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28 MAY 2021



# Transforming their environment

Martie Robbertse (left) and Valery King tending to the garden.

**Rustenburg** – Community members staying near the open piece of veld on the corner of Nylrivier and Timbati Street, Cashan have decided to transform the spot which, over the years has developed into an illegal dumpsite. The handful of residents decided to do what they can to turn this 5,000 square meter veld into an area where families can go for a walk and spend quality time together. With a can-do attitude, they took up shovels and started to create a lovely garden filled with footpaths, plants, and even a landscaped pond. A specific area was designated for the Kiwis where they can nest peacefully without being disturbed. The plants were chosen carefully so that it can withstand sun and still grow with little rain.

They hope to extend this initiative to other areas in the community and intend to make the veld next to Apiesrivier Avenue their next project. The plants, refuse removal and labourers are funded by the local residents, amounting to about R300 a day. As this is a project by the community for the community, they would like to invite other residents in their area to join them – who can assist with a financial contribution, plants, or pulling up their sleeves to help create a small oasis. They also challenge community members of other areas in Rustenburg to start similar projects.

**For more information contact  
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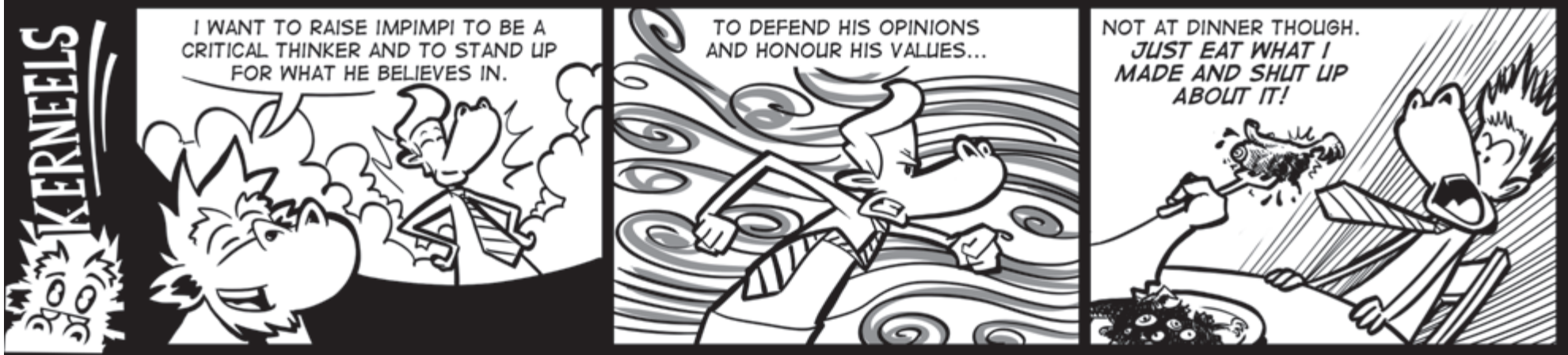
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**RAPE AND  
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**LOCAL PRIMARY SCHOOL  
TEACHER IN COURT**

**SEE PAGE 2**





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**RAPE AND SEXUAL ASSAULT OF MINOR**  
**LOCAL PRIMARY SCHOOL TEACHER IN COURT**

**Rustenburg** – Disturbing images on the cellphone of a boy and the investigations that followed led to the arrest of a well-known 40-year-old primary school teacher. Facing the charges, the teacher opted to resign on 14 May, at the school where he taught for several years. He was arrested shortly after and appeared before the Rustenburg Magistrates' Court on 25 May on charges of two counts of rape and sexual assault. He pleaded not guilty and was released on R4,000 bail. The case was postponed to 21 September this year. As part of his bail condition, the accused was warned to refrain from contacting the victim or his family in any way, including via social media. From December 2020 to May 2021, the male child (13 years at the time) was allegedly sexually assaulted and raped on a plot outside Rustenburg. The teacher is reportedly described by those who know him as a humble, friendly, and caring man. He has no prior allegations of this nature against him. As police investigations continue, items relating to the incident were taken for forensic analysis.

# MUNICIPAL MANAGER HOSPITALISED AFTER ATTACK BY EMPLOYEES

**Rustenburg** – The Rustenburg Local Municipality (RLM) has noted their utter shock and disdain for an incident in which the municipal manager Victor Makona, was assaulted by employees at the city's electrical department on Wednesday 26 May. People of the electrical department were unhappy with a new shift system in which the municipality would deploy teams of technicians to do electrical-related work including resolving complaints carried over into the evenings; and to work during weekends and long weekends to ensure that electrical complaints are resolved. Apparently certain RLM technicians have reached their threshold for overtime work. In Makona's attempt to resolve the situation when the electrical workshop was closed off by employees, he was stoned and assaulted. Makona was seriously injured and rushed to

hospital where he is recovering well. A docket was opened at SAPS. Executive mayor councillor Mpho Khunou said the municipality has no place for such atrocities, and that it would not go unpunished. "We wish our municipal manager a speedy recovery, as his presence is critical in ensuring effective and efficient service delivery," the mayor emphasised. RLM director for Local Economic Development (LED) Edward Komane has been appointed acting municipal manager until further notice. **Anyone with information about the incident is urged to contact the city's public safety directorate Joseph Khumalo on 014 590 3363.**



## It would be a socio-economic catastrophe

**Sakeliga is pursuing urgent litigation to prevent water to Mahikeng, Lichtenburg, Delareyville, Ottosdal, and Zeerust from being cut.**



**NW** – The business organisation Sakeliga is currently preparing an urgent court application to ensure water supply for parts of the North West to prevent a local socio-economic catastrophe. This comes after Sedibeng Water on 25 May decided to suspend water services to large parts of the North West province as from 1 June 2021. The looming disruption affects the entire Ngaka Modiri Molema District Municipality, as well as the Mahikeng, Ditsobotla, and Ratlou Local Municipalities. It involves towns such as Mahikeng, Lichtenburg, Delareyville, Ottosdal, and Zeerust. "The state must stop shifting the burden of its internal problems to businesspeople and

the local community. Sedibeng Water is an organ of state and does not have the right to suspend services to businesses and the public at large owing to its failure to obtain proper payment from another organ of state," says Piet le Roux, CEO of Sakeliga. Sakeliga has given Sedibeng Water until 27 May 10:00 to withdraw its instructions to its employees, and to ensure the continuation of their services. In the meantime, Sakeliga's legal team is preparing the necessary urgent application to ask the court for an appropriate interdict.

**Sakeliga press release extracts, 26 May 2021**

## Laerskool Proteapark groet 'n legende

**Rustenburg** – Laerskool Proteapark se eerste skoolhoof, meneer Leon Rossouw, is op Vrydag 21 Mei op die ouderdom van 88 oorlede. Meneer Rossouw was deel van die amptelike opening van die skool op 29 Oktober 1976. Almal wat hom geken het, beskryf hom as 'n vriendelike, opregte mens... 'n ware legende! Laerskool Proteapark het ook op sosiale media hulde gebring aan Mnr. Rossouw en gesê dat hy 'n besonderse mens was wat diep spore by die skool nagelaat het. Troos word sy vrou en familie toegebid in hierdie tyd. Photo: Meneer Leon Rossouw was die eerste skoolhoof van Laerskool Proteapark.



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# MAN ACCUSED OF RAPING FOUR MINORS

**Brits** – A 46-year-old man appeared before the Brits Magistrates’ Court on Monday 17 May on charges of raping four minors, following his arrest three days earlier in Maboloka Village near Brits. Information gathered by the state so far suggest that on Wednesday 12 May, a 17-year-old victim informed her teacher of the rape incidents, which had been occurring since she was in Grade 2. Police investigations further revealed that the victim’s sister and her cousin, who

had been staying with the 46-year-old man, were also allegedly raped by him. “Furthermore, on Thursday 13 May, the mother of a 14-year-old, who is a neighbour, alleged that her daughter was also raped by the same suspect,” police spokesperson captain Aafje Botma said. After intensive police investigations, the man was arrested and charged with four counts of rape. “The suspect will remain in custody until 2 June when he will appear again for a formal bail application,” Botma added.



# A CRY FOR HELP

## Eskom to disconnect Grace Help Centre?

**Rustenburg/ Mooi-nooi** – Grace Help Centre is a registered non-profit organisation that provides emergency care, shelter, and the necessary support for victims of gender-based violence and human-trafficking as well as abandoned new-borns and child victims of abuse. They currently have 75 individuals in their care which includes at least 50 children. “Eskom wants to turn off our electricity, because of payments that ‘might’ be in arrears,” Rina van der Berg told *Platinum Weekly*. In 2018, the centre had a faulty metre. Eskom repaired the metre and reconciled their account – in credit at the time. Despite the credit, the centre continued making monthly payments. After receiving an exorbitant account for the month of March, we fell behind again. Eskom threatened to turn the centre’s electricity off and leave all the people that depend on us in the cold and dark!” Rina said. If you can help to keep the lights on at Grace Help Centre, please contact them on 072 348 6526 or gracecentre@mweb.co.za.



## Farm attackers’ plan foiled by cops

**Tlhabane/ Rustenburg** – A 34-year-old man appeared before the Bafokeng Magistrates’ Court in Tlhabane on Thursday 20 May on charges of possession of an unlicensed firearm, ammunition, and explosive gel. Paulos Schidodo was remanded in custody until 17 August. He was arrested on Tuesday 18 May after members of the community alerted police about the suspicious movements of three people travelling in a white Toyota Prado. “The trio was intercepted by the police near Rietvlei cemetery in Phokeng outside Rustenburg,” lieutenant colonel Amanda Funani said. “Community members informed police about the trio’s plan to commit a robbery at a farm in the Swaruggens area. Acting on the lead, police acted swiftly and pulled the vehicle over.”



During the search, a 9mm pistol, live ammunition, a magazine as well as explosive gel were found inside the vehicle, leading to Schidodo’s arrest. Two suspects fled the scene. Preliminary police investigations revealed that Schidodo is an undocumented person. A manhunt is underway to establish the whereabouts of the other two suspects.



# A rocky road...

**NW** – Working on Fire (WoF) in the North West province recently conducted their Yellow Card training camp assessment with a total of 17 teams from across the province. The assessment prepares firefighters to be physically, theoretically, and mentally fit for the upcoming fire season. The WoF Kgaswane team demonstrated the firewall exercise at the Boeremusiek Fees and Crafters Market on Saturday 15 May. This is an exercise where firefighters run through flames with their protective gear to get rid of the fear of fire and acclimatise themselves to the heat of the fire line. They also learn how to cope should they get trapped in the fire line. The WoF programme is a government-funded, job-creation programme, that recruit youth from marginalised communities, trains them in fire awareness, prevention, and fire suppression skills, and employs them as WOF participants. They are also educated in proactively putting preventative measures in place (prescribed burns and reduction of fuel loads), partaking in suppression operations and rehabilitating burnt areas.



**Rustenburg** – A disgruntled group of Sonderwater (no pun intended) informal settlement residents barricaded the R24 near Infinity Motors, on Wednesday 26 May. These residents, who are calling on the municipality to provide water and electricity services in their area, held a peaceful protest in March. This time however, they upped their game by becoming destructive. They burned tyres and tree trunks, damaged traffic lights, and blocked the road while calling for the municipality to respond to their grievances. “We have had three meetings with the municipality, but

they are not fulfilling their promises, so we will continue to protest,” a protestor told *Platinum Weekly*. Police and Department of Public Safety members, were called to the scene. They swiftly brought the protest to an end, and things returned to normal on the R24. MMC for Public Safety councillor Michael Mhlungu has previously stated that providing water and electricity services to people living in the informal settlements cannot be achieved overnight. “Before we install electricity, we must formalise the area, which includes environmental assessments and planning.”

# Working on Fire

### RBM EXECUTIVE GUNNED DOWN ON HIS WAY TO WORK

**Richards Bay** – Nico Swart, general manager of operational services for Richards Bay Minerals (RBM), died on Monday 24 May of injuries sustained in a shooting incident on his way to work. Nico is survived by his wife and two children. The circumstances around the shooting are unknown at this stage and the incident is being investigated by the police. RBM is cooperating fully with the SAPS to support its investigation into this very serious matter. Nico who was 47 years old, joined RBM in 2006 and has served in various leadership positions within the company, many of them with a strong focus on the health and safety of employees and contractors, a topic which he was very passionate about.

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**NOTICE FOR A CONSULTATION FOR A MINING PERMIT APPLICATION AND ENVIRONMENTAL AUTHORISATION ON PORTION 02 OF THE FARM EERLYK 139 JP, SITUATED IN THE MAGISTERIAL DISTRICT OF MANKWE IN MOSES KOTANE LOCAL MUNICIPALITY IN THE NORTH WEST PROVINCE.**

**DEPARTMENTAL REFERENCE NUMBER: NW30/5/1/3/2/10834 MP**

Notice is given in terms of section 27 of Mineral and Petroleum Resources Development Act of 2002 (Act 28 of 2002), Regulation 41 of the Environmental Impact Assessment Regulations published in Government Notice R 982 of 08 December 2014, under Section 24(5) of the National Environmental Management Act, 1998 (Act No. 107 of 1998) as amended, Lethebo Consultants (Pty) Ltd proposes to conduct Mining Permit and related infrastructural activities, In terms of Sections 24 and 24(D) of the Act, as read with Government Notice Regulation 982 of 08 December 2014 as amended, an Environmental Impact Assessment (EIA). The project trigger Listing Notice 1(BAR & EMP): Listed activity 21 and 27.

**Competent Authority:** Department of Mineral Resources & Energy  
**Commodities:** Chrome Ore (Cr) and Platinum Group Metals (PGM)  
**Applicant:** Lethebo Consultants (Pty) Ltd  
**Size:** 5 Hectares

In order to participate in this Process, or to obtain further information, please contact **Murara Environmental Consultants**, Mr Mabege M. **Address: 58 Bourke Street Eikehof building, Pretoria; Sunnyside. Cell phone number: 064 724 3475. Fax Number: 086 647 7854. E-Mail: [muraraec@gmail.com](mailto:muraraec@gmail.com).** A Draft BAR and EMP will be released for a 30 days' comments period from **28 May 2021** excluding holidays.

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Notice is hereby given in terms of Regulation 68 of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of Deed of Transfer T45205/2002 passed by MARY TSAME (born MANYAME), Identity Number 340313 0321 08 9, Unmarried in favour of SHON KO PETRUS MOTLHABANE, Identity Number: 461010 5631 18 0 and SELEKANE JACOBETH MOTLHABANE, Identity Number: 500808 0964 08 1, Married in community of property to each other in respect of certain HOLDING 167 KAMEELBOOM AGRICULTURAL HOLDINGS REGISTRATION DIVISION KP, PROVINCE OF NORTH WEST AND HOLDING 325 KAMEELBOOM AGRICULTURAL HOLDINGS REGISTRATION DIVISION KP, PROVINCE OF NORTH WEST, which has been lost or destroyed.

All interested persons having objection to the issue of such copy are hereby required to lodge the same in writing with the REGISTRAR OF DEEDS at PRETORIA, Merino Building, 140 Pretorius street, Pretoria central, Pretoria, 0002 within two weeks from the date of the publication of this notice.

Dated at Rustenburg on the 21<sup>st</sup> day of MAY 2021

**Conveyancer** | Christoph Gerhard Meyer  
**VAN VELDEN DUFFEY INC**  
67 BRINK STREET RUSTEN BURG  
014 592 1135  
[CHRISTOPHM@VVD.CO.ZA](mailto:CHRISTOPHM@VVD.CO.ZA)

## LOST OR DESTROYED DEED

Notice is hereby given in terms of Regulation 68 of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of Deed of Transfer T25394/2007 passed by CASHAN UITBREIDING 19 (PROPRIETARY) LIMITED, REGISTRATION NUMBER 2000/005464/07 in favour of MATEEN FARAH MOTORS CC, Registration Number 2005/091293/23, in respect of certain PORTION 10 OF ERF 2128 CASHAN EXTENSION 19 TOWNSHIP, REGISTRATION DIVISION J.Q.,IN THE PROVINCE OF NORTH WEST ,which has been lost or destroyed.

All interested persons having objection to the issue of such copy are hereby required to lodge the same in writing with the REGISTRAR OF DEEDS at PRETORIA, Merino Building, 140 Pretorius street, Pretoria central, Pretoria, 0002 within two weeks from the date of the publication of this notice.

Dated at Rusten burg on the 21<sup>st</sup> day of MAY 2021

**Conveyancer** | Christoph Gerhard Meyer  
**VAN VELDEN DUFFEY INC**  
67 BRINK STREET RUSTEN BURG  
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**NOTICE FOR A CONSULTATION FOR A MINING PERMIT APPLICATION AND ENVIRONMENTAL AUTHORISATION ON CERTAIN PORTION OF PORTION 4 OF THE FARM VOGELSTRUINEK 173 JP, SITUATED IN MAGISTERIAL DISTRICT OF MANKWE IN MOSES KOTANE LOCAL MUNICIPALITY IN THE NORTH WEST PROVINCE.**

**DEPARTMENTAL REFERENCE NUMBER: NW30/5/1/3/2/10918 MP**

Notice is given in terms of section 27 of Mineral and Petroleum Resources Development Act of 2002 (Act 28 of 2002), Regulation 41 of the Environmental Impact Assessment Regulations published in Government Notice R 982 of 08 December 2014, under Section 24(5) of the National Environmental Management Act, 1998 (Act No. 107 of 1998) as amended. In terms of Sections 24 and 24(D) of the Act, as read with Government Notice Regulation 982 of 08 December 2014 as amended, an Environmental Impact Assessment (EIA). The project trigger Listing Notice 1(BAR & EMP): Listed activity 21 and 27

**Competent Authority:** Department of Mineral Resources & Energy

**Commodity:** Chrome Ore, Diamond Alluvial, General and Diamond in Kimberlite

**Applicant:** 1PPP (Pty) Ltd

**Size:** 4.9 Hectares

In order to participate in this Process, or to obtain further information, please contact **Mabirimisa Consulting and Projects**, Mr Mabirimisa S.E Address: P.O. Box 10640, Klerksdorp 2570. Cell phone number: 082 752 1754. Fax Number: 086 5579 215.

**E-Mail:** shumaniedmond@gmail.com.

A Draft BAR and EMP will be released for a 30 days' comments period from 29 May 2021 excluding holiday.

**Sunrise Park/ Rustenburg** – A pastor from Christ Embassy Church in Sunrise Park has called upon communities to unite in prayer as an effective way to dispel the fear and uncertainty associated with the Covid-19 pandemic. In an interview with *Platinum Weekly*, pastor Thando Ntamo urged the body of Christ to create a spirit of hope and optimism by urging communities to defeat the pandemic by adopting a positive outlook. "There is a lot of fear associated with Covid-19 and I feel that as followers of Jesus Christ, we have a duty to do all we can to encourage those who are around us." The pastor educates Sunrise Park community members about the word of God on Wednesdays and Sundays, each week. "It is a project that we are very passionate about because we believe in the power of prayer," he said. "While social distancing with regards to Covid-19 is very important, it does not mean we must not go to church and have fellowship with one another. As Christians, we must encourage one another and those around us by meeting regularly. Let us encourage each other to spread the good news about the Lord through prayer and reading the Bible. We must pray for our city and country," he concluded. **For more information, contact pastor Thando Ntamo on 073 482 7869.**



Pastor Thando Ntamo during a prayer session with members of the Sunrise Park community.

**NOTICE FOR A CONSULTATION FOR A MINING PERMIT APPLICATION AND ENVIRONMENTAL AUTHORISATION ON CERTAIN PORTION OF PORTION 4 OF THE FARM VOGELSTRUINEK 173 JP, SITUATED IN MAGISTERIAL DISTRICT OF MANKWE IN MOSES KOTANE LOCAL MUNICIPALITY IN THE NORTH WEST PROVINCE.**

**DEPARTMENTAL REFERENCE NUMBER: NW30/5/1/3/2/10828 MP**

Notice is given in terms of section 27 of Mineral and Petroleum Resources Development Act of 2002 (Act 28 of 2002), Regulation 41 of the Environmental Impact Assessment Regulations published in Government Notice R 982 of 08 December 2014, under Section 24(5) of the National Environmental Management Act, 1998 (Act No. 107 of 1998) as amended. In terms of Sections 24 and 24(D) of the Act, as read with Government Notice Regulation 982 of 08 December 2014 as amended, an Environmental Impact Assessment (EIA). The project trigger Listing Notice 1(BAR & EMP): Listed activity 21 and 27

**Competent Authority:** Department of Mineral Resources & Energy

**Commodity:** Chrome Ore, Diamond Alluvial, General and Diamond in Kimberlite

**Applicant:** 1FFF (Pty) Ltd

**Size:** 4.9 Hectares

In order to participate in this Process, or to obtain further information, please contact **Mabirimisa Consulting and Projects**, Mr Mabirimisa S.E Address: P.O. Box 10640, Klerksdorp 2570. Cell phone number: 082 752 1754. Fax Number: 086 557 9215.

**E-Mail:** shumaniedmond@gmail.com.

A Draft BAR and EMP will be released for a 30 days' comments period from 29 May 2021 excluding holiday.

# Do it for the kids!



**Rustenburg** – SAVF Rustenburg would like to treat the learners at Monato Primary in Modderfontein with something special during Child Protection Week that starts on Monday 31 May.

They currently have about 550 learners and would like to make this year memorable for the youngsters, but they rely on donations to make this happen! They hope to give each child a nice treat – any donations are welcome.

**For more information visit the SAVF Rustenburg office at 212A Kruger Street, Rustenburg, or contact them on 014 592 8568 or rustenburgadmin@savf.co.za.**

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- Safety Officers/COMSQC\*3 Full Time Course: 28<sup>th</sup> June – 9<sup>th</sup> July 2021
- Safety Officers/COMSQC\*1 Full Time: 19<sup>th</sup> July – 30<sup>th</sup> July 2021

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**Radiology:**

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**NOTICE OF ENVIRONMENTAL AUTHORISATION EA REF: NW/EIA/37/2020**

**Project Applicant:** Quantum Foods (Pty) Ltd.

**Project:** The proposed expansion and related operation of facilities for the concentration of poultry on Portion 75 (a Portion of Portion 2) of the Farm Bultfontein No. 475 JQ, Madibeng Local Municipality, North West Province.

Interested and Affected Parties are hereby informed that the Department of Economic Development, Environment, Conservation and Tourism (DEDET) granted Environmental Authorisation (EA) on 19 May 2021 for the above-mentioned project, in terms of the National Environmental Management Act, 1998 (Act No. 107 of 1998).

**Location:** The Portion 75 (a Portion of Portion 2) of the Farm Bultfontein No. 475 JQ, Madibeng Local Municipality, North West Province.

The **listed activity authorised** is: Activity 40 (ii) of Government Notice No. R327 of 07 April 2017 of the Environmental Impact Assessment Regulations of 2014, as amended. A copy of the EA may be downloaded from Enviroworks' website [www.enviroworks.co.za](http://www.enviroworks.co.za) (On Tuesday 25 May 2021) or contact Ms. Rolene Lubbe on 072 083 8566 or [rolene@enviroworks.co.za](mailto:rolene@enviroworks.co.za).

All parties are also informed that an appeal may be lodged against the decision in terms of the National Appeal Regulations, 2017. Should any I&AP's wish to appeal, a Notice of Intent to Appeal must be lodged by prospective appellants with the Appeal Administrator, within 20 days of this notice (before 14 June 2021). Appeals must be submitted, in writing, a prescribed appeal form can be requested from the Appeals Administrator, accompanied by a statement setting out the ground of the appeal as well as supporting documentation which is referred to in the appeals submission. The appeal forms should be submitted to the Appeals Administrator (Ms. Carene Nieuwoudt): Department of Economic Development, Environment, Conservation and Tourism, Room E30, Agricentre Building, Cnr. Dr. James Moroka & Stadium Road, Mmabatho; Tel: (018) 389 5986, Cell: 083 385 9486, Fax: 086 581 7858; email: [cnieuwoudt@nwpg.gov.za](mailto:cnieuwoudt@nwpg.gov.za).



# SHOULD I BRING A KNIFE TO A GUN FIGHT?

## “No firearm licences may be issued for self-defence purposes”

The cat’s out of the bag. The proposed bill, a long and complicated document, reads... “to provide that no firearm licences may be issued for self-defence purposes”. This part of the sentence has the nation up in arms... well, more specifically, those who own guns for the purpose of defending themselves and their loved ones against evil. The Firearm Amendment Bill was published in the Government Gazette on Friday 21 May. The draft Bill seeks to amend the Firearms Control Act, 2000 (Act No. 60 of 2000). Read more on: [https://www.saps.gov.za/resource\\_centre/notices/downloads/invitation\\_for\\_public\\_comment\\_draft\\_notice\\_in\\_gazette\\_2021.pdf](https://www.saps.gov.za/resource_centre/notices/downloads/invitation_for_public_comment_draft_notice_in_gazette_2021.pdf)



## What can you do?

All interested persons and organisations are invited to submit written comments on the draft Bill and Socio-Economic Impact Assessment System Report no later than 45 days from date of publication of this notice by – (i) e-mail to: [comments.fcabill@csp.gov.za](mailto:comments.fcabill@csp.gov.za) Provide your name, surname, postal and e-mail address, telephone and fax number.

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**Even if you added your vote to a group, it might not count, you have to make a personal comment.**

### Self-defence

Self-defence is the defence of one’s person or interests, especially through the use of physical force, which is permitted in certain cases as an answer to a charge of violent crime. In more latent terms, if you’re life is danger, or that of your loved one... you will do everything in your power to make sure no harm is done. However, if you take away a gun owner’s firearm, with what must he/

she defend him/herself against an attacker with a gun? A knife? Run all the way over to the gunman and try to jab him? Maybe throw a stone at him, or a Batman star? Go for the throat or groin? Try a Jackie Chan move? What about farmers and farm workers? Ask the perp politely not to rape the women and children, and throw them with a mielie? They will become sitting ducks...



“I urge everyone, whether you have a gun licence or not... email your opinion to [comments.fcabill@csp.gov.za](mailto:comments.fcabill@csp.gov.za). It’s good to share it on Facebook and other social media platforms, but heaven forbid... you HAVE TO follow procedure to make your voice heard. And those saying “oh, they will never get it right... think again. Act now. Email now.”

**Marlene Odendaal (right) and Sanet Odendaal**



### The proposed law would definitely do away with the CFR’s backlog...

A video and photos on 15 May posted on Facebook about the filing system at the Central Firearms Registry (CFR) is an abomination! If you want to find your application, be my guest – see you in 100 years!

### Amnesty... I’m sure all the bad guys handed in their guns. Why? Because the cops asked them to!

In January all media outlets highlighted SAPS’ plea when they reminded the public to surrender their illegal and unwanted firearms, firearm parts, or ammunition without fear of being persecuted. The deadline for the firearm amnesty was Sunday 31 January 2021. From 1 August 2020 up to two weeks before the deadline 23,399 firearms and 119,781 rounds of ammunition were

surrendered. Of the firearms surrendered, 3,139 were voluntarily handed in by their legal owners while 20,260 – for which licenses have expired – were handed in. Subsequent to this, 23,724 rounds of ammunition were also voluntarily handed over to police including 96,057 rounds of ammunition that were surrendered by owners whose firearm licenses had expired.



### What happens with your gun when you give it to the cops?

I’m not really sure... But... The divisional commissioner of operational response services lieutenant general Nhlanhla Mkhwanazi, on behalf of the National Commissioner of South African Police Service (SAPS) general khehla John Sitole, oversaw the destruction of 35,069 firearms at Cape Gate Wire and Steel Manufactures in Vanderbijlpark, Gauteng on Friday 28 January.



I am outraged that they would even consider making this amendment. Why should we as law abiding citizens not be allowed to get a firearm to protect ourselves? We live in dangerous times and this will not make it more difficult for criminals to get guns. It would make it easier for them to rob and kill people who are just sitting ducks if they cannot protect themselves. Don’t I have the right to defend myself if someone threatens my life – or should I bring a knife to a gun fight?

**Sbusiso Daniel Tudi**



Guns are a hobby for a lot of the people, and they are also making amendments to that. The draft is basically proposing that people lose their right to bear arms. While their intentions might be good, and I believe they want to implement stricter controls especially for people who had previous convictions or people that are mentally unstable. However, the way that they are introducing the bill is completely wrong. The fact that they completely want to remove the self-defence option leaves so many people with their arms in the air. The other question is – how will they monitor these new proposed changes if they can’t even cope with the way things are now?

**Dylan Petzer**

### So, whose got the firepower?

The bad guys, the police and security companies.

