 x 55g sachets PLUS FREE Shaker
549⁹⁵



High Protein Smart Food 750g / Assorted
WAS 64⁹⁵
59⁹⁵



Protein Crunch Bar 4x40g / Assorted
WAS 35⁹⁵
29⁹⁵

SPEND 150⁰⁰* AND RECEIVE A FREE PACK WITH 4 MAGICAL PLAYING CARDZ

RECEIVE AN EXTRA MAGICAL PLAYING CARDZ PACK WHEN YOU BUY ANY PARTICIPATING OFFER AS INDICATED

©Disney

*Excluding disposatory purchases, gift card and return redemptions, infant feeding & feeding accessories. T & C apply. details on dischem.co.za. While stocks last.

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SPEND R150* AND RECEIVE A FREE PACK WITH 4 MAGICAL PLAYING CARDZ

Digitally store your cards by scanning them using the Dis-Chem FROZEN II Playing Cardz App.
Scanning collectible cards stores them digitally, reveals cool augmented reality effects and unlocks game tutorials.
©Disney *Excluding discretionary purchases, gift card and return redemptions, infant feeding & feeding necessities. T & C apply, details on dischem.co.za. While stocks last.



Dis-Chem brands **fewer RANDS**



COLLECT ALL 54 PLAYING CARDZ
EXCLUSIVE TO DIS-CHEM



EXTRA PACK
OF
MAGICAL
PLAYING
CARDZ

Dentalmate
Kids
Toothbrush
PLUS
Fozzi's
Mouthwash
500ml / Assorted

Dentalmate
Mouthwash
1.5 litres
Assorted
WAS 69⁹⁵
64⁹⁵



BUY BOTH
FOR ONLY
60⁰⁰
SAVE 18⁹⁵

EXTRA PACK
OF
MAGICAL
PLAYING
CARDZ

Fozzi's
Foaming
Handwash
Fresh
250ml / Assorted

26⁹⁵

Purchase
ANY TWO
Fozzi's Foaming
Handwashes
and receive
an EXTRA
PACK OF
MAGICAL
PLAYING
CARDZ



EXTRA PACK
OF
MAGICAL
PLAYING
CARDZ

Baby
Things
Wipes
6 x 80 wipes

109⁹⁵
per pack



**2+1
FREE**
on ANY Skin eFX
Hand & Nail Cream
75ml



Skin eFX
Hand & Nail
Cream
75ml / Assorted
14⁹⁵
each

Home Butler
Sky Baby
Auto
Washing
Powder
2kg

54⁹⁵
Benefit Price
49⁹⁵*



INSTANT
DISCOUNT
500*
OFF
WITH YOUR
Dis-Chem
BENEFIT
CARD

Purchase
Home Butler
Sky Baby Auto
Washing Powder
2kg and receive
an EXTRA
PACK OF
MAGICAL
PLAYING
CARDZ



Safeguard
Hand Sanitiser
350ml / Assorted

35⁹⁵

EXTRA PACK
OF
MAGICAL
PLAYING
CARDZ

EXTRA PACK
OF
MAGICAL
PLAYING
CARDZ



Medic
Disinfectant
Wipes
40 Wipes

44⁹⁵
per pack

*5% instant discount to be deducted when
using your Dis-Chem Benefit Card.

25 years of

Dermactin-TS
INTENSIVE
SKIN CARE

Purchase
ANY
Dermactin-TS
products and
receive an
EXTRA PACK
OF
MAGICAL
PLAYING
CARDZ

25%*
OFF
ALL Dermactin-TS
face care
products



Vitamin C
Daily Facial
Cleanser
168ml
WAS 129⁹⁵
97⁴⁶



Equatone
Day OR Night
Time Facial
Cream
42.5g
WAS 169⁹⁵
127⁴⁶
each



Collagen
Anti-Wrinkle
Skin Serum
30ml
WAS 299⁹⁵
224⁹⁶



Collagen
Filler Eye
Revive
15ml
WAS 249⁹⁵
187⁴⁶

*Advertised prices already reflect discount

STORE YOUR MAGICAL PLAYING CARDZ

Complete your Frozen II Magical Playing Cardz
Collection with the Frozen II Album.



54⁹⁵
GET THE COLLECTIBLE ALBUM
FOR ALL 54 CARDZ



Back to School

ARE YOU READY?

HYGIENE ESSENTIALS

Your Trusted Partner
this Back to School

Dettol

Antiseptic
Liquid
750ml

WAS 80⁰⁰
NOW 59⁹⁵

1+1
FREE
on Dettol Hand
Sanitizer
200ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Dettol

200 ml

Wipes
10 Wipes

WAS 19⁰⁰
NOW 14⁹⁵

Hygiene
Soap
175g

WAS 12⁰⁰
NOW 9⁹⁵

Hand Wash
200ml

WAS 39⁰⁰
NOW 27⁹⁵

Hand
Sanitizer
200ml

WAS 89⁹⁵
NOW 89⁹⁵

Discovery Vitality members get up to 50% back on the above
HealthyCare items. Look for the Vitality HealthyCare indicator in store
for more. Discovery Vitality (Pty) Ltd. Auth FSP. Limits. Ts&Cs apply.

