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30 JULY 2021

Home is where the heart is

Rustenburg – Craig and Linda Evens arrived at Tiholego Ecovillage and Learning Centre outside Rustenburg on Monday 19 July... just one of the stops on their journey to 'somewhere'. Their wanderlust and free-spirited personalities would not let the couple, their dog Mila and 'Martha' (their van) stay in one spot for too long. The Evens' go wherever the road takes them, exploring life outside of conventional society. They have been on the road for two years. **Read more on page 14.**



Linda and Craig Evens with their beloved dog Mila, are traveling through South Africa in a Ford Transit Mk1 Landliner.

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Die rouidiens van wyle Kyfie Erasmus (42), oorlede op Vrydag 23 Julie, vind plaas op Saterdag 31 Julie om 10:00 vanuit Die Ou Plaasdorp Iapa, Mooi-nooi. Na die diens sal daar snacks wees. U word ook versoek om indien u nie 100% gesond is nie, 'n uitnodiging van die hand te wys. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.



Ons onthou met liefde Maria Wilhelmina du Plessis (72), oorlede op Vrydag 16 Julie. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.



Die rouidiens van wyle Cathy van Heerden (66), oorlede op Woensdag 21 Julie, vind op 31 Julie plaas om 14:00 vanuit die AGS Kerk Deo Gloria. As gevolg van Covid-19 is plekke beperk en kan bywoning slegs op uitnodiging geskied. U word ook versoek om indien u nie 100% gesond is nie, 'n uitnodiging van die hand te wys. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.



Die rouidiens van wyle Brian Gibson (50), oorlede op Donderdag 22 Julie, sal op 30 Julie plaasvind om 14:00 vanuit die Kapel by Sonskyn Aftree Oord, Rustenburg. As gevolg van Covid-19 is plekke beperk en kan bywoning slegs op uitnodiging geskied. U word ook versoek om indien u nie 100% gesond is nie, 'n uitnodiging van die hand te wys. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.

In remembrance



Die troosdiens van wyle Wessie van der Westhuizen (58), oorlede op Maandag 26 Julie, vind op 3 Augustus om 11:00 vanuit die Kapel by Sonskyn Aftree Oord, Rustenburg, plaas. As gevolg van Covid-19 is plekke beperk en kan bywoning slegs op uitnodiging geskied. U word ook versoek om indien u nie 100% gesond is nie, 'n uitnodiging van die hand te wys. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.



Die begrafnis van wyle Sakkie van Vuuren (69), oorlede op Maandag 26 Julie, vind op 4 Augustus plaas om 11:00 op die plaas Wagenpadspruit, Maanhaarant. As gevolg van Covid-19 is plekke beperk en kan bywoning slegs op uitnodiging geskied. U word ook versoek om indien u nie 100% gesond is nie, 'n uitnodiging van die hand te wys. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.



Die troosdiens van wyle Jorrie Naudé (75), oorlede op Maandag 26 Julie, vind op 4 Augustus plaas om 14:00 vanuit die Hervormde Kerk, Oos Einde Rustenburg. As gevolg van Covid-19 is plekke beperk en kan bywoning slegs op uitnodiging geskied. U word ook versoek om indien u nie 100% gesond is nie, 'n uitnodiging van die hand te wys. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.

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Continued on page 6

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DICING WITH DEATH

Phokeng – A 47-year-old man, who allegedly shot a traffic officer in an attempt to avoid being arrested, only got himself seriously injured and will now face additional charges when he appears before the courts.

The man was arrested on Friday 23 July for attempted murder, pointing a firearm and the illegal possession of a firearm and ammunition. Moments before his arrest, two traffic officers – who were on duty along the R565 road in Boshoeck – stopped a vehicle that the man and three other passengers were travelling in.

This was after the suspect, who was driving the Toyota Corolla, had skipped a stop sign. "After stopping next to the road, the driver got out of the car and approached the traffic officers and apologised," said police spokesperson captain Aafje Botma. "In the meantime, the other traffic officer approached the vehicle with the three occupants. He then spotted a firearm in the vehicle and went back to alert his colleague. The suspect who apparently overheard the conversation, pulled a pistol from his waist and attempted to shoot the traffic officers, but the firearm jammed."

"Upon noticing what was happening, the traffic officer's colleague allegedly fired a shot, hitting the suspect in the upper body. The wounded suspect and his three passengers ran away in different directions. However, the wounded suspect fell to the ground a few metres away from the scene," Botma explained.

Trauma Rescue paramedics, who were also summoned to the scene, attended to the wounded suspect before transporting him to hospital for further treatment.

A manhunt has been launched for the other three suspects while the man – who is still in hospital – is expected to appear in court as soon as he has recovered.



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Trauma Rescue paramedics transported the man to hospital.



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- Platinum Publishers (that's *Platinum Weekly* newspaper based in Rustenburg and *Platinum Bushvelder* newspaper based in Thabazimbi and Northam) is hosting this awesome lip-sync competition.
- Share your lip-sync talent with us! Send us a WhatsApp with your lip-sync video (with or without your friends).
- All entries will be loaded onto our Facebook; by entering this competition, you give permission that we may share your video and name on our platforms.