### Our beloved country...

We are burdened by the social ills accompanied by Covid-19. Unemployment – based on the expanded definition – stands at 42,6% as per the Quarterly Labour Force Survey. Approximately 18 million South Africans depend on some form of a social grant to live. Sweat and sorrow... against an option of buying a gun for R50 in a dark back-alley, which could change your financial predicament if you use it in a robbery...





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Three Star Powertrade general manager Raymond Phatlane (right) congratulated shopper Eric Milanzi who was elated with winning a brand-new car.



Omatla Cossa (right) assisted Three Star marketing coordinator Brenda Eloff to make the lucky draw.



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### Rustenburg –

Over the years Three Star Powertrade in Rustenburg, through several initiatives and competitions, has established a reputation for supporting the community.

On Saturday 22 May Eric Milanzi's dream of owning a car became a reality when he was handed the keys to a brand-new Suzuki S-Presso. He could not hide his joy as a sizeable number of people

who attended the occasion applauded when the keys were given to him.

To enter the competition, customers had to purchase three participating brands from October 2020 to 30 April 2021 and fill in an entry form to be eligible for the draw. The four remaining finalists of the random draw did not walk away empty handed. Nthabiseng Mokoena and Esheto Ahamed each won a R1,000 shopping voucher while Paballo Gaborone and William Dipudi both walked away with a Sunbeam microwave.

Young and old enjoyed the festivity's dancing competitions and quizzes. Music and laughter filled the air and several t-shirts, keyholders, hats, hampers and chessboards were won. It was a fun family day for everyone that demonstrated, once again, that Three Star Powertrade values their community.

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# NOW OPEN!





# A real treat for the Rusoord ladies

**Rustenburg** – Rustenburg Rusoord’s Anette Labuschagne and all the senior ladies at Rusoord were invited for lunch and a treat at Rustenburg Golf Club on Saturday 8 May. A big thank you to MH Tayob who sponsored the event!

From left: Kaitlin Kruger, Rustenburg Rusoord’s Anette Labuschagne, Helen Lezar, and Rustenburg Golf Club manager Ilse Marais.



The Rusoord ladies enjoyed a fun day out.

# Handpicked stalls at Brauhaus



It was a hive of excitement (Covid-19 protocols adhered to) at Brauhaus Afrika at the Boeremusiek Fees & Crafters Market.

**Rustenburg** – The Boeremusiek Fees & Crafters Market hosted by Brauhaus Afrika on Saturday 15 May, was a massive success. They personally handpicked stalls that only sold handmade of homemade products. Market goers enjoyed Boeremusiek’s entertainment, the fresh air and the serene Magaliesberg Mountain picturesque view. The mechanical bull was a big hit among the youngsters. A few grownups wanted to show how it’s done... laughter was the gist of it!



Ecologist at North West Parks Board Pieter Nel warmly welcomed domestic and international tourists to visit Kgaswane Mountain Reserve.



Kgaswane Game Reserve manager Idah Maroo (left) and Impala Platinum Rustenburg CEO Mark Munroe.

# Impala Rustenburg invests in Kgaswane Mountain Reserve upgrade

**Rustenburg** – An investment into an environmental treasure by Impala Rustenburg will leave a lasting legacy of eco-tourism, wildlife preservation, and appreciation of nature for the people of Rustenburg. Kgaswane Mountain Reserve is an environmental jewel in the Rustenburg region. A beautiful 5,300-hectare nature reserve on the northern slopes of the Magaliesberg, it has a large natural wetland that crosses the central part of the reserve. It was designated as a protected UNESCO Ramsar site in 2019, which identifies wetlands of international importance, particularly those providing wildfowl habitat.

- Impala Rustenburg’s upgrades include:**
- Revamping the Kgaswane main entrance gate and facilities.
  - Enhancing safety through introducing road signage and traffic calming measures.
  - Building a bird hide overlooking the large natural wetland.
  - Renovating all camping and camping bathroom facilities.
  - Upgrading the visitors’ braai facilities.
  - Providing environmentally friendly and baboon proof dustbins.

Said Mark Munroe, CEO of Impala Rustenburg at the opening of the refurbished camp site on Wednesday 18 May: “We recognise the significant environmental and heritage value the Kgaswane Mountain Reserve adds to the region and its people. Working in collaboration with the North West Parks and Tourism Board, we have been investing in the reserve since 2016 as part of our commitment to go beyond environmental compliance. Impala Rustenburg is committed to leaving a legacy beyond mining. Supporting the mountain reserve is one of the ways in which we hope to achieve this.” The Kgaswane Mountain Reserve is home to a wide range of species of flora, mammals, and birdlife – 320 bird species, including several raptors, are to be found in the reserve, which also hosts a population of more than 800 antelope and a large breeding herd of sable. Guests were impressed by the refurbished facilities during a walkaround of the campsite. Those who had brought their bicycles along enjoyed a cycling tour of the game reserve while others were fascinated by the Peglarae Walking Trail.

# Bursaries for 2021 cancelled

**NW** – Due to Covid-19, the North West Office of the Premier will not be providing bursaries for the 2021 academic year. Funds that have been earmarked for bursaries have been re-directed to fighting the Covid-19 pandemic. However, those who have already been awarded bursaries, will be assisted with funds throughout their studies.

Issued by Office of the Premier - North West, 26 May 2021



# STAFF REQUIRED:

**General Maintenance personnel required.**

Must have a valid driver's license.

**Please send your CV to [uptowntrad@taz.co.za](mailto:uptowntrad@taz.co.za)**



# Joshua help ASSARO



Ingrid Liberté (links) en Joshua Herbst en die dierbare ASSARO hon

**Rustenburg** – Joshua Herbst werk baie hard vir sy junior Springbokkleure in landsdiens. Hy het 'n groot liefde vir diere en is betrokke by die Australian Shephard South African Rescue Organisation (ASSARO). Hierdie merkwaardige organisasie, onder leiding van Ingrid Liberté, is net buite Rustenburg geleë. Hulle kou harde bene op die oomblik, en maak totaal en al op skenkings en donasies staat. Buiten om vir die honde te sorg, moet die perseel gehuur, en in stand gehou word. Joshua gaan self honde bad, met hulle stap, kosgee, en beoog om vir elke hond op die perseel die volgende in te samel:

- Ontwormingsmiddels
- Medikasie vir bosluise en vlooië
- Hoefies om aan te kou
- Hondesjampoe
- Komberse en handdoeke
- Hondekos

**Vir meer inligting kontak Joshua se moeder, Christel Herbst by 082 785 2439.**

# Make it *snappy!*

**Rustenburg** – The Rustenburg Photographic Society announced its May winners during their monthly meeting on Wednesday 19 May.

- Simon Fletcher | winner of the senior open category | *Low-Level Flight*
- Hannes van Jaarsveld | the winner of the junior category | *Klein River in the afternoon gloom*

The society meets every third Wednesday of every month at the NG Proteapark at 18:30. For more information contact club chairperson Simon Fletcher on 082 371 9867 or vice chairperson Ronel Broderick on 082 451 2999.



Low-Level Flight by Simon Fletcher.

RPS Category Winner



Klein River in the afternoon gloom by Hannes van Jaarsveld.

RPS Category Winner

## Save the rhino project

**Rustenburg** – i-Protect will be launching an initiative in the fight against rhino poaching by constructing rhino shelters. They are calling on businesses and individuals to assist them by donating cement, cement blocks, bricks, and other building material.

If you would like to get involved or for more information, contact i-Protect general manager Tony Dobson on 062 165 4046.



## VACANCIES

### ENGINEERING MANAGER

- Degree or Diploma is essential.
- Pr. Eng. or Pr. Tech Eng. would be an advantage.
- GCC Mines and Works in Electrical or Mechanical Engineering is essential (2.13.1).
- 2-Years recognised junior engineering program training essential.
- 2-Years Project Management experience would be desirable.
- 5-Years Hard Rock Mining operational experience.

### MINER

- Blasting Certificate.
- 4-Years working experience as a Miner.

### SHIFT SUPERVISOR

- Blasting Certificate.
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- 4-Year's recruitment, administration and HR coordination experience.
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Fempower Personnel (Pty) Ltd subscribes to the principles of employment equity and preference will be given to groups who are under represented in terms of the Company's Employment Equity Plan. Please note that prospective employees will be subject to security vetting. Should you not hear from us in 2 weeks, please consider your application unsuccessful.

## GLENCORE

### INVITATION TO TENDER

**TENDER NAME: TRANSPORT OF SILICA ORE**

**TENDER NUMBER: WCM023-2021T**

Service providers are hereby invited to tender for the transport of Silica Ore from Glencore Rietvly Mine to Sibanye Smelters, Marikana.

**ALL PROSPECTIVE BIDDERS ARE REQUIRED TO ATTEND A COMPULSORY SITE MEETING.**

**In order to meet Covid 19 Protocol requirements and access, all attendees are required to RSVP.**

**Date:** Monday, 7 June 2021  
**Time:** 10:00  
**Venue:** Glencore Waterval Mine  
GPS Coordinates  
25°41'13.3"S 27°15'53.0"E  
-25.687033, 27.264730

**Registration:** Interested parties should register by **03 June 2021** via email, using their preferred email address. Please RSVP to the email address below. All communication will take place electronically.

**Enquiries:** Salaam Ameer at email: Salaam.ameer@glencore.co.za

## GLENCORE

### INVITATION TO TENDER

**TENDER NAME: REMOVAL OF SEWERAGE**

**TENDER NUMBER: WCM024-2021T**

Service providers are hereby invited to tender for the removal of sewerage from Western Chrome Mines to a registered disposal facility.

**ALL PROSPECTIVE BIDDERS ARE REQUIRED TO ATTEND A COMPULSORY SITE MEETING.**

**In order to meet Covid 19 Protocol requirements and access, all attendees are required to RSVP.**


**Date:** Tuesday, 8 June 2021  
**Time:** 10:00  
**Venue:** Glencore Waterval Mine  
GPS Coordinates  
25°41'13.3"S 27°15'53.0"E  
-25.687033, 27.264730

**Registration:** Interested parties should register by **04 June 2021** via email, using their preferred email address. Please RSVP to the email address below. All communication will take place electronically.

**Enquiries:** Salaam Ameer at email: Salaam.ameer@glencore.co.za



VACANCIES



Eland Platinum Mine is a mining operation which forms part of the Northam Platinum Limited group. It is situated near the vibrant towns of the North West Province—Brits and Hartebeestpoort and Pretoria, the administrative capital city of South Africa. The mine is a high quality growth-enabling asset currently in a development phase and has a life expectancy of 30 year. The Eland mining operation is a shallow hybrid UG2 PGMs reef, built in decline shafts that give access to the orebody reserves.

STRATA CONTROL OFFICER

GRADE: C UPPER BAND

Role requirements

The successful candidate must have the following basic requirements:

- Grade 12 with Maths (HG) and Science (HG) or equivalent at NQF level 4
- Chamber of Mines Strata Control Officers Certificate
- Relevant Tertiary Qualification (B.Sc. Geology / B.Tech Mining / B.Sc. Mining / B.Eng. Mining, Mathematics, Physics)
- Minimum of 5-7 years' experience in conventional hard rock underground mining
- English proficiency
- Computer Literacy (Microsoft Office, MicroStation V8i, Sable and Rocscience)
- Medical Certificate of Fitness
- No Criminal Record
- Mines Rescue Services Member-Advantageous

Key performance areas

- Monthly updates of panel risk ratings before planning meetings
- Conduct TARP 3 investigations as and when required.
- Identify geological features and their associated risks during underground visits
- Issue Strata Control Officer reports with observations and recommendations following underground visits
- Geotechnically log all underground and surface boreholes (cover, geological) and log in Sable
- Log borehole cameras on Sable database and plot in Microstation daily
- Conduct on the job training on TARP and other Rock Engineering standards and procedures when underground or daily
- Management of the Strata Control Observers daily

Please attach a comprehensive updated CV as well as a certified copy of your ID and your qualifications.


Applications close: 04 June 2021

Northam Eland will apply the employment equity principles as set out in the company's Employment Equity Policy which is in compliance with the South African Employment Equity Act.

Should you meet all the requirements, please submit your curriculum vitae to [HRAApplicationsEL@norplats.co.za](mailto:HRAApplicationsEL@norplats.co.za) and please quote the job title and reference number in the subject box. Kindly note that Eland will only correspond with shortlisted candidates. Should you not hear from the company within 21 days after the closing date for application please consider your application as unsuccessful.



VACANCIES



Eland Platinum Mine is a mining operation which forms part of the Northam Platinum Limited group. It is situated near the vibrant towns of the North West Province—Brits and Hartebeestpoort and Pretoria, the administrative capital city of South Africa. The mine is a high quality growth-enabling asset currently in a development phase and has a life expectancy of 30 year. The Eland mining operation is a shallow hybrid UG2 PGMs reef, built in decline shafts that give access to the orebody reserves.

TMM ELECTRICIAN

GRADE: C LOWER BAND

Role requirements

The successful candidate must have the following basic requirements:

- NQF level 4 (National Senior Certificate or Grade 12 or Adult Senior Certificate) with English literacy or N2 in Engineering studies
- Completed formal Learnership programme prior to obtaining an Electrician artisan trade certificate (Sect 13 or 26 D) as recognised by the MQA
- At least 3 years experience as an Electrician in trackless mobile machinery (TMM)
- Experience in maintenance of LHDs, drill rigs, multi-purpose vehicles and utility vehicles will be advantageous
- Medical Certificate of Fitness

Key performance areas

- Adhere to trackless mobile machinery maintenance and installation standards and specifications
- Adherence to maintenance schedules
- Attending to auto and electrical breakdowns in TMM
- Escalation of unresolved breakdowns or unsuccessful maintenance and installations
- Adherence to document control standards and procedures

Please attach a comprehensive updated CV as well as a certified copy of your ID and your qualifications.

Applications close: 04 June 2021


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Why join Eland Platinum Mine?



Eland Platinum Mine (Eland) is a mining operation which forms part of the Northam Platinum Limited (Northam) group. It is situated near the vibrant towns of the North West Province - Brits and Hartebeestpoort, as well as Pretoria, the administrative capital city of South Africa.

Northam is a primary producer of platinum group metals (PGM) and holds a portfolio of world-class mining operations and projects in two provinces in South Africa - Limpopo and North West.

The Eland mining operation is a shallow hybrid UG2 PGMs reef, built in decline shafts that give access to the orebody reserves.

It makes use of chairlifts to travel into the underground working areas where mining activities which include semi-trackless and conventional stoping are performed.

The mine is a high-quality growth-enabling asset currently in a development phase and has a life expectancy of 30 years. It has a potential to generate a long-term sustainable revenue which will benefit its employees and all stakeholders during its existence.

Eland offers exciting career opportunities in mining. We create a collaborative working environment and an inclusive and diverse culture that encourages and supports excellent performance and innovative thinking.

Our strategic, proactive and functional approach to running our business brings systematization and stability. Therefore, our employees are expected to work a fixed 5-day shift cycle which averages at least 45 hours on double rotational shifts. However, if required, extended work shifts are negotiated well in advance.

If you want a career that makes a real difference towards a sustainable future for you, for our communities and our country at large, then consider joining our winning team today!





# I'm up for adoption!



Champion is waiting in kennel M3.

**Rustenburg** – Can you find it in your heart to provide a loving home and a caring environment for Champion who's up for adoption? Meet Champion, a gorgeous four-year-old pit bull with the sweetest personality in kennel M3. She is loveable, friendly, and playful – a true loyal companion. To meet this sweet girl, contact Rustenburg Society for the Prevention of Cruelty to Animals (SPCA) office on 014 592 3181 or admin@spcartb.org.za.

# Shooting for the stars

**Rustenburg** – A strong character and a determination to succeed in whatever she sets out to achieve, are what drives Rustenburg-based model and filmmaker Tsholofelo Phiri. The 25-year-old Phiri has been nominated for the Women of Worth Awards, in recognition of the positive change she has made in the Ikageng community. This determined woman – who is on the way to completing her first filming project – used some of the money she has made from her activities to donate sanitary wear and spread awareness about the dangers of bullying at schools in Ikageng. "I know what it feels like to be bullied. Boys and girls constantly made fun of me when I was in Grade 5 and sometimes took my lunch money, and if I tried to resist, they would threaten to physically assault me," Tsholofelo said in an interview with *Platinum Weekly*. While Phiri has been modelling since 2012, she said her passion for film was ignited in 2020 while she was attending the Rustenburg Film Festival. She described Connie Ferguson, one of South Africa's top actors and one of the brains behind the popular soap *The Queen*, as her inspiration. "Meeting her would definitely be a major highlight of my career. She has achieved so much and has shown that anything is possible with determination. Imagine working at Ferguson Films? Wow!?" "Always have your eyes on what you want to achieve. Go after it with determination and enthusiasm. Most of all, put God in every plan you make and do not let anyone discourage you," she added.



Tsholofelo Phiri is a model and filmmaker.



# Pret, seekos en Jo

**Rustenburg** – Jo Black tree op Sondag 13 Junie op by de' Strandswerwers op die Rex pad net buite Rustenburg. Dit belooft om 'n dag vol pret te wees met hope aktiwiteite, 'n verskeidenheid stalletjies, lekker kos en natuurlik die talentvolle Jo met sy strekende stem. Kaartjies beloop R170 per persoon en R100 vir kinders onder 12.

Vir meer inligting stuur 'n WhatsApp na Natasha Jones op 072 442 2783.

# DEVELOPING OUR YOUTH GROWING OUR FUTURE

## Get to know Kagiso Molefi

“ I am very proud to have completed the cadet programme and I'm excited to have a career in mining with Impala Rustenburg. ”



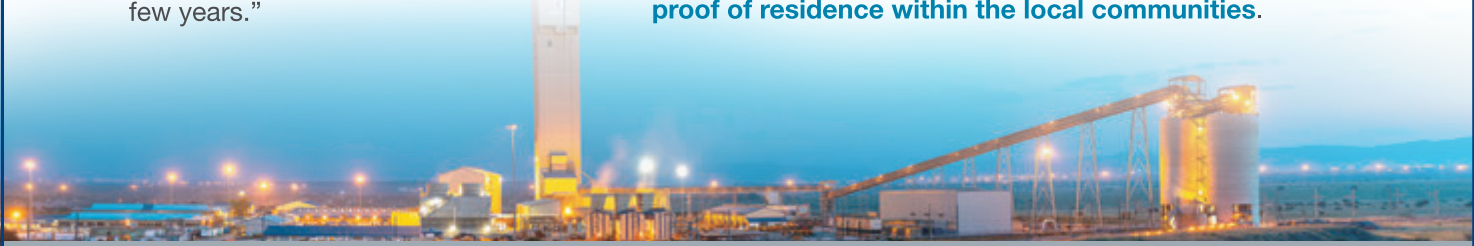
Kagiso Molefi (26), a resident of Freedom Park, graduated from Impala's three-month cadet programme earlier this year and is now employed as an equipment helper.

Commenting on how he came to be enrolled in the Cadet programme, Kagiso says, "I started studying electrical engineering but due to financial circumstances I could not complete the course. I then did carpentry and roofing piece work until I heard about the Cadet programme from my ward councillor.

Kagiso says about his new career and future plans: "I'm very comfortable underground; it's like a second home to me. My goal is to continue building my career at the mine, and to achieve a blasting certificate within a few years."

## About the Impala Cadet Programme

- The programme is designed to develop critical mining skills among unemployed youth within the mines' 17 local communities, and to provide employment opportunities within the mining industry.
- It is MQA accredited, and is delivered within the mine's training centres
- Between 50 to 100 candidates are enrolled every quarter.
- Since inception in November 2019 a total of 356 candidates have been through the cadet training programme and 221 have been given full-time employment on the mine.
- Before the course starts, candidates are invited to attend a one-day induction at the mine to understand how the mine systems work. At the end of the induction, if you are still keen to join the programme, you undergo a physical assessment and medical tests.
- The curriculum includes theoretical and practical training for the specific job types, insight into how the mine works and where the candidates' jobs are positioned within the full mine operations. It also covers additional training in financial life skills and basic business skills.
- Applicants need to be aged between 18 and 35 and have proof of residence within the local communities.



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Member of the Implats Group




WHAT'S

Cooking?





Penny Zeffertt – Recipe developer and trainer for healthier food options | info@oldtraditions.co.za.



Basic no-knead loaf of bread.

Baking a healthy basic loaf of bread at home

**Rustenburg** – This recipe is for a slow fermented yeasted bread. The slow fermentation process helps deactivate anti-nutrients in the flour which causes a reaction to wheat products for so many people. The fermentation also modifies the structure of the gluten, making it easier to digest.

This stone milling process is a healthier choice as it is wholesome, still contains the wheat germ and more nutrients than most commercially milled flour. This is an easy bread to make, you'll just need to sort out a few time issues and maybe practice a bit to get it perfect.

"I like to mix in the morning and bake in the evening so that it's ready for breakfast the next day. If you feel confident, you can double up the recipe and make two loaves. This bread keeps well and freezes very well wrapped up," said recipe developer and trainer Penny Zeffertt.

Equipment

- A bowl for the dough
- A plate, lid, and plastic bag to cover dough in mixing bowl
- A wooden spoon to mix the dough

- A scraper
- Measuring cups: 1 cup, ½ cup, 1/3 cup
- Measuring spoons: ¼, ½ tsp, 1 tsp

- A bread tin for baking the bread
- A pastry brush
- A scale if you have one (optional)
- Cooling rack

Ingredients

- 3 and 1/3 level cups (500g) Eureka Stone milled flour: brown or white bread flour
- 1 and a half cups water (375g)
- 2 Tablespoons salt (10g) – I prefer sea salt or Himalayan pink salt. Table salt is not a healthy option.

- ½ Tsp instant yeast (keep the rest in a sealed jar for your next loaf)
- Some oil or butter for greasing the tin

**Tip: If you have a scale, you can weigh your ingredients for better accuracy.**

Instructions

1. Measure 1 and ½ cups of cold tap water into your bowl.

2. Sprinkle yeast on the water and give it a little stir.

3. Add 3 level measuring cups of flour.

4. Sprinkle the salt on top of the flour.

5. With your mixing spoon, mix the ingredients and make sure all is mixed in.

6. Add the rest of the flour (1/3 cup) and mix well to incorporate. This dough should be somewhere between a stiff and a wet dough. Once the dough is mixed, scrape down the sides of the bowl and the dough off the spoon.

7. Cover the bowl to make sure the dough doesn't dry and leave it for 15 minutes.

8. After 15 minutes, with wet hands, pull a part of the dough up and fold it over towards the middle, pushing the end down into the dough. Take another part of the dough and repeat the process, then another and so on moving round the dough until you've made a kind of ball shape with all the pulled parts towards the middle and the centre has a little dimple where you pushed the tip of the pulled parts in. Cover and give it another 15 minutes and repeat the process again.

9. Once this is done, leave the dough, covered to ferment for about 6-8 hours depending on the temperature of your room. The warmer your space, the faster the fermentation and the colder the slower it will ferment.

10. Once it has doubled in size or risen considerably, it's time to shape it.

11. First oil your tin so it's ready.

12. Slightly dampen your work surface with water. You can use a tray if you don't want to make a mess. Gently drop the dough onto the wet surface.

13. With wet hands pat the dough and slightly stretch it to form a rectangle a little narrower than your bread tin. With the width facing you, roll the dough up to make a sausage that will fit into the tin. If it looks too wide, fold both ends towards the middle while you roll. Don't worry too much, you'll get the feel of it with some practice.

14. Once you've rolled it up, place the rolled dough with its seam downwards into the oiled tin.

15. Brush the top with water to make sure it doesn't get a crust and cover with a damp cloth or a large container so it can rise.

16. It will take between 1 ½ - 2 ½ hours for the loaf to be ready for baking.

17. Turn the oven on to 220° about 15-20 minutes before putting the bread in to bake.

18. Before the bread goes into the oven, brush it again with some water and cut a slit down the middle to allow it to rise in the oven.

19. If you are not sure when to put the bread in the oven, don't wait too long, rather put it into the oven a bit early – it will still rise in the oven. If it rises too much it might collapse.

20. Bake for 15 minutes at 220° then reduce to 200° and bake a further 30 minutes.

21. The crust should be dark golden, and the loaf should sound hollow when tapped on the bottom.

22. Every oven is different, and every kitchen is different, so you will have to adjust for your conditions.

23. When you take it out of the oven release it from the tin and put it on a rack to cool.

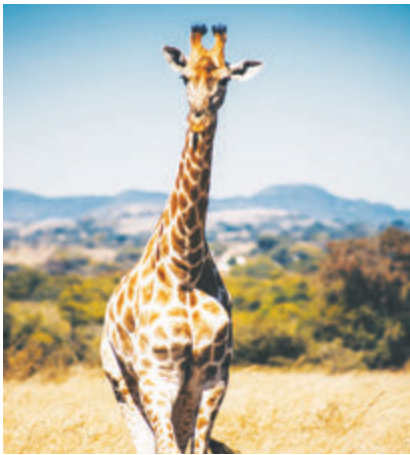
24. Please don't be tempted to cut it while still hot – no matter how tempting this might be, the bread is still baking until it cools. The steam going out releases carbon dioxide and the cold air entering the loaf while it cools takes flavours from the crust into the crumb. Trust me on this... the bread will be much better a few hours later and still very fresh.

Wildlife boost for North West

**Groot Marico** – Our local wildlife sector was given an enormous boost on Saturday 22 May when 354 animals were introduced to the Aphamo Boerdery in Groot Marico.

The release of 14 zebra, 12 red hartebeest, 10 gemsbok, 5 eland and 4 giraffes by the minister of Forestry, Fisheries and the Environment Barbara Creecy, is a celebration of government's commitment to developing the wildlife economy as part of the transformative obligations within the sector.

The handover of wildlife to communities in North West is part of the SANParks socio-economic transformation interventions pledged in 2018, to make available more than 3,000 head of game over three years to communities and emerging game farmers.




CAUTION – accident ahead!

[Letter to the editor]

I want to urge, advise, and plead with the community to be careful when they approach an accident scene. I recently witnessed an accident at a busy intersection where two vehicles crashed. Shortly after the accident occurred, a bumper bash followed – four cars involved in an accident within minutes at the same intersection.

The best is just to avoid tailgating and to follow at a safe distance. It takes your brain 0.75 seconds to recognise that there is a serious problem ahead.

**Suzie Safe Distance**



Cigarettes ruining my jackets!


[Letter to the editor]

People who are in the habit of throwing cigarette butts out of their car windows make me angry!


I enjoy riding my motorbike and on more than one occasion, I have been on the receiving end of this bad habit of smokers. You cannot imagine how many times cigarette butts have ruined my gear while I'm on my bike. It is dangerous to just throw out a burning cigarette butt – no matter where you are, as it can start a fire.

I know we are living in a free country and people must be allowed to enjoy their liberties. But is it too much to ask smokers to stub out their cigarettes before flicking it?

**Angry Biker**



VOLUNTEERS NEEDED



Are you able to freely give your time and labour?

**Rustenburg** – Although volunteering can be hard work and take your time, it does not result in payment. Volunteers choose to freely give time and labour to assist non-profit organisations and charities in doing vital community service. Some volunteers are specialists in their field, and some like to help bake cookies for a bake-sake.

Volunteers are also a physical presence to paid staff during an event or visit. They could be an extra pair of arms to carry donations into a foster home, or a voice filled with a 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.

**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 the community for more than a century. If you have some extra time, please volunteer!