1 FOR 44⁹⁵
2 FOR 60⁰⁰
SAVE 29⁹⁵



Nature's
Nourishment
Hand
Sanitizer
100ml / Assorted

WAS 29⁹⁵
NOW 24⁹⁵

Et-Active
Sanitizer Spray
250ml



B.O.N
Eucalyptus
Anti-Bacterial
Spray
150g

WAS 129⁹⁵
NOW 109⁹⁵

Adco
Hygiene Hand
Disinfectant
500ml

WAS 95⁰⁰
NOW 69⁹⁵



20%
OFF



Treet-it Tea Tree
Oil Complete
Anti-Lice Kit
3 x 200ml

WAS 149⁹⁵
NOW 119⁹⁵

*Advertised price
already reflects discount



Controllice
Value Pack
Contains:
60ml Spray
PLUS 1 Comb
PLUS Shampoo 125ml

WAS 159⁹⁵
NOW 149⁹⁵



Omni Protect
70% Alcohol
Sanitizing Spray
120ml PLUS FREE
Disposable Masks
6-pack

149⁹⁵ each

FREE
MASKS



5-ply Fabric
Face Mask
293838
3-pack
Assorted

49⁹⁵ per pack



Kids
Masks
Assorted

17⁹⁵



Multifunction
Unisex
Fabric Mask
295871
Assorted colours

39⁹⁵

Digital
Oral
Thermometer
288577

49⁹⁵



Digital
Contactless
Infrared
Thermometer
290928

WAS 699⁹⁵
NOW 599⁹⁵



Medic
Waterproof
Kids Plasters
30-pieces

29⁹⁵



Hand
Sanitizer
100ml

34⁹⁵ each

Hygiene
Bodywash
400ml
Assorted

34⁹⁵ each

Handwash
200ml

29⁹⁵ each

Hygiene Soap
175g / Assorted

12⁵⁰ each



Dis-Chem
PHARMACIES



School-Days

Now Supporting Your School

As a School-Days® member when you shop at Dis-Chem you earn
loyalty points and support your school at the same time.

Join School-Days Today!

www.schooldays.co.za





CHILDREN'S HEALTH

Crèche Guard
Immune Multivit
Syrup
200ml

WAS 164⁹⁵
NOW **131⁹⁶**

Crèche Guard
Baby Immune
Multivit Syrup
100ml

WAS 90⁹⁵
NOW **72⁷⁶**

Crèche Guard
Multivit One a Day
30 Gummies

WAS 150⁹⁵
NOW **125⁵⁶**



20% OFF
Crèche Guard™, StaminoGro Kids, Ferrous Forte Kids, 100 Flugon Kids products

Stand a chance to
WIN#

Your share
of R50 000⁰⁰
towards 2021
school fees

To enter: Simply SMS the
word SCHOOL and your
full name to 41076*

*Competition managed by Inova.
Excludes Botswana & Namibia.
Visit www.crecheguard.co.za
for Ts and Cs.

StaminoGro Kids
10 effervescent tablets
Assorted

WAS 87⁹⁵
NOW **70³⁶**

Flugon Fizzy Kids
12 effervescent tablets

WAS 99⁹⁵
NOW **79⁹⁶**

Ferrous Forte Kids
10 effervescent tablets

WAS 98⁹⁵
NOW **79¹⁶**

inova
pharmaceuticals

*Advertised prices already reflect discount. **Offer only available on selected Crèche Guard products.



Pharmaton
Kiddi Syrup
100ml

WAS 99⁹⁵
NOW **79⁹⁵**

ViralChoice
Junior Syrup
200ml

WAS 108⁹⁵
NOW **89⁹⁵**



Viral Guard
Junior Syrup
200ml

WAS 134⁹⁵
NOW **114⁹⁵**

Viral Guard
Junior Fizz
60 chewables

WAS 132⁹⁵
NOW **119⁹⁵**



Biogen Junior
Probiotic Drops
5ml

WAS 129⁹⁵
NOW **99⁹⁵**



A.Vogel Echinaforce
Junior
120 chewable
tablets

WAS 199⁹⁵
NOW **164⁹⁵**



Tibb Xcel
Kids Syrup
100ml

WAS 172⁹⁵
NOW **138³⁶**



JungleVites
Daily Multi-V
and Minerals
60 chewy
tablets

WAS 105⁹⁵
NOW **84⁷⁶**



Himalaya
Mentat Syrup
200ml

WAS 149⁹⁵
NOW **149⁹⁵**

20% OFF
JungleVites Daily Multi-V
and Minerals 60
chewy tablets

WAS 105⁹⁵
NOW **84⁷⁶**

**2+1
CHEAPEST
FREE**
on ANY
Himalaya Vitamins
products



Nestlé
Nespray
FortiGrow
School-Age
Powdered Milk
1.8kg

WAS 249⁹⁵
NOW **204⁹⁵**



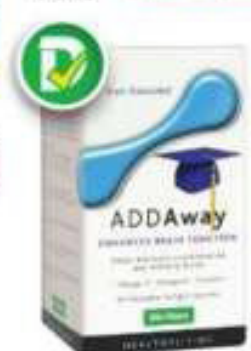
Reuterina
Junior
30 chew tablets

WAS 174⁹⁵
NOW **159⁹⁵**



Bio-Strath
Syrup
200ml

WAS 179⁹⁵
NOW **159⁹⁵**



ADDaway
90 Softgel
Capsules

WAS 243⁹⁵
NOW **219⁹⁵**

WELLNESS CLINIC



Important Immunisation reminder for parents

Your **Dis-Chem** Wellness Clinic provides learners starting school with crucial immunisations and boosters that protect your children against infections and diseases.

6 years old	9 years old	12 years old
Td Vaccine (Tetanus and Diphtheria) MMR (Measles, Mumps and Rubella)	HPV Vaccine	Td Vaccine (Tetanus and Diphtheria) MMR (Measles, Mumps and Rubella)

Why de-worming is important for children



Increases resistance to
other infections
by boosting immunity



Reduces overall spread
of worm infestations in
the community



Improves concentration,
capacity to learn and
attendance at school



Decreases anaemia
and improves
nutrition uptake



Get your child dewormed today!