- There will be two winners: one for *Platinum Weekly* and one for *Platinum Bushvelder*. Each winner will receive R1,000 cash.
- You may enter more than once.
- You can choose to be serious or to have fun, with an overboard an hilarious rendition... If you are willing to share the prize money... get a friend to join you for a duet. It doesn't matter if you can't sing, you just need to perform!
- The closing date of the competition is 25 August. The winner will be chosen from the top five (5) receiving the most likes on each of our Facebook pages. The winners will be announced on 27 August. That means, there will be 10 finalists and two R1000 prize winners.
- Send your video with your name and area via WhatsApp to 071 578 5650.
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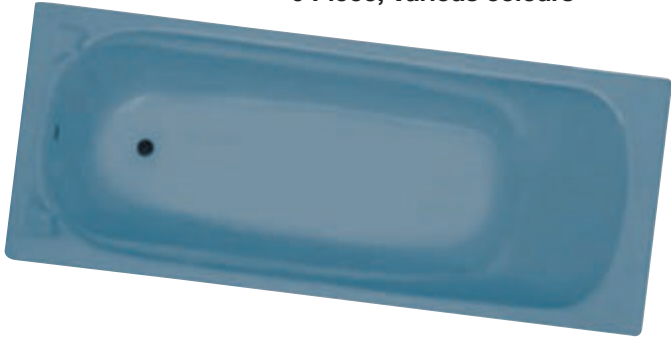
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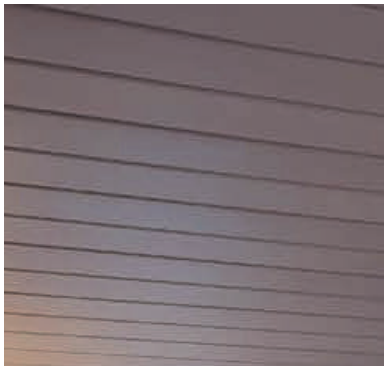
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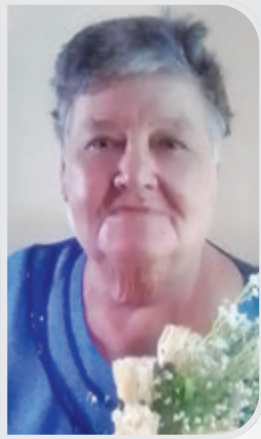
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Slegs 28 dae nadat haar geliefde eggenoot van 61 jaar sterf, sterf Joan Deryce Pieterse op Dinsdag 20 Julie en dans hul nou saam die ewigheid in sonder enige pyn. Tannie Joan was vir baie jare die Estee Lauder konsultant by Edgars. Na die egpaar se aftrede het hulle 'n baie suksesvolle vuurwapenopleiding sentrum in Rustenburg begin. Die besigheid is 'n paar jaar gelede deur die kleinkinders oorgeneem toe Louis en Joan besluit het om die tuig permanent neer te lê. Tannie Joan se onbaatsugtige liefde vir haar eggenoot en hul vyf kinders, vyf skoonkinders, 11 kleinkinders, ses aangetroude kleinkinders en nege agterkleinkinders was fenomenaal. Sy was 'n vrou, ma, ouma en oumagrootjie x1000! Jy kon haar altyd deur 'n ring trek maar haar innerlike skoonheid het almal bekoor. "Al skryf ons 'n digbundel vol gedigte oor ons geliefde Moekie of sit ons 'n hele tuin vol Proteas op haar laaste rusplek, sal ons nooit kan beskryf hoe lief ons haar het of hoe ons haar gaan mis nie. Ons sal haar vir ewig in ons harte koester," aldus haar kinders. 'n Gesamentlike gedenkdiens sal vir Louis en Joan gehou word. Daar is nog egter geen finale reëlings getref nie aangesien van die familielede nog aansterk na Covid-19.



Santa Kietzman het op Donderdag 22 Julie haar lewensboek afgesluit. Sy was 'n jarelange inwoner van Rustenburg en was vir die laaste sewe maande met die liefde van haar lewe, Tony Kietzman, getroud. Santa was altyd 'n baie reguit mens maar het baie omgee vir haar medemens. Vir die wêreld was sy net 'n ma, maar vir haar twee dogters was sy die wêreld. Sy was 'n wonderlike ouma vir haar sewe kleinkinders.

Die roudiens vind plaas op 3 Augustus om 11:00 vanuit die Gereformeerde Kerk Sentraal.



The late Tiny Hermina Pilane, who passed away on Friday 23 July, was laid to rest on 29 July in Monakato Cemetery by Bafa Funerals Rustenburg. For more information contact Onnica on 078 145 3807.



The late executive mayor of Matlosana councillor Maetu Kgaile.

North West loses a committed leader

NW – North West Premier professor Tebogo Mokgoro and the ANC have expressed shock at the death of executive mayor of Matlosana councillor Maetu Kgaile. Kgaile, who succumbed to a Covid-19 related illness on Friday 16 July, has been described as a committed and hardworking servant of the people.

She was buried on Thursday 22 July. "A vociferous opponent of gender inequality and discrimination, throughout her activism Maetu was in the forefront of the struggle towards the advancement of women emancipation and empowerment," IPC coordinator of the ANC in the North West Hlomani Chauke said.



The memorial service of the late Luis Coelho (61) who passed away on Wednesday 21 July, will take place on 31 July at 12:00 at the Methodist Church, Rustenburg. Due to Covid-19, places are limited and attending the service will be by invitation only. For more detail phone Cobus on 081 379 8919 or Wilna on 074 200 2687 at

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also write a special message, a poem or a prayer. Please include a photo and the date, time and place of the memorial service.

If you would like to place an obituary in *Platinum Weekly*, send the information via WhatsApp to 072 482 6871 or email news@platinumweekly.co.za.