For more information:

SAVF Rustenburg

212A Kruger Street, Rustenburg

014 592 8568

rustenburgadmin@savf.co.za



# INVITATION FOR PROSPECTIVE BIDDERS



OFFICE OF THE MUNICIPAL MANAGER

BID NO.	DESCRIPTION	DOC. FEES (NON-REFUNDABLE)	AVAILABILITY OF BID DOCUMENT	EVALUATION CRITERION	CIDB GRADING	ENQUIRIES	CLOSING DATE	COMPULSORY BRIEFING SESSION
RLM/DPHS/0040/2020/21	RE-ADVERT: APPLICATION FOR LEASING A PORTION OF REMAINDER PORTION 12 OF THE FARM WILDEBEESFONTEIN 274 JQ	R 1 000.00 Reference Number: 40+Company name	Documents are available on the RLM website.  NB! Proof of purchase must be attached upon submission	<ul style="list-style-type: none"><li>ADMINISTRATIVE EVALUATION (DOCUMENT COMPLETION AND ATTACHMENT OF MANDATORY DOCUMENTS)</li><li>HIGHEST OFFER ABOVE THE MARKET RESEARCH.</li></ul>	N/A	<b>TECHNICAL</b> Ms. A. M. Barnard 014 590 3084 rbarnard@rustenburg.gov.za <b>SCM</b> Mr. J. Masinga 014 590 3123 jmasinga@rustenburg.gov.za	12 July 2021 @ 11H00	N/A
RLM/DPS/0112/2020/21	APPOINTMENT OF A SERVICE PROVIDER FOR THE SUPPLY, DELIVERY, INSTALLATION AND COMMISSIONING OF STAND-BY DIESEL GENERATING SET AT PUBLIC SAFETY	R 1 000.00 Reference Number: 112+Company name	Documents are available on the RLM website.  NB! Proof of purchase must be attached upon submission	<ul style="list-style-type: none"><li>ADMINISTRATIVE EVALUATION (DOCUMENT COMPLETION AND ATTACHMENT OF MANDATORY DOCUMENTS)</li><li>CIDB GRADING 3EB OR HIGHER</li><li>80/20 PREFERENCE POINT SYSTEMS (PRICE = 80 &amp; BBBEE POINTS = 20)</li></ul>	3EB OR HIGHER	<b>TECHNICAL</b> Mr. D. Dube 014 590 3220 ddube@rustenburg.gov.za <b>SCM</b> Mr. J. Masinga 014 590 3123 jmasinga@rustenburg.gov.za	12 July 2021 @ 09H00	07 June @ 09H00  Traffic Department, Swartruggens Rd & Dr Moroka St, Tlhabane,
RLM/DRT/0094/2020/21	APPOINTMENT OF SERVICE PROVIDER FOR THE PROVISION OF MARKETING, STAKEHOLDER AND COMMUNICATIONS SERVICES FOR RUSTENBURG RAPID TRANSPORT (RRT) PROJECT	R 1 000.00 Reference Number: 94+Company name	Documents are available on the RLM website.  NB! Proof of purchase must be attached upon submission	<ul style="list-style-type: none"><li>ADMINISTRATIVE EVALUATION (DOCUMENT COMPLETION AND ATTACHMENT OF MANDATORY DOCUMENTS)</li><li>FUNCTIONALITY (MINIMUM 70)</li><li>80/20 PREFERENCE POINT SYSTEM (PRICE = 80 &amp; BBBEE POINTS = 20)</li></ul>	N/A	<b>TECHNICAL</b> Mr. T. Rapoo 014 590 3725 trapoo@rustenburg.gov.za <b>SCM</b> Mr. J. Masinga 014 590 3123 jmasinga@rustenburg.gov.za	17 June 2021 @ 09H00	N/A
RLM/BTO/0114/2020/21	RLM/BTO/0114/2020/21 - APPOINTMENT OF A SERVICE PROVIDER FOR GRAP 25 ACTUARIAL VALUATIONS FOR EMPLOYEE BENEFITS FOR MAXIMUM PERIOD OF 36 MONTHS	R 1 000.00 Reference Number: 114+Company name	Documents are available on the RLM website.  NB! Proof of purchase must be attached upon submission	<ul style="list-style-type: none"><li>ADMINISTRATIVE EVALUATION (DOCUMENT COMPLETION AND ATTACHMENT OF MANDATORY DOCUMENTS)</li><li>FUNCTIONALITY (MINIMUM 70)</li><li>80/20 PREFERENCE POINT SYSTEM (PRICE = 80 &amp; BBBEE POINTS = 20)</li></ul>	N/A	<b>TECHNICAL</b> Mr. T. Jugmohan 014 590 3325 tjugmohan@rustenburg.gov.za <b>SCM</b> Mr. J. Masinga 014 590 3123 jmasinga@rustenburg.gov.za	15 June 2021 @ 11H00	07 June @ 11H00  Rustenburg Local Municipality Missionary Mpheni House CNR Beyers Naude and Nelson Mandela drive  NB! Non-Compulsory
RLM/DCD/0093/2020/21	REQUEST FOR PROPOSALS FOR THE MANAGEMENT AND MAINTENANCE OF VARIOUS SPORTS FACILITIES	R 1 000.00 Reference Number: 93+Company name	Documents are available on the RLM website.  NB! Proof of purchase must be attached upon submission	<ul style="list-style-type: none"><li>ADMINISTRATIVE EVALUATION (DOCUMENT COMPLETION AND ATTACHMENT OF MANDATORY DOCUMENTS)</li><li>FUNCTIONALITY (MINIMUM 100)</li><li>HIGHEST FUNDING OFFERED</li></ul>	N/A	<b>TECHNICAL</b> Mr. L. G. Jele 014 590 3056 ljele@rustenburg.gov.za <b>SCM</b> Mr. J. Masinga 014 590 3123 jmasinga@rustenburg.gov.za	09 July 2021 @ 09H00	08 June @ 09H00  Kruger St & Marais Street,  Rustenburg public Pool
RLM/DTIS/0103/2020/21	APPOINTMENT OF A SERVICE PROVIDER FOR THE PROVISION OF MANAGED VEHICLE MAINTENANCE SERVICES, FLEET AND FUEL MANAGEMENT FOR RUSTENBURG LOCAL MUNICIPALITY FOR A PERIOD OF 36 MONTHS	R 1 000.00 Reference Number: 103+Company name	Documents are available on the RLM website.  NB! Proof of purchase must be attached upon submission	<ul style="list-style-type: none"><li>ADMINISTRATIVE EVALUATION (DOCUMENT COMPLETION AND ATTACHMENT OF MANDATORY DOCUMENTS)</li><li>FUNCTIONALITY (MINIMUM 75)</li><li>80/20 PREFERENCE POINT SYSTEM (PRICE = 80 &amp; BBBEE POINTS = 20)</li></ul>	N/A	<b>TECHNICAL</b> Mr. X. Gumenge 014 590 3080 xgumenge@rustenburg.gov.za <b>SCM</b> Mr. J. Masinga 014 590 3123 jmasinga@rustenburg.gov.za	09 July 2021 @ 11H00	08 June @ 11H00  Electrical Department  63 Bosch Street
RLM/DCS/0113/2020/21	APPOINTMENT OF A SERVICE PROVIDER FOR THE SUPPLY, DELIVERY, COMMISSIONING, SUPPORT AND MAINTENANCE OF THE DISASTER RECOVERY IT INFRASTRUCTURE AS WELL AS THE PROVISION OF MANAGED INFORMATION SECURITY SOLUTION ON A THREE-YEAR TERM CONTRACT	R 1 000.00 Reference Number: 113+Company name	Documents are available on the RLM website.  NB! Proof of purchase must be attached upon submission	<ul style="list-style-type: none"><li>ADMINISTRATIVE EVALUATION (DOCUMENT COMPLETION AND ATTACHMENT OF MANDATORY DOCUMENTS)</li><li>FUNCTIONALITY (MINIMUM 70)</li><li>80/20 PREFERENCE POINT SYSTEMS (PRICE = 80 &amp; BBBEE POINTS = 20)</li></ul>	N/A	<b>TECHNICAL</b> Mr. P. Marome 014 590 3157 pmarome@rustenburg.gov.za <b>SCM</b> Mr. J. Masinga 014 590 3123 jmasinga@rustenburg.gov.za	13 July 2021 @ 09H00	09 June @ 09H00  Rustenburg Local Municipality Missionary Mpheni House CNR Beyers Naude and Nelson Mandela drive  NB! Non-Compulsory
RLM/DTIS/0010/2020/21	REQUEST FOR PROPOSAL FOR FUNDING, DESIGN, SUPPLY, INSTALLATION AND MAINTENANCE OF A SMART REVENUE COLLECTION SYSTEM INCLUDING ONLINE CUSTOMER PAYMENT OPTIONS FOR THE RUSTENBURG LOCAL MUNICIPALITY PERIOD OF 3 YEARS	R 1 000.00 Reference Number: 10+Company name	Documents are available on the RLM website.  NB! Proof of purchase must be attached upon submission	<ul style="list-style-type: none"><li>ADMINISTRATIVE EVALUATION (DOCUMENT COMPLETION AND ATTACHMENT OF MANDATORY DOCUMENTS)</li><li>FUNCTIONALITY (MINIMUM 70)</li><li>80/20 PREFERENCE POINT SYSTEMS (PRICE = 80 &amp; BBBEE POINTS = 20)</li></ul>	N/A	<b>TECHNICAL</b> Mr. J. Kgatele 014 590 3259 jkgatle@rustenburg.gov.za <b>SCM</b> Mr. J. Masinga 014 590 3123 jmasinga@rustenburg.gov.za	08 July 2021 @ 11H00	09 June @ 11H00  Electrical Department  63 Bosch Street  NB! Non-Compulsory
RLM/DTIS/0072/2020/21	APPOINTMENT OF A SERVICE PROVIDER FOR THE INSTALLATION OF SCADA SYSTEMS TO 33/11kV SYSTEMS	R 1 000.00 Reference Number: 72+Company name	Documents are available on the RLM website.  NB! Proof of purchase must be attached upon submission	<ul style="list-style-type: none"><li>ADMINISTRATIVE EVALUATION (DOCUMENT COMPLETION AND ATTACHMENT OF MANDATORY DOCUMENTS)</li><li>FUNCTIONALITY (MINIMUM 70)</li><li>80/20 PREFERENCE POINT SYSTEMS (PRICE = 80 &amp; BBBEE POINTS = 20)</li></ul>	N/A	<b>TECHNICAL</b> Mr. V.P Bergh 014 590 3079 pbergh@rustenburg.gov.za <b>SCM</b> Mr. J. Masinga 014 590 3123 jmasinga@rustenburg.gov.za	08 July 2021 @ 09H00	09 June @ 11H00  Electrical Department  63 Bosch Street  NB! Non-Compulsory
RLM/DTIS/0008/2020/21	APPOINTMENT OF SERVICE PROVIDERS FOR SUPPLY AND DELIVERY OF STREETLIGHT AND HIGHMAST LUMINAIRES TO STORES AS AND WHEN REQUIRED FOR A PERIOD OF 3 YEARS	R 1 000.00 Reference Number: 08+Company name	Documents are available on the RLM website.  NB! Proof of purchase must be attached upon submission	<ul style="list-style-type: none"><li>ADMINISTRATIVE EVALUATION (DOCUMENT COMPLETION AND ATTACHMENT OF MANDATORY DOCUMENTS)</li><li>80/20 PREFERENCE POINT SYSTEMS (PRICE = 80 &amp; BBBEE POINTS = 20)</li></ul>	N/A	<b>TECHNICAL</b> Mr. J. Kgatele 014 590 3259 jkgatle@rustenburg.gov.za <b>SCM</b> Mr. J. Masinga 014 590 3123 jmasinga@rustenburg.gov.za	15 June 2021 @ 09H00	09 June @ 11H00  Electrical Department  63 Bosch Street  NB! Non-Compulsory

1. Sealed documents marked as per bid number and description, must be placed in the bid box situated in the foyer of the Municipal offices, Missionary Mpheni House, Corner Nelson Mandela & Beyers' Naude Drive, Rustenburg not later than the prescribed closing date, prices will not be read out loud in public to observe COVID 19 regulations.

2. The municipality will not accept any bid received late.

3. Please note that no bid documents will be given to couriers unless the courier company is in possession of a letter on an official letterhead, confirming on behalf of the company the full details of the specific bid document to be collected, as well as the payment of the full amount payable for bid required.

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

5. An update record of payment of rates, taxes and services to the relevant municipality must be attached. Failure to do so will invalidate the bid submitted.

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

7. Bid document must comply with the instruction note (Tender Completion and Attachment of Mandatory Documents).

8. Failure to adhere to any of the requirements/ instruction stated will render the bid invalid.
- RUSTENBURG LOCAL MUNICIPALITY
- MISSIONARY MPHENI HOUSE  
P.O BOX 16  
RUSTENBURG  
0300

MR. S. V. MAKONA  
MUNICIPAL MANAGER





## Rainbow Cup SA

### Sharks vs Stormers

In 'n nat en koue haaitenk in Durban oorwin die Stormers die Sharks met 25-22. Tim Swiel maak nou 'n gewoonte daarvan om sy *Big Match Temperament* (BMT) ten volle uit te stal en slaag met 'n strafskop in die doodsnikke om sy maats van 'n wen te verseker.

Met hierdie oorwinning skuif die Kapenaars ook nou tot in die tweede plek op die puntetabel. Die Haaie was dalk op die dag beter in die vaste spel, maar kon agterlangs maar net nie aan die gang kom nie. In die Stormer geledere het die jong blits vleuel Edwill van der Merwe getoon dat hy lus is vir die groen en goud. Die mannetjie het ongelooflike vaartversnelling.

### Lions vs Blue Bulls

Die *Jo'burgers* laat skokgolwe oor die Jukskei vlieg wat 'n mislike Saterdagand-stilte in Pretoria laat heers. Die lieflinge van Loftus loop kry toe pak in *Jo'burg*.- en welverdiend ook. Die telling van 34-33 getuig van 'n spannende affêre. Dit het amper gelyk of die Bulle onoorwinlik is maar die Leeus het hard gegrom...

Die Leeus se voorry kon maklik die speler van die wedstryd toekenning ontvang het ou grote. Hulle laat hulle nou nie juis deur groot name intimideer nie. Met die vorige *game* teen die Kaapse Springbok voorry het hulle ook die sweep geklap.

Vir eerskomende naweek het al die spanne 'n ruskans. Dit is ook die eerste amptelike Springbok oefenkamp.

## Impala brace for Atteridgeville test

**Rustenburg** – Impala Rugby Club will play their first competitive match in a very long time on Saturday 5 June when they take on Atteridgeville. The match will be their very first Carleton Reserve League encounter of the season and the Rustenburg-based club – who are hoping for a positive start to their campaign – have been training hard in preparation for the clash against their Pretoria-based opponents. The Carleton Reserve League, which is the second division in South African rugby, is a highly competitive competition that will see Impala playing against teams from Gauteng and other provinces in a round robin format. The league will be won by the team that manages to collect the highest number of points after the last match of the season.

Impala Rugby Club chairman Wynand Burger told *Platinum Weekly* that although they do not know much about their opponents, they are preparing thoroughly ahead of their trip to Pretoria. "This is the first time we will be playing against Atteridgeville. We will give it our very best on the field of play and hopefully our plans will come right," Burger said. Coached by Joel Scherman, the Impala team is composed of many new players who will be looking to prove themselves on the field of play. Captain Joe Engelbrecht, who is one of the key players, will lead the execution of what the team hopes will be a winning strategy.

For more information, contact Wynand Burger on 061 530 3193.



Impala Rugby Club

## Super Rugby Trans-Tasman

### RESULTS

- Queensland Reds 28 - 63 Crusaders
- Chiefs 40 - 17 Brumbies
- Blues 48 - 21 NSW Waratahs
- Western Force 15 - 25 Highlanders
- Hurricanes 35 - 13 Rebels

### FIXTURES

- Friday 28 May
  - Hurricanes vs Western Force - 09:35
- Saturday 29 May
  - NSW Waratahs vs Crusaders - 07:05
  - Blues vs Brumbies - 09:15
  - Queensland Reds vs Chiefs - 11:45
- Sunday 30 May
  - Highlanders vs Rebels - 04:35

## Laerskool Rustenburg rugby is tops!

**Rustenburg** – Laerskool Rustenburg het van Dinsdag 27 April tot 1 Mei aan die Noord-Suid Rugby toernooi te Pretoria deelgeneem. Hulle het al vier hulle wedstryde gewen en is een van slegs twee skole wat die toernooi onoorwonne afgesluit het. Mooi sooi manne!



Agter van links: afrigter Johnny Tredway, Pieta Niemandt, Hendré Kruger, Gerhard Botha, Kyle Erasmus, Jayden Olivier, Raynard Bosse, Janco Botes, Henrico van Aswegen, Evan van Heerden, Ruben van Heerden, Jaques Hurn, en afrigter Francois Hornschuh.  
Middel van links: Lerato Matlaisane, Dandré Graham, Carlo Claase, André van den Berg, Keagan Groenewald, Carel Coetzee, Loghan Langeveldt, en Martin Pieterse.  
Voor van links: Franco de Beer, Dillan Roux, en Katli Mathuloe

## Varsity Cup

### RESULTS

- Thursday 20 May
  - NWU 36 - 42 UCT Ikeys
  - UWC 60 - 19 CUT
  - NMU Madibaz 0 - 75 UP-Tuks
  - Maties 49 - 19 UJ
  - Wits 34 - 42 Shimlas
- Sunday 23 May
  - UP-Tuks 40 - 41 CUT
  - Shimlas 24 - 81 Maties
  - Wits 40 - 10 UWC

UJ 29 - 33 NWU  
UCT Ikeys 34 - 23 NMU  
Madibaz

Nag ou grote...



RAINBOW CUP SA

## Just say no!



**Rustenburg** – South African Police Services (SAPS) in collaboration with other public service units paid a visit to Bergsig Academy to educate them on drug abuse and related issues.



Van links: Tiana van Niekerk, Anelia Nel, Linchen Langeveldt, Mia de Wet, Eldrich Gezork, Retshe Mputle, Evan Erasmus, en Lohan Reynecke.


## Larries presteer in Bethlehem

**Rustenburg** – Laerskool Rustenburg se o/11 seuns en dogter tennisspanne het vanaf Dinsdag 4 Mei tot 8 Mei 'n baie geslaagde tennistoer na Bethlehem meegemaak. Hulle het aan die Truida Kestell Tennistoernooi vir o/11 spanne deelgeneem en skitterend presteer. Hierdie toernooi is een van die grootste toernooie vir

laerskole in die land met tot 85 spanne. Vanjaar het daar altesaam 37 skoolspanne deelgeneem. Ons dogterspan het algeheel tweede gekom in hul groep van 15 skole, en ons seunspan tweede in hul groep van 17 skole. Die kersie op die koek was toe Mia de Wet die Sportmanskaptrofee gewen het.




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 **PLATINUM**  
Weekblad/Weekly

Have your say / Sê jou sê

Was there a change in your menstrual cycle the past month?

Rumour has it that April brought about a few changes to menstrual cycles with many women reporting that they were either very early or very late. Are you one of them?

This is definitely an amazing period fact: cold weather can impact your period, making it heavier and longer than normal. During the winter months, a woman's flow, period duration, and even pain level is longer than in the summer. This pattern also extends to women who live in colder climates.

Yes! My wife's cycle threw me a curveball end of April. Her pain was much worse than usual. I'm taking good care of her. Good luck to all men out there!

Anonymous

No. Well, I had a full hysterectomy when I was in my 20's due to cancer so I have not had a menstrual cycle since then. And luckily that did not change during the month of April or May. I would really believe in witchcraft if that changed and I started menstruating after all these years. LOL!

Anonymous

PUBLIC POLL: THE RESULTS ARE IN!

Was there a change in your menstrual cycle the past month?

NO 37% YES 63%

POLL

Would you be able to change a tyre properly?

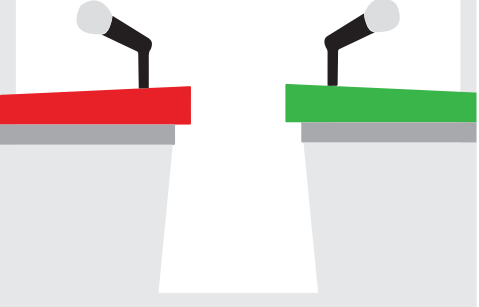
You never know when you will get stuck next to the road with a flat tyre. Would you be able to change a tyre on your own? Make yourself heard by sending an email to [news@platinumweekly.co.za](mailto:news@platinumweekly.co.za) with the following information before 17:00 on Tuesday 1 June:

- Yes, I can change a tyre properly, or,
- No, I won't be able to change a tyre properly.
- The reason for your answer.
- A recent photo of yourself (optional) – that we can publish with your answer.
- Your contact details.

If you do not want your answers to be in the newspaper, just reply to the question: YES/ NO.

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

PS – You can also give your opinion by commenting on our Facebook post.






Send your event listing to [news@platinumweekly.co.za](mailto:news@platinumweekly.co.za) \*\* Free Placement!

PLATINUM EVENT DIARY

PW EVENTS	Date	Venue	Tel	Email
Voer 'n Boer Golf Dag	28 May '21	Mooinooi: Golf Club	067-427-8118	mooinooi@golf.co.za
Kosterdam Natuuroord Boeremark	29 May '21	Koster: Dam	060-369-3215	kosterdam@koster.co.za
Magalies Road Ride	29 May '21	Brits: Magalies	072-076-9245	wesley@drakeevents.co.za
Marius Dippenaar Live	29 May '21	Rustenburg: Midnight @ Sportsbar	082-536-6141	midnight@sportsbar.co.za
SPCA Golf Day	2 Jun '21	Rustenburg: Golf Club	082-410-2776	treasurer@spcartb.org.za
Riaan Benade Live	4 Jun '21	Rustenburg: De Strandswerwers	082-824-6811	mountainviewtc@mweb.co.za
Rusty Fest	5 Jun '21	Rustenburg: Impala Rugby Club	086-123-4695	support@howler.co.za
Fedhealth Magalies Monster	5 Jun '21	Buffelspoort: ATKV Buffelspoort	082-991-0045	entries@stillwatersport.com
Ivan Roux Live	6 Jun '21	Rietfontein: Bufallo Grill	014-572-3056	info@buffalogrill.co.za
Fedhealth Platinum Trail Run	6 Jun '21	Buffelspoort: ATKV Buffelspoort	082-991-0045	entries@stillwatersport.com



WEATHER REPORT NORTH WEST  
RUSTENBURG

Friday	28	May	2020	26°C - 7°C	Rainfall probability <b>10%</b> Sunrise 06:48 Sunset 17:29
Saturday	29	May	2020	24°C - 6°C	
Sunday	30	May	2020	23°C - 6°C	
Monday	31	May	2020	21°C - 7°C	
Tuesday	01	Jun	2020	19°C - 4°C	

At time of print

FINANCIAL INDICATORS

ZAR/USD	13.76
Rand/Euro	16.76
Rand/Pound	19.43
Rand/Aus Dollar	10.67
Dollar/Pound	1.41
Pound/Euro	1.16
Gold	1 901.14
Platinum	1 195.95
Palladium	2 763.50

At time of print

071 673 4201

M.I.N



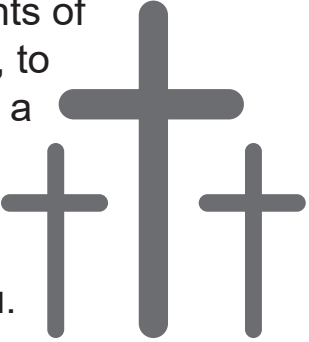
AUTO  
Electrical

We come to you!

SOULFOOD

JEREMIAH 29:10-12

<sup>10</sup>For thus says the Lord: After seventy years are completed at Babylon, I will visit you and perform My good word toward you, and cause you to return to this place. <sup>11</sup>For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. <sup>12</sup>Then you will call upon Me and go and pray to Me, and I will listen to you.



NEW KING JAMES VERSION (NKJV)

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		5					7	
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				4	2	5	8	
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	1	4	2					6

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8					5	9	7	
3	5	7			2			
7			6	2				
		1		9				4
	6					8		7
	2		8	1			4	
6							8	5
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**HILUX Gd6 FROM R2200 INCL EXCL FITMENT**

**M PERFORMANCE F30 MIRROR COVERS**  
**P/SET R1500 INCL**

**OET SPOILER R999 INCL**

**BATMAN SPOILER R999 INCL**

**SPOILERS (FRONT & REAR)**  
**DIFFUSERS**  
**BONNET SCOOPS**  
**WHEEL ARCHES**  
**SNORKELS**  
**STICKER KITS**  
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<b>HENNESSY</b> VS COGNAC 750ml <b>439<sup>99</sup></b> 12 x 750ml R5 199.00 Unit Price per case R433.25	<b>JOHNNIE WALKER</b> BLACK LABEL 750ml <b>319<sup>99</sup></b> 12 x 750ml R3 699.00 Unit Price per case R308.25	<b>JAMESONS</b> IRISH WHISKEY 750ml <b>294<sup>99</sup></b> 12 x 750ml R3 480.00 Unit Price per case R290.00	<b>BELL'S</b> BLENDED SCOTCH WHISKY 750ml <b>184<sup>99</sup></b> 12 x 750ml R2 199.00 Unit Price per case R183.25	<b>CAPTAIN MORGAN</b> DARK RUM 750ml <b>159<sup>99</sup></b> 12 x 750ml R1 899.00 Unit Price per case R158.25	<b>KWV</b> 3 YR OLD BRANDY 750ml <b>149<sup>99</sup></b> 12 x 750ml R1 749.00 Unit Price per case R145.75 PLUS FREE 1 Btl COCA-COLA	<b>VAT 69</b> SCOTCH WHISKY 750ml <b>132<sup>99</sup></b> 12 x 750ml R1 548.00 Unit Price per case R129.00
<b>JÄGERMEISTER</b> 750ml <b>229<sup>99</sup></b> 6 x 750ml R1 350.00 Unit Price per case R225.00	<b>SKYY</b> VODKA RANGE 750ml <b>189<sup>99</sup></b> 12 x 750ml R2 220.00 Unit Price per case R185.00	<b>GORDON'S</b> LONDON DRY GIN 750ml <b>144<sup>99</sup></b> 12 x 750ml R1 699.00 Unit Price per case R141.58	<b>CAPTAIN MORGAN</b> SPICED GOLD 750ml <b>134<sup>99</sup></b> 12 x 750ml R1 549.00 Unit Price per case R129.08	<b>BELGRAVIA</b> LONDON DRY GIN RANGE 750ml <b>129<sup>99</sup></b> 6 x 750ml R750.00 Unit Price per case R125.00	<b>SMIRNOFF</b> 1818 VODKA 750ml <b>124<sup>99</sup></b> 12 x 750ml R1 479.00 Unit Price per case R123.25	<b>OLD BUCK</b> ORIGINAL OR CLASSIC BLUSH 750ml <b>124<sup>99</sup></b> 12 x 750ml R1 449.00 Unit Price per case R120.75

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# IMPORTED PREMIUM MALTS & BLENDED SCOTCH WHISKY

<b>GLENFIDDICH</b> 15 YR OLD MALT WHISKY 750ml <b>729<sup>99</sup></b> 12 x 750ml R8 649.00 Unit Price per case R720.75 	<b>GLENFIDDICH</b> 12 YR OLD MALT WHISKY 750ml <b>439<sup>99</sup></b> 12 x 750ml R5 249.00 Unit Price per case R437.41 	<b>THE GLENLIVET</b> 12 YR OLD MALT WHISKY 750ml <b>419<sup>99</sup></b> 12 x 750ml R4 980.00 Unit Price per case R415.00 	<b>SINGLETON</b> 12 YR OLD MALT WHISKY 750ml <b>379<sup>99</sup></b> 12 x 750ml R4 449.00 Unit Price per case R370.75 	<b>THE GLENLIVET</b> FOUNDER'S RESERVE 750ml <b>359<sup>99</sup></b> 12 x 750ml R4 249.00 Unit Price per case R354.08 	<b>JAMESON CASKMATE</b> STOUT OR IPA IRISH WHISKY 750ml <b>329<sup>99</sup></b> 12 x 750ml R3 900.00 Unit Price per case R325.00 PLUS FREE 1 ltr GINGER ALE OR TONIC 	<b>PROPER TWELVE</b> IRISH WHISKY 750ml <b>289<sup>99</sup></b> 12 x 750ml R3 420.00 Unit Price per case R285.00 PLUS FREE 1 ltr GINGER ALE 
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# IMPORTED FRENCH COGNACS & SOUTH AFRICAN BRANDIES

<b>HENNESSY</b> XO COGNAC 750ml <b>2399<sup>99</sup></b> 12 x 750ml R28 300.00 Unit Price per case R2 350.00 	<b>RÉMY MARTIN</b> VSOP COGNAC 750ml <b>699<sup>99</sup></b> 12 x 750ml R8 299.00 Unit Price per case R691.58 	<b>HENNESSY</b> VSOP COGNAC 750ml <b>659<sup>99</sup></b> 12 x 750ml R7 849.00 Unit Price per case R654.08 	<b>COURVOISIER</b> VS COGNAC 750ml <b>399<sup>99</sup></b> 12 x 750ml R4 740.00 Unit Price per case R395.00 	<b>HONOR</b> VS COGNAC 750ml <b>389<sup>99</sup></b> 12 x 750ml R4 599.00 Unit Price per case R383.25 	<b>BISQUIT &amp; DUBOUCHE</b> VS COGNAC 750ml <b>379<sup>99</sup></b> 12 x 750ml R4 500.00 Unit Price per case R375.00 PLUS FREE 1 ltr COCA-COLA 	<b>KLIPODRIFT</b> PREMIUM BRANDY 750ml <b>169<sup>99</sup></b> 12 x 750ml R1 980.00 Unit Price per case R165.00 
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# IMPORTED PREMIUM GINS