For more information about deworming, visit
your nearest **Dis-Chem** Wellness Clinic
or call our clinic careline on 086 111 7427

Download the **Dis-Chem** Mobile App for on-the-spot
script orders and loads more convenient features



Dis-Chem
PHARMACIES



SNACKS & DRINKS

1 FOR 9⁹⁵
3 FOR 26⁹⁵
SAVE 2⁹⁵

Character 100% Fruit Juice
250ml / Assorted

1 FOR 9⁹⁵
3 FOR 24⁰⁰
SAVE 5⁹⁵

Ceres 100% Fruit Juice Blend
250ml / Assorted

1 FOR 12⁹⁵
3 FOR 28⁰⁰
SAVE 10⁹⁵

Liqui Fruit 100% Fruit Juice Blend
250ml Assorted

1 FOR 9⁹⁵
2 FOR 15⁰⁰
SAVE 4⁹⁵

Mister Sweet Rascals
50g / Assorted

Kinder Chocolate
8 x 100g bars
WAS 28⁹⁵
26⁹⁵

Kinder Bueno
44g
WAS 13⁹⁵
12⁹⁵

Kinder Joy for Boys or Girls
36g
WAS 15⁹⁵
14⁹⁵

FutureLife High Energy Bar
4x40g / Assorted
36⁹⁵

3+1 FREE
on ANY Earth & Co S.O.S Fruit snacks 20g

Earth & Co S.O.S Fruit Snack
100% Fruit
20g / Assorted
12⁹⁵ each

4+1 CHEAPEST FREE
on FutureLife Energize Drinking Meal 60g OR High Protein Shake 60g

FutureLife Energize Drinking Meal
60g
8⁹⁵ each

25% OFF
ALL Foody's products

FutureLife High Protein Shake
60g
12⁹⁵ each

Rush Monkey OR Grizzly Bars
25g / Assorted
WAS 13⁹⁵
9⁹⁵ each

Bokomo Otees Cereal Bar
25g / Assorted
9⁹⁵

*Discount to be deducted at tills

Softi 2-Ply Facial Tissues
4 x 200 tissues
64⁹⁵ per pack

SCHOOL ESSENTIALS

Baby Soft 2-Ply Toilet Rolls Value Pack
12-pack
62⁹⁵ per pack

Kiwi Quality Shoe Polish Paste
100ml
WAS 27⁹⁵
24⁹⁵ each

FREE

Kiwi Shine & Protect Instant Polish 30ml
valued at 18⁹⁵ when you purchase ANY TWO Kiwi Quality Shoe Polish paste 100ml products

Living Lunch Bag Floral
99⁹⁵ each

Living Lunch Bag Plane
69⁹⁵ each

LUNCH BOXES & BACKPACKS

Living Lunch Set 2-piece / Assorted
84⁹⁵ per set

Laptop Backpack Grey/Black
349⁹⁵

Gear Laptop Backpack Navy
199⁹⁵

Plush Backpack Assorted
139⁹⁵ each

SPEND 150⁰⁰* AND RECEIVE A FREE PACK WITH 4 MAGICAL PLAYING CARDZ
RECEIVE AN EXTRA MAGICAL PLAYING CARDZ PACK WHEN YOU BUY ANY PARTICIPATING OFFER AS INDICATED

©Disney

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Sun Care

NIVEA
SUN

30%
OFF
ALL NIVEA
sun care
products



Protect &
Moisture Sun
Spray SPF30
200ml

WAS 149⁹⁵
NOW 104⁹⁷

Protect &
Bronze Oil
Spray SPF30
200ml

WAS 174⁹⁵
NOW 122⁴⁷

Kids Protect
& Care Trigger
Spray SPF50+
300ml

WAS 199⁹⁵
NOW 139⁹⁷

UV Face
Anti-Age &
Anti-Pigments
Crème SPF50
50ml

WAS 129⁹⁵
NOW 90⁹⁷

Discovery Vitality members get up to 50% back on the above HealthyCare items, look for the Vitality HealthyCare Indicator in store for more. Discovery Vitality (Pty) Ltd, Auth FSP, Limits, Ts&Cs apply.

2+1
CHEAPEST
FREE
on ANY Island
Tribe
sun care
products



Kids Invisible
Continuous
Spray SPF50
320ml

181⁹⁵
each

Invisible
Continuous
Spray SPF50
125ml

155⁹⁵
each

Anti-Ageing
Face Cream
SPF50
50ml

104⁹⁵
each

Tame the Sun
After Sun Gel
with Aloe Vera
125ml

72⁹⁵
each

Lip Balm
4.8g

19⁹⁵
each

Discovery Vitality members get up to 50% back on the above HealthyCare items, look for the Vitality HealthyCare Indicator in store for more. Discovery Vitality (Pty) Ltd, Auth FSP, Limits, Ts&Cs apply.



Dis-Chem brands

fewer RANDS

Sun
Lab



Express Multi
Protection
Sun Spray
SPF50
Value Pack
2 x 150ml

159⁹⁵
per pack



Express Multi
Protection
Family Size
Spray SPF50
500ml

199⁹⁵



Kids Multi
Protection
Sun Lotion
SPF50
150ml

99⁹⁵



Multi Protection
Water & Sun
Trigger SPF50
250ml

124⁹⁵



Family and Water Kit
Value Pack
Contains:
Family Water & Sun Lotion
Spray SPF50 125ml
PLUS Sport Sun Spray
SPF50 100ml PLUS
After Sun Cooling
Cream 100ml

159⁹⁵
per pack



After Sun
Tan Maximiser
150ml

89⁹⁵



Multi Protection
Wet & Dry Sun
Cream SPF50
200ml

109⁹⁵

Discovery Vitality members get up to 50% back on the above HealthyCare items, look for the Vitality HealthyCare Indicator in store for more. Discovery Vitality (Pty) Ltd, Auth FSP, Limits, Ts&Cs apply.