In remembrance



Die troosdiens van wyle Bettie Combrink (75), oorlede op Vrydag 23 Julie vind op 3 Augustus om 14:00 plaas vanuit die PPK Kloppestraat, Rustenburg. As gevolg van Covid-19 is plekke beperk en kan bywoning slegs op uitnodiging geskied. U word ook versoek om indien u nie 100% gesond is nie, 'n uitnodiging van die hand te wys. Vir meer navrae skakel Cobus op

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Die roudiens van Martin Breed, oorlede op Donderdag 22 Julie, het op 28 Julie plaasgevind vanuit die OAK Moepellaan. As gevolg van Covid-19 was plekke beperk en kon bywoning slegs op uitnodiging geskied. Vir meer navrae skakel Cobus op

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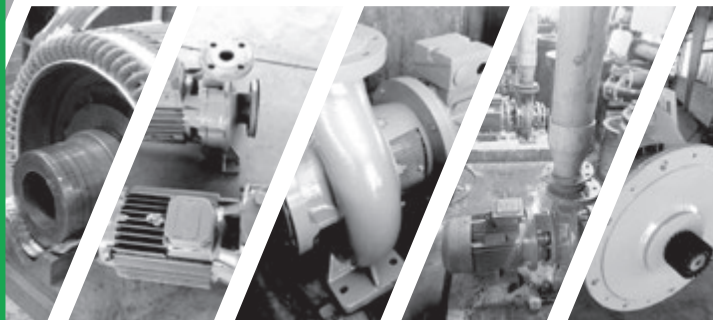
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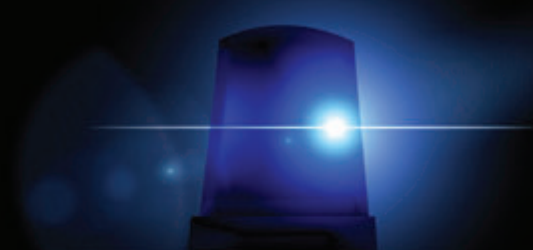


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by God's Grace

Man shares insight on hijack and kidnapping ordeal

Rustenburg/ Derby – A 60-year-old man, who wishes to remain anonymous, was hijacked and kidnapped on the **Derby Road** on Tuesday 20 July. He shared an insight into how this harrowing ordeal unfolded and how God guided and protected him while at the mercy of his kidnappers.

While transporting empty barrels on a trailer with his bakkie, he became aware of **blue lights** behind him. Eventually, the vehicle flashed his lights and as a law-abiding citizen, he pulled over. A well-dressed man came up to him and announced that he is a policeman investigating the transportation of illegal chemicals.

“I told him that the barrels were empty, but the **'policeman'** asked to take a look-see for himself,” he said. Once the officer was satisfied that the barrels were empty, he started walking around the car, opening the doors and checking the glove compartment.

He then moved to the back and pointed at something. The man, who was unsure what he was pointing at, bent over to see – **and at that moment three other men suddenly appeared and threw him into the back seat of his bakkie...**

He was instructed to lay down in the small space behind the seats. He was ordered to cover his eyes with his mask.

“As they threw me into the car, **I started praying**. I asked God for guidance and to help me to make the right decisions,” he said. The hijackers detached the bakkie's trailer and drove off with him. They were **driving for hours** but the man never stopped praying. His attackers told him that if he just continues to cooperate, he will **see his family** again. After a while they stopped and loaded him into another, much smaller car where he was once again told to lay on the ground behind the seats. “My body started

to ache and hurt all over. My **legs went numb**, and then the pain stopped.”

He never stopped praying. One of the hijackers asked him what he was doing, when he realised that his mouth was moving while he was praying. He was instructed to immediately stop praying... Yet, he continued without moving his lips.

When the man was approached by the **bogus cops** on the Derby Road, a farm worker **witnessed** the whole ordeal and immediately sounded alarm.

In the meantime, the man's family started phoning him.

He was **allowed to answer** on loudspeaker so that his captors could make sure the man did not inform them about his situation. Thinking on his feet, he **made up a story** about visiting an old friend... A friend who passed away more than 20 years ago. This flagged suspicion, his family **immediately knew something was very, very wrong**. They alerted the authorities.

After a few hours the car eventually came to a stop.

With his eyes still covered, the man was only able to see bits and pieces of his surroundings. He was escorted into what he presumes was a shack and later found out that he was in Soweto. Once again God's guidance helped him, and he started talking with his captors and even made a few jokes. Their attitude towards him started to change. He was then again instructed to get into another vehicle.

God placed something on his heart, and he just knew he had to say something to his captors: **“Even when you told me to stop praying, I didn't. I even prayed for you.”**

The captor who earlier on told him to stop praying then thanked him. Then he was allowed to sit on the back seat. He was told that they are going to drop him off somewhere and that he will find his car, with his cell phone and wallet within a 200m radius as long as he keeps on **cooperating**. The captor then placed his hand on his leg and said: “I am sorry for what you had to go through today, but **this is my job**. Times are tough and we need the money.”

They were still driving when he suddenly started to feel sick. He informed his captors and they asked him not to get sick in the car. He planned on using his jacket and they even helped him to remove it but then they stopped and told him to open the door. One captor then gently helped him out of the car and told him that he is now free. He was instructed to **walk 10 meters and then he could open his eyes**.

He walked his 10 meters and found himself in unfamiliar surroundings, with no car in sight. He approached a house where the people came to his aid. They didn't have any airtime or data available but let him to send a **“please call me”**. They informed him that he was somewhere near Westonaria, and took him to a spot where he was met by his family.

“I want to give God all the glory and thanks for saving me that day. He blessed me with wonderful people in my life that all joined the search. God kept me calm, He gave me the right words to say and because of His guidance I'm with my family today. I got a second chance at life.”

He would also like to urge the community to be vigilant and not pull over but most importantly – to just cooperate.

RIFLES LINKED TO FARM ATTACKS

Kanana/ Rustenburg – Police in Rustenburg have gathered evidence suggesting the rifles found buried in a shallow pit in Kanana are linked to a farm attack incident which occurred in Koster in March last year. Acting on information

supplied by the community, police officers based at Boitekong SAPS located the rifles on Saturday 17 July.

Rustenburg police spokesperson sergeant Ofentse Mokgadi told Platinum Weekly that no arrests have been made yet.



CAR HIJACKS ON THE INCREASE

NW – The South African Police Services (SAPS) in the North West Province are urging motorists travelling within the Bojanala Platinum District to be extra careful following an increase in hijacking incidents reported in the area. Police spokesperson captain Aafje Botma warned motorists against stopping for unknown

persons as this could put them in danger. “If stopped by the police or traffic officials and you feel unsafe or threatened, put on your hazard lights and slowly drive to the nearest police station,” she said. She also advised motorists to plan their routes before driving as well as to regularly check the rear-view mirror during the journey.