<b>INVERROCHE</b> GIN RANGE 750ml <b>379<sup>99</sup></b> 6 x 750ml R2 250.00 Unit Price per case R375.00 PLUS FREE 1 ltr RICH & LEEDES TONIC 	<b>HENDRICK'S</b> ORIGINAL GIN 750ml <b>359<sup>99</sup></b> 12 x 750ml R4 260.00 Unit Price per case R355.00 PLUS FREE 1 ltr RICH & LEEDES TONIC 	<b>MALFY</b> GIN RANGE 750ml <b>319<sup>99</sup></b> 6 x 750ml R1 890.00 Unit Price per case R315.00 PLUS FREE 1 ltr RICH & LEEDES TONIC 	<b>ROKU</b> JAPANESE GIN 750ml <b>279<sup>99</sup></b> 6 x 750ml R1 630.00 Unit Price per case R275.00 PLUS FREE 1 ltr RICH & LEEDES TONIC 	<b>BOMBAY SAPPHIRE</b> LONDON DRY GIN 750ml <b>254<sup>99</sup></b> 12 x 750ml R2 999.00 Unit Price per case R249.91 PLUS FREE 1 ltr SCHWEPPES TONIC 	<b>WHITLEY NEIL</b> GIN RANGE 750ml <b>249<sup>99</sup></b> 6 x 750ml R1 449.00 Unit Price per case R241.50 PLUS FREE 1 ltr HALL & BRAWLEY TONIC 	<b>BEEFEATER</b> GIN RANGE 750ml <b>219<sup>99</sup></b> 12 x 750ml R2 599.00 Unit Price per case R216.58 PLUS FREE 1 ltr SCHWEPPES TONIC 
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# PREMIUM SPIRIT LIQUEURS

<b>JACK DANIEL'S</b> HONEY OR FIRE BOURBON 750ml <b>249<sup>99</sup></b> 12 x 750ml R2 940.00 Unit Price per case R245.75 PLUS FREE 1 ltr COCA-COLA 	<b>OLMECA</b> REPOSADO, SILVER OR BLACK 750ml <b>219<sup>99</sup></b> 12 x 750ml R2 580.00 Unit Price per case R215.00 	<b>SOUTHERN COMFORT</b> ORIGINAL OR LIME LIQUEUR WHISKY 750ml <b>149<sup>99</sup></b> 12 x 750ml R1 769.00 Unit Price per case R147.41 PLUS FREE 1.25 ltr APPLETIZER 	<b>STRAWBERRY LIPS</b> 750ml <b>124<sup>99</sup></b> 6 x 750ml R720.00 Unit Price per case R120.00 	<b>AMARULA</b> CREAM RANGE 750ml <b>119<sup>99</sup></b> 12 x 750ml R1 416.00 Unit Price per case R118.00 	<b>TANT SANHIE</b> SE MELKERT 750ml <b>114<sup>99</sup></b> 6 x 750ml R659.00 Unit Price per case R109.83 	<b>AFRICAN SECRETS</b> CREAM 750ml <b>99<sup>99</sup></b> 6 x 750ml R579.00 Unit Price per case R96.50 
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## SPARKLING WINE

<b>DOM PERIGNON</b> 750ml <b>2499<sup>99</sup></b> 6 x 750ml R14 700.00 Unit Price per case R2 450.00	<b>VEUVE CLICQUOT RICH</b> 750ml <b>879<sup>99</sup></b> 6 x 750ml R5 250.00 Unit Price per case R875.00	<b>VEUVE CLICQUOT YELLOW LABEL BRUT</b> 750ml <b>549<sup>99</sup></b> 6 x 750ml R3 279.00 Unit Price per case R546.50	<b>KRONE</b> 750ml <b>139<sup>99</sup></b> 6 x 750ml R810.00 Unit Price per case R135.00 NIGHT NECTAR, NIGHT NECTAR ROSE, BOREALIS BRUT OR BRUT ROSE	<b>L'ORMARINS BRUT OR BRUT ROSE</b> 750ml <b>134<sup>99</sup></b> BUY 5 x 750ML AND GET 1 FREE 750ML	<b>ANNABELLE</b> 750ml <b>72<sup>99</sup></b> 6 x 750ml R430.00 Unit Price per case R71.66 OUVÉE ROSE OR OUVÉE BLANCHE	<b>J.C. LE ROUX</b> 750ml <b>66<sup>99</sup></b> 6 x 750ml R395.00 Unit Price per case R65.83 LE DOMAINE, LA CHANSON, LA FLEURETTE OR SAUVIGNON BLANC BUY 6 x 750ML AND GET 6 x 750ML J.C. LE ROUX CANS FREE
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## RED WINE

<b>MEERLUST RED</b> 750ml <b>199<sup>99</sup></b> 6 x 750ml R1 170.00 Unit Price per case R195.00	<b>KANONKOP KADETTE CAPE BLEND</b> 750ml <b>94<sup>99</sup></b> 6 x 750ml R540.00 Unit Price per case R90.00	<b>WARWICK FIRST LADY CABERNET SAUVIGNON 750ml</b> <b>89<sup>99</sup></b> 6 x 750ml R510.00 Unit Price per case R85.00	<b>ALTO ROUGE</b> 750ml <b>84<sup>99</sup></b> 6 x 750ml R504.00 Unit Price per case R84.00	<b>BEYERSKLOOF PINOTAGE</b> 750ml <b>79<sup>99</sup></b> 6 x 750ml R450.00 Unit Price per case R75.00	<b>NEDERBURG BARONNE</b> 750ml <b>54<sup>99</sup></b> 12 x 750ml R650.00 Unit Price per case R54.16	<b>1659 RED BLEND OR 1659 SAUVIGNON BLANC</b> 750ml <b>34<sup>99</sup></b> 6 x 750ml R207.00 Unit Price per case R34.50
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## WHITE WINE

<b>SPRINGFIELD LIFE FROM STONE SAUVIGNON BLANC 750ml</b> <b>114<sup>99</sup></b> 6 x 750ml R670.00 Unit Price per case R111.66	<b>DIEMERSDAL SAUVIGNON BLANC 750ml</b> <b>69<sup>99</sup></b> 6 x 750ml R415.00 Unit Price per case R69.16	<b>BUITENVERWACHTING BUITEN BLANC 750ml</b> <b>64<sup>99</sup></b> 6 x 750ml R360.00 Unit Price per case R60.00	<b>PIERRE JOURDAN TRANQUILLE 750ml</b> <b>59<sup>99</sup></b> 6 x 750ml R350.00 Unit Price per case R58.33	<b>FOUR COUSINS 750ml</b> <b>39<sup>99</sup></b> 12 x 750ml R460.00 Unit Price per case R38.33 SWEET ROSE, SWEET RED OR SWEET WHITE	<b>SAINTE ANNE 750ml</b> <b>36<sup>99</sup></b> 12 x 750ml R430.00 Unit Price per case R35.83	<b>BROSTDY HOF ADELPRACHT 750ml</b> <b>34<sup>99</sup></b> 6 x 750ml R209.00 Unit Price per case R34.83
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## WINE, FORTIFIED AND PERLE

<b>OVERMEER FIREBIRD RANGE 5 litres</b> <b>104<sup>99</sup></b> 4 x 5 litres R410.00 Unit Price per case R102.50 NATURAL SWEET RED, SWEET ROSE OR SWEET WHITE	<b>DELUSH 3 litres</b> <b>89<sup>99</sup></b> 6 x 3 litres R530.00 Unit Price per case R88.33 SWEET ROSE, SWEET RED OR SWEET WHITE	<b>ROBERTSON DRY OR SWEET BLENDS 1 litres</b> <b>32<sup>99</sup></b> 12 x 1 litres R380.00 Unit Price per case R31.66	<b>CLUBMAN MINT, ZORBA OR MOKADOR COFFEE 750ml</b> <b>49<sup>99</sup></b> 12 x 750ml R580.00 Unit Price per case R48.33 EXCLUDING BOTTLE AND CRATE DEPOSITS	<b>SEDGWICK'S OLD BROWN 750ml</b> <b>34<sup>99</sup></b> 12 x 750ml R399.00 Unit Price per case R33.25	<b>PAARL PERLE 1 litres</b> <b>27<sup>99</sup></b> 12 x 1 litres R325.00 Unit Price per case R27.08 EXCLUDING BOTTLE AND CRATE DEPOSITS
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<b>CASTLE MILK STOUT OR CARLING BLACK LABEL CANS</b> 24 x 500ml <b>279<sup>99</sup></b> 	<b>CASTLE LITE CANS</b> 24 x 500ml <b>269<sup>99</sup></b> 	<b>SOL MEXICAN BEER</b> 24 x 330ml <b>259<sup>99</sup></b> 	<b>HEINEKEN LAGER CANS OR BOTTLES</b> 24 x 330ml <b>249<sup>99</sup></b> 	<b>AMSTEL LAGER CANS</b> 24 x 440ml <b>234<sup>99</sup></b> 	<b>CASTLE LAGER CANS OR BOTTLES</b> 24 x 330ml <b>199<sup>99</sup></b> 	<b>MILLER BOTTLES</b> 24 x 330ml <b>199<sup>99</sup></b> 
<b>BELGRAVIA CANS</b> 24 x 440ml <b>379<sup>99</sup></b> 	<b>HUNTER'S DRY OR GOLD CANS</b> 24 x 440ml <b>289<sup>99</sup></b> 	<b>BRUTAL FRUIT RUBY APPLE OR STRAWBERRY ROUGE</b> 24 x 500ml <b>289<sup>99</sup></b> 	<b>FLYING FISH CANS</b> 24 x 500ml <b>269<sup>99</sup></b> 	<b>SAVANNA PREMIUM DRY CIDER OR JEAN HALF LITRE</b> 12 x 500ml <b>209<sup>99</sup></b> 	<b>COCA-COLA CAN RANGE</b> 24 x 300ml <b>179<sup>99</sup></b> INCLUDES FANTA, TWIST, SPARKERRY, SPRITE OR STONEY RANGES 	<b>COCA-COLA OR SCHWEPES CAN RANGE</b> 24 x 200ml <b>159<sup>99</sup></b> 
<b>HEINEKEN LAGER SHARING PACK</b> 12 x 650ml <b>214<sup>99</sup></b> 	<b>STRONGBOW RED BERRIES OR GOLD</b> 12 x 660ml <b>199<sup>99</sup></b> EXCLUDING BOTTLE & CRATE DEPOSIT 	<b>HUNTER'S DRY OR GOLD SHARING PACKS</b> 12 x 660ml <b>199<sup>99</sup></b> EXCLUDING BOTTLE & CRATE DEPOSIT 	<b>CARLING BLACK LABEL SHARING PACK</b> 12 x 750ml <b>164<sup>99</sup></b> EXCLUDING BOTTLE & CRATE DEPOSIT 	<b>CASTLE OR HANSA SHARING PACK</b> 12 x 750ml <b>154<sup>99</sup></b> EXCLUDING BOTTLE & CRATE DEPOSIT 	<b>SMIRNOFF 1818 VODKA</b> 12 x 200ml <b>399<sup>99</sup></b> 	<b>CAPTAIN MORGAN SPICED GOLD</b> 12 x 200ml <b>449<sup>99</sup></b> 
					<b>GORDON'S LONDON DRY GIN</b> 12 x 200ml <b>469<sup>99</sup></b> 	<b>BELGRAVIA ORIGINAL &amp; PINK DRY GIN</b> 12 x 200ml <b>439<sup>99</sup></b> 

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500ml Assorted  
**74<sup>95</sup> each**

**Colgate Optic White Toothpaste**  
75ml Assorted  
**54<sup>95</sup> each**

**Colgate Optic White Toothbrush**  
**74<sup>95</sup> each**

**1 FOR 69<sup>95</sup>  
2 FOR 95<sup>00</sup>**  
SAVE 44<sup>90</sup>

**Organics Shampoo OR Conditioner**  
1 litre / Assorted

**2+1 CHEAPEST FREE**  
on ANY Johnson's Vita-Rich products

**Johnson's Vita-Rich Body Cream**  
350ml / Assorted  
**39<sup>95</sup> each**

**Johnson's Vita-Rich Body Lotion**  
400ml / Assorted  
**44<sup>95</sup> each**

**BUY BOTH FOR 98<sup>95</sup>**  
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**Listerine Cool Mint Mouthwash**  
750ml PLUS 500ml

**QUALITY brands fewer Rands**

**SOFTI TOILET ROLLS**  
Soft & Absorbent Toilet Tissues  
100 mm x 110 mm

**INSTANT DISCOUNT 700\* OFF**  
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**Softi 2-Ply Toilet Rolls**  
18-pack  
**79<sup>95</sup> per pack**  
Benefit Price  
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**Blistex DCT OR Lip Medex**  
7g  
**WAS 94<sup>00</sup>**  
**NOW 74<sup>95</sup> each**

**1 FOR 149<sup>95</sup>  
2 FOR 250<sup>00</sup>**  
SAVE 49<sup>90</sup>

**Lifestyle Food Choice Grade Honey**  
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**QUALITY brands fewer Rands**

**HUGGIES Pants**

**Huggies Pants Jumbo Pack**  
Assorted sizes and quantities  
**179<sup>95</sup> per pack**

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# Bath & Body Care



**99.99% EFFECTIVE\* AGAINST COVID-19 CORONAVIRUS**

- ✓ Instantly Protects
- ✓ Non-Sticky
- ✓ Quick Drying

**Total 10 Soap**  
175g / Assorted  
**12<sup>50</sup>** each

**Handwash**  
200ml / Assorted  
**29<sup>95</sup>** each

**Bodywash**  
750ml / Assorted  
**54<sup>95</sup>** each

**Hygiene Wet Wipes**  
10-pack  
**16<sup>95</sup>** per pack

**Instant Hand Sanitizer Spray**  
120ml Assorted  
**29<sup>95</sup>** each

**Hand Sanitizer**  
100ml Assorted  
**34<sup>95</sup>** each

**2+1 CHEAPEST FREE on ANY Lifebuoy products**

\* As per lab test. Washing hands with soap & water or use of alcohol-based sanitizer is one of the recommended measures to reduce spread of Coronavirus.

**Dove**

**Shower Gel OR Body Wash**  
500ml / Assorted\*  
**WAS 61<sup>95</sup>**  
**NOW 44<sup>95</sup>** each

**Men+Care Body Wash**  
400ml / Assorted  
**WAS 49<sup>95</sup>**  
**NOW 39<sup>95</sup>** each

\*Excludes Dove Nourishing Secrets Range



**Nourishing Body Care Beauty Cream OR Rich Nourishment Cream**  
75ml  
**WAS 27<sup>95</sup>**  
**NOW 17<sup>95</sup>** each

**1 FOR 28<sup>95</sup>**  
**2 FOR 49<sup>00</sup>**  
**SAVE 8<sup>90</sup>**

**Dove Cotton Rounds**  
80-pack

**1 FOR 36<sup>95</sup>**  
**2 FOR 45<sup>00</sup>**  
**SAVE 28<sup>90</sup>**

**Shower Gel**  
250ml Assorted

**2+1 CHEAPEST FREE on ANY NIVEA Q10+ products**

**Q10 + Vitamin C Firming Body Lotion**  
250ml / Assorted  
**79<sup>95</sup>** each

**Body Lotion**  
625ml Assorted  
**WAS 79<sup>95</sup>**  
**NOW 56<sup>95</sup>**

**Q10 + Vitamin C Body Cream**  
400ml / Assorted  
**99<sup>95</sup>** each

**Repair & Care Body Cream**  
400ml  
**WAS 69<sup>95</sup>**  
**NOW 56<sup>95</sup>**

**Body Wash**  
750ml Assorted  
**WAS 58<sup>95</sup>**  
**NOW 48<sup>95</sup>**

**Foam Bath**  
500ml / Assorted  
**WAS 42<sup>95</sup>**  
**NOW 29<sup>95</sup>**

**Bodywash**  
400ml / Assorted  
**WAS 42<sup>95</sup>**  
**NOW 29<sup>95</sup>**

**Bodywash**  
250ml Assorted  
**1 FOR 29<sup>95</sup>**  
**2 FOR 45<sup>00</sup>**  
**SAVE 14<sup>90</sup>**

**Body Cream OR Lotion**  
400ml Assorted\*  
**WAS 44<sup>95</sup>**  
**NOW 34<sup>95</sup>** each

**Dry Skin Repair**  
400ml  
**72hr Moisturisation**

**1 FOR 64<sup>95</sup>**  
**2 FOR 96<sup>00</sup>**  
**SAVE 33<sup>90</sup>**

**Body Lotion**  
625ml / Assorted\*

**Dry Skin Repair**  
625ml  
**72h**

**Clinical Care EXTREMELY DRY SKIN RESCUE**  
625ml  
**72h Moisturisation**

**1 FOR 25<sup>95</sup>**  
**2 FOR 40<sup>00</sup>**  
**SAVE 11<sup>90</sup>**

**Lip Therapy**  
20g / Assorted

**Petroleum Jelly**  
450ml / Assorted  
**WAS 48<sup>95</sup>**  
**NOW 39<sup>95</sup>**

**Petroleum Jelly**  
250ml / Assorted  
**WAS 29<sup>95</sup>**  
**NOW 24<sup>95</sup>**

Deep moisturisation Chilled looking skin Supercharged hydration

\*Excludes Vaseline Clinical Care Range



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**Miracle Comfrey Oil**  
100ml  
For skin ailments & irritations  
Apply frequently for best results

**62<sup>95</sup> Benefit Price**  
**50<sup>36</sup>**

\*20% instant discount to be deducted when using your Dis-Chem Benefit Card

**2+1 FREE**  
on ANY Sanex Shower Gel 500ml

**Sanex Shower Gel**  
500ml / Assorted

**61<sup>95</sup> each**

\*Price excludes Sanex Advanced Series

**Dis-Chem brands • fewer RANDS**

**Skin eFX Luxury Foam Bath**  
2 litres Assorted

**47<sup>95</sup>**

**Aqueous Cream Winter Formula**  
500g

**37<sup>95</sup>**

**Colloidal Oatmeal Daily Moisturising Lotion**  
532ml Assorted

**46<sup>95</sup>**

**Skin eFX Body Lotion**  
400ml Assorted\*

**25<sup>95</sup>**

**Dis-Chem Soluble Bath Oil**  
2 litres

**WAS 115<sup>95</sup>**  
**109<sup>95</sup>**

\*Excludes Skin eFX Cool & Fresh Mint variant

**LUX**

**Body Wash**  
400ml Assorted

**WAS 37<sup>95</sup>**  
**31<sup>95</sup>**

**Body Wash**  
750ml Assorted

**WAS 63<sup>95</sup>**  
**49<sup>95</sup>**

**1 FOR 13<sup>50</sup>**  
**2 FOR 18<sup>00</sup>**  
**SAVE 9<sup>00</sup>**

**Soap**  
175g Assorted

**Dettol Hand Wash**  
200ml / Assorted

**WAS 39<sup>95</sup>**  
**24<sup>95</sup>**

**Hygiene Soap**  
175g / Assorted

**WAS 12<sup>95</sup>**  
**9<sup>95</sup>**

**Ingram's THE SKIN DOCTOR**

**2+1 CHEAPEST FREE**  
on ANY Ingram's products

**Premium Body Lotion**  
400ml / Assorted\*

**49<sup>95</sup> each**

**Camphor Cream**  
500ml / Assorted

**46<sup>95</sup> each**

**Premium Body Cream**  
450ml/500ml Assorted\*

**68<sup>95</sup> each**

**Ingram's ROOIBOS LOTION**

**Ingram's CAMPHOR CREAM Herbal**

**Ingram's HEMP OIL CREAM**

**Ingram's NURSE'S OWN AQUEOUS CREAM**

**Nurse's Own Aqueous Cream**  
525ml

**29<sup>95</sup> each**

**Body Lotion**  
400ml / Assorted

**39<sup>95</sup> each**

\*Available in Rooibos, Hemp Oil AND Tissue Oil variants

**I PROTECT YOU YOU PROTECT ME** Keeping everyone safe with **Dis-Chem**

**Exclusive to Benefit Card holders.**  
Sign up in-store, online or dial \*120\*10004

**INSTANT DISCOUNTS**  
only when you purchase with your Benefit Card

**20%\* OFF**  
WITH YOUR Dis-Chem BENEFIT CARD

**EF-Active Eucalyptus Oil**  
100ml

**94<sup>95</sup> Benefit Price**  
**74<sup>95</sup> each**

\*20% instant discount to be deducted when using your Dis-Chem Benefit Card

**Safeguard Hygiene liquid**

**Capewest Waterless Gel Sanitizer**  
500ml

**39<sup>95</sup> each**

**Safeguard Hygiene Liquid**  
750ml Assorted

**39<sup>95</sup> each**

**1 FOR 99<sup>95</sup>**  
**2 FOR 150<sup>00</sup>**  
**SAVE 49<sup>90</sup>**

**Double Valve Reusable Fabric Mask**  
295170 Assorted colours

**Dis-Chem PHARMACIES**





# Specialised Body Care

**Exclusive to Benefit Card holders.**

Sign up in-store, online or dial \*120\*1085#

## INSTANT DISCOUNTS

only when you purchase with your Benefit Card



**PAYOT**  
PARIS

For more than 100 years, PAYOT has been committed to providing a skincare range developed through a synergy of holistic and dermatological approaches.

**Huile De Douche**  
Relaxing Cleansing Body Oil  
400ml

**430<sup>00</sup>**  
Benefit Price  
**380<sup>00</sup>**

**Exfoliating Melt-in Cream**  
200ml

**349<sup>00</sup>**  
Benefit Price  
**299<sup>00</sup>**



**INSTANT DISCOUNT**  
**50% OFF**  
WITH YOUR Dis-Chem BENEFIT Card



Scan to learn more about Payot

**Crème Sublime Élixir**  
200ml

**859<sup>00</sup>**  
Benefit Price  
**809<sup>00</sup>**

**Huile Élixir**  
Enhancing Nourishing Oil  
100ml

**575<sup>00</sup>**  
Benefit Price  
**525<sup>00</sup>**

**Hydra<sup>24</sup> Corps**  
Long-Lasting Moisturising Milk  
400ml

**785<sup>00</sup>**  
Benefit Price  
**735<sup>00</sup>**

\*50% instant discount to be deducted when using your Dis-Chem Benefit Card  
Payot only available at selected stores or online at dischem.co.za

**BIODERMA**  
LABORATOIRE DERMATOLOGIQUE

For 40 years, BIODERMA has been passionate about skin biology. Our innovations and dermatological breakthroughs to improve skin health have made us pioneering experts in skin care.

**INSTANT DISCOUNT**  
**30% OFF**  
WITH YOUR Dis-Chem BENEFIT Card



Scan to learn more about Bioderma

**Atoderm Ultra-Nourishing**  
Anti-Irritation Cleansing Oil  
200ml

**189<sup>95</sup>**  
Benefit Price  
**132<sup>97</sup>**

**Atoderm SOS Ultra**  
Soothing Spray  
200ml

**329<sup>95</sup>**  
Benefit Price  
**230<sup>97</sup>**

**Atoderm Ultra**  
Soothing Intensive Gel-Crème  
200ml

**355<sup>00</sup>**  
Benefit Price  
**243<sup>50</sup>**



\*30% instant discount to be deducted when using your Dis-Chem Benefit Card  
Bioderma only available at selected stores or online at dischem.co.za

**Dis-Chem brands • fewer RANDS**

**Dis-Chem brands • fewer RANDS**

**BioNive**  
HEALTH AND BEAUTY

Formulated specifically for every skin type including sensitive, allergy-prone or reactive skins. FREE FROM potential skin irritants like fragrance, preservatives and gluten – also nickel-tested.

**PROXERA**

**Lip Balm**  
4.5g

**89<sup>95</sup>**  
Benefit Price  
**71<sup>96</sup>**

**Nourishing Hand Cream**  
75ml

**99<sup>00</sup>**  
Benefit Price  
**79<sup>20</sup>**



**INSTANT DISCOUNT**  
**20% OFF**  
WITH YOUR Dis-Chem BENEFIT Card

**Body Emulsion**  
200ml

**130<sup>00</sup>**  
Benefit Price  
**104<sup>00</sup>**

**Shower Cream**  
300ml

**145<sup>00</sup>**  
Benefit Price  
**116<sup>00</sup>**

**Body Emulsion**  
400ml

**225<sup>00</sup>**  
Benefit Price  
**180<sup>00</sup>**

\*20% instant discount to be deducted when using your Dis-Chem Benefit Card

**mineraline**  
ENRICHED WITH DEAD SEA MINERALS

Premium skin care and beauty products formulated with the therapeutic power of Dead Sea minerals and natural ingredients to purify, exfoliate, hydrate, and regenerate the skin.

**Nutrient Hand & Body Lotion**  
400ml

**165<sup>95</sup>**  
Benefit Price  
**135<sup>95</sup>**



**INSTANT DISCOUNT**  
**30% OFF**  
WITH YOUR Dis-Chem BENEFIT Card

**Shea Body Butter**  
250ml

**195<sup>00</sup>**  
Benefit Price  
**165<sup>95</sup>**

**Dead Sea Salt Body Scrub**  
500g

**229<sup>95</sup>**  
Benefit Price  
**199<sup>95</sup>**

\*30% instant discount to be deducted when using your Dis-Chem Benefit Card  
See the symbol, trust the brand. These products are made using natural extracts, naturally derived or organic ingredients.

**Aquaphor**  
Soothing Skin Balm  
110ml

**199<sup>95</sup>**  
each

**UreaRepair PLUS**  
10% Urea Lotion  
Dry Skin Relief  
250ml

**219<sup>95</sup>**  
each

**UreaRepair PLUS**  
5% Urea Body Wash  
400ml

**214<sup>95</sup>**  
each

**Eucerin**



**2+1 CHEAPEST FREE**  
on ANY Eucerin body care products



**pH5 Soft Body Cream**  
450ml

**189<sup>95</sup>**  
each

**UreaRepair PLUS 5% Urea**  
Hand Cream  
75ml

**149<sup>95</sup>**  
each

**UreaRepair PLUS 5% Urea**  
Body Cream  
450ml

**259<sup>95</sup>**  
each

**20% OFF**  
ALL Lipsano products



**Lipsano**  
10g tube

**WAS 89<sup>95</sup>**  
each  
**71<sup>96</sup>**

**Lipsano Lip Care**  
SPF30  
7g tube

**WAS 70<sup>95</sup>**  
each  
**56<sup>76</sup>**



**2+1 CHEAPEST FREE**  
on EF-Active Camphor Cream 250ml AND Sanitizer Cream 100ml

**EF-Active Camphor Cream**  
250ml

**39<sup>95</sup>**  
each



**EF-Active Sanitizer Cream**  
100ml

**34<sup>95</sup>**  
each



**Bio-Oil Skincare Oil (Natural)**  
25ml

**69<sup>95</sup>**  
each



**Bio-Oil Skincare Oil**  
25ml

**54<sup>95</sup>**  
each



**Epi•Max Cream**  
400g / Assorted

**85<sup>95</sup>**  
each

\*Advertised prices already reflect discount

\*Offer excludes Epi•Max Banded AND Value Packs





# Face Care

**Neutrogena** See what's possible

DEVELOPED WITH DERMATOLOGISTS

Cellular Boost | Anti-Ageing

Hydro Boost | Hydration

Continuous hydration for up to 72 hours

**20%\* OFF** ALL Neutrogena face care products

<b>NEW</b> Neutrogena Cellular Boost ANTI-AGEING DAY CREAM SPF 20 15ml WAS 129 <sup>95</sup> NOW 103 <sup>96</sup>	Neutrogena Cellular Boost ANTI-AGEING NIGHT CREAM 50ml WAS 259 <sup>95</sup> NOW 207 <sup>96</sup> each	Neutrogena Cellular Boost ANTI-AGEING NIGHT CREAM 30ml WAS 259 <sup>95</sup> NOW 207 <sup>96</sup>	Neutrogena Hydro Boost TRIPLE MICELLAR WATER 400ml WAS 129 <sup>95</sup> NOW 103 <sup>96</sup>	Neutrogena Hydro Boost GEL CREAM 50ml WAS 149 <sup>95</sup> NOW 119 <sup>96</sup>	Neutrogena Hydro Boost WATER GEL 50ml WAS 129 <sup>95</sup> NOW 103 <sup>96</sup>	Neutrogena Hydro Boost CAPSULE-IN-SERUM 30ml WAS 159 <sup>95</sup> NOW 127 <sup>96</sup>
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\*Advertised prices already reflect discount

**VICHY**  
LABORATOIRES

**20%\* OFF** ALL Vichy Mineral 89 AND LiftActiv face care products

Vichy Mineral 89 BOOSTER QUOTIDIEN FORTIFIANT ET RÉPARATEUR 75ml WAS 565 <sup>95</sup> NOW 452 <sup>00</sup>	Vichy LiftActiv COLLAGEN SPECIALIST 50ml WAS 540 <sup>95</sup> NOW 432 <sup>00</sup>	Vichy Mineral 89 SERUM 30ml WAS 240 <sup>95</sup> NOW 192 <sup>00</sup>	Vichy LiftActiv SUPREME NIGHT CREAM 50ml WAS 465 <sup>95</sup> NOW 372 <sup>00</sup>
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\*Advertised prices already reflect discount

**L'ORÉAL PARIS**

**GET YOUR BOUNCE BACK!**  
YOU'RE WORTH IT.

**2+1 CHEAPEST FREE**  
on ANY L'Oréal Paris Revitalift face care products



<b>REVITALIFT</b>		
Energising Red Cream	50ml	199 <sup>95</sup> each
Laser Renew Day OR Night Cream	50ml	199 <sup>95</sup> each
Filler Hyaluronic Replumping Serum	30ml	299 <sup>95</sup> each
Filler Hyaluronic Replumping Ampoule	7 x 1.3ml	299 <sup>95</sup> each
Filler Renew Day Cream	50ml	299 <sup>95</sup> each

**young solution**  
less skin confidence to be gained

**20%\* OFF** ALL Young Solution face care products

Young Solution Take Control Mattifying Anti-Spot Moisturiser with SPF15 100ml WAS 69 <sup>95</sup> NOW 55 <sup>96</sup>	Young Solution Triple Take 3 in 1 Cleanser, Scrub & Mask 100ml WAS 76 <sup>95</sup> NOW 61 <sup>56</sup>	Young Solution Wipe Out Spot Eliminating Drops 30ml WAS 42 <sup>95</sup> NOW 34 <sup>36</sup>
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\*Advertised prices already reflect discount

**OXY**

**2+1 CHEAPEST FREE**  
on ANY Oxy face care products

Oxy Daily Face Wash 150ml 39 <sup>95</sup> each	Oxy Emergency Zit Blitz 10ml 44 <sup>95</sup> each	Oxy Benzoyl Peroxide 10 Lotion 20g 74 <sup>95</sup> each
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**GARNIER**  
Naturally!