Xeroderm
Sunscreen
SPF30
100ml

WAS 129⁹⁵
NOW 109⁹⁵



Tropitone Move It
Sunscreen Invisi
Spray SPF50
150ml

WAS 129⁹⁵
NOW 99⁹⁵



Techniblock
Wet & Dry PLUS
Active Performance
Protection Spray
SPF50 Value Pack
150ml

WAS 199⁹⁵
NOW 169⁹⁵



Luv that Sun
Carrot Oil
Deep Tan
Enhancer SPF10
200ml

79⁹⁵



Eversun
Kids Trigger
Spray
300ml

WAS 167⁹⁵
NOW 127⁹⁵



Skinny Tan
Protect & Glow
Spray SPF30
OR SPF50
200ml

WAS 449⁹⁵
NOW 349⁹⁵



MAYBELLINE
NEW YORK

25% OFF
Maybelline FITme! products**

20% OFF
ALL Maybelline Mascaras

FITme! Concealer
6.8ml Assorted

Matte & Poreless Foundation
30ml

Matte & Poreless Powder
14g Assorted

Falsies Lash Lift Mascara
WAS 129⁹⁵ **103⁹⁵**

The Colossal Mascara
WAS 92⁹⁵ **74³⁶**

Lash Sensational Mascara
WAS 150⁹⁵ **127¹⁸**

*Advertised price already reflects discount
**Offer excludes Maybelline FITme! 15ml Foundation

L'ORÉAL
PARIS

20% OFF
ALL L'Oréal eye products

Le Skinny Brow Artist
WAS 121⁹⁵ **97⁹⁵**

Lash Paradise Mascara
WAS 189⁹⁵ **148⁰⁰**

Le Liner Signature Eye Liner
WAS 122⁹⁵ **100³⁶**

Unbelieva Brow Gel
WAS 190⁹⁵ **157⁵⁶**

*Advertised prices already reflect discount

REVLON
LIVE BOLDLY

1 FOR 112⁹⁵
2 FOR 185⁰⁰
SAVE 49⁹⁵

Super Lustrous Lipgloss
Assorted colours

Super Lustrous Lipstick
Assorted colours

Holographic OR Classic Nail Enamel
Assorted colours

1 FOR 124⁹⁵
2 FOR 200⁰⁰
SAVE 49⁹⁵

ColorStay Gel Envy Nail Polish
Assorted colours

Dis-Chem brands fewer RANDS

ALMAY

1 FOR 149⁹⁵
2 FOR 220⁰⁰
SAVE 79⁹⁵

Almay Lip Vibes Matte Lipstick
Assorted colours

RIMMEL
LONDON

25% OFF
ALL Rimmel lip products

Oh My Gloss! Lip Gloss
Assorted colours
WAS 92⁹⁵ **69⁷¹**

Lasting Finish Lip Liner
Assorted colours
WAS 122⁹⁵ **92²¹**

Stay Matte Liquid Lip Colour
Assorted colours
WAS 121⁹⁵ **91⁴⁶**

Oh My Gloss! Lip Tint
Assorted colours
WAS 92⁹⁵ **69⁷²**

Provocalips 16HR Kiss Proof Lip Colour
Assorted colours
WAS 139⁹⁵ **104⁹⁶**

*Advertised prices already reflect discount

YARDLEY
LONDON

25% OFF
ALL Yardley lip products

MATTE

Intense Matte Lipstick
Assorted colours
WAS 112⁹⁵ **84⁷¹**

SHINE

Intense Shine Lipstick
Assorted colour
WAS 112⁹⁵ **84⁷¹**

ROUGE

Intense Rouge Lipstick
Assorted colours
WAS 84⁹⁵ **71²¹**

*Advertised prices already reflect discount

Beauty Treats

WIPES

Makeup Remover Tissues
30 wipes / Assorted
54⁹⁵

Facial Mask Assorted
34⁹⁵

Dis-Chem brands fewer RANDS

MASKS

Charcoal

Blueberry Face Mask

Coconut Face Mask

HANDS & FEET

Coconut Exfoliating Foot Scrub
100g
65⁰⁰

Coconut PLUS Collagen Foot Cream
100g
65⁰⁰

Argan Oil Hand & Nail Cream
100g
64⁹⁵



Face Care

L'ORÉAL
PARIS

AGE PERFECT EXPERT OF
MATURE SKIN

Intense
Nutrition Day
Cream
50ml

274⁹⁵

Day Cream
50ml

189⁹⁵

Cell Renew
Day Cream
50ml

289⁹⁵



Golden Age
Day Cream
SPF20
50ml

279⁹⁵

Golden Age
Eye Cream
15ml

279⁹⁵

Golden Age
Rosy Glow
Essence
125ml

279⁹⁵

GARNIER
Naturally!