Five busted in murder of police officers

NW – Five suspects expected to appear before the Ganyesa Magistrate's Court on Friday 30 July have been busted in the murder of two police officers.

The five were arrested by the Hawks on charges of murder, malicious damage to property and possession of a stolen firearm on 27 July in a case linked to the murder of constable Simon Ngakaemang Ntsekeletsa and sergeant Mojalefa Horatius Molete. Investigations reveal both deceased were conducting patrols in a police vehicle on Monday 26 July when they came across a vehicle loaded with suspected stolen goats. They reported the incident but moments later, their superiors became worried after they failed to return to Mareetsane police station. After repeated attempts to contact them through their cell phones and a police radio proved futile, a manhunt was launched. The following day, community members raised the alarm bell after noticing a trail of blood along the road leading to the police station.

“A knife and a police badge belonging to one of the deceased was found at the scene and a second badge was found near Mareetsane road. A burnt state vehicle wherein the bodies of the deceased police officers were discovered,” Hawks spokesperson captain Tlangelani Rikhotso said. “The team followed all leads... and arrested the five suspects who were allegedly found in possession of a 9mm pistol which was taken from the slain police officers. A hammer, clothing with suspected blood stains and a vehicle have been seized for further investigation,” Rhikhotso added.



The bodies of the cops were discovered in a burnt state vehicle.

Ensuring lockdown compliance

Rustenburg – The South African National Defence Forces (SANDF) teamed up with the South African Police Services (SAPS) to make sure people traveling in and out of the CBD complied with Covid-19 regulations.

Rustenburg police spokesperson Ofentse Mogadi said: “It is important for everyone to wear their masks in public, so the police and army have been collaborating to make sure everyone complies.”



On Friday 23 July, personnel from the army and police were spotted along the busy Fatima Bhayat Street during one of their compliance operations.

NEEM DEEL AAN DIE MASSAPATROLLIE

Rustenburg – Die Rustenburg AfriForum buurtweg nooi almal uit om deel te neem aan hul nasionale massapatrollie op Vrydag 30 Julie.

Daar sal van 18:00 die aand tot Saterdagoggend 06:00 gepatrolleer word. Patrolleerders sal by die Gereformeerde

Kerk, op die hoek van Klopper en Zand straat bymekaar kom. Daar sal iets te eet en drink aangebied word.

Net omdat dit koud is, beteken dit nie dat dit té koud is vir skurke nie! Vir navrae kontak Dawie Odendaal by 072 074 9620 of Marlene Odendaal by 082 679 0718.

1.5 million rounds of ammunition still missing

KwaZulu Natal – “More than a 1.5 million rounds of ammunition looted from a container depot in Mobeni, KwaZulu Natal, during a rampant spate of unrest, is still missing,” said Specialist Investigators into Serious Violent & Serious Economic Crimes Mike Bolhuis. The ammunition had been stored in a container at a depot in Prospecton. Sources with knowledge of the incident said that the bullets were housed in a container stacked high above the ground, lending credence to claims that the depot may have been intentionally targeted. “Most of the looted ammunition is still not accounted for. SAPS recovered some ammunition 100km from Durban, along the KwaZulu-Natal coast.”

- A total of 1,500,000 rounds were stolen, most of those were 9mm rounds.
- Total weight of cargo = 18,000kg or 18 ton.
- Therefore, if you wanted to carry the ammunition away and it is packed in 30kg boxes, you will need 600 strong men to carry the boxes away.

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1 x Onion Bag 3 kg
1 x Carrot Bag 3 kg
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FRESH PRODUCE

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FRESH PRODUCE

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1 x Blueberry Punnet

R69



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Food Lover's Brown Sugar 2 kg
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You First Odourless Coconut Oil 1 L
3forR100

Food Lover's 100% Fruit Juice Assorted 1.5 L
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Sunlight Auto 2 kg or Liquid 1.5 L
2forR80

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Multipack Assorted 5 x 73 g
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Ricoffy Instant Coffee 750 g
74.99 each

Food Lover's Blended Seed &
Extra Virgin Olive Oil 1 L
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Coke Original Less Sugar 1.5 L
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Firearms Control Amendment Bill 2021, deadline: 2 August

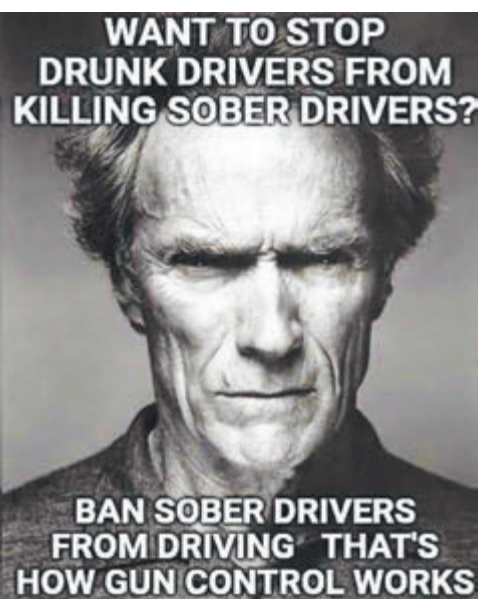
Should I bring a knife to a gun fight?

"No firearm licences may be issued for self-defence purposes"... The draft Firearms Control Amendment Bill 2021 is open for public comment. We encourage you to participate via an official platform at the following link: <https://dearsouthafrica.co.za/firearm-control-2021/>. Minister of Police Bheki Cele has granted an extension on submissions on changes to the Firearms Control Amendment Bill, with the public now having until the 2nd of August to comment. **All interested persons can submit written comments on the draft bill to: comments.fcabill@csp.gov.za** Provide your name, surname, postal and e-mail address, telephone and fax number. Make it count. Don't wait – send the email NOW! Seriously, this is no joke.