**20%\* OFF** ALL Garnier Even & Matte face care products

Garnier Instant Radiance Scrub 100ml WAS 54 <sup>95</sup> NOW 43 <sup>96</sup>	Garnier Ideal Complexion Day Cream 40ml WAS 49 <sup>95</sup> NOW 39 <sup>96</sup>	Garnier Dark Spot Corrector 30ml WAS 119 <sup>95</sup> NOW 95 <sup>96</sup>
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\*Advertised prices already reflect discount

**1 MASK =**  
INFUSED WITH THE QUANTITY OF ONE BOTTLE OF SERUM  
\*30ml bottle of serum

**1 FOR 52<sup>95</sup>**  
**3 FOR 110<sup>00</sup>**  
SAVE 48<sup>85</sup>

Moisture Bomb Tissue Mask  
1 mask Assorted\*

\*Excludes Garnier Even & Matte Tissue Mask

**POND'S**

Glowing skin all year round with **POND'S**

**20%\* OFF** ALL Pond's face care products

Pond's Moisturizing Day Cream SPF30 PA++ OR Night Cream 50ml WAS 119 <sup>95</sup> NOW 95 <sup>96</sup> each	Pond's Micellar Water 400ml WAS 79 <sup>95</sup> NOW 63 <sup>96</sup>	Pond's Mineral Clay Cleansers 81ml Assorted WAS 89 <sup>95</sup> NOW 71 <sup>96</sup> each	Pond's Face Wash 50ml WAS 36 <sup>95</sup> NOW 29 <sup>56</sup>	Pond's Leave-on Gel 20ml WAS 45 <sup>95</sup> NOW 36 <sup>76</sup>	Pond's Sheet Serum Mask 1 sheet Assorted WAS 49 <sup>95</sup> NOW 39 <sup>96</sup> each	Pond's Cleansing Balm 100ml WAS 199 <sup>95</sup> NOW 159 <sup>96</sup>
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\*Advertised prices already reflect discount

Promotional offers valid from 14 May to 6 June 2021 while stocks last – may not be available in all stores.

**Dis-Chem**  
PHARMACIES





# World of Colour

## MAYBELLINE NEW YORK



**FITme**  
Matte +  
Poreless  
Concealer  
OR Foundation  
OR Powder  
Assorted shades

**72<sup>95</sup>**  
each  
on Maybelline  
FITme  
products\*



\*Offer excludes Maybelline FITme Mini Foundation 18ml

## YARDLEY LONDON

**2+1**  
CHEAPEST  
**FREE**  
on Yardley Lip,  
Eye AND Nail  
products



**Stayfast**  
Nail Vinyl  
10ml  
Assorted  
colours

**46<sup>95</sup>**  
each

**Volume**  
Extreme  
Mascara

**102<sup>95</sup>**  
each

**Retractable**  
Eyepencil  
Assorted  
colours

**112<sup>95</sup>**  
each

**Intense**  
Matte  
Lipstick  
Assorted  
shades

**112<sup>95</sup>**  
each

**Stayfast**  
Liquid Matte  
Lip Vinyl  
Assorted  
colours

**132<sup>95</sup>**  
each

**Quad**  
Eyeshadow  
Assorted  
shades

**132<sup>95</sup>**  
each

## REVLON LIVE BOLDLY

**40%\***  
**OFF**  
ALL Revlon  
Mascaras



**Mascaras**  
Assorted  
**FROM**  
**96<sup>00</sup>**  
each

## SINFULCOLORS<sup>®</sup>



**Nail Enamel**  
15ml  
Assorted colours

**WAS 32<sup>95</sup>**  
**NOW 25<sup>95</sup>**  
each

**Sinful Shine**  
Nail Enamel  
15ml  
Assorted colours

**WAS 36<sup>95</sup>**  
**NOW 29<sup>95</sup>**  
each



## RIMMEL LONDON

**20%\***  
**OFF**  
Rimmel  
products\*\*



**Lasting**  
Finish  
Pressed  
Powder  
SPF15  
Assorted  
shades

**WAS 149<sup>95</sup>**  
**NOW 119<sup>95</sup>**  
each

**Lasting**  
Matte  
Primer  
30ml

**WAS 122<sup>95</sup>**  
**NOW 98<sup>36</sup>**  
each

**Lasting**  
Full Coverage  
Mattifying  
Foundation  
Assorted shades

**WAS 119<sup>95</sup>**  
**NOW 95<sup>95</sup>**  
each

**Lasting**  
Finish  
Full Coverage  
Foundation  
SPF20  
Assorted shades

**WAS 176<sup>95</sup>**  
**NOW 141<sup>56</sup>**  
each

**#Insta**  
Fix & Go  
2 in 1 Primer  
& Setting Spray  
100ml

**WAS 121<sup>95</sup>**  
**NOW 97<sup>56</sup>**  
each

\*Advertised prices already reflect discount

\*\*Offer only applicable on Rimmel Foundations, Powders, Concealers, Setting Sprays AND Primers



## Fragrances

**20%\***  
**OFF**  
ALL David Beckham  
Fragrances



**David Beckham**  
**Bold Instinct**  
EDT 75ml  
Assorted  
**WAS 435<sup>00</sup>**  
**NOW 348<sup>00</sup>**  
each

**20%\***  
**OFF**  
ALL Yardley Male AND  
Female 30ml/50ml AND  
100ml Fragrances



**Yardley**  
**English Blazer**  
EDP 50ml  
Assorted  
**WAS 275<sup>00</sup>**  
**NOW 220<sup>00</sup>**  
each



**Yardley**  
**Lace**  
EDT 50ml  
Assorted  
**WAS 295<sup>00</sup>**  
**NOW 236<sup>76</sup>**  
each



**Yardley**  
**Bond**  
EDP 30ml  
Assorted  
**WAS 275<sup>00</sup>**  
**NOW 223<sup>96</sup>**  
each

**20%\***  
**OFF**  
James Bond 007  
EDT 75ml  
Fragrances



**James Bond**  
**007**  
EDT 75ml  
Assorted  
**WAS 365<sup>00</sup>**  
**NOW 292<sup>00</sup>**  
each

\*Advertised prices already reflect discount



**Dis-Chem brands**  
• fewer Rands



**INSTANT**  
**DISCOUNT**  
**50<sup>00</sup>\***  
WITH YOUR  
**Dis-Chem**  
**BENEFIT**  
**CARD**

**Zipped**  
Premier  
OR Rebel  
EDT 100ml  
**345<sup>00</sup>**  
each  
**295<sup>00</sup>**  
each

\*50<sup>00</sup> instant discount to be deducted  
when using your Dis-Chem Benefit Card

## SKINSTRATEGY BEAUTY SALON & NAIL BAR

*Solution and Results Driven*  
When you are serious about looking your best

SkinStrategy is back to pamper you, following all the safety protocols.  
Unwind in total privacy under the hands of our experienced therapists with your choice of specialised  
facials, as well as professional nail treatments, body treatments and hair salon services.

SkinStrategy Salons are available in selected Dis-Chem Pharmacies and not in Namibia.  
For details go to [dischem.co.za](http://dischem.co.za).



Dis-Chem's first male grooming & barber shop in Lynnwood Lane,  
012 574 0054, Shop S101, Lynnwood Lane Retail Centre, Cnr Lynnwood  
& Equestria Road, Equestria Ext 206, Pretoria East, 0184





# Hair Care

**Exclusive to Benefit Card holders.**  
Sign up in-store, online or dial \*120\*10658

## INSTANT DISCOUNTS

only when you purchase with your Benefit Card



MADE IN THE USA

**Black Jamaican Castor Oil Shampoo OR Conditioner**  
355ml / Assorted

**299<sup>95</sup>**  
Benefit Price  
**269<sup>96</sup>** each



**Coconut Hibiscus Hair Smoothie**  
482g

**299<sup>95</sup>**  
Benefit Price  
**269<sup>96</sup>**

**Black Jamaican Castor Oil Hair Sorbet**  
205g / Assorted

**209<sup>95</sup>**  
Benefit Price  
**188<sup>96</sup>**

**INSTANT DISCOUNT 10%\* OFF**  
WITH YOUR Dis-Chem BENEFIT Card



**Silver Blonde Shampoo OR Hair Mask**  
300ml / Assorted

**99<sup>95</sup>**  
Benefit Price  
**89<sup>96</sup>** each

**Anti-Dandruff Shampoo**  
300ml / Assorted

**99<sup>95</sup>**  
Benefit Price  
**89<sup>96</sup>**

\*10% instant discount to be deducted when using your Dis-Chem Benefit Card

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

VALUE OFFER!

**VIGRO**  
3-STEP SYSTEM  
TREATMENT FOR THINNING HAIR

- 1 BIO - SHAMPOO
- 2 BIO - TONIC
- 3 BIO - CAPSULE

**PLUS FREE**  
A unique 3 step treatment behavioural hair loss on

Value Added Offer - Bio-Capsules FREE!

**Vigro 3-Step Starter Kit**  
Contains:  
Bio-Shampoo 150ml  
Bio-Tonic 100ml  
30 Bio-Capsules

**WAS 276<sup>95</sup>**  
**NOW 242<sup>95</sup>** per pack



**Vigro Bio-Capsules**  
60 capsules

**WAS 199<sup>95</sup>**  
**NOW 169<sup>95</sup>**

## GARNIER

**Ultimate Blends**  
COCONUT OIL & COCOA BUTTER



**1 FOR 72<sup>95</sup>**  
**2 FOR 90<sup>00</sup>**  
**SAVE 55<sup>90</sup>**

**Shampoo OR Conditioner**  
400ml / Assorted

GARNIER COMMITS TO GREEN BEAUTY: OUR END TO END JOURNEY TOWARDS MORE SUSTAINABILITY

## GREENER LIVING

Petal Fresh PURE



**Hair ResQ Shampoo OR Conditioner**  
355ml / Assorted

**WAS 159<sup>95</sup>**  
**NOW 118<sup>95</sup>** each



**Hair ResQ Serum**  
60ml / Assorted

**WAS 349<sup>95</sup>**  
**NOW 265<sup>95</sup>**

## L'ORÉAL PARIS



**5 PROBLEMS, 1 SOLUTION.**  
YOU'RE WORTH IT.



**20% OFF**  
ALL L'Oréal Elvive hair treatments

**Hair Mask**  
300ml Assorted

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

\*Advertised price already reflects discount



**Shampoo OR Conditioner**  
400ml / Assorted

**1 FOR 79<sup>95</sup>**  
**2 FOR 110<sup>00</sup>**  
**SAVE 49<sup>90</sup>**

**WAS 199<sup>95</sup>**  
**NOW 149<sup>95</sup>** each

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**  
**NOW 131<sup>96</sup>**

**WAS 94<sup>95</sup>**  
**NOW 75<sup>96</sup>**

**WAS 174<sup>95</sup>**  
**NOW 139<sup>96</sup>**

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**  
**NOW 131<sup>96</sup>**

**WAS 94<sup>95</sup>**  
**NOW 75<sup>96</sup>**

**WAS 174<sup>95</sup>**  
**NOW 139<sup>96</sup>**

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**  
**NOW 131<sup>96</sup>**

**WAS 94<sup>95</sup>**  
**NOW 75<sup>96</sup>**

**WAS 174<sup>95</sup>**  
**NOW 139<sup>96</sup>**

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**  
**NOW 131<sup>96</sup>**

**WAS 94<sup>95</sup>**  
**NOW 75<sup>96</sup>**

**WAS 174<sup>95</sup>**  
**NOW 139<sup>96</sup>**

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**  
**NOW 131<sup>96</sup>**

**WAS 94<sup>95</sup>**  
**NOW 75<sup>96</sup>**

**WAS 174<sup>95</sup>**  
**NOW 139<sup>96</sup>**

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**  
**NOW 131<sup>96</sup>**

**WAS 94<sup>95</sup>**  
**NOW 75<sup>96</sup>**

**WAS 174<sup>95</sup>**  
**NOW 139<sup>96</sup>**

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**  
**NOW 131<sup>96</sup>**

**WAS 94<sup>95</sup>**  
**NOW 75<sup>96</sup>**

**WAS 174<sup>95</sup>**  
**NOW 139<sup>96</sup>**

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**  
**NOW 131<sup>96</sup>**

**WAS 94<sup>95</sup>**  
**NOW 75<sup>96</sup>**

**WAS 174<sup>95</sup>**  
**NOW 139<sup>96</sup>**

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**  
**NOW 131<sup>96</sup>**

**WAS 94<sup>95</sup>**  
**NOW 75<sup>96</sup>**

**WAS 174<sup>95</sup>**  
**NOW 139<sup>96</sup>**

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**  
**NOW 131<sup>96</sup>**

**WAS 94<sup>95</sup>**  
**NOW 75<sup>96</sup>**

**WAS 174<sup>95</sup>**  
**NOW 139<sup>96</sup>**

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**  
**NOW 131<sup>96</sup>**

**WAS 94<sup>95</sup>**  
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**WAS 174<sup>95</sup>**  
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**WAS 174<sup>95</sup>**  
**NOW 139<sup>96</sup>**

**WAS 105<sup>95</sup>**  
**NOW 85<sup>56</sup>**

**WAS 164<sup>95</sup>**<





# Deodorants



Brut  
Anti-Perspirant  
Roll-On  
50ml / Assorted

**21<sup>95</sup>**  
each

**2+1  
CHEAPEST  
FREE**  
on Brut  
products\*



Brut  
EDT  
100ml / Assorted

**249<sup>95</sup>**  
each



Brut  
Deodorant  
Body Spray  
120ml / Assorted

**31<sup>95</sup>**  
each

Brut  
Deodorant  
Body Spray  
200ml / Assorted

**37<sup>95</sup>**  
each

\*Offer excludes Brut Gift Sets

try new **Shield**

— **ULTIMATE** —  
SWEAT PROTECTION

3x  
STRONGER  
VS. REGULAR  
ANTIPERSPIRANT  
DEODORANTS

APPLY  
ONCE  
NO NEED TO  
REAPPLY

1 FOR 54<sup>95</sup>  
3 FOR 100<sup>00</sup>  
SAVE 64<sup>95</sup>

Ultimate  
Protection  
Anti-Perspirant  
Deodorant  
Stick  
for Men  
OR Women  
45ml / Assorted



1 FOR 23<sup>95</sup>  
3 FOR 50<sup>00</sup>  
SAVE 21<sup>95</sup>

Dove  
Anti-Perspirant  
Roll-On for  
Men OR Women  
50ml / Assorted



1 FOR 18<sup>95</sup>  
3 FOR 37<sup>90</sup>  
SAVE 18<sup>95</sup>

Sanex  
Anti-Perspirant  
Roll-On for  
Men OR Women  
50ml / Assorted



1 FOR 19<sup>95</sup>  
3 FOR 46<sup>00</sup>  
SAVE 13<sup>95</sup>

Impulse  
Perfumed  
Body Spray  
90ml  
Assorted



1 FOR 21<sup>95</sup>  
3 FOR 46<sup>00</sup>  
SAVE 19<sup>95</sup>

NIVEA  
Anti-Perspirant  
Roll-On for  
Men OR Women  
50ml / Assorted



NIVEA  
Deo Beauty  
Essence Roll-On  
40ml / Assorted

**WAS 27<sup>95</sup>**  
**NOW 21<sup>95</sup>**  
each

Adidas  
Deo Body Spray  
150ml  
OR Perfumed  
Deo Body Spray  
90ml / Assorted

**WAS 32<sup>95</sup>**  
**NOW 26<sup>36</sup>**  
each



**20%  
OFF**  
ALL Adidas Deodorant  
Body Spray 90ml/150ml  
& Roll-On 50ml



Adidas  
Anti-Perspirant  
Roll-On for Men  
OR Women  
50ml / Assorted

**WAS 19<sup>95</sup>**  
**NOW 15<sup>96</sup>**  
each

\*Advertised prices already reflect discount

**20%  
OFF**  
ALL Coty Deodorant  
Body Sprays



Coty  
eX'clamation  
Perfumed  
Deodorant  
Body Spray  
150ml / Assorted

**WAS 49<sup>95</sup>**  
**NOW 39<sup>36</sup>**  
each

Coty  
Gravity  
Deodorant  
Body Spray  
120ml / Assorted

**WAS 32<sup>95</sup>**  
**NOW 26<sup>36</sup>**  
each

Coty  
Gravity  
Deodorant  
Body Spray  
250ml / Assorted

**WAS 64<sup>95</sup>**  
**NOW 51<sup>96</sup>**  
each

\*Advertised prices already reflect discount

1 FOR 19<sup>95</sup>  
2 FOR 32<sup>00</sup>  
SAVE 7<sup>90</sup>



Blade  
Deodorant  
Body Spray  
150ml / Assorted

Old Spice  
Deodorant  
Body Spray  
150ml / Assorted

**WAS 36<sup>95</sup>**  
**NOW 26<sup>95</sup>**  
each



Dis-Chem brands  
fewer Rands



**20%  
OFF**  
Yardley  
products\*\*

Yardley  
English Blazer  
Anti-Perspirant  
Deodorant  
125ml  
OR Perfume  
Body Spray  
90ml / Assorted

**WAS 37<sup>95</sup>**  
**NOW 30<sup>36</sup>**  
each

Yardley  
Bond<sup>st</sup>  
Deodorant  
Body Spray  
125ml / Assorted

**WAS 37<sup>95</sup>**  
**NOW 30<sup>36</sup>**  
each

\*Advertised prices already reflect discount

\*\*Offer only applicable on Yardley  
Deodorants 125ml AND Perfume Body Sprays 90ml



**VALUE  
OFFER**

**VALUE  
PACK**

Yardley  
Perfume  
Body Spray  
Value Pack  
3 x 150ml

**WAS 119<sup>95</sup>**  
**NOW 109<sup>95</sup>**  
per pack



**VALUE  
OFFER**

**VALUE  
PACK**

Yardley  
English Blazer  
Deodorant Body  
Spray  
Value Pack  
3 x 250ml

**WAS 139<sup>95</sup>**  
**NOW 124<sup>95</sup>**  
per pack



AXE  
Deodorant  
Body Spray  
200ml  
Assorted

**WAS 35<sup>95</sup>**  
**NOW 25<sup>95</sup>**  
each





# Dental Care

**Exclusive to Benefit Card holders.**

Sign up in-store, online or dial \*120\*1085#

## INSTANT DISCOUNTS

only when you purchase with your Benefit Card



**INSTANT DISCOUNT 200\* OFF**

WITH YOUR Dis-Chem BENEFIT Card

Dentalmate Cool Mint Toothpaste Value Pack 3 x 75ml

25<sup>95</sup> per pack  
Benefit Price  
23<sup>95</sup> per pack



**INSTANT DISCOUNT 500\* OFF**

WITH YOUR Dis-Chem BENEFIT Card

Dentalmate KoolKids Toothbrushes 4-pack PLUS Timer Value Pack

34<sup>95</sup> per pack  
Benefit Price  
29<sup>95</sup> per pack



**INSTANT DISCOUNT 1000\* OFF**

WITH YOUR Dis-Chem BENEFIT Card

Dentalmate KoolKids Sonic Toothbrush 197359

49<sup>95</sup>  
Benefit Price  
39<sup>95</sup>



**INSTANT DISCOUNT 2000\* OFF**

WITH YOUR Dis-Chem BENEFIT Card

Dentalmate Evolution 360 Powerbrush PLUS Head

109<sup>95</sup>  
Benefit Price  
89<sup>95</sup>



**INSTANT DISCOUNT 500\* OFF**

WITH YOUR Dis-Chem BENEFIT Card

Dentalmate KoolKids Toothpaste Value Pack 3 x 120g Assorted

39<sup>95</sup> per pack  
Benefit Price  
34<sup>95</sup> per pack



**INSTANT DISCOUNT 200\* OFF**

WITH YOUR Dis-Chem BENEFIT Card

Dentalmate Tongue Cleaner

17<sup>95</sup>  
Benefit Price  
15<sup>95</sup>



**INSTANT DISCOUNT 10% OFF**

WITH YOUR Dis-Chem BENEFIT Card

G.U.M. Butlerweave Dental Floss 55m

49<sup>95</sup>  
Benefit Price  
44<sup>95</sup>

Dis-Chem brands fewer Rands

\*Instant discounts 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 FSP. Limits, Ts&Cs apply.



**20% OFF**

Corsodyl Mouthwash 200ml

Corsodyl Mouthwash 200ml / Assorted

WAS 112<sup>95</sup>  
NOW 90<sup>36</sup>

\*Advertised price already reflects discount



**20% OFF**

ALL Corega products

Super Corega 3 Minutes Denture Cleanser 36 effervescent tablets

WAS 82<sup>95</sup>  
NOW 66<sup>36</sup>

\*Advertised prices already reflect discount

Super Corega Denture Fixative Cream 35ml

WAS 124<sup>95</sup>  
NOW 99<sup>96</sup> each



**2+1 CHEAPEST FREE**

on ANY Oral B manual toothbrushes

Oral B Junior Toothbrush 6-12 years

34<sup>95</sup> each

Oral B Charcoal Whitening Therapy Toothbrushes 2-pack

89<sup>95</sup> each

Oral B Pulsar Pro-Expert Anti-Bacterial Toothbrush

112<sup>95</sup> each



333 Anti-Bacterial Mouthwash & Gargle 200ml

WAS 82<sup>95</sup>  
NOW 68<sup>95</sup>



**SAVE 300<sup>00</sup>**

Philips Sonicare HealthyWhite Electric Toothbrush\* 218186

- Quadpacer interval timer
- Advanced Sonic Technology
- Clean and white mode
- 3 weeks battery life

WAS 999<sup>95</sup>  
NOW 699<sup>95</sup>

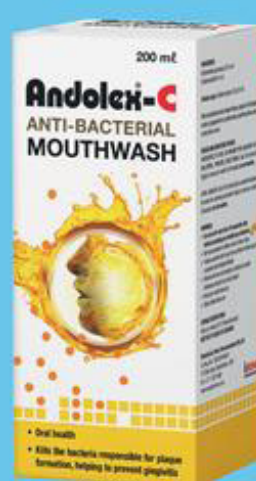
\*While stocks last



**SAVE 210<sup>00</sup>**

Oral B D12 Vitality 2D Cross Action OR 3D White Powerbrushes

WAS 539<sup>95</sup>  
NOW 329<sup>95</sup> each



Andolex-C Anti-Bacterial Mouthwash 200ml

WAS 89<sup>95</sup>  
NOW 79<sup>95</sup>



**1 FOR 14<sup>95</sup>  
2 FOR 24<sup>00</sup>**

SAVE 5<sup>90</sup>

Closeup Toothpaste 125ml Assorted

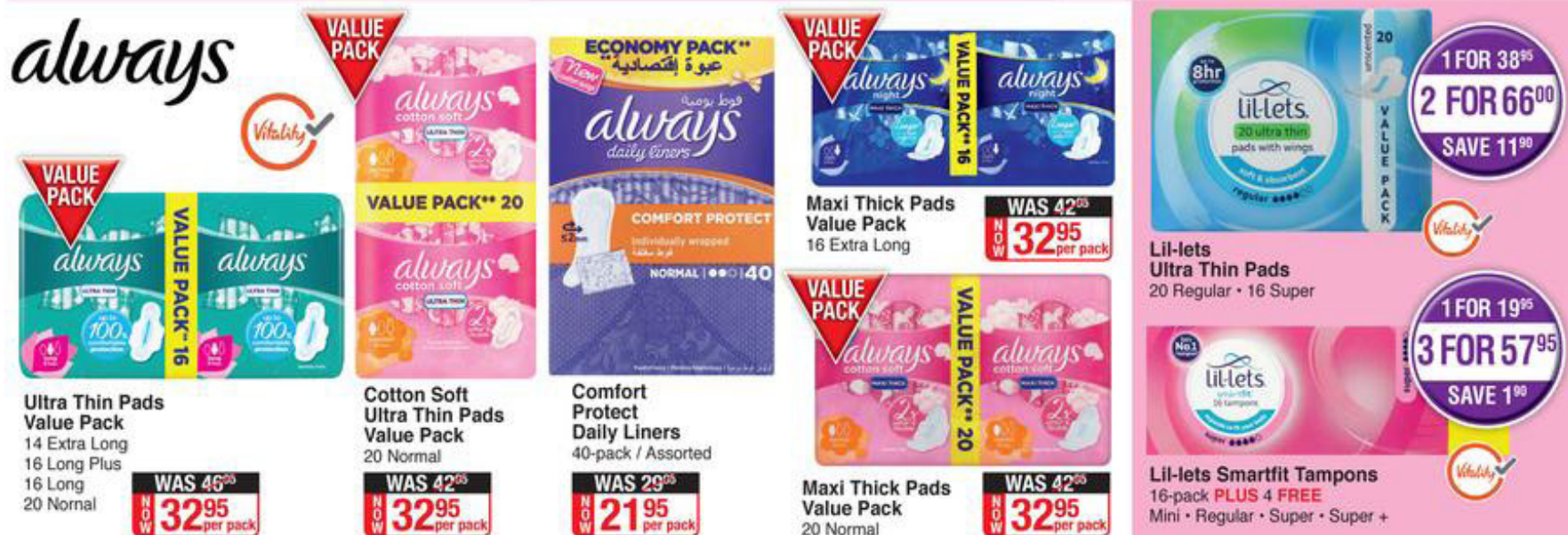


Sensodyne Multi Care Toothpaste Value Pack 2 x 75ml Assorted

WAS 59<sup>95</sup>  
NOW 52<sup>95</sup> per pack

**Dis-Chem PHARMACIES**





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.