EVEN & MATTE
VITAMIN C



20% OFF
ALL Garnier
Even & Matte face care
products



Gentle
Cleansing Foam
100ml

34⁹⁵

Ideal Complexion
Day Cream 40ml
OR Tissue Mask
1-piece

31⁹⁵

Dark Spot
Corrector
30ml

95⁹⁵

*Advertised prices already reflect discount

NIVEA

NIVEA
Q10 Power

30% OFF
ALL NIVEA
Anti-age face care
products



Q10 Power
Anti-Wrinkle
+ Brightening
Eye Cream
15ml

132⁹⁵

Q10 Power
Anti-Wrinkle
+ Firming
Sheet Mask

41⁹⁵

Q10 Power
Anti-Wrinkle
+ Firming Day SPF15
OR Night Cream
50ml

132⁹⁵

Hyaluron
Cellular Filler
+ Firming Anti-Age
Day SPF15
OR Night Cream
50ml

185⁴⁷

*Advertised prices already reflect discount

POND'S



Serum Mask
21ml
Assorted

39⁹⁵

Flawless Radiance
Facial Foam
100ml

79⁹⁵

Pimple Clear
Micellar Water
400ml

54⁹⁵

Lasting Oil Control
Toning Lotion
125ml

11⁹⁵

30% OFF
ALL Olay Total
Effects Skin Care
products



Total Effects
7 in One
Age Defying
Face Wash
150ml

90⁹⁵



Total Effects
7 in One
Instant Smooth
Serum
40ml

153⁹⁵



Total Effects
7 in One
Anti-Ageing
Cleansing
Toner
200ml

90⁹⁵



Total Effects
7 in One Night
OR Day Cream
SPF15
50ml

153⁹⁵

*Advertised prices already reflect discount

30% OFF
ALL Olay Whip
products



Whip
50ml / Assorted

314⁹⁵

*Advertised prices already reflect discount

20% OFF
ALL Celltone
products



Celltone
Snail Extract
Gel
50ml

319⁹⁵

*Advertised price already reflects discount



IQ UltraEven
Cleansing Foam
150ml

69⁹⁵

IQ DermaQuench
Anti-Ageing
Day Cream
SPF15
50ml

169⁹⁵

2+1 CHEAPEST FREE
on ANY IQ face care
products

GREENER LIVING



2+1 CHEAPEST FREE
on ANY Himalaya
face care
products

Himalaya Purifying Neem
Facial Wipes 25 wipes

52⁹⁵

Himalaya Purifying
Neem Face Wash 150ml

69⁹⁵

See the symbol, trust the brand. These products are made using natural, naturally derived or organic ingredients.

Cetaphil

PRO
Acne-Prone
Skin
Foam Wash
235ml

174⁹⁵

PRO
Acne-Prone
Skin
Moisturiser
Lotion
120ml

184⁹⁵



2+1 CHEAPEST FREE
on Cetaphil
products*

*Offer excludes Cetaphil baby
AND sun care products

Discover Vitality members get up to 30% back on the above HealthyCare items. Look for the Vitality HealthyCare indicator in store for more. Discover Vitality (Pty) Ltd. Auth FSP Licence. T&Cs apply.



Bath & Body Care

Johnson's

**2+1
CHEAPEST
FREE**

on ANY Johnson's
Vita-Rich AND Deep
Clean products



Vita-Rich Body Lotion 400ml Assorted	Vita-Rich Body Cream 350ml Assorted	Vita-Rich Body Wash 400ml Assorted	Vita-Rich Soap Bar 175g Assorted
44⁹⁵ each	39⁹⁵ each	42⁹⁵ each	10⁹⁵ each



Dis-Chem brands **fewer RANDS**



Skin eFX
Body
Moisturiser
725ml
Assorted

38⁹⁵

**1 FOR 36⁹⁵
2 FOR 48⁰⁰
SAVE 25⁹⁰**



NIVEA
Shower Gel
250ml / Assorted

**1 FOR 29⁹⁵
2 FOR 45⁰⁰
SAVE 14⁹⁰**



Radox
Bodywash 250ml
OR Hand Wash
300ml / Assorted

**2+1
CHEAPEST
FREE**

on Cetaphil
products*



Cetaphil PRO Eczema-Prone Skin Body Wash 295ml	Cetaphil Daily Advance Ultra Hydrating Lotion 225g
279⁹⁵ each	309⁹⁵ each

*Offer excludes Cetaphil
Banded Packs

**2+1
FREE**

on Sanex
Shower Gel
500ml*



Sanex
Shower Gel
500ml
Assorted

*Offer excludes
Sanex
Advanced Range

Nature's
Nourishment
Liquid Hand
Soap
450ml
Assorted

32⁹⁵

Sally Flowers
Hand Sanitizer
Spray
250ml

34⁹⁵



Vitamin E
7000 Intense
Moisturising
Cream
500ml

34⁹⁵



**1 FOR 38⁹⁵
2 FOR 60⁰⁰
SAVE 17⁹⁰**

Dove
Body Wash
250ml
Assorted

Dove Beauty
Cream Bar
Value Pack
4 x 100g

31⁹⁵
per pack

**1 FOR 15⁹⁵
3 FOR 30⁰⁰
SAVE 17¹⁵**



Protex Soap
Value Pack
200g / Assorted

**1 FOR 9⁹⁵
2 FOR 16⁰⁰
SAVE 3⁹⁰**



Sunlight Soap
175g / Assorted

BURT'S BEES

Moisturizing
Lip Balm
4.25g
Assorted

67⁰⁰

Burt's Bees only available at selected stores
- details on dischem.co.za



Safeguard
Soap Bar
95g

6⁹⁵
each



Ei-Active
Glycerine
250ml

19⁹⁵



MVP
Moisturising
Vitamin E Enriched
Protection
for Lips SPF20
8g

34⁹⁵

**2+1
CHEAPEST
FREE**

on ANY Epi-Max
products*



Epi-Max
Cream Range
Assorted

36⁹⁵
each

*Offer excludes Epi-Max
Value Packs

WHY YOU SHOULD JOIN THE Dis-Chem BENEFIT PROGRAMME



Earn Benefit points on qualifying purchases every time you swipe your **Dis-Chem** Benefit Card and redeem your Benefit points against your purchase at any time.



Exclusive offers and discounts on products.



Automatic entry into competitions when swiping your card.



By shopping and swiping your **Dis-Chem** Benefit Card, not only do we reward you, we also donate a percentage to the **Dis-Chem** Foundation to assist people in need.

Dental Care



Listerine Zero Mouthwash Value Pack 1 litre

WAS 89⁹⁵
NOW 69⁹⁵

Dis-Chem brands **fewer RANDS**



Bamboo Toothbrushes 4-pack

WAS 89⁹⁵
NOW 74⁹⁵

See the symbol, trust the brand. These products are made using natural, naturally derived or organic ingredients.

Toothbrush 5-pack OR Kids Toothbrush 4-pack Value Pack

WAS 34⁹⁵
NOW 29⁹⁵ per pack



Cool Mint Toothbrush PLUS Toothpaste 75ml

1 FOR 14⁹⁵
3 FOR 34⁰⁰
SAVE 10⁹⁵



Interdental Flossers 90-pieces

1 FOR 69⁹⁵
2 FOR 100⁰⁰
SAVE 39⁹⁵



Pierrot Sharky Toothbrush 4-pack

24⁹⁵ Benefit Price
22⁹⁵ each

INSTANT DISCOUNT 200 OFF WITH YOUR Dis-Chem BENEFIT CARD

*2nd instant discount to be deducted when using your Dis-Chem Benefit Card.