"To provide that no firearm licences may be issued for self-defence purposes"...

This part of the sentence in the bill 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

Amnesty... I'm sure all the bad guys handed in their guns. Why? Because the cops asked them to! In January this year, most media outlets highlighted SAPS' plea in which they reminded the public to surrender their illegal and unwanted firearms, firearm parts, or ammunition without fear of being persecuted.



Dear Looters, you can get sick after eating from KOO's recalled cans!

[Letter to the editor]

SA – I saw on the internet... Tiger Brands is recalling certain KOO and Hugo's canned vegetable products produced from 1 May 2019 to 5 May 2021 due to an extremely small number of defective cans supplied by a packaging supplier. I'm sorry for Tiger Brands, KOO and Hugo's... I hope you canned the responsible parties... But for our dear looters who put South Africa aback with R20 billion, I don't feel like wasting any sympathy on you. **Mr Can**

To see the list of products recalled, please visit www.koo.co.za/Product-Recall.

SOME OF OUR CANS ARE NOT WORTHY OF OUR NAME.

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Centre Management

Home is where the heart is



Rustenburg – Craig and Linda Evens arrived at Tlholego Ecovillage and Learning Centre outside Rustenburg on Monday 19 July... just one of the stops on their journey to 'somewhere'. Their wanderlust and free-spirited personalities would not let the couple, their dog Mila and 'Martha' (their van) stay in one spot for too long. The Evens' go wherever the road takes them, exploring life outside of conventional society. They have been on the road for two years.

Platinum Weekly caught up with the Evens' to get a glimpse of their adventure. They got tired of the hustle and bustle of their everyday life in Benoni and decided that they wanted a life less ordinary. They started out with a five-year plan, wanting to buy a camper van and hit the road. After Linda was retrenched in 2019, their five-year plan was nipped in the bud, and so their journey of finding a new home on the road took flight. The Evens found Martha online. Martha is a Ford Transit Mk1 from the late 60's and was available for R65,000. It was love at first sight! On their way back to Benoni, from Klerksdorp, they realised that none of Martha's gauges worked...

"Just something small that can be fixed," they thought... Luckily, they were traveling in two vehicles. Linda was the one driving Martha when the vehicle came to a complete standstill – right next to Soweto, and that with an empty petrol tank. Not wanting to leave his wife alone next to the road, Craig stayed with the van while Linda went in search of petrol – and then she got lost. Needless to say, they finally managed to get home safely, and this was just the first of many stories about their adventures with Martha.

Before they even started with Martha's renovations, they were offered R200,000 for her by an Irishman. This was when they discovered the real value of their new home. A fully restored model such as Martha fetches anything from £28,000-34,000 in the United Kingdom (almost R700 000). They declined the offer. Martha was their new home and the start of their nomad life.

The camper van's interior also had to be refurbished so Craig and Linda both jumped in and within a very short time the interior was changed to meet all their basic requirements. After a few tweaks to Martha, the Evens sold all their belongings and hit the road.

They ended up at a caravan park in Shelly Beach KwaZulu Natal – and since then, they have never looked back.

They set up a Facebook page where people can follow their journey. Along the way they met people who became mentors and friends. Their Facebook followers also became friends, even more like family, which led to them often getting invited to places all over South Africa. "We decided to never make plans for a trip... we just let Martha lead the way and leave when we feel it is time," Craig said.

When asked what their favourite destination was so far, they couple said, "All of them". Linda added that the reason for this is that no two places are the same and you can't carry the expectations of the previous stop to the next one.

The Evens' put a lot of mileage on Martha... They recently visited Ford's Struandale Engine Plant in Gqeberha (Port Elizabeth). Martha was originally built in the UK and exported to Ford South Africa in Port Elizabeth in 1970. This lifestyle comes with its own unique challenges. Martha is heavy on fuel, with 4km on one litre of petrol. So far, they have travelled 11,600 km.

Because their beloved Mila, a rescue dog, travels with them, finding budget-friendly and pet-friendly accommodation can be difficult.

The only thing they miss about their old life is having a big, luxurious bed. "Our bed is a bit small for us, however, when we sometimes get to stay in lodges or huts it is a bit overwhelming, as we are not used to so much space," Linda said laughingly. Driving with a 50-year-old car that still has about 80% of its original parts can also come with a few trials. One such trial was during a trip that required driving through a pass. While going downhill Martha's breaks started failing. Craig adjusted the gear lever and kept his hand sturdy on the hand break trying to slow the camper down. Luckily an upward slope in the road soon appeared. They reached it just in time as Martha's breaks decided to fail completely. They managed to stop safely. The most valuable lesson they have learned on the road so far is...

Don't trust everyone.

One of their most memorable stories was when they had the chance to get to take Martha for a drive on a racecourse. Let's just say Martha is better suited for the open road. The Evens couple loves their life on the road and enjoys meeting people along their way. "We love meeting people, learning new things and experiencing life," the couple concluded.

You can follow their progress at:
<https://ford.to/3B4rMST>.



Linda busy in the kitchen.

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THE CHERRY ON TOP OF A FREEZING WINTER

Rustenburg/ Buffelspoort – As cold front after cold front hits South Africa, Rustenburg has also been experiencing extremely cold weather. Some residents are even claiming it is the coldest winter they have ever experienced here. Photos of cherry trees draped in ice in the Buffelspoort area last week

was also circulated on social media. Although we are not disputing the fact that it was ‘freezing’, it was a contributing factor to these ‘icicles’ hanging from the trees. Protecting a tree with ice is the most effective way to avoid frost damage. Low-pressure sprinklers known as micro sprinklers apply just enough

water to glaze affected plants in layers of ice, rather than soaking them and forming one massive layer of ice that may cause more cooling before it freezes. Although it seems counterintuitive, the ice will protect the tree because the temperature beneath the ice will not drop below 2°C.