## Women's Health







# Smooth Savings

**Exclusive to Benefit Card holders.**

Sign up in-store, online or dial \*120\*1085#

## INSTANT DISCOUNTS

only when you purchase with your Benefit Card



 <p><b>INSTANT DISCOUNT 1500* OFF</b> WITH YOUR Dis-Chem BENEFIT Card</p> <p>Philips Series 3000 Cordless Hair Clipper HC3530</p> <p><b>749<sup>95</sup></b> Benefit Price <b>599<sup>95</sup></b></p>	 <p><b>INSTANT DISCOUNT 2500* OFF</b> WITH YOUR Dis-Chem BENEFIT Card</p> <p>DQUIP iShave Shaver with USB Charger</p> <p><b>169<sup>95</sup></b> Benefit Price <b>144<sup>95</sup></b></p>	 <p><b>INSTANT DISCOUNT 1000* OFF</b> WITH YOUR Dis-Chem BENEFIT Card</p> <p>Basics Man Beard Trimming Scissors</p> <p><b>84<sup>95</sup></b> Benefit Price <b>74<sup>95</sup></b></p>	 <p><b>INSTANT DISCOUNT 1000* OFF</b> WITH YOUR Dis-Chem BENEFIT Card</p> <p>Top Ten for Men 3-in-1 Shower Gel, Shampoo &amp; Shaving Gel 250ml / Assorted</p> <p><b>59<sup>95</sup></b> Benefit Price <b>49<sup>95</sup></b></p>	 <p><b>INSTANT DISCOUNT 500* OFF</b> WITH YOUR Dis-Chem BENEFIT Card</p> <p>Top Ten for Men Shaving Cream 100ml Sensitive</p> <p><b>26<sup>95</sup></b> Benefit Price <b>21<sup>95</sup></b></p>
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\*Instant discounts to be deducted when using your Dis-Chem Benefit Card

### Gillette



Fusion Proglide Power Cartridges 8-pack

**749<sup>95</sup>**  
per pack



**50% OFF**

**50% OFF**

ANY Gillette Fusion Power, Fusion Proglide OR Skinguard Cartridges 4-pack when you purchase ANY Gillette Fusion Power, Fusion Proglide OR Skinguard Cartridges 8-pack

Simply Venus Disposable Razors 5-pack

**WAS 59<sup>95</sup>**  
**NOW 49<sup>95</sup>**  
per pack



Fusion Proglide FlexBall Power 1UP Razor

**WAS 214<sup>95</sup>**  
**NOW 159<sup>95</sup>**



Venus & Olay 1UP Razor OR Breeze 2UP Razor OR Platinum Extra Smooth 1UP Razor

**WAS 184<sup>95</sup>**  
**NOW 129<sup>95</sup>**  
each



Schick Hydro 5 Cartridges Value Pack 10-pack

**WAS 429<sup>95</sup>**  
**NOW 369<sup>95</sup>**  
per pack



Bic Flex 2 Razors 5-pack

**WAS 39<sup>95</sup>**  
**NOW 29<sup>95</sup>**  
per pack



Bic Miss Soleil Sensitive Razors 3-pack

**WAS 59<sup>95</sup>**  
**NOW 49<sup>95</sup>**  
per pack



Fino Bump Control 100ml

**WAS 69<sup>95</sup>**  
**NOW 64<sup>95</sup>**



Satin Care Shave Gel 200ml

**WAS 79<sup>95</sup>**  
**NOW 59<sup>95</sup>**



Mach3 Smooth Shaving Gel 200ml

**WAS 84<sup>95</sup>**  
**NOW 63<sup>71</sup>**



Skinguard Sensitive Shaving Gel 200ml

**WAS 99<sup>95</sup>**  
**NOW 74<sup>95</sup>**



Fusion Proglide Shaving Gel 200ml

**WAS 114<sup>95</sup>**  
**NOW 86<sup>21</sup>**



Wahl MultiGroom Rechargeable Trimmer Kit 12-piece

**WAS 429<sup>95</sup>**  
**NOW 389<sup>95</sup>**

Bump Patrol Face & Head Razor Bump Solution 65ml

**WAS 88<sup>95</sup>**  
**NOW 79<sup>95</sup>**



Blade Shave Cream 400ml Assorted

**39<sup>95</sup>**  
each



**FREE**

Basics Shaving Brush valued at 34<sup>95</sup> when you purchase ANY Blade Shave Cream 400ml



**20% OFF**  
Yardley English Blazer After Shave 100ml



Yardley English Blazer After Shave 100ml / Assorted

**WAS 139<sup>95</sup>**  
**NOW 111<sup>95</sup>**

\*Advertised price already reflects discount



Dis-Chem brands **fewer RANDS**

**Dis-Chem**  
PHARMACIES





# Bathing Baby



**Johnson's**



1 FOR 36<sup>95</sup>  
2 FOR 55<sup>00</sup>  
SAVE 18<sup>90</sup>

1 FOR 64<sup>95</sup>  
2 FOR 80<sup>00</sup>  
SAVE 49<sup>90</sup>



Baby Aqueous Cream  
OR Baby Jelly  
500ml / Assorted

Gentle Protect Kids Bath  
OR Bedtime Bath  
500ml / Assorted  
OR Soft & Shiny 2-in-1  
Shampoo & Conditioner  
500ml

Exclusive to  
Benefit Card  
holders.  
Sign up in-store,  
online or dial  
\*123456789

**INSTANT DISCOUNTS**  
only when you purchase with your Benefit Card



**BabyThings**  
Quality Baby Products

Dis-Chem brands • fewer Rands



INSTANT  
DISCOUNT  
10%\* OFF  
WITH YOUR  
Dis-Chem  
BENEFIT  
Card



Baby Oil  
400ml

54<sup>95</sup>  
Benefit  
Price  
49<sup>46</sup>

Baby Shampoo  
1 litre pump

59<sup>95</sup>  
Benefit  
Price  
53<sup>96</sup>

Honey  
Body Wash  
1 litre pump

54<sup>95</sup>  
Benefit  
Price  
49<sup>46</sup>

\*10% 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 FSP. Limits, Ts&Cs apply.



# Changing Baby

**HUGGIES**

**HUGGIES**  
Gold  
Nappies

Huggies  
SA's  
No.1  
Nappy Brand



Gold Nappies Jumbo Pack  
Assorted sizes and quantities  
OR New Baby Extra Care  
Nappies Jumbo Pack  
Assorted sizes and quantities

209<sup>95</sup>  
per pack



Pure OR  
Natural Care  
Baby Wipes  
4 x 56 wipes

79<sup>95</sup>  
per pack



Sudocrem  
Baby Care  
Cream  
250g

WAS 149<sup>95</sup>  
NOW 119<sup>95</sup>

1 FOR 25<sup>95</sup>  
2 FOR 45<sup>00</sup>  
SAVE 6<sup>90</sup>

Cherubs  
Sensitive  
Baby Wipes  
72 wipes  
Assorted



Bepanthen  
Nappy Care  
Ointment  
100g

WAS 235<sup>95</sup>  
NOW 172<sup>95</sup>

**Pampers**

Stand a chance to  
**WIN**  
1 OF 60 R1000  
Dis-Chem vouchers\*  
when you purchase  
ANY TWO Pampers  
Nappy products.  
Enter by swiping your  
Dis-Chem Benefit Card  
Ts & Cs apply  
\*Competition excludes  
Namibia & Botswana

Baby-Dry  
Nappies  
Jumbo Pack  
Assorted sizes  
and quantities

2 FOR  
390<sup>00</sup>  
2 x packs



Active Baby Pants  
Jumbo Pack  
Assorted sizes and quantities

2 FOR  
390<sup>00</sup>  
2 x packs



Premium Care  
Nappies Value Pack  
Assorted sizes and quantities

Premium Care  
Pants Value Pack  
Assorted sizes and quantities



Complete Clean  
OR Sensitive  
Baby Wipes  
4 x 64 wipes

99<sup>95</sup>  
per pack



Pampers Pure  
Protection Nappies  
Value Pack  
Assorted sizes and quantities

WAS 249<sup>95</sup>  
NOW 169<sup>95</sup>  
per pack

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

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.

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 Huggies OR Baby Things  
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





# Feeding Baby



Nestlé Nestum  
Baby Cereal  
Stages 1-2  
(Just Add Milk)  
500g / Assorted

**39<sup>95</sup>**



Nestlé Cerelac  
Baby Cereal  
Stages 1-3  
(Just Add Water)  
500g / Assorted

~~WAS 62<sup>95</sup>~~  
**59<sup>95</sup>**

**Dis-Chem**  
PHARMACIES

nursing practitioners  
recommend breastfeeding  
as the first choice



1 FOR 8<sup>95</sup>  
**6 FOR 47<sup>00</sup>**  
SAVE 6<sup>70</sup>

Purity  
100% Fruit Juice  
Blend  
200ml  
Assorted

Purity  
Junior!  
Flavoured  
Milk  
200ml  
Assorted

**8<sup>95</sup>**  
each



1 FOR 16<sup>95</sup>  
**2 FOR 30<sup>00</sup>**  
SAVE 3<sup>90</sup>

Purity  
Cream of Maize  
Baby's Soft  
Porridge  
400g / Assorted



Purity Pouches  
110ml  
Assorted

**9<sup>95</sup>**  
each

Purity  
6 Months  
80ml  
Assorted\*

**8<sup>95</sup>**  
each



\*Excludes Purity Organic Range



## Mom & Baby Essentials



My First  
Puppy  
**172<sup>95</sup>**

Musical  
Pullstring  
Bunny

**144<sup>95</sup>**



Bennetts  
Saline  
Nose Spray  
with Aspirator  
30ml

~~WAS 76<sup>95</sup>~~  
**66<sup>95</sup>**  
each



Philips AVENT  
Natural Electric  
Breast Pump  
145131

~~WAS 2799<sup>95</sup>~~  
**1999<sup>95</sup>**



Baby-Vac  
Nasal Aspirator

**329<sup>95</sup>**



Dis-Chem brands • fewer Rands



Bibs with  
Pocket  
2-pack / Assorted

**39<sup>95</sup>**  
per pack



Silicone Bib  
with Pocket

**39<sup>95</sup>**  
each



Disposable  
Bibs with Pocket  
10-pack

**39<sup>95</sup>**  
per pack



Bottle  
Steriliser

**259<sup>95</sup>**



Washcloths  
6-pack

**39<sup>95</sup>**  
per pack



Softi  
Maternity Pads  
12-pack

**25<sup>95</sup>**  
per pack



Softi  
Nursing Pads  
40-pack

**59<sup>95</sup>**  
per pack



All Natural  
Soothing Gel  
15g

~~WAS 74<sup>95</sup>~~  
**54<sup>95</sup>**



Wacky  
Teething  
Ring

~~WAS 104<sup>95</sup>~~  
**74<sup>95</sup>**



Natural Touch  
Silicone Manual  
Breast Pump  
219518

~~WAS 144<sup>95</sup>~~  
**129<sup>95</sup>**



Heat Sensitive  
Spoons  
2-pack

~~WAS 74<sup>95</sup>~~  
**59<sup>95</sup>**  
per pack

Safety 1st

Child View  
Car Mirror  
~~WAS 89<sup>95</sup>~~  
**74<sup>95</sup>**



Grow-With-Me  
Medicine Set  
3-piece

~~WAS 84<sup>95</sup>~~  
**66<sup>95</sup>**



Easy Clean  
Nasal  
Aspirator

~~WAS 99<sup>95</sup>~~  
**72<sup>95</sup>**



Baby On  
Board Sign  
Assorted colours

~~WAS 42<sup>95</sup>~~  
**34<sup>95</sup>**



Clear View  
Nail Clippers

~~WAS 53<sup>95</sup>~~  
**44<sup>95</sup>**



**Dis-Chem**  
PHARMACIES





# Confectionery



1 FOR 15<sup>95</sup>  
2 FOR 26<sup>00</sup>  
SAVE 5<sup>90</sup>

Cadbury  
Chocolate Slab  
80g / Assorted



1 FOR 9<sup>95</sup>  
3 FOR 22<sup>95</sup>  
SAVE 6<sup>90</sup>

Super C Rolls  
12-pieces / Assorted



1 FOR 9<sup>95</sup>  
3 FOR 24<sup>00</sup>  
SAVE 5<sup>95</sup>

Mentos Roll  
38g / Assorted



Mentos  
Chewing Gum  
60-pieces  
Assorted  
WAS 49<sup>95</sup>  
NOW 44<sup>95</sup> each

Stimorol  
Chewing Gum  
10-pieces / Assorted



1 FOR 8<sup>95</sup>  
2 FOR 12<sup>00</sup>  
SAVE 5<sup>90</sup>

Simba  
Potato Chips  
120g / Assorted



1 FOR 15<sup>95</sup>  
2 FOR 28<sup>00</sup>  
SAVE 3<sup>90</sup>



Nestlé  
Smarties  
Buttons Milk  
OR White  
Chocolate  
Pouch  
85g

37<sup>95</sup> each



Nestlé  
Munchies  
Cookie Dough  
Pouch  
101g

37<sup>95</sup>



Nestlé  
Aero Bubbles Pouch  
102g / Assorted

42<sup>95</sup> each



Mister Sweet  
Speckled Eggs  
100g/125g / Assorted

WAS 32<sup>95</sup>  
NOW 25<sup>00</sup> each



Amajoya  
Toffee  
100g / Assorted

WAS 18<sup>95</sup>  
NOW 14<sup>95</sup> each



Lindt  
Hello Chocolate  
Slab  
100g / Assorted

WAS 42<sup>95</sup>  
NOW 34<sup>95</sup> each



1 FOR 19<sup>95</sup>  
2 FOR 30<sup>00</sup>  
SAVE 9<sup>90</sup>

Monster  
Energy Drink  
500ml  
Assorted



Eden  
Sugar Free  
Ice Tea  
500ml / Assorted

WAS 19<sup>95</sup>  
NOW 16<sup>95</sup> each



Galaxy  
OR M&M's  
Cookies  
180g / Assorted

WAS 68<sup>95</sup>  
NOW 59<sup>95</sup> each

## Dis-Chem App, our Pharmacy in your hand.

The Dis-Chem App allows you to:

- |                                    |  |  |                          |
|------------------------------------|--|--|--------------------------|
| 1 Order scripts and repeat scripts | 2 Make appointments for the Wellness & Baby Clinics and the Beauty & Hair Salons | 3 View loyalty cards and balances              | 4 View bonus cards       |
| 5 Check prices of products         | 6 Read latest Benefit magazine articles  | 7 Locate your nearest Covid-19 testing station | 8 Digitised Benefit Card |
|                                    |  | 9 Shop online                                  |                          |

Scan the QR code to download the Dis-Chem app



Download on the  
App Store

GET IT ON  
Google Play

EXPLORE IT ON  
AppGallery







# Household Essentials

**Exclusive to  
Benefit Card  
holders.**

Sign up in-store,  
online or dial  
\*120\*1085#

## INSTANT DISCOUNTS

only when you purchase with your Benefit Card



<b>INSTANT DISCOUNT</b> <b>400* OFF</b> <b>WITH YOUR Dis-Chem BENEFIT Card</b>  <b>Home Butler Dishwashing Liquid</b> 1.5 litres / Assorted Benefit Price: <b>32.95</b> (Was 36.95)	<b>INSTANT DISCOUNT</b> <b>500* OFF</b> <b>WITH YOUR Dis-Chem BENEFIT Card</b>  <b>Home Butler Heavy Duty Oven Cleaner</b> 400ml Benefit Price: <b>24.95</b> (Was 29.95)	<b>INSTANT DISCOUNT</b> <b>200* OFF</b> <b>WITH YOUR Dis-Chem BENEFIT Card</b>  <b>Home Butler Dishwashing Sponge</b> 10-pack Benefit Price: <b>27.95</b> (Was 29.95 per pack)	<b>INSTANT DISCOUNT</b> <b>1500* OFF</b> <b>WITH YOUR Dis-Chem BENEFIT Card</b>  <b>Mr. Sheen Dishwasher Tablets</b> 32 tablets Benefit Price: <b>83.95</b> (Was 98.95)	<b>INSTANT DISCOUNT</b> <b>500* OFF</b> <b>WITH YOUR Dis-Chem BENEFIT Card</b> <b>VALUE PACK</b>  <b>Mr. Sheen Multi-Surface Cleaner Value Pack</b> 2 x 275ml Benefit Price: <b>38.95</b> (Was 43.95 per pack)	<b>INSTANT DISCOUNT</b> <b>2000* OFF</b> <b>WITH YOUR Dis-Chem BENEFIT Card</b> <b>GREAT VALUE! BONUS BUY</b> <b>AUTOMATIC MACHINE + 2 REFILLS</b>  <b>Air Scents AutoFresh Air Freshener Machine PLUS 2 x Refills</b> Benefit Price: <b>149.95</b> (Was 169.95 per pack)	<b>INSTANT DISCOUNT</b> <b>25% OFF</b> <b>WITH YOUR Dis-Chem BENEFIT Card</b> <b>VALUE PACK</b>  <b>Comfort Concentrated Fabric Conditioner Value Pack</b> 800ml / Assorted Benefit Price: <b>32.96</b> (Was 43.95 per pack)	<b>INSTANT DISCOUNT</b> <b>25% OFF</b> <b>WITH YOUR Dis-Chem BENEFIT Card</b> <b>VALUE PACK</b>  <b>Comfort Perfumed Deluxe Fabric Conditioner</b> 800ml / Assorted Benefit Price: <b>44.96</b> (Was 59.95 per pack)
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\*Instant discounts to be deducted when using your Dis-Chem Benefit Card

**1 FOR 39.95**  
**2 FOR 65.00**  
**SAVE 14.90**

**Home Butler Cleaner Wipes**  
 40-wipes  
 • Fridge & microwave  
 • Stainless steel  
 • Toilet  
 • Kitchen  
 • Car interior  
 • Bathroom & furniture



**1 FOR 32.95**  
**3 FOR 55.00**  
**SAVE 43.95**

**Domestos Bleach**  
 750ml  
 Assorted



**BUY BOTH FOR 44.00**  
**SAVE 10.90**

**Handy Andy**  
 750ml / Assorted  
**PLUS**  
**Sunlight Regular Dishwashing Liquid**  
 750ml



**Twinsaver 3-Ply Cube**  
 60-pack / Assorted  
**OR 2-Ply Tube**  
 80-pack / Assorted  
**OR 3-Ply Tissues**  
 120-pack Assorted

**19.95 per pack**



**1 FOR 69.95**  
**2 FOR 105.00**  
**SAVE 34.90**

**Skip Auto Washing Powder**  
 2kg  
**OR Auto Liquid**  
 1.5 litres / Assorted



**1 FOR 25.95**  
**3 FOR 50.00**  
**SAVE 27.95**

**Sta-Soft Fabric Conditioner Doy Pack**  
 800ml / Assorted



**1 FOR 57.95**  
**2 FOR 110.00**  
**SAVE 5.90**

**Ariel Auto Washing Liquid**  
 1.1 litres / 1.5 litres  
**OR Power Capsules**  
 14-pack **OR Auto Washing Powder**  
 2kg / Assorted



**Softi 3-Ply Pocket Tissues**  
 10-pack / Assorted

**17.95 per pack**



**Air Scents Fragrance Mist Air Freshener**  
 350ml / Assorted

**WAS 29.95**  
**NOW 24.95 each**



**Glade Secrets Air Freshener**  
 180ml / Assorted

**WAS 16.95**  
**NOW 13.95 each**



**Plush Supreme Pine Gel All Purpose Cleaner**  
 1 litre / Assorted

**WAS 34.95**  
**NOW 29.95**



**Energizer Max Plus AA OR AAA Batteries**  
 10-pack

**WAS 139.95**  
**NOW 109.95 per pack**



**Energizer Max AA OR AAA Batteries**  
 16-pack

**WAS 174.95**  
**NOW 139.95 per pack**



**Energizer Max C Batteries**  
 2-pack

**WAS 62.95**  
**NOW 52.95 per pack**



**Energizer Max D Batteries**  
 2-pack

**WAS 68.95**  
**NOW 52.95 per pack**




Dis-Chem brands **fewer RANDS**

**Dis-Chem**  
PHARMACIES





# Health Foods

**4+1 FREE**  
on Lifestyle Food Soya  
OR Oat OR Rice Milk  
1 litre

**30<sup>95</sup> each**

**Free From Lactose**  
@Dis-Chem

Blue Diamond Almond Breeze Barista Blend  
1 litre

**1 FOR 45<sup>95</sup>  
2 FOR 80<sup>00</sup>  
SAVE 11<sup>90</sup>**

**1 FOR 29<sup>95</sup>  
4 FOR 99<sup>95</sup>  
SAVE 19<sup>95</sup>**

Delta Coco Sweetened Coconut Milk  
300g

**3+1 FREE**  
on Closemyer Honeyed Ginger Tea  
10 teabags

**39<sup>95</sup> each**

**1 FOR 75<sup>95</sup>  
2 FOR 136<sup>95</sup>  
SAVE 14<sup>95</sup>**

Zambezi Gold Organic Honey  
375g

**59<sup>95</sup>**

**1 FOR 49<sup>95</sup>  
WAS 59<sup>95</sup>**

Lifestyle Food Granola Crunch  
750g

**Breakfast Corner**

**1 FOR 99<sup>95</sup>  
WAS 129<sup>95</sup>**

Eat Naked Raw Honey African Blend  
700g

**1 FOR 226<sup>95</sup>  
WAS 256<sup>95</sup>**

Gaby's Mixed Nuts Natural OR Roasted & Salted  
1kg

**29<sup>95</sup>**

Kellogg's Corn Flakes  
400g

**1 FOR 59<sup>95</sup>  
WAS 64<sup>95</sup>**

Jungle Oats  
2kg

**2 FOR 136<sup>95</sup>  
SAVE 14<sup>95</sup>**

Zambezi Gold Organic Honey  
375g

**29<sup>95</sup>**

Kellogg's Corn Flakes  
400g

**Dis-Chem brands fewer RANDS**

**We may not be able to touch hands but we can still touch hearts**



**FEEDING OUR FUTURE**

**1 FOR 42<sup>95</sup>  
2 FOR 65<sup>00</sup>  
SAVE 20<sup>90</sup>**

**FUTURELIFE® Smart Food**  
OR Zero  
OR Oats and Ancient Grains  
500g / Assorted

**2+1 FREE**  
on ANY FUTURELIFE® Oat Cereal Bits and Multigrain Pops for Kids  
375g / Assorted

**43<sup>95</sup> each**

**Dis-Chem Foundation FUTURELIFE**

**NEW SERVING 100 000 MEALS A MONTH**

Thus far the **DIS-CHEM** Foundation & **FUTURELIFE®** have provided **500 000** meals to Children in need. Going forward we are now doubling our contribution to **100 000** nutritional meals a month.

FUTURELIFE® is South Africa's only functional food scientifically formulated with immune-modulating **MODUCARE®** under licence from Aspen Pharmacare



**2+1 CHEAPEST FREE**  
on ANY Nature's Choice products

**2+1 FREE**  
on ANY FUTURELIFE® Oat Cereal Bits and Multigrain Pops for Kids  
375g / Assorted

**43<sup>95</sup> each**

**29<sup>95</sup>**

Kellogg's Corn Flakes  
400g









# Home Fitness Gear

**Exclusive to Benefit Card holders.**  
Sign up in-store, online or dial \*120\*1085#

## INSTANT DISCOUNTS

only when you purchase with your Benefit Card



- |                                    |   |
|------------------------------------|---|
| 1 Slimmer Belt<br>Assorted colours | 199 <sup>95</sup><br>Benefit Price<br>179 <sup>96</sup> |
| 2 Suspension Training System       | 599 <sup>95</sup><br>Benefit Price<br>539 <sup>96</sup> |
| 3 Toning Tube<br>Assorted sizes    | FROM<br>Benefit Price<br>71 <sup>96</sup> each          |
| 4 AB Wheel<br>Assorted colours     | 249 <sup>95</sup><br>Benefit Price<br>224 <sup>96</sup> |
| 5 Adjustable Kettlebell            | FROM<br>Benefit Price<br>1799 <sup>96</sup> each        |
| 6 Foam Roller<br>34 x 14cm         | 299 <sup>95</sup><br>Benefit Price<br>269 <sup>96</sup> |



INSTANT DISCOUNT  
**10%\*** OFF  
WITH YOUR  
Dis-Chem  
BENEFIT Card

- |                                 |   |
|---------------------------------|---|
| 7 Core Sliders<br>2-pieces      | 159 <sup>95</sup><br>Benefit Price<br>143 <sup>96</sup> |
| 8 Aerobic Step                  | 579 <sup>95</sup><br>Benefit Price<br>521 <sup>96</sup> |
| 9 Resistance Band Set           | 319 <sup>95</sup><br>Benefit Price<br>287 <sup>96</sup> |
| 10 Power Tube<br>Assorted sizes | 149 <sup>95</sup><br>Benefit Price<br>134 <sup>96</sup> |

\*10% instant discount to be deducted when using your Dis-Chem Benefit Card. Living Fit products available at selected stores, details on dischem.co.za



## Sports Supplements

### Performance Enhancers

Amplify your workout with these effective testosterone supplements that deliver lean muscle growth and improve stamina while quickening recovery time.



Biogen  
Rage Testo  
120 capsules  
WAS 459<sup>95</sup>  
NOW 399<sup>95</sup>



Pharmafreak  
Test Freak 2.0  
180 capsules  
WAS 749<sup>95</sup>  
NOW 649<sup>95</sup>



Evov  
Alpha Super  
Test  
80 capsules  
WAS 249<sup>95</sup>  
NOW 199<sup>95</sup>



USN  
17 Testo  
Methox Gold  
80 capsules  
WAS 569<sup>95</sup>  
NOW 489<sup>95</sup>

### Weight Management

Enhance your workout and diet efforts to accelerate your results with these effective weight-loss and fat-loss supplements.



Biogen  
Night Burn  
60 capsules  
WAS 239<sup>95</sup>  
NOW 199<sup>95</sup>



Primal  
CLA  
Banded Pack  
3 x 90 capsules  
WAS 339<sup>95</sup>  
NOW 249<sup>95</sup> per pack



NPL  
Thermo Cuts  
Black  
80 capsules  
WAS 599<sup>95</sup>  
NOW 499<sup>95</sup>



USN  
Phedracut  
Lipo X Black  
80 capsules  
WAS 499<sup>95</sup>  
NOW 419<sup>95</sup>



planetfitness  
Members

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

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





## High Protein Shakes

Feed your muscles with the best nutrients to boost recovery and aid muscle growth for enhanced strength and size.



Biogen  
Iso-Whey Premium  
750g / Assorted



Evov  
100% Whey Protein  
Advanced  
2kg / Assorted  
**WAS 504.95**  
**NOW 469.95**



USN  
Hardcore  
All-in-One Whey  
2kg / Assorted  
**WAS 509.95**  
**NOW 439.95**



NPL  
Platinum Whey  
2kg / Assorted  
**WAS 549.95**  
**NOW 489.95**

## Mass Gainers

Forge out-sized gains in muscle mass with an ample supply of the calories and nutrients your body needs to fuel serious growth.



Biogen Bulk  
Raw Gainer  
1kg / Assorted  
**WAS 189.95**  
**NOW 159.95**



SSN  
Raw Muscle  
Gainer  
3,6kg / Assorted  
**WAS 449.95**  
**NOW 399.95**



Universal  
Animal Mass  
4kg / Assorted  
**WAS 599.95**  
**NOW 449.95**



NPL  
Hyper Gain  
All-in-One Mass  
4kg / Assorted

## Recovery

Repair and rebuild muscle tissue after intense training with a beneficial dose of essential amino acids – the building blocks your body needs to create muscle protein.



Biogen  
Rage Aminos  
300g  
Assorted  
**WAS 289.95**  
**NOW 249.95**



Primal  
Amino Force  
340g / Assorted  
**WAS 169.95**  
**NOW 149.95**



USN  
BCAA  
12:1:1  
315g / Assorted  
**WAS 279.95**  
**NOW 239.95**



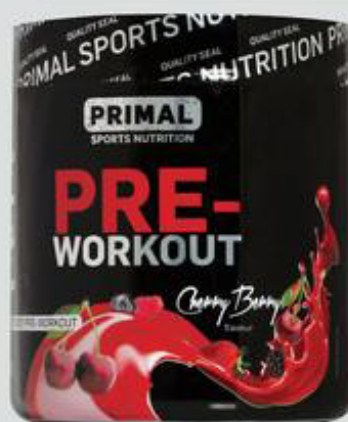
Optimum  
Nutrition  
Amino Energy  
270g / Assorted  
**WAS 569.95**  
**NOW 499.95**

## Pre-Workout

Prime your body and mind for an intense workout with a specially-formulated combination of ingredients that boost energy and optimise muscle function.



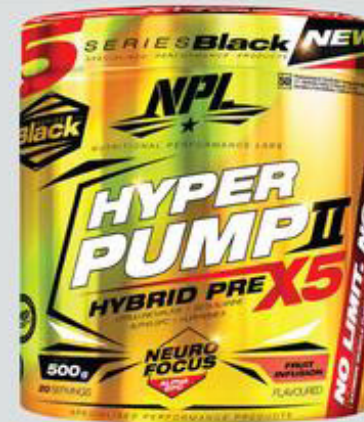
Biogen  
Pre-Burn  
Pulse  
180g / Assorted  
**WAS 199.95**  
**NOW 169.95**



Primal  
Pre-Workout  
510g  
Assorted  
**WAS 349.95**  
**NOW 279.95**



USN XTS  
Pump N.O.  
Pre-Workout  
560g / Assorted  
**WAS 349.95**  
**NOW 269.95**



NPL  
Hyper Pump  
Hybrid  
Pre-Workout  
500g / Assorted  
**WAS 489.95**  
**NOW 399.95**

FLIP CATALOGUE OVER FOR YOUR GUIDE TO WINTER WELLBEING

Promotional offers valid from 14 May to 6 June 2021 while stocks last – may not be available in all stores.