Discovery Vitality members get up to 50% back on the above HealthyCare items. Look for the Vitality HealthyCare indicator in store for more. Discovery Vitality (Pty) Ltd. Auth. PSP. Limits, T&Cs apply.



2+1 CHEAPEST FREE on Colgate Manual Toothbrushes OR Toothpastes 75ml*

Slimsoft Charcoal Toothbrush

49⁹⁵ each

Max Fresh Toothbrush

39⁹⁵ each



Total 12 Toothpaste 75ml / Assorted

39⁹⁵ each

*Offer excludes Colgate Value Packs AND Optic White Toothpaste 75ml



1 FOR 25⁹⁵
3 FOR 50⁰⁰
SAVE 27⁹⁵

Himalaya Toothpaste • Sensi-White • Active White • Stain-Away 75ml

See the symbol, trust the brand. These products are made using natural, naturally derived or organic ingredients.



Curaprox CPS Prime Set Interdental Brushes • Ultrafine Bristles with umbrella effect • Patented surgical wire for the smallest interdental spaces Assorted colours

WAS 124⁹⁵
NOW 99⁹⁵



Curaprox Enzycal Toothpaste 950 75ml

WAS 99⁹⁵
NOW 79⁹⁵

• SLS-Free • Very low abrasivity to protect your enamel • Enzymes that boost your saliva to fight bacteria • Sodium fluoride to strengthen your tooth enamel



Philips Sonicare Healthy White Powerbrush 218186

WAS 1199⁹⁵
NOW 689⁹⁵



2+1 CHEAPEST FREE on ANY Oral-B Manual Toothbrushes

Oral-B Ultra Thin Sensitive Toothbrushes 2-pack

59⁹⁵ per pack



Oral-B Charcoal Whitening Therapy Toothbrush 2-pack

75⁹⁵ per pack



Oral-B Teen Powerbrush 21694

WAS 999⁹⁵
NOW 749⁹⁵



Oral-B Junior Powerbrush 210195

WAS 749⁹⁵
NOW 599⁹⁵



G-U-M Activital Sonic Toothbrush

WAS 249⁹⁵
NOW 199⁹⁵



333 Anti-Bacterial Mouthwash & Gargle 200ml Mint

WAS 64⁹⁵
NOW 54⁹⁵



1 FOR 14⁹⁵
2 FOR 18⁰⁰
SAVE 11⁹⁵

CloseUp Toothpaste 125g / Assorted

1 FOR 32⁹⁵
2 FOR 50⁰⁰
SAVE 15⁹⁵

White Glo Advantage Charcoal Toothpaste 150g



White Glo Advantage Charcoal Toothpaste 150g



COLLECT ALL 56 CARDZ AND BE ON THE LOOKOUT FOR 1 OF 200 HIDDEN CARDZ! FIND ONE AND YOU WILL WIN A DANCING OLAF PLUSH TOY, A FROZEN II DVD AND GET ENTERED INTO A GRAND PRIZE DRAW TO STAND A CHANCE TO WIN 1 OF 6 LUXURY SAFARI WEEKENDS AWAY COURTESY OF LEGACY HOTELS & RESORTS.* Ts & Cs apply





Feminine Hygiene

Stayfree



2+1

CHEAPEST
FREE

on ANY Stayfree Pads,
Pantliners AND
Tampons

Maxi Pads
8 Normal
10 Regular
Scented OR
Unscented

14⁵⁰
per pack



Pro Comfort
Tampons
32-pack

24⁹⁵
per pack



Everyday
Pantliners
76-pack
Scented OR
Unscented

39⁹⁵
per pack



Lil-Lets Maxi
Thick Pads
7 Night
7 Super Plus
8 Regular
8 Super
10 Regular
10 Super
10 Mini

WAS 13⁹⁵
NOW 10⁹⁵
per pack



Dis-Chem brands fewer RANDS



BUY BOTH
FOR ONLY
70⁰⁰
SAVE 39⁰⁰

Intima
Liquid Soap
220ml
Assorted
PLUS Soothing
Wipes
40 wipes



Tampax
Tampons
20 Regular
WAS 54⁹⁵
NOW 48⁹⁵
per pack



Kotex Maxi
8 Super
OR All Nighter
Maxi Pads
8-pack
WAS 17⁹⁵
NOW 15⁹⁵
per pack



2+1

FREE

on ANY Always
Pantliners

Comfort Protect
Daily Liners
20-pack
Scented OR
Unscented

19⁹⁵
per pack



always
Ultra Thin Pads
Value Pack

14 Extra Long
16 Long Plus
16 Long
20 Normal

WAS 46⁹⁵
NOW 32⁹⁵
per pack



20%
OFF

Always Platinum
Ultra Pads

Platinum Ultra
Thin Pads
Value Pack
12 Extra Long
14 Long

WAS 52⁹⁵
NOW 42³⁶
per pack

*Advertised price already reflects discount

Discovery Vitality members get up to 50% back on the above HealthyCare items, look for the Vitality HealthyCare indicator in store for more. Discovery Vitality (Pty) Ltd, Auth FSP. Limits, T&Cs apply.