To protect the cherry trees from frost, micro sprinklers apply just enough water to cover affected plants in layers of ice.

‘Afri’, die verdwaalde wildsbokkie

Rustenburg – AfriForum buurt wag het op Saterdag 24 Julie tot die redding gekom van ‘n verdwaalde wildsbokkie op ‘n plaas buite Rustenburg. ‘Afri’ soos hulle hom genoem het, se been was gebreek. Hulle het inderhaas vir hom ‘n kamp opgeslaan en toegesien dat die gebreekte been gespalk word. Hy het geëet en baie water gedrink – almal was opgewonde vir sy vooruitsig. Groot was hulle teleurstelling toe hulle die volgende dag sien dat Afri ongelukkig te swak was en dit nie gemaak het nie. “Dit is vir ons baie hartseer dat hy dit nie gemaak het nie maar ons wil graag dankie sê aan René en Willie Smit wat ons gekontak het. Ons wens daar was iets meer wat ons vir hom kon doen,” het AfriForum Buurtwag voorsitter Dawie Odendaal gesê.



AfriForum Buurtwag voorsitter Dawie Odendaal en Afri.

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Voter registration postponed

SA – The Electoral Commission has postponed voter registration, initially scheduled for 31 July and 1 August, after careful considerations related to the impact of the Covid-19 pandemic on free and fair elections. The move by the commission follows its decision to adopt the final report of the ‘Inquiry into Ensuring Free and Fair Elections during COVID-19’ by former deputy chief justice Dikgang Moseneke. Mass vaccination is a desirable precondition for a safe, free and fair election. The reports also advised the commission to approach the courts with a view of seeking a postponement of the elections to a date not later than February 2022. Electoral Commission press release extracts



Goroga Trading owner, Busisiwe Ngwasheng



Bushi's signature salad

Rustenburg – Goroga Trading owner, Busisiwe Ngwasheng, grew up seeing her mother working wonders in the kitchen and developed a love for cooking herself. “My kitchen is my happy place and I just love preparing food for others,” Busisiwe said. This full-time employed working mother of four shared one of her favourite salad recipes. “This salad reminds me of my sister in law’s 50th birthday, as it was the first time I made it. It goes with any occasion, be it Sunday meal or a braai.”

Serves 4 to 6 people

Ingredients

- 1 Head broccoli
- Hand full of leeks
- 1 Tin tuna or 1 portion chicken breast
- Half of a green pepper, red pepper and yellow pepper
- Half an onion
- A half teaspoon Origanum
- A half cup mayonnaise
- Half a cup of spur sweet chilli sauce
- Salt and pepper to preference
- Olive oil

Instructions

1. Boil broccoli until cooked, drain the water and let it cool down.
2. In a pan, fry the onion add the peppers.
3. Add friend onions and peppers to the broccoli and wait for it to complete cool down.
4. Lastly add the leek, Origanum, salt, pepper and sauces.
5. Served chilled.

AfriForum’s Swartruggens branch acquires oxygen machine

Swartruffens – The AfriForum branch in Swartruggens on 27 July purchased an oxygen machine to assist the community considering the high number of Covid-19 cases in the area. The machine supplies 93% oxygen, it has an adjustable flow rate to provide for a patient’s need, as well as a nebuliser function. The branch spent approximately R13,000 on it and is hopeful that it will help alleviate the need in the community. “Community members from the Lindleyspoort-Swartruggens area contacted me and asked for help. This oxygen machine was essential to them,” said Gerhard Faber, AfriForum’s safety coordinator for North West. “Too many people recently lost loved ones to Covid-19 while many are restless due to the recent riots. It is essential that AfriForum brings hope to communities. I am glad we were able to bring some relief,” said Petrus Coetzee, AfriForum’s district coordinator for Marico. **Become involved with AfriForum’s Swartruggens branch today: SMS “Swartruggens” to 45344 (R1).**



From left: Petrus Coetzee, Gerhard Faber, Koba van Rooyen, Eddie Westpfahl and Jaco Grobbelaar.

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LOST OR DESTROYED DEED

Notice is hereby given in terms of the provisions of Section 38 of the Deeds Registries Act, 1937, read with Section 12 of the Sectional Titles Act, 1986. I, the REGISTRAR OF DEEDS at PRETORIA intend to issue **Deed of Transfer T143079/2006** dated 31 October 2006 passed by –THE EXECUTORS IN THE ESTATE LATE NEVILLE JOHAN BOON ESTATE NUMBER: 12481/2003 in favour of THE TRUSTEES FROM TIME TO TIME OF NEVERIX TRUST REGISTRATION NUMBER: IT 3302/2002 in respect of – 1. **PORTION 17 (A PORTION OF PORTION 3) OF THE FARM KWAGGAFONTEIN 375, REGISTRATION DIVISION J.Q., NORTH WEST PROVINCE** 2. **PORTION 22 (A PORTION OF PORTION 3) OF THE FARM KWAGGAFONTEIN 375, REGISTRATION DIVISION J.Q., NORTH WEST PROVINCE** 3. **PORTION 1 OF THE FARM FREDDIE 378, REGISTRATION DIVISION J.Q., NORTH WEST PROVINCE** 4. **PORTION 2 OF THE FARM FREDDIE 378, REGISTRATION DIVISION J.Q., NORTH WEST PROVINCE** 5. **PORTION 26 (A PORTION OF PORTION 3) OF THE FARM ZANDFONTEIN 380, REGISTRATION DIVISION J.Q., NORTH WEST PROVINCE** 6. **PORTION 27 (A PORTION OF PORTION 3) OF THE FARM ZANDFONTEIN 380, REGISTRATION DIVISION J.Q., NORTH WEST PROVINCE** 7. **REMAINING EXTENT OF PORTION 28 (A PORTION OF PORTION 3) OF THE FARM ZANDFONTEIN 380, REGISTRATION DIVISION J.Q., NORTH WEST PROVINCE** 8. **REMAINING EXTENT OF PORTION 40 (A PORTION OF PORTION 3) OF THE FARM ZANDFONTEIN 380, REGISTRATION DIVISION J.Q., NORTH WEST PROVINCE** 9. **REMAINING EXTENT OF PORTION 41 (A PORTION OF PORTION 3) OF THE FARM ZANDFONTEIN 380, REGISTRATION DIVISION J.Q., NORTH WEST PROVINCE** 10. **REMAINING EXTENT OF PORTION 42 (A PORTION OF PORTION 3) OF THE FARM ZANDFONTEIN 380, REGISTRATION DIVISION J.Q., NORTH WEST PROVINCE** which has been lost or destroyed. All 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 within six weeks after the date of the first publication of this notice in the Gazette. Dated at PRETORIA this 13th day of JULY 2021. **REGISTRAR OF DEEDS**