# Dis-Chem PHARMACIES

14 May to 6 June 2021

YOUR GUIDE TO

# Winter WELLBEING



Caring for your  
**Immune System**

**Dis-Chem**  
**WELLNESS**  
**CLINIC**  
TIPS

for more info turn to  
pg 2-3

**Dis-Chem**  
**CLINIC**  
**C NNECT**  
Powered by healthforce

Let our nurses & virtual  
doctors take care of  
**you & your**  
**family**

for more info turn to  
pg 4



Get your 4-Strain Flu  
Vaccine now at your nearest  
**Dis-Chem Pharmacy**

Flu Vaccine only

**115<sup>00</sup>\***

Cash only!

\*Medical Aid  
claims not  
applicable

**STOP**  
**FLU**

for more info turn to  
pg 11

**Dispensary  
Services**

Get your  
medication  
your way

for more info turn to  
pg 11

**1 FOR 133<sup>95</sup>**  
**2 FOR 219<sup>95</sup>**  
**SAVE 47<sup>95</sup>**

**Linctagon-C**  
Symptomatic relief associated with  
colds and flu.\*

**20**  
Brustablette  
Effervescent tablets

**Linctagon-C**  
20 effervescent tablets  
Assorted

**Andolex-C**  
LOZENGES HONEY/LEMON  
Sore Throat

**Andolex-C**  
LOZENGES STRAWBERRY  
Sore Throat

Andolex-C  
Lozenges  
16 lozenges  
Assorted

**WAS 73<sup>95</sup>**  
**NOW 59<sup>95</sup> each**



Vicks  
Honey & Ginger  
Cough Syrup  
150ml

**WAS 74<sup>95</sup>**  
**NOW 62<sup>95</sup>**



Airmune  
Immune System  
Supporter  
Value Pack  
30 effervescent  
tablets

**WAS 199<sup>95</sup>**  
**NOW 184<sup>95</sup> per pack**



Cal-C-Vita  
Immune Support  
30 effervescent tablets

**WAS 229<sup>95</sup>**  
**NOW 199<sup>95</sup>**



Biogen  
Supreme  
Probiotic  
9-Strain  
30 capsules

**WAS 149<sup>95</sup>**  
**NOW 129<sup>95</sup>**



**20%\***  
**OFF**  
ALL Zinplex  
products

Zinplex  
Junior  
Cough Bee Calm  
Syrup  
200ml

**WAS 61<sup>95</sup>**  
**NOW 49<sup>56</sup>**

\*Advertised price  
already reflects discount



Aqua-Bar  
Soap  
120g  
Assorted

**34<sup>95</sup> each**

**2+1**  
**FREE**  
on ANY Aqua-Bar  
Soap 120g

**NEW STORE OPENINGS**

**Kyalami Corner  
JHB**

**Northlands  
Durban North**

**OPENING SOON**



# IMMUNE BOOSTERS



20%\*  
**OFF**  
ALL Silverlab  
Liquids

Silverlab  
Ionic+  
Colloidal  
Silver Liquid  
500ml

WAS 114<sup>95</sup>  
**NOW 91<sup>96</sup>**



Biogen  
Immuno Boost  
Powder  
150g / Assorted

WAS 179<sup>95</sup>  
**NOW 159<sup>95</sup>**



Immunadue  
100 capsules

WAS 139<sup>95</sup>  
**NOW 129<sup>95</sup>**

## INSTANT DISCOUNTS

only when you purchase  
with your Benefit Card



Biogen  
Immuno Boost  
Effervescent  
20 effervescent tablets / Assorted

59<sup>95</sup>  
Benefit  
Price  
**56<sup>95</sup>**

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



Tibb  
Septogard  
Natural  
Antibiotic  
120 tablets

WAS 229<sup>95</sup>  
**NOW 183<sup>96</sup>**

## CARING FOR YOUR IMMUNE SYSTEM WELLNESS CLINIC TIPS



**Vitamin C**

Acts on immune cells,  
increasing their production  
and activity.



**Immune Boosters**

Help reduce susceptibility  
to cold and flu infections,  
and assisting recovery.



**Echinacea**

Helps fight viruses for  
faster recovery  
from flu.

Germes generally only lead to illness when the  
immunity is weakened. In winter, when flu is going  
around; you are more likely to succumb. Taking  
supplements during this time is vital to  
strengthening your immune system.

To find out more about Dis-Chem Wellness Clinics, visit the  
Dis-Chem website, scan the QR code, ask any of our  
friendly nursing practitioners or contact our  
Clinic Careline at 0861 117 427.  
Terms and conditions apply.



Viral Guard  
Tablets  
60 tablets

WAS 199<sup>95</sup>  
**NOW 169<sup>95</sup>**



ViralChoice C  
Immune  
Support  
Value Pack  
120 capsules

WAS 279<sup>95</sup>  
**NOW 223<sup>96</sup>**



Plussz  
Cold & Flu  
Multivitamin  
10 effervescent tablets

WAS 115<sup>95</sup>  
**NOW 99<sup>95</sup>**



Airborne  
Value Pack  
3 x 10 effervescent  
tablets

WAS 189<sup>95</sup>  
**NOW 174<sup>95</sup>**



Oscillocoquinum  
Value Pack  
30 vials

WAS 423<sup>95</sup>  
**NOW 389<sup>95</sup>**



A.Vogel  
Echinaforce  
Echinacea Tablets  
120 tablets

WAS 204<sup>95</sup>  
**NOW 184<sup>95</sup>**



A.Vogel  
Echinaforce  
Echinacea Drops  
100ml drops

WAS 224<sup>95</sup>  
**NOW 199<sup>95</sup>**



1 FOR 99<sup>95</sup>  
2 FOR 149<sup>95</sup>  
SAVE 49<sup>95</sup>

Linctagon-C  
12 effervescent tablets  
Assorted



# VITAMIN C & ZINC

VitaC Select  
Buffered C  
1000mg  
30 tablets

**79<sup>95</sup>**  
each

VitaC Select  
Buffered C  
1000mg Fizz  
15 effervescent  
tablets

**68<sup>95</sup>**  
each

**2+1**  
CHEAPEST  
FREE  
on VitaC Select  
Buffered C 1000mg  
30 tablets AND  
15 effervescent  
tablets



**20%\***  
OFF  
ALL Zinplex  
products



Zinplex  
120 tablets

**WAS 124<sup>95</sup>**  
**NOW 99<sup>95</sup>**

\*Advertised price already reflects discount

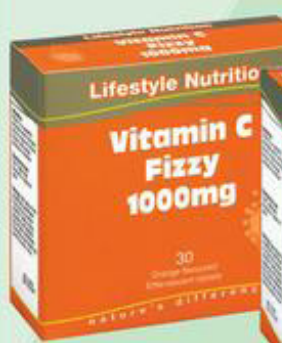


Dis-Chem brands • fewer Rands



Lifestyle  
Nutrition  
Zinc  
100 tablets

**WAS 72<sup>95</sup>**  
**NOW 67<sup>95</sup>**



**FREE**

Lifestyle  
Nutrition  
Vitamin C Fizzy  
1000mg  
30 effervescent  
tablets  
**PLUS FREE**  
10 effervescent  
tablets

**132<sup>95</sup>**  
per pack



BFC Gold Zinc  
with Selenium,  
Vitamin C, Vitamin D3  
and Vitamin B1 & B3  
60 vegcaps

**WAS 309<sup>95</sup>**  
**NOW 299<sup>95</sup>**



Zyora  
Zyzinc\*  
60 capsules

**179<sup>95</sup>**

Zyora  
Zyzinc\*  
20 fizzies

**69<sup>95</sup>**



Biogen  
Zinc  
Complex Plus  
120 tablets

**WAS 114<sup>95</sup>**  
**NOW 99<sup>95</sup>**

Biogen  
Zinc Powder  
100g / Assorted

**WAS 129<sup>95</sup>**  
**NOW 109<sup>95</sup>**



Biogen  
Vitamin C  
Ester Plus  
60 capsules

**WAS 154<sup>95</sup>**  
**NOW 139<sup>95</sup>**



Plussz  
Vitamin C  
Multivitamin  
20 effervescent  
tablets

**WAS 115<sup>95</sup>**  
**NOW 99<sup>95</sup>**

Vitamin D and Zinc both play essential roles in maintaining health, a strong immune system and general nutrition. Zinc and Vitamin D contribute to the reduction of oxidative stress. Even health-conscious and well-nourished people may be deficient in Vitamin D and Zinc. Vitamin D3 has many benefits such as promoting healthy bones and teeth, supporting brain, immune and nervous system health, and much more.

# ENERGY BOOSTERS

**1 FOR 17<sup>95</sup>**  
**2 FOR 24<sup>95</sup>**  
SAVE 10<sup>95</sup>

BioPlus  
Energy Drink  
440ml  
Assorted



Stand a chance to  
**WIN**  
1 OF 10 R5000  
Dis-Chem Vouchers\*  
when you purchase  
ANY TWO BioPlus Energy  
Drinks 440ml.  
Enter by swiping your  
Dis-Chem Benefit Card  
Ts & Cs apply  
\*Competition excludes  
Namibia & Botswana

New daily vitamin & mineral  
supplement range

BIOPLUS  
VIT-ALITY

Magnesium Plus  
30 effervescent  
tablets

**179<sup>95</sup>**  
each

Vitamin C  
1000mg  
10 effervescent tablets

**64<sup>95</sup>**  
each

**2+1**  
CHEAPEST  
FREE  
on ANY  
BioPlus Vit-ality  
products



BioPlus  
10 effervescent  
tablets

**WAS 79<sup>95</sup>**  
**NOW 69<sup>95</sup>**



Vita-Thion  
Energy Tonic  
60 sachets

**WAS 287<sup>95</sup>**  
**NOW 249<sup>95</sup>**



Lifestyle  
Nutrition  
Vitamin B Fizzy  
30 effervescent  
tablets

**WAS 153<sup>95</sup>**  
**NOW 119<sup>95</sup>**

Berocca  
Boost  
30 effervescent  
tablets

**WAS 259<sup>95</sup>**  
**NOW 204<sup>95</sup>**



Turbovite  
Vitality  
20 sachets

**WAS 114<sup>95</sup>**  
**NOW 99<sup>95</sup>**



Turbovite  
Excel  
20 sachets

**WAS 113<sup>95</sup>**  
**NOW 99<sup>95</sup>**



Turbovite  
Focus  
30 capsules  
OR Syrup  
200ml

**WAS 73<sup>95</sup>**  
**NOW 66<sup>95</sup>**  
each



# COUGH, COLDS & FLU RELIEF

## HELP BUILD A STRONG IMMUNITY WITH FLUGON



**20% OFF**  
Flugon 50 capsules

DIABETIC FRIENDLY

**FLUGON CAPSULES**

Colds and flu defence solution with:  
• Natural ingredients  
• Antioxidants

Capsules 50 capsules

WAS 114<sup>95</sup>  
NOW **91<sup>96</sup>**

\*Advertised price already reflects discount

Vitamin C<sup>#</sup>

**20% OFF**  
Flugon Colds and Flu Syrup 200ml

**FLUGON COLDS AND FLU SYRUP**

Colds and flu defence solution with:  
• Natural ingredients  
• Antioxidants

Colds and Flu Syrup 200ml

WAS 119<sup>95</sup>  
NOW **95<sup>96</sup>**

\*Advertised price already reflects discount

Zinc

**20% OFF**  
Flugon Fizzy Kidz 12 effervescent tablets

**FLUGON FIZZY KIDZ**

Colds and flu defence solution with:  
• Natural ingredients  
• Antioxidants

Fizzy Kidz 12 effervescent tablets

WAS 104<sup>95</sup>  
NOW **83<sup>96</sup>**

\*Advertised price already reflects discount

**1 FOR 99<sup>95</sup>  
2 FOR 159<sup>95</sup>  
SAVE 39<sup>95</sup>**

**FLUGON FIZZY**

Colds and flu defence solution with:  
• Natural ingredients  
• Antioxidants

Fizzy Adult 12 effervescent tablets

Quercetin<sup>#</sup>

Pelargonium

#Does not apply to the colds and flu syrup.  
Name and business address: Inova Pharmaceuticals (Pty) Limited, Co. Reg. No. 1952/001640/07, 15E Riley Road, Bedfordview, Tel. No. 011 087 0000. www.inovapharma.co.za  
For full prescribing information, refer to the approved product packaging. Further information is available on request from Inova Pharmaceuticals. IN1070/20

**inova**  
pharmaceuticals

**STOP COUGH DAYTIME COUGH RELIEVER**

**STOP COUGH NIGHTTIME COUGH RELIEVER**

Stop Cough Daytime Cough Reliever 100ml  
**PLUS FREE**  
Nighttime Cough Reliever 100ml  
Banded Pack

WAS 56<sup>95</sup>  
NOW **56<sup>95</sup>**

**20% OFF**  
Bronchostop Cough Syrup 120ml AND 200ml

**BRONCHOSTOP COUGH SYRUP**

Relieves any cough  
✓ Dry, tickly  
✓ Wet, chesty/phlegmy

200 ml

WAS 139<sup>95</sup>  
NOW **111<sup>96</sup>**

120 ml

WAS 99<sup>95</sup>  
NOW **79<sup>16</sup>**

\*Advertised prices already reflect discount

**WOODS' GREAT PEPPERMINT CURE**

ALLEVIATES COUGHS

Woods' Great Peppermint Cure Cough Syrup 100ml

WAS 48<sup>95</sup>  
NOW **40<sup>95</sup>**

**Echinaforce Sore Throat Spray**

A. Vogel Echinaforce Sore Throat Spray 30ml

WAS 276<sup>95</sup>  
NOW **249<sup>95</sup>**

**BORSTOL**

Borstol Cough Remedy 100ml

WAS 47<sup>95</sup>  
NOW **40<sup>95</sup>**

**STODAL**

Cough and cold syrup  
Hoes- en Verkouestroop

Stodal Cough & Cold Syrup 200ml

WAS 134<sup>95</sup>  
NOW **119<sup>95</sup>**

**Benylin**

Wet Cough Mucus Relief

Benylin Wet Cough Mucus Relief 200ml Assorted

WAS 84<sup>95</sup>  
NOW **63<sup>95</sup>**

**COUGHS**

Coughs may be caused by viral infections like colds and flu, as well as asthma, allergies or polluted air. Every cough needs a different treatment. Speak to one of our friendly consultants in-store for more advice.

**PUMA**

Cough Syrup

Puma Cough Syrup 100ml

WAS 49<sup>95</sup>  
NOW **40<sup>95</sup>**

**ONE-DAY FLU CURE**

Aspen One-Day Flu Cure 100ml

WAS 59<sup>95</sup>  
NOW **47<sup>95</sup>**

**PROSPAN**

Cough Syrup

Prospan Cough Syrup 100ml Assorted

WAS 76<sup>95</sup>  
NOW **64<sup>95</sup>**

**PromuCoff**

SYRUP

PromuCoff Syrup 200ml

WAS 109<sup>95</sup>  
NOW **94<sup>95</sup>**

## CONNECTING YOU TO A VIRTUAL DOCTOR

**Dis-Chem**  
**CLINIC**  
**C+NNECT**  
Powered by healthforce



Consultation with Nurse  
**90<sup>00</sup>**

Virtual Doctor Consultation  
**257<sup>00</sup>**



A nurse will conduct a full medical history and clinical examination.



If the nurse finds it necessary, a video consultation with the doctor (including additional tests and examinations) will be performed.

### How does it work?



While the nurse finishes your consultation, the doctor can write you a script, repeat script and/or sick note.



Finally, go to the dispensary to receive your medication from the pharmacist.

To find out more about Clinic Connect, visit the Dis-Chem website on [www.dischem.co.za](http://www.dischem.co.za), scan the QR code, ask any of our friendly store consultants or contact our Clinic Careline at 0861 117 427. Terms and Conditions apply.

**WELLNESS CLINIC**



# CHILDREN'S WINTER HEALTH

**20% OFF**  
ViralChoice Junior Immune Support Syrup 200ml

ViralChoice Junior Immune Support Syrup 200ml  
**WAS 129<sup>95</sup>**  
**NOW 103<sup>95</sup>**



**20% OFF**  
Pharmaton Kiddi Syrup 100ml

Pharmaton Kiddi Syrup 100ml  
**WAS 116<sup>95</sup>**  
**NOW 93<sup>56</sup>**



**20% OFF**  
Bronchostop Children's Cough Syrup 120ml

Bronchostop Children's Cough Syrup 120ml  
**WAS 99<sup>95</sup>**  
**NOW 79<sup>16</sup>**



**20% OFF**  
ALL Zinplex products

Zinplex Junior Syrup 200ml  
**WAS 59<sup>95</sup>**  
**NOW 47<sup>96</sup>**



\*Advertised prices already reflect discount

**Probiotic Immune Choc Bars**  
Little Tummies love Probiotics and Chocolate

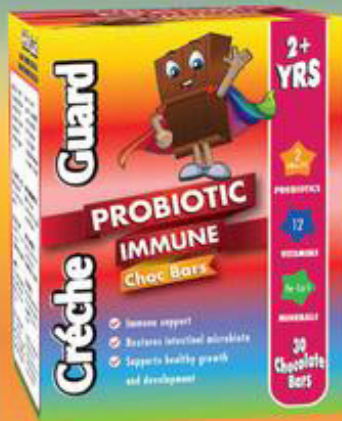


**Immune Multivit Syrup**  
Daily multivitamin for immune defence

**Crèche Guard**

**Gummies Multivit**  
Daily multivitamin for immune defence

**Restore Lolly**  
Fluid replenishment made easy



Immune Multivit Syrup 200ml  
**WAS 177<sup>95</sup>**  
**NOW 142<sup>36</sup>**

Probiotic Immune Choc Bars 30 chocolate bars  
**WAS 234<sup>95</sup>**  
**NOW 187<sup>96</sup>**



**20% OFF**  
Crèche Guard products\*\*



Gummies Multivit One-a-Day 30 Gummies  
**WAS 165<sup>95</sup>**  
**NOW 132<sup>76</sup>**



Restore Lolly 5 x 50ml Assorted  
**WAS 95<sup>95</sup>**  
**NOW 76<sup>76</sup> each**

\*Advertised prices already reflect discount \*\*Offer only applicable on the above Crèche Guard products

Legals and references available upon request from Inova Pharmaceuticals. These unregistered medicines have not been evaluated by SAHPRA for its quality, safety or intended use. Name and business address: Inova Pharmaceuticals (Pty) Limited, Co. Reg. No. 1952/001640/07, 15E Riley Road, Bedfordview, Tel. No. 011 087 0000, www.inovapharma.co.za, IN1315/21

**inova**  
pharmaceuticals

**Exclusive to Benefit Card holders.**  
Sign up in-store, online or dial \*120\*10854

**INSTANT DISCOUNTS**  
only when you purchase with your Benefit Card

**INSTANT DISCOUNT 5% OFF**  
WITH YOUR Dis-Chem BENEFIT Card



Lifestyle Nutrition Vitamin C OR Vegetarian MultiVitamin & Mineral Gummy Bears 120 bears  
**139<sup>95</sup> each**  
**Benefit Price 132<sup>95</sup> each**

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



ViralGuard Junior Syrup 200ml  
**WAS 154<sup>95</sup>**  
**NOW 139<sup>95</sup>**

ViralGuard Fizzi Chews 60 chewables  
**WAS 149<sup>95</sup>**  
**NOW 129<sup>95</sup>**



**2+1 CHEAPEST FREE**  
on ANY Doctor Daycare products

Doctor Daycare Immuno-Multi Syrup 200ml  
**159<sup>95</sup> each**



Benylin Children's Wet Cough Mucus Relief Syrup 200ml  
**WAS 84<sup>95</sup>**  
**NOW 63<sup>95</sup>**



Tibb Septogard Natural Antibiotic Syrup 200ml  
**WAS 189<sup>95</sup>**  
**NOW 169<sup>95</sup>**



Karvol Decongestant Chest Rub 50g  
**WAS 41<sup>95</sup>**  
**NOW 36<sup>95</sup>**



Karvol Decongestant Inhalation Capsules 10 capsules  
**WAS 64<sup>95</sup>**  
**NOW 59<sup>95</sup>**

**CHILDREN'S HEALTH**

As children grow up, it's important to make sure that they have all the right vitamins and minerals in their bodies for successful growth and development.



A.Vogel Echinaforce Junior 120 chewable tablets  
**WAS 199<sup>95</sup>**  
**NOW 169<sup>95</sup>**



Woods' For Children Peppermint Cough Syrup 100ml  
**WAS 49<sup>95</sup>**  
**NOW 40<sup>95</sup>**



# HUMIDIFIERS

ELEKTRA™  
—health+—



**Electrode Hot Steam Humidifier**  
21968  
• 3 litre tank  
• Energy saving  
• New electrode technology with space saving design

**WAS 379<sup>00</sup>**  
**NOW 349<sup>95</sup>**

21967  
• 4 litre tank

**WAS 469<sup>00</sup>**  
**NOW 449<sup>95</sup>**



**Ultrasonic Cool Steam Humidifier**

21969  
• 5 litre tank  
• Adjustable mist and humidity output  
• Detachable water tank with non-drip feature

**WAS 749<sup>00</sup>**  
**NOW 699<sup>95</sup>**



**Ultrasonic Cool/Warm Steam Humidifier**

21966  
• 7.5 litre tank  
• Ultrasonic, cool or warm steam with adjustable mist and humidity output

**WAS 1199<sup>00</sup>**  
**NOW 1100<sup>00</sup>**



Dis-Chem brands • fewer Rands

## MEDIC+



**Steam Humidifier**

184085  
• Energy efficient - low energy consumption compared to electrode units  
• Automatic switch off when minimum water level has been reached  
• Wide nozzle helps to reduce the risk of burns

**495<sup>00</sup>**



**Ultrasonic Humidifier**

323954  
• Water level display  
• Spray amount control  
• Automatic power off when water tank is empty  
• Quiet when in operation  
• Room area: up to 25m²

**549<sup>00</sup>**



**Digital Ultrasonic Humidifier**

323955  
• Built-in hygrometer and thermometer  
• Automatic power off when desired room humidity is reached  
• Unique design with strong evaporation  
• Quiet when in operation  
• Room area: up to 25m²

**749<sup>00</sup>**



## COMFORTABLE NIGHT WITH EASY BREATHING SENSATION

How humidification can help you and your family breathe easier

### WHY HUMIDIFY?

Dry air can lead to irritated throat and nasal passages. By using a humidifier to keep those passages hydrated, **you make yourself less vulnerable to viruses and discomfort.**



**Cool Mist Personal Humidifier**  
214054  
• Compact size ideal for smaller rooms  
• Also helps to relieve cough and congestion symptoms

**WAS 595<sup>00</sup>**  
**NOW 550<sup>00</sup>**



**Cool Mist Mini Ultrasonic Humidifier**  
214052  
• No filter required  
• Variable humidity control  
• Auto shut-off  
• Perfect for small sized rooms

**WAS 949<sup>00</sup>**  
**NOW 899<sup>00</sup>**



**Warm Mist Premium Humidifier**  
106555  
• Quiet operation  
• Adjustable settings  
• Automatic shut-off  
• Large opening for easy cleaning  
• Operates at least 9 hours on a single filling

**WAS 1095<sup>00</sup>**  
**NOW 999<sup>00</sup>**



**Cool Mist Ultrasonic Humidifier**  
75489  
• Quietly produces an ultra-fine visible mist, helping to return essential moisture to dry air  
• 9 hours usage on a single filling

**WAS 1150<sup>00</sup>**  
**NOW 999<sup>00</sup>**



**Cool Mist Sweet Dreams Humidifier**  
168334  
• Provides temporary relief and soothes nasal congestion symptoms  
• Perfect for children of all ages

**WAS 1250<sup>00</sup>**  
**NOW 1150<sup>00</sup>**



**Portable Waterless Diffuser with USB**  
299126  
• Menthol and essential oil pads  
• Waterless, no spills or filling  
• Compact design

**WAS 239<sup>00</sup>**  
**NOW 199<sup>00</sup>**



**Sinus Inhaler**  
227636  
• Provides symptomatic relief from cough and congestion  
• No filters required, works with tap water  
• Auto shut-off  
• Variable steam control

**WAS 695<sup>00</sup>**  
**NOW 650<sup>00</sup>**



# AROMATHERAPY OILS

**Exclusive to Benefit Card holders.**

Sign up in-store, online or dial \*120\*1085#

## INSTANT DISCOUNTS

only when you purchase with your Benefit Card



Dis-Chem brands • fewer Rands



Dis-Chem Eucalyptus Pure Essential Oil 20ml  
Benefit Price **30<sup>36</sup>**



Dis-Chem Lemon Grass Pure Essential Oil 20ml  
Benefit Price **39<sup>16</sup>**



Dis-Chem Lavender Pure Essential Oil 20ml  
Benefit Price **63<sup>16</sup>**

**INSTANT DISCOUNT 20%\* OFF**  
WITH YOUR Dis-Chem BENEFIT Card



Dis-Chem Tea Tree Pure Essential Oil 20ml  
Benefit Price **55<sup>96</sup>**



Dis-Chem Peppermint Pure Essential Oil 20ml  
Benefit Price **73<sup>56</sup>**



Dis-Chem Jojoba Carrier Oil 50ml  
Benefit Price **79<sup>96</sup>**



Dis-Chem Sweet Almond Carrier Oil 50ml  
Benefit Price **31<sup>96</sup>**



Dis-Chem Grape Seed Carrier Oil 50ml  
Benefit Price **29<sup>56</sup>**



Dis-Chem Australian Tea Tree Essential Oil 50ml  
Benefit Price **103<sup>96</sup>**

\*20% instant discount to be deducted when using your Dis-Chem Benefit Card

## DIGESTIVE CARE & PROBIOTICS

**ProbiFlora™**



Junior Everyday Flora Balance 30 chew tabs

**119<sup>95</sup> each**



Infant Drops 3-Strain 5ml drops

**169<sup>95</sup> each**



Adult Everyday Flora Balance 2-Strain 30 capsules

**106<sup>95</sup> each**



Adult Classic Bowel Support 4-Strain 30 capsules

**159<sup>95</sup> each**



Adult Classic Bowel Support 4-Strain 60 capsules

**259<sup>95</sup> each**



Adult Intensive Rescue 9-Strain 30 capsules

**179<sup>95</sup> each**



Adult Intensive Rescue 9-Strain 60 capsules

**289<sup>95</sup> each**



Rx Intestinal Flora Care 10 capsules

**59<sup>95</sup> each**



Prokast Gastrointestinal Support 50ml drops

**189<sup>95</sup>**

A.Vogel Molkosan 500ml  
**249<sup>95</sup>**



Reuterina Daily OR Junior Probiotic 30 chew tablets

**169<sup>95</sup> each**



Reuterina Drops 5ml

**179<sup>95</sup>**



MiBiotix Dailybiotic 30 vegetarian capsules

**189<sup>95</sup>**



Iberogast 9 Herb Treatment 50ml drops

**219<sup>95</sup>**



Gold Pre & Pro Biotic 9 Strain 60 capsules

**179<sup>95</sup>**

VALUE PACK



Entiro Probiotic Value Pack 30 capsules PLUS 30 capsules

**239<sup>95</sup> per pack**

### PROBIOTICS

Probiotics are living bacteria and yeasts that are good for the digestive system. They help keep the gut healthy. They are found in yoghurt and also in supplements. Take a probiotic if you are taking antibiotics, because sometimes good bacteria can be lost with the bad bacteria. This will help to keep your natural bacteria balanced and maintain gut health.