Smooth Savings

Gillette



Mach3 Turbo
3-Blade Cartridges
Value Pack
16-pack

WAS 799⁹⁵
NOW 649⁹⁵



Blue3
3-Blade Comfort
Disposable
Razors
8-pack

WAS 99⁹⁵
NOW 74⁹⁵



Blue3 Comfort
3-Blade
Disposable Razors
12-pack

WAS 139⁹⁵
NOW 99⁹⁵



Mach3 Turbo
3-Blade
2UP Razor

WAS 169⁹⁵
NOW 119⁹⁵



Dis-Chem brands fewer RANDS

SAVE
10⁰⁰

1 FOR 19⁹⁵
2 FOR 30⁰⁰
SAVE 9⁹⁵



Blade
Shave Gel
260ml

WAS 49⁹⁵
NOW 39⁹⁵



Max Shave
Men's 2-Blade
Disposable Razors
5-pack

1 FOR 29⁹⁵
2 FOR 45⁰⁰
SAVE 14⁹⁵



Max Shave
Ladies 2-Blade
Disposable
Razors
10-pack

SAVE
50⁰⁰

1 FOR 44⁹⁵
2 FOR 60⁰⁰
SAVE 29⁹⁵



Bic
Flex5
5-Blade
Hybrid
Disposable
Shaver

WAS 139⁹⁵
NOW 89⁹⁵



SuperMax 3
3-Blade Disposable
Razors for Men
OR Women 5-pack



20%
OFF

All Mandy's
products

Mandy's
Hair Removal
Lotion
100ml / Assorted

WAS 69⁹⁵
NOW 55⁹⁶

*Advertised price already reflects discount



1 FOR 49⁹⁵
2 FOR 70⁰⁰
SAVE 29⁹⁵

HairGo
Hair Removal
Cream
125ml
Regular
OR Sensitive



SAVE
19⁰⁰

Veet
In Shower
Hair Removal
Cream
PLUS Sponge
150ml / Assorted

WAS 126⁹⁵
NOW 109⁹⁵



Household Essentials

FREE
Ariel Auto Liquid
1.1 litres valued
at 69⁹⁵ when you
purchase Ariel Auto
Washing Powder
2kg

SAVE 69⁹⁵

Ariel Auto Washing Powder
2kg / Assorted
69⁹⁵

1 FOR 25⁹⁵
3 FOR 50⁰⁰
SAVE 27⁹⁵

Sta-Soft Fabric Conditioner Refill
500ml / Assorted
OR Doy Pack
800ml/Assorted

1 FOR 14⁹⁵
2 FOR 26⁰⁰
SAVE 3⁹⁵

Sunlight Laundry Soap
400g/500g / Assorted

Sunlight 2in1 Hand Wash Powder
2kg / Assorted
WAS 45⁹⁵
39⁹⁵

Dis-Chem brands fewer RANDS

HOME butler

INSTANT DISCOUNT 500 OFF WITH YOUR Dis-Chem BENEFIT CARD

Air Freshener
350ml / Assorted
29⁹⁵ each
Benefit Price 24⁹⁵ each

Solid Air Freshener
340g / Assorted
33⁹⁵ each
Benefit Price 28⁹⁵ each

***5⁹⁵ instant discount to be deducted when using your Dis-Chem Benefit Card.**

Softi 2-Ply Toilet Rolls
18-pack
WAS 84⁹⁵
69⁹⁵ per pack

1 FOR 29⁹⁵
2 FOR 44⁹⁵
SAVE 14⁹⁵

Sunlight Regular Dishwashing Liquid*
750ml

***Excludes Sunlight Extra Dishwashing Liquid AND Value Packs**

1 FOR 24⁹⁵
2 FOR 40⁰⁰
SAVE 9⁹⁵

Handy Andy Cream
750ml / Assorted

1 FOR 29⁹⁵
2 FOR 50⁰⁰
SAVE 9⁹⁵

Duck Active Clean Rimblock
35g / Assorted

Tabard Insect Repellent Aerosol
150g PLUS Roll-On 70ml Banded Pack
WAS 104⁹⁵
92⁹⁵ per pack

Target Mortein Multi Insect Killer
450ml / Assorted
WAS 37⁹⁵
32⁹⁵

Peaceful Sleep Insect Repellent Aerosol
150ml
WAS 75⁹⁵
64⁹⁵

Mylol Mosquito Repellent Stick
36g
WAS 19⁹⁵
14⁹⁵



Confectionery

TOBLERONE

Toblerone
360g / Assorted
WAS 119⁹⁵
99⁹⁵ each

With Love

DellaFaille Hearts
45g / Assorted
WAS 34⁹⁵
29⁹⁵

Baci

Baci Praline Hazelnut
175g / Assorted
WAS 169⁹⁵
149⁹⁵

Hamlet Royal Mints
200g / Assorted
WAS 40⁹⁵
39⁹⁵

1 FOR 12⁹⁵
3 FOR 26⁰⁰
SAVE 12⁹⁵

Dentyne Chewing Gum
10-pieces / Assorted

1 FOR 18⁹⁵
2 FOR 30⁰⁰
SAVE 7⁹⁵

Lindt Excellence Chocolate Bar
35g / Assorted

Lindt Excellence Chocolate Slabs
100g Assorted
WAS 40⁹⁵
39⁹⁵

Cadbury Dairy Milk Chocolate Slab
80g Assorted
WAS 15⁹⁵
12⁹⁵



Bathing Baby

1 FOR 36⁹⁵
2 FOR 55⁰⁰
SAVE 18⁹⁵

Baby Aqueous Cream
500ml / Assorted

1 FOR 39⁹⁵
2 FOR 55⁰⁰
SAVE 24⁹⁵

Baby Jelly
500ml / Assorted

2+1 FREE
on ANY Johnson's Baby Soap 175g

Baby Soap
175g / Assorted

16⁹⁵ each

1 FOR 64⁹⁵
2 FOR 80⁰⁰
SAVE 49⁹⁵

Baby Powder
400g / Assorted

WAS 44⁹⁵
36⁹⁵

1 FOR 9⁹⁵
3 FOR 25⁰⁰
SAVE 4⁹⁵

Bedtime Bath
OR Gentle Protect Kids Bath
500ml / Assorted

Baby Dove Rich Moisture Soap Bar
75g

Discovery Vitality members get up to 50% back on the above HealthyCare items, look for the Vitality HealthyCare indicator in store for more. Discovery Vitality (Pty) Ltd. Auth FSP. Limits. T&Cs apply.