NOTICE OF CONSULTATION FOR A PROSPECTING RIGHT APPLICATION ON THE FARM DAVIDSKUIL 167 JP IN NORTH WEST PROVINCE

DMR REF NO: NW30/5/1/12/13157PR
Notice is given in terms of 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 No. 107 of 1998 as amended, that Biomed Projects and Supplies (Pty) Ltd proposes to conduct Prospecting activities on the farm Davidskuil 167 JP the extent of the prospecting area is 3308.26 hectares. The application area is located approximately 58 km southeast of Rustenburg in the North West Province of South Africa within the Moses Kotane Local Municipality in the Magisterial District of Bojanala in the North West province. Notice is given in terms of Section 27(5)(b) of the Minerals and Petroleum Resources Development Act 2002(Act 28 of 2002) and Section 41 (c) (i) of the National Environmental Management Act ,1998(Act No 107 of 1998) read with Regulation 40 to 44 of the Environmental Impact Assessment Regulations, and the Minerals and Petroleum Resources Development Act 2002(Act 28 of 2002) and Section 41 (c)(i) of the National Environmental Management Act ,1998(Act No 107 of 1998) read with Regulation 40 to 44 of the Environmental Impact Assessment Regulations. The project trigger Listing Notice 1 Activity 20 and Activity 22. In order to participate in this Process, or to obtain further information, and to register as an Interested and Affected Party (I&AP), please contact: SELAHLE CONSULTANCY AND PROJECTS (PTY) LTD. Tel: 011 026 2560 Cell No: 079 614 8298 Fax: 086 532 0398 Email: ppp@scprojects.co.za Address: P.O BOX 1059 Halfway House. Midrand 1685 EIAR & EMPr will be released for 30 days, comments on or before 07th of September 2021.

IN THE HIGH COURT OF SOUTH AFRICA GAUTENG LOCAL DIVISION, JOHANNESBURG

CASE NO: 2020/31473
In the ex parte application of: - **SA TAXI IMPACT FUND (RF) (PTY) LIMITED** Applicant (Registration No. 2012/093936/07) In re the action to be instituted between: - **SA TAXI IMPACT FUND (RF) (PTY) LIMITED** Plaintiff (Registration No. 2012/093936/07) and **THWALA, JOHN NKOSINATHI** Defendant (Identity Number: 700404 5293 08 6) **NOTICE OF INSTITUTION OF LEGAL ACTION TO: THWALA, JOHN NKOSINATHI** (Identity Number: 700404 5293 08 6), the Defendant, a major male, whose full and further particulars are to the Plaintiff unknown, who to the Plaintiff's knowledge last ostensibly resided at **STAND 7195, LEKGALONG VILLAGE, RUSTENBURG, 0300** and with his chosen domicilium citandi et executandi at **HOUSE 7195 LEKGALONG, RUSTENBURG, RUSTENBURG, 0299** but whose present whereabouts are unknown. **TAKE NOTICE** that by way of summons issued out of this Court under case number **2020/31473**, you have been called upon to give notice, within 30 (THIRTY) days after publication hereof, to the Registrar and to the Plaintiff's attorney, of your intention to defend (if any) in an action wherein the Plaintiff, **SA TAXI IMPACT FUND (RF) (PTY) LIMITED** (Registration number: 2012/093936/07), a private company with limited liability, duly registered and incorporated in terms of the company laws of the Republic of South Africa, and registered as a credit provider as defined in terms of Section 40 of the National Credit Act, 34 of 2005, having its principal place of business at 179-15th ROAD, RANDJES PARK, MIDRAND claims: - 1.1. Confirmation of termination of the agreement entered into between the Plaintiff and the Defendant on **23 MARCH 2017**; 1.2. Return of a 2017 **TOYOTA QUANTUM SESFIKILE 16 SEATER – PETROL** with engine number **2TR9105609** and chassis number **AHTSX22P307029643**; 1.3. Expenses incurred for removal, storage, valuation and sale of the vehicle; 1.4. Attorney and client costs to be taxed; 1.5. Further and / or alternative relief. **TAKE NOTICE FURTHER** that if you fail to give such notice, judgment may be granted against you without further reference to you. **MARIE-LOU BESTER INC.** Applicant's Attorneys 109 Westwold Way, Saxonwold, Johannesburg Tel: (011) 486 0775 | Ref: MLB/ac/SU1