**Dis-Chem PHARMACIES**







**Exclusive to Benefit Card holders.**  
Sign up in-store, online or dial \*120\*1085#

# INSTANT DISCOUNTS

only when you purchase with your Benefit Card



## Beanies



Beanie for Men  
OR Women  
Assorted colours

139<sup>95</sup> each  
Benefit Price  
125<sup>96</sup> each

SOCKSHOP  
**Heat Holders**

INSTANT DISCOUNT  
**10%\*** OFF

ALL Heat Holders products with your Dis-Chem BENEFIT Card

## Gloves



Gloves for Men  
OR Women  
Assorted colours

139<sup>95</sup> per pair  
Benefit Price  
125<sup>96</sup> per pair

Cable Turnover Hat for Women  
Assorted colours

179<sup>95</sup>  
Benefit Price  
161<sup>96</sup>



## Blankets



Snuggle Ups® Plush Throw  
Assorted colours

499<sup>95</sup>  
Benefit Price  
449<sup>96</sup>

Snuggle Ups® Oversized Luxury Blanket  
Assorted colours

329<sup>95</sup>  
Benefit Price  
296<sup>96</sup>



## Neck Warmers



Ladies' Neck Warmers  
Assorted colours

139<sup>95</sup> each  
Benefit Price  
125<sup>96</sup> each



Men's Neck Warmers  
Assorted colours

99<sup>95</sup>  
Benefit Price  
89<sup>96</sup>

## Socks



Spiderman OR Frozen Thermal Socks  
Assorted colours

124<sup>95</sup> per pair  
Benefit Price  
112<sup>46</sup> per pair



Lounge Ladies' Feather Turn Over Cuff Socks  
Assorted colours

149<sup>95</sup> per pair  
Benefit Price  
134<sup>96</sup> per pair

\*10% instant discounts to be deducted when using your Dis-Chem Benefit Card



Dis-Chem brands • fewer Rands



Warm Me Up Microwaveable Heat Pack  
Assorted

99<sup>95</sup>

Warm Me Up Reusable Hand Warmer  
Assorted

FROM 24<sup>95</sup> each



Basics Microfiber Fleece Blanket  
Assorted colours and sizes

Small	225923003	149 <sup>95</sup>
Medium	226094003	199 <sup>95</sup>
Large	210444001	229 <sup>95</sup>



Warm Me Up Heat Plush Packs with Micro Beads  
Assorted

179<sup>95</sup>



Warm Me Up Lavender Heat Packs  
Assorted

119<sup>95</sup> each

Warm Me Up Heat Plush Packs with Cover  
Assorted

179<sup>95</sup> each



Dis-Chem  
PHARMACIES



# HEATERS

ELEKTRA<sup>™</sup>  
— comfort —



## Fan Heater

- 89653
- Overheat protection
- Adjustable thermostat
- Fan & 2-heat settings
- Cool / warm / hot air selection

WAS 249<sup>95</sup>  
**NOW 229<sup>95</sup>**



Heaters are important to help you and your family keep warm and avoid the cold during winter. Create a cosy and comfortable environment in the room with a heater that best suits your home.

- Aero-Heat Bladeless Fan Heater**  
327098
- Remote control
  - 6 different mood / night lights
  - Soft touch panel with adjustable thermostat
  - Baby & pet safe
  - Air multiplier

**1499<sup>95</sup>**

# ELECTRIC BLANKETS



- Elektra Luxury Range Electric Blanket**
- Fitted blanket
  - Detachable controls
  - Hand washable
  - Low electricity usage
  - Heating and safety system

Single	21516	<b>499<sup>95</sup></b>
Double	21517	<b>699<sup>95</sup></b>
Queen	1228	<b>799<sup>95</sup></b>
King	14787	<b>849<sup>95</sup></b>

Electric blankets help you sleep better as you won't be affected by the temperature dropping during the night. As a source of heat, an electric blanket may decrease aches and pains and soothe sore muscles. Keep snug in bed this winter with an electric blanket.



- Elektra Classic Range Electric Blanket**
- Tie down blanket
  - Hand washable
  - Low electricity usage (60W)
  - Heating and safety system

Single	73003	<b>329<sup>95</sup></b>
Double	74002	<b>499<sup>95</sup></b>



- Elektra Platinum Range Electric Blanket**
- Fitted blanket
  - Detachable controls
  - Hand washable
  - Low electricity usage (60W)
  - Heating and safety system

Single	1243	<b>619<sup>95</sup></b>
Double	1244	<b>929<sup>95</sup></b>
Queen	14840	<b>999<sup>95</sup></b>
King	1245	<b>1049<sup>95</sup></b>



- DQUIP Heated Electric Blanket**
- Made from soft synthetic wool
  - Extra thick blanket
  - 3 heat settings
  - Detachable connector

Single	184225	<b>699<sup>00</sup></b>
Double	184226	<b>1095<sup>00</sup></b>
Queen	184227	<b>1125<sup>00</sup></b>
King	184252	<b>1299<sup>00</sup></b>

Dis-Chem Pharmacies has a wide range of winter electrical accessories. Shop online and in-store for classic, luxury and premium heaters and electric blankets. Visit [www.dischem.co.za](http://www.dischem.co.za)

Dis-Chem brands **fewer RANDS**

## 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 with qualifying purchase.



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. Sign up in-store, online or dial \*120\*1085#





**Dis-Chem Pharmacies Best of the Best\***

\*Voted best Pharmacy  
by the Star Reader's  
Choice Awards 2020



# BEAT THE FLU THIS WINTER

**STOP  
FLU**

The flu injection is not  
a replacement for  
the Covid-19  
vaccine

Get your **4-Strain Flu Vaccine**  
now at your nearest  
**Dis-Chem PHARMACY** today!

\*Medical Aid claims  
not applicable.

**Cash only**

**Flu  
Vaccine**

Only  
**115<sup>00</sup>\***

- ✓ The 4-Strain Flu Vaccine is formulated to help protect you against four different flu viruses, which are two Influenza A and two Influenza B viruses
- ✓ This vaccine aims to provide extra protection against current circulating flu viruses
- ✓ Speak to our nursing practitioners in-store, call our Clinic Careline on 086 111 7427 or use our App  to book an appointment or visit [www.dischem.co.za](http://www.dischem.co.za) for more information

## Repeat medicines made easy



**Dis-Chem  
PackMyMeds**

Choose the  
chronic medication you  
need and ensure you  
receive it on time,  
every time.

To register, visit [dischem.co.za/pack-my-meds](http://dischem.co.za/pack-my-meds)  
**OR** contact our Customer Careline on 0860 347 243

**DELIVERY OR  
COLLECTION**



**REGISTER**



**CLICK**



**CHOOSE**

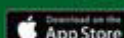
## Get your medication your way

**Dis-Chem App**  
Our Pharmacy  
in your hand

Order scripts,  
script reminders,  
view repeat scripts,  
book appointments  
and shop online.



**Download NOW**



**Dispensary  
Delivery  
Service**

**FREE  
DELIVERY\***

\* Within 15km radius

Email your script  
and get your meds,  
packed and ready.  
Go to [www.dischem.co.za](http://www.dischem.co.za)  
for store contact details.



**SAVE UP  
TO 30%  
with generic  
medicine**

**Dis-Chem**



**OR**  
Collect your  
script from  
**ANY Dis-Chem**  
Pharmacy  
nationwide  
Over 190 stores



# SELF-MEDICATION

**ACC 200**  
40 effervescent tablets  
WAS 154<sup>95</sup>  
**NOW 142<sup>95</sup> each**

**Cepacol Medsip Honey Lemon**  
Hot Medicated Drink  
FOR COLDS AND FLU  
Symptomatic relief of:  
• Fever  
• Headaches  
• Sore Throats  
• Minor aches & Pains  
8 x 5g sachets Assorted  
WAS 42<sup>95</sup>  
**NOW 32<sup>95</sup>**

**ORAnix Oral Spray**  
30ml  
WAS 102<sup>95</sup>  
**NOW 79<sup>95</sup>**

**Cepacol Antibacterial Throat Gargle**  
200 ml  
WAS 59<sup>95</sup>  
**NOW 54<sup>95</sup>**

**MED-LEMON**

**STRIKE BACK**  
WHEN FLU HITS

**FIGHTS 9 SYMPTOMS OF COLDS AND FLU\***

FEVER

BODY PAIN

THROAT IRRITATION

CHILLS

SINUS CONGESTION

HEADACHE

MUSCLE ACHES

EARACHE

SORE THROAT

**IZOK'SOLVA.**

\*Med-Lemon fights 9 symptoms of colds and flu (fever, chills, muscle aches, sore throat, pain, pain of sinus congestion, throat irritation, headache, earache, body pain). References: 1. SAHPRA approved package insert. 2. <https://www.ncbi.nlm.nih.gov/books/NBK279542/>. 3. <https://www.widc.gov/flu/about/ga/coflu.htm>. 4. Rhinology, 2008 Dec;46(4):271-5. The effects of a hot drink on nasal airflow and symptoms of common cold and flu. 5. <https://www.mayoclinic.org/diseases-conditions/acute-sinusitis/diagnosis-treatment/drc-20351677>. 6. Med-Lemon Hot Medication with Vitamin C. Reg. No. 27/5.8/0241. Each sachet contains: 800mg Aspirin, 50mg Caffeine, 45mg Ascorbic Acid, 2.6mg Menthol, 4254, 63mg Sucrose. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. Reg. No. 2014/173930/07.39 Hawkins Avenue, Epping Industrial, Cape Town, 7460. PM-ZA-MLN-21-00006

**LOZENGES**  
Lozenges help relieve a sore throat and lubricate the irritated tissue lining the throat. Lozenges can contain menthol which is used as a nasal decongestant and may help soothe and cool the throat.

**Vicks VapoLozenges**  
COUGH-NOSE-THROAT  
HOES-NEUS-KEEL  
ORANGE MENTHOL  
WAS 69<sup>95</sup>  
**NOW 55<sup>95</sup> per pack**

**Cepacol Throat Lozenges**  
24 lozenges / Assorted  
WAS 51<sup>95</sup>  
**NOW 41<sup>95</sup>**

**Pholtex BRONCHO STOP**  
COUGH PASTILLES  
Relieves any cough  
✓ Dry, tickly ✓ Wet, chesty/phlegmy  
WAS 98<sup>95</sup>  
**NOW 75<sup>95</sup>**

**Strepsils**  
Orange with Vitamin C  
Soothing relief for sore throats  
Dual Antibacterial Action  
24 lozenges  
WAS 68<sup>95</sup>  
**NOW 55<sup>95</sup>**

**NOW FOR ADULTS\***

**RELEASES MEDICINE 5X FASTER\***

**Calpol Tablets**  
NEW  
Pain and Fever  
• Fast Pain Relief  
• Fast Absorption  
24 tablets  
Paracetamol 500 mg  
WITH OPTIZORB FORMULATION  
FAST ABSORPTION\*

**FAST PAIN RELIEF**

\*Upon ordinary paracetamol.  
Reference: 1. Wilson CG, Clarke CE, Starkey YC, Clarke GD. Comparison of a novel fast-dissolving acetaminophen tablet formulation (FD-APAP) and standard acetaminophen tablets using gamma scintigraphy and pharmacokinetic studies. Drug development and industrial pharmacy. 2011 Jul; 1:3773-747-53.  
2. Calpol film-coated tablets, REG. NO. 44/2.7-0321. Each film-coated tablet contains 500 mg paracetamol. GlaxoSmithKline Consumer Healthcare South Africa (Pty) LTD. 57 Sissane Street, Bryanston, 2021. Refer to enclosed leaflet for prescribing information.  
\*Also suitable for children 6 years and older.  
Applicant: GlaxoSmithKline Consumer Healthcare SA (Pty) Ltd, Company Reg. No. 2014/173930/07, 39 Hawkins Avenue, Epping Industrial, 7460, Tel. No. 0800 118 274. For any product safety issues, please contact +27 11 243 6001 or 0800 118 274. Trademarks are owned by or licensed to the GSK group of companies. CH2AF/CAU/0026/19a

**Compral**  
Pain Tablets  
For pain, fever & inflammation  
50 tablets  
WAS 41<sup>95</sup>  
**NOW 35<sup>95</sup>**

**Disprin**  
Extra Strength  
48 tablets  
WAS 92<sup>95</sup>  
**NOW 76<sup>95</sup>**

**Panado**  
Paracetamol 500mg  
For relief of mild to moderate pain & fever  
100ml Syrup  
WAS 49<sup>95</sup>  
**NOW 42<sup>95</sup>**

**Vitality members**  
enjoy up to

**50%**

**back on your essential items with HealthyCare**

Simply add a Discovery Bank credit card.

**Discovery Bank**





**Systane Ultra Lubricant Eye Drops**  
10ml  
**WAS 159<sup>95</sup>**  
**NOW 129<sup>95</sup>**



**Systane Complete Lubricant Eye Drops**  
10ml  
**WAS 146<sup>95</sup>**  
**NOW 119<sup>95</sup>**



**Bausch + Lomb Artelac Intense Rebalance Eye Drops**  
10ml  
**WAS 114<sup>95</sup>**  
**NOW 95<sup>95</sup>**



**RUPANASE Allergy Nasal Spray**  
20ml  
**WAS 134<sup>95</sup>**  
**NOW 134<sup>95</sup>**



**Sinutab Blocked Nose Nasal Spray**  
10ml  
**WAS 65<sup>95</sup>**  
**NOW 52<sup>95</sup>**



**Rehidrat Oral Electrolyte Mixture**  
6 sachets / Assorted  
**WAS 76<sup>95</sup>**  
**NOW 59<sup>95</sup>**



**Alka Fizz Effervescent Granules**  
120g  
**WAS 74<sup>95</sup>**  
**NOW 49<sup>95</sup>**



**Neurobion Tablets**  
30 tablets  
**WAS 175<sup>95</sup>**  
**NOW 139<sup>95</sup>**




**Loceryl 5% Nail Lacquer Anti-Fungal**  
2.5ml  
**WAS 650<sup>95</sup>**  
**NOW 504<sup>95</sup>**


**You can treat your own condition and ailments with over-the-counter medication without a doctor's prescription. It is safe and effective, as long as you follow the specific directions on the label and as directed by your pharmacist.**

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.


# BENEFITS OF GENERIC MEDICINE




**More affordable – save up to 30% with generic medicine**




**Just as effective as brand-name medicine**




**Same stringent safety and quality checks applied**



**Approved by the SAHPRC and the South African Medicine Act**



**More easily available**



**It's your legal right to request a generic**



## SCHEDULED MEDICINE

Acurate 40 tablets	<b>R24<sup>95</sup></b>	Aleve 12 tablets	<b>R28<sup>95</sup></b>	Allerway 5mg 30 tablets	<b>R95<sup>95</sup></b>	Asthavent Inhaler 200 dose	<b>R33<sup>95</sup></b>
Benylin 4 Flu 200ml	<b>R76<sup>95</sup></b>	Broncol Linctus Cough Syrup 200ml	<b>R60<sup>95</sup></b>	Coryx 12 effervescent tablets	<b>R54<sup>95</sup></b>	Demazin Syrup 100ml	<b>R61<sup>95</sup></b>
Empaped 250mg 10 suppositories	<b>R79<sup>95</sup></b>	Flomist Nasal Spray 50mcg	<b>R77<sup>95</sup></b>	Ibupain Blister 60 capsules	<b>R97<sup>95</sup></b>	Lansoloc OTC 15mg 14 capsules	<b>R62<sup>95</sup></b>
Nurofen for Children 100ml	<b>R61<sup>95</sup></b>	Omiflux 20mg 14 capsules	<b>R59<sup>95</sup></b>	Sinutab Sinus Pain Extra Strength 24 tablets	<b>R64<sup>95</sup></b>	Tensopyn 40 tablets	<b>R35<sup>95</sup></b>

Prices only applicable in South Africa

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Promotional offers valid until 6 June 2021 while stocks last. May not be available in all stores. NB: These prices only valid on cash and card purchases. Standard rates apply for all medical aid claims. These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.



# MULTIVITAMINS & DAILY SUPPLEMENTS

**20%\* OFF**  
Vitaforce Nutri-B Stress AND Nutri-B Stress Advanced 60 tablets ONLY



**Vitaforce Nutri-B Stress Advanced**  
60 film-coated tablets  
WAS 169<sup>95</sup>  
NOW **135<sup>95</sup>**

**Vitaforce Nutri-B Stress**  
60 film-coated tablets  
WAS 162<sup>95</sup>  
NOW **130<sup>36</sup>**

\*Advertised prices already reflect discount

**20%\* OFF**  
Insu Max-Q Triple Pack 30 days supply



**Insu Max-Q Triple Pack**  
30 days supply  
WAS 399<sup>95</sup>  
NOW **319<sup>96</sup>**

\*Advertised price already reflects discount

**20%\* OFF**  
Zyora Zycalm 30 softgel capsules



**Zyora Zycalm**  
30 capsules  
WAS 149<sup>95</sup>  
NOW **119<sup>96</sup>**

\*Advertised price already reflects discount

**SOLAL**  
HEALTHY AGING SPECIALISTS  
**BURNOUT™**  
60 capsules  
WAS 309<sup>95</sup>  
NOW **279<sup>95</sup>**

**SOLAL**  
HEALTHY AGING SPECIALISTS  
**SUPER MEGA-B**  
60 capsules  
WAS 354<sup>95</sup>  
NOW **319<sup>95</sup>**

**Cellfood**  
29ml  
WAS 309<sup>95</sup>  
NOW **264<sup>95</sup>**

**MN7 FOR ADULTS**  
30 vegecaps  
WAS 139<sup>95</sup>  
NOW **129<sup>95</sup>**

**Dis-Chem brands • fewer RANDS**

**Gold B-Complex Sustained Release**  
180 tablets  
WAS 267<sup>95</sup>  
NOW **229<sup>95</sup>**

**Gold Hair, Skin & Nails**  
30 softgel capsules  
WAS 94<sup>95</sup>  
NOW **79<sup>95</sup>**

**Proanthodin**  
200 capsules  
WAS 319<sup>95</sup>  
NOW **269<sup>95</sup>**

**Vascamen**  
90 tablets  
WAS 189<sup>95</sup>  
NOW **174<sup>95</sup>**

**2+1 FREE**  
on Ultima Brain Fuel 80 capsules

**Ultima Brain Fuel**  
80 capsules  
**189<sup>95</sup> each**

**Biogen**  
SINCE 2004

**Biogen Quercetin Complex**  
60 vegicapsules  
WAS 189<sup>95</sup>  
NOW **169<sup>95</sup>**

**Biogen Milk Thistle**  
60 capsules  
WAS 99<sup>95</sup>  
NOW **79<sup>95</sup>**

**Biogen Vitamin D3 Powder**  
100g  
WAS 129<sup>95</sup>  
NOW **109<sup>95</sup>**

**2+1 CHEAPEST FREE**  
on Natura Rescue products\*

**Natura Rescue Drops**  
25ml  
**116<sup>95</sup> each**

**Natura Rescue Spray**  
25ml  
**139<sup>95</sup> each**

**Natura Rescue Tablets**  
150 tablets  
**139<sup>95</sup> each**

\*Offer only applicable on the above Natura Rescue products

**Releaf Theanine**  
20 tablets  
WAS 84<sup>95</sup>  
NOW **74<sup>95</sup>**

**Releaf Vitamin D3**  
30 orodispersible tablets  
WAS 94<sup>95</sup>  
NOW **85<sup>95</sup>**

**Biral**  
40 sugar-coated tablets  
WAS 199<sup>95</sup>  
NOW **179<sup>95</sup>**



(absarewards)

Get up to **30% in cash back** on health and beauty products with Absa Rewards.

Visit [www.absa.co.za/rewards](http://www.absa.co.za/rewards) for more information.

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**Dis-Chem**  
PHARMACIES



**Exclusive to Benefit Card holders.**  
Sign up in-store, online or dial \*120\*10854

**INSTANT DISCOUNTS**  
only when you purchase with your Benefit Card

**VALUE PACK**

**INSTANT DISCOUNT 5%\* OFF**  
WITH YOUR Dis-Chem BENEFIT CARD

**Biogen Multivitamin Plus Value Pack**  
180 tablets  
WAS 299<sup>95</sup>  
NOW 284<sup>95</sup> per pack

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

**VALUE PACK**

**StaminoGro**  
Synergy for life

**Special Offer**  
Amino Acids • Antioxidants  
B-Complex Vitamins • Calcium  
Other Vitamins & Minerals

**StaminoGro Value Pack**  
120 tablets PLUS 30 tablets  
399<sup>95</sup> per pack

**Vital Men OR Women Multivitamin**  
30 tablets  
WAS 129<sup>95</sup>  
NOW 116<sup>95</sup> each

**Vital Multivitamin 100% NRV**  
30 capsules  
WAS 79<sup>95</sup>  
NOW 74<sup>95</sup>

**1+1 FREE**  
on Go! Focus AND Man AND Woman Multivitamin Supplement 30 tablets

**Go! Focus OR Man OR Woman Multivitamin Supplement**  
30 tablets  
139<sup>95</sup> each

**Bio-Strath Tablets**  
100 tablets  
WAS 199<sup>95</sup>  
NOW 179<sup>95</sup>

**Bio-Strath Syrup**  
200ml  
WAS 179<sup>95</sup>  
NOW 169<sup>95</sup>

**activeVite COMPLETE**  
MULTIVITAMIN & MINERAL  
30 capsules  
WAS 116<sup>95</sup>  
NOW 109<sup>95</sup>

**NRF NutriVite Multi-Vitamin & Minerals**  
90 tablets  
WAS 109<sup>95</sup>  
NOW 94<sup>95</sup>

**20%\* OFF**  
Pharmaton ProActive 60 easy swallow caplets

**Pharmaton ProActive**  
60 easy swallow caplets  
WAS 274<sup>95</sup>  
NOW 219<sup>95</sup>

**\*Advertised price already reflects discount**

## OMEGAS & HEART HEALTH

**25%\* OFF**  
Zyora Zykrill 30 softgel capsules

**Zyora Zykrill**  
30 softgel capsules  
WAS 219<sup>95</sup>  
NOW 164<sup>95</sup>

**\*Advertised price already reflects discount**

**Dis-Chem brands • fewer RANDS**

**2+1 FREE**  
on Gold Omega 3 Salmon Oil 1000mg 90 softgel capsules

**Gold Omega 3 Salmon Oil 1000mg**  
90 softgel capsules  
106<sup>95</sup> each

**Gold Co-Enzyme Q10 160mg**  
60 capsules  
WAS 249<sup>95</sup>  
NOW 229<sup>95</sup>

**Vital Omega 3 OR 3 & 6 OR 3, 6 & 9**  
30 softgel capsules  
WAS 85<sup>95</sup>  
NOW 75<sup>95</sup> each

**Biogen Co-Enzyme Q10 150mg**  
60 capsules  
WAS 299<sup>95</sup>  
NOW 279<sup>95</sup>

**Biogen Supreme Omega 3 60 PLUS 10 capsules**  
WAS 169<sup>95</sup>  
NOW 159<sup>95</sup>

**Solal Ubiquinol CO Q10**  
60 licaps capsules  
WAS 639<sup>95</sup>  
NOW 549<sup>95</sup> each



# BONE & JOINT HEALTH



**THRESHHold Real MSM**  
120 tablets  
WAS 256<sup>95</sup>  
NOW **234<sup>95</sup>**



**2+1 CHEAPEST FREE**  
on ANY Arthro Guard products

Everyday Joint Repair  
90 tablets  
WAS 239<sup>95</sup>  
NOW **239<sup>95</sup>** each

Acute Intensive Joint Protection & Support  
90 tablets  
WAS 299<sup>95</sup>  
NOW **299<sup>95</sup>** each

Joint & Muscle Care Active Rub  
100g  
WAS 116<sup>95</sup>  
NOW **116<sup>95</sup>** each



**20% OFF**  
Opti-CAL  
30 days supply

Opti-CAL  
30 days supply  
WAS 136<sup>95</sup>  
NOW **109<sup>56</sup>**  
\*Advertised price already reflects discount



Radical Tablets  
60 tablets  
WAS 185<sup>95</sup>  
NOW **159<sup>95</sup>**

Radical Tablets  
30 tablets  
WAS 105<sup>95</sup>  
NOW **94<sup>95</sup>**

MenaCal.7 Bone Support Value Pack  
90 tablets  
WAS 319<sup>95</sup>  
NOW **269<sup>95</sup>** per pack



OsteoEze Gold  
90 capsules  
WAS 286<sup>95</sup>  
NOW **259<sup>95</sup>**

# MINERALS



**20% OFF**  
Repleni Mag  
30 days supply  
WAS 144<sup>95</sup>  
NOW **115<sup>96</sup>**

\*Advertised price already reflects discount



**25% OFF**  
ReVite Magnesium products\*\*

\*Advertised prices already reflect discount  
\*\*Offer only applicable on the above ReVite Magnesium products

Slow Release Magnesium  
100 tablets  
WAS 109<sup>95</sup>  
NOW **82<sup>46</sup>**

Magnesium Fizzy  
20 fizzy tablets  
WAS 106<sup>95</sup>  
NOW **80<sup>21</sup>**

Magnesium Capsules  
30 capsules  
WAS 82<sup>95</sup>  
NOW **62<sup>21</sup>**



Cipla MagUp  
30 effervescent tablets  
WAS 189<sup>95</sup>  
NOW **159<sup>95</sup>**



SiderAL Forte 15  
60 capsules  
WAS 329<sup>95</sup>  
NOW **299<sup>95</sup>**



Slow-Mag Fizzies  
30 effervescent tablets  
WAS 187<sup>95</sup>  
NOW **159<sup>95</sup>**

Slow-Mag  
100 capsules  
WAS 299<sup>95</sup>  
NOW **254<sup>95</sup>**



Gold Slow Release Magnesium  
100 tablets  
WAS 84<sup>95</sup>  
NOW **69<sup>95</sup>**

# CBD

## GREENER LIVING

**15% OFF**  
ADCO CBD Oil Drops\*\*

ADCO CBD Daily Oil  
600mg  
30ml drops  
WAS 595<sup>95</sup>  
NOW **506<sup>56</sup>**



ADCO CBD Stress Oil  
600mg  
30ml drops  
WAS 599<sup>95</sup>  
NOW **509<sup>96</sup>**

ADCO CBD Pain Oil  
200mg  
15ml drops  
WAS 349<sup>95</sup>  
NOW **297<sup>46</sup>**



ADCO CBD Pain Gel  
50mg  
50g  
WAS 345<sup>95</sup>  
NOW **309<sup>95</sup>**

ADCO CBD Daily  
600mg  
30 vegi capsules  
WAS 595<sup>95</sup>  
NOW **539<sup>95</sup>**



Rethink CBD Daily Oil  
600mg  
30ml drops  
WAS 699<sup>95</sup>  
NOW **629<sup>95</sup>**



**20% OFF**  
Releaf CBD Immune  
30 capsules

Releaf CBD Immune  
30 capsules  
WAS 499<sup>95</sup>  
NOW **399<sup>96</sup>**

\*Advertised price already reflects discount

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



# INCONTINENCE CARE



**ActiveCare Ultra Absorbent Pull-ups for Adults**  
10 Medium  
9 Large  
8 X-Large

**109<sup>95</sup>**  
per pack



**ActiveCare Adult Diapers**  
10 Medium  
10 Large  
10 X-Large

**99<sup>95</sup>**  
per pack



**Clemens Unisex Protection Underwear**  
14 Large

**WAS 211<sup>95</sup>**  
**NOW 169<sup>95</sup>**  
per pack



**Clemens Unisex Protection Underwear**  
14 Medium

**WAS 186<sup>95</sup>**  
**NOW 149<sup>95</sup>**  
per pack



**Clemens Unisex Protection Underwear**  
14 X-Large

**WAS 255<sup>95</sup>**  
**NOW 199<sup>95</sup>**  
per pack



**Clemens Premium Ultra Slips**  
15 Large

**WAS 169<sup>95</sup>**  
**NOW 129<sup>95</sup>**  
per pack



**Clemens Premium Ultra Slips**  
14 X-Large

**WAS 228<sup>95</sup>**  
**NOW 179<sup>95</sup>**  
per pack

## + HomeCare

## Dis-Chem brands • fewer Rands



**2in1 Flexible Rollator Wheelchair Silver OR Black**  
194861  
• Innovative design that allows for use as either a wheelchair or walker  
• Folding, lightweight and easy to transport

**2999<sup>00</sup>**  
each



**Chrome Bathroom Handrail 30cm**  
70973

**180<sup>00</sup>**

**Basic Commode Chair with Wheels**  
38168  
• Lightweight with easy manoeuvrability  
• Fits directly over toilet  
• Soft commode seat  
• Removable bucket for easy cleaning  
• Lockable wheels

**1899<sup>00</sup>**



**Medic Ergonomic Handle Walking Stick**  
141674  
• Folding design  
• Non-slip foot cap  
• Carrying strap

**165<sup>00</sup>**



**Standard Nylon Plastic Wheelchair with Footrest**  
82710  
• Basic lightweight chair with fixed footrests  
• Easy to manoeuvre with comfortable seat

**1999<sup>00</sup>**



**First Aid Office Kit Regulation 7 Bag**  
211345  
• Complies with Health and Safety Regulations OHS  
• Compact inner pouches for easy storage  
• Durable handle for easy grip  
• Lockable  
• Portable

**350<sup>00</sup>**

**Medic Kids Animal Shape Plasters**  
172824  
30-pieces

**29<sup>95</sup>**



**Deluxe 4 Wheel Walker**  
85508  
• A wheeled walker makes it easy to get around if you don't have the strength or endurance to lift and push a regular walker continuously  
• Convenient basket and handle-mounted brakes  
• Lightweight and folding

**1495<sup>00</sup>**



**Medic Memory Foam Lumbar Support Cushion**  
169081

**295<sup>00</sup>**



**Medic Raised Toilet Seat**  
141657

**285<sup>00</sup>**

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