Feeding Baby

#1

PediaSure Nutritional Supplement
For Children aged 3-10 years
850g / Assorted

WAS 229⁹⁵
189⁹⁵

1 FOR 8⁹⁵
5 FOR 40⁰⁰
SAVE 4⁹⁵

Squish 100% Fruit Puree Pouches
110ml / Assorted

Nestle Nestum Baby Cereal
Stage 1-2 (Just add Milk)
500g / Assorted

WAS 39⁹⁵
35⁹⁵

Kiddylicious Fruit Wriggles
12g / Assorted

WAS 14⁹⁵
12⁹⁵

Kiddylicious Strawberry Rice Wafers
20g / Assorted

WAS 39⁹⁵
34⁹⁵

Kiddylicious Crispie Tiddlers
12g / Assorted

WAS 15⁹⁵
14⁹⁵

*IQVIA scripting dispensed data on Child Nutritional Constructed Market latest MAT March 2018 - February 2019



Mom & Baby Essentials

Medela Purelan 100
37g

WAS 129⁹⁵
99⁹⁵

Woodward's Gripe Water
150ml

WAS 40⁹⁵
31⁹⁵

Dis-Chem brands fewer Rands

Softi Nursing Pads
40 pieces

59⁹⁵ per pack

Softi Maternity Pads
12-pack

24⁹⁵ per pack

Philips Avent Natural Electric Breast Pump

WAS 2599⁹⁵
1999⁹⁵

Tommee Tippee Single Manual Breast Pump

549⁹⁵

Exclusive to
Dis-Chem
Benefit Card
members



At **Dis-Chem** we understand the expenses related to having babies. **Very Important Babies (V.I. Bees)** Nappy Programme will help you along the way!



FREE

PACK OF NAPPIES*

Receive one free pack of nappies after purchasing 10 packs of the same brand

*Exclusive to Benefit Card members



Swipe your **Dis-Chem** Benefit Card when purchasing selected Lil Masters, Huggies, Baby Things OR Panda nappy packs and qualify to receive a voucher for your 11th pack **FREE**, which can be redeemed against your next purchase.

*Terms and conditions apply. Details on dischem.co.za



Changing Baby



Pants Jumbo Pack
Assorted sizes and quantities



Bennetts Baby Bum Crème
300g



Bepanthen Nappy Care Ointment
100g
WAS 224⁹⁵
NOW 169⁹⁵



Baby Dry Nappies Jumbo Pack
Assorted sizes and quantities

209⁹⁵ per pack

Price per Nappy

Size 1 (JP)	96-pack	2 nd
Size 2 (JP)	84-pack	2 nd
Size 3 (JP)	76-pack	2 nd
Size 4 (JP)	66-pack	3 rd
Size 5 (JP)	62-pack	3 rd
Size 6 (JP)	52-pack	4 th
Size 7 (JP)	44-pack	4 th



Johnson's Extra Sensitive Baby Wipes
56 wipes

29⁹⁵ per pack



Active Baby Pants Jumbo Pack
Assorted sizes and quantities

197⁹⁵ per pack

Price per Nappy

Size 3 (JP)	66-pack	3 rd
Size 4 (JP)	60-pack	3 rd
Size 5 (JP)	50-pack	3 rd
Size 6 (JP)	44-pack	4 th
Size 7 (JP)	35-pack	5 th



Gold Nappies Jumbo Pack
Assorted sizes and quantities **OR**
New Baby Extra Care Nappies Jumbo Pack
Size 1 **OR** 2

199⁹⁵ per pack

Price per Nappy

Size 1 (Extra Care)	96-pack	2 nd
Size 2 (Extra Care)	80-pack	2 nd
Size 2 (New baby)	94-pack	2 nd
Size 3 (JP)	76-pack	2 nd
Size 4 (JP)	66-pack	3 rd
Size 4+ (JP)	62-pack	3 rd
Size 5 (JP)	52-pack	3 rd



Lil Masters Baby Wipes
72 wipes

16⁹⁵ per pack



Baby Dove Rich Moisture Wipes
50 wipes

1 FOR 32⁹⁵
4 FOR 90⁰⁰
SAVE 41⁰⁰



Premium Care Nappies Value Pack
Assorted sizes and quantities

199⁹⁵ per pack

Price per Nappy

Size 1 (VP)	82-pack	2 nd
Size 2 (VP)	76-pack	2 nd
Size 3 (VP)	60-pack	3 rd
Size 4 (VP)	52-pack	3 rd
Size 5 (VP)	44-pack	4 th
Size 6 (VP)	36-pack	5 th



Pure OR Natural Care Baby Wipes
4 x 56 wipes

WAS 99⁹⁵
NOW 79⁹⁵ per pack



Pampers Baby Wipes Complete Clean
4 x 64 wipes
OR Sensitive Protect
4 x 56 wipes

WAS 109⁹⁵
NOW 94⁹⁵ per pack



Pampers Premium Care Pants Value Pack
Assorted sizes and quantities

199⁹⁵ per pack

Price per Nappy

Size 3 (VP)	56-pack	3 rd
Size 4 (VP)	44-pack	4 th
Size 5 (VP)	40-pack	5 th
Size 6 (VP)	36-pack	5 th

Discovery Vitality members get up to 50% back on the above HealthyCare items, look for the Vitality HealthyCare Indicator in store for more. Discovery Vitality (Pty) Ltd, Auth FSP, Limited. T&Cs apply.



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• SAVE
• CONTRIBUTE TO GOOD CAUSES



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Customer careline 0860 347 243 careline@dischem.co.za | Prices and offers valid 15 January - 7 February 2021 while stocks last

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