NOTICE OF ENVIRONMENTAL AUTHORISATION APPLICATION BY: ABLII TRADING PTY LTD

Notice is here by given in terms of EIA Regulation 41(2)(c) of the Regulations, under the Environmental Management Act, 1998 (Act No. 107 of 1998). This is also a notice of acceptance for an application for a mining permit in terms of Section 27 of the Minerals and Petroleum Resources Development Act 28 of 2002. **AblII Trading (Pty) Ltd** applied for mining permit for mineral **chrome, Iron, Manganese, Chrome & Vanadium** in terms of Section 27 of the Minerals and Petroleum Resources Development Act 28 of 2002. The applications cover the farm: **1. Roodekopjies of Zwartkopjies 427 JQ NW30/5/1/3/2/11567MP** Located in the magisterial district of Britz. You can be involved in the Public Participation Process by: - sending a fax, email or mail with your name, contact details and concerns/questions relating to the project. - Providing us with the names of additional people that can be contacted. All correspondence, which should be received on or before **30 days from receipt of these notice** will be submitted to the Department of Mineral Resources (DMR). All issues raised during the public participation process will responded to in writing to the Interested and Affected Parties (I&APs). I&AP include all parties concerned, who will be affected by the project and interested in the mining project. **CORRESPONDANCE MAY BE DIRECTED TO: MAFANELE GEO-ENVIRO CONSULTING AND PROJECTS (PTY) LTD 26 THABO MBEKI STREET, AL SMIT BUILDING, POLOKWANE ATT: MICHAEL MAFANELE EMAIL: mafanelevm@gmail.com OR PO BOX 1431 | MARLBORO | 2063 FAX: 0865 444 911 | TEL: 010 634 0780 CEL: 072 395 9511 | CEL: 081 575 1953 DATE OF NOTICE: 29 July 2021**

NOTICE OF CONSULTATION FOR AN APPLICATION FOR A MINING PERMIT ON A CERTAIN PORTION OF THE FARM DAVIDSKUIL 167 JP IN NORTH WEST PROVINCE

DMR REF NO: NW 30/5/1/3/2/10798MP
Notice is given in terms of Regulation 41 of the Environmental Impact Assessment Regulations published in Government Notice R 326 of 07 April 2017 as amended, under Section 24(5) of the National Environmental Management Act No. 107 of 1998 as amended, that Biomed Projects and Supplies (Pty) Ltd proposes to conduct Mining activities on a portion of the farm Davidskuil 167 JP the extent of the mining area is 5 hectares. The application area is located approximately 58 km southeast of Rustenburg in the North West Province of South Africa within the Moses Kotane Local Municipality in the Magisterial District of Bojanala in the North West province. Notice is given in terms of Section 27(5)(b) of the Minerals and Petroleum Resources Development Act 2002(Act 28 of 2002) and Section 41 (c) (i) of the National Environmental Management Act ,1998(Act No 107 of 1998) read with Regulation 40 to 44 of the Environmental Impact Assessment Regulations, and the Minerals and Petroleum Resources Development Act 2002(Act 28 of 2002) and Section 41 (c)(i) of the National Environmental Management Act ,1998(Act No 107 of 1998) read with Regulation 40 to 44 of the Environmental Impact Assessment Regulations. The project trigger Listing Notice 1, GN 327 Activity 21 and Activity 22, Listing Notice **GN 324, Activity 12(h):. In order to participate in this Process, or to obtain further information, and to register as an Interested and Affected Party (I&AP), please contact: SELAHLE CONSULTANCY AND PROJECTS (PTY) LTD. Tel: 011 026 2560 Cell No: 079 614 8298 Fax: 086 532 0398 | Email: ppp@scprojects.co.za Address: P.O BOX 1059 Halfway House. Midrand 1685DBAR & EMPr will be released for 30 days, comments on or before 7th of September 2021.**

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Let's explain before you complain

Rustenburg – Bing! Your taps are dry... Bang! The lights are out with electricity outages... Boom! You can't get to your front door or garage because your driveway has been dug up and there is a trench across the way. Open access fibre network operator (FNO), Evotel's Head of Business Development, Bradley Bekker says that FNOs regularly receive complaints about one or even all of these issues and that some explanation and consumer education is warranted.

Why?
As a relatively new technology, not everyone understands fibre and the value of what it can bring to a community. "Fibre is the latest and fastest way to connect users to the internet. Everyone, these days, wants to be connected to the internet and should be, because that is what living in the modern age requires. It is present in everything we do. It is no longer a nice-to-have; it has become essential. Life has become digital and you can't not embrace it," says Bekker.

Who?
Residents should know that an FNO can't simply rock up in town and start building a fibre network. FNOs have to contact municipalities to get permission to install the infrastructure – obtaining an approved and signed wayleave by the municipality. "We continue placing customers first and when we do an installation, we do everything possible to ensure that people are not inconvenienced and communities do not experience disruptions," Bekker stresses.

How?
There are basically two ways of installing fibre; through trenching or via an aerial solution. What's the difference? In short, one is laying fibre cables underground (trenching) and the other is stringing cable over or above-ground (aerial). Evotel is capable of deploying both trenched and aerial installations, but is, however, more supportive of aerial installations due to decreased risk of municipal infrastructure damage, reduced repair times and less unhappy residents. "Our business is all about helping people. We do not make it our mission to disturb people's lives and cause inconvenience. In fact, we aim to better their lives and to provide them with fast and reliable fibre to access the internet as quickly as possible and to repair faulty cables in hours, not days," Bekker concludes.

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CALL TO STOP WATER POLLUTION

NW – The North West Department of Water and Sanitation embarked on a 'clear rivers' campaign to educate communities to not pollute rivers. The campaign, which commenced in the last week of July, discouraged habits like throwing away papers, plastics, diapers, empty cans or animal skins into or near rivers, but to rather dispose of these items responsibly. North West Department of Water and Sanitation communications officer Katlego Bolokang underlined the importance of water preservation. "Several communities depend on rivers for survival, especially in rural areas. When we degrade our rivers and turn them into dumpsites, we degrade ourselves as water is a human and constitutional right."

She also spoke about the importance of appreciating the economic value of rivers and wetlands. "Communities use reeds from rivers and wetland vegetation to make baskets, mats, curtain blinds and handbags. Fishing is one way of providing food for families. We can sell the fish, but we must practice sustainable fishing methods," she concluded.



Filthy rivers can lead to the death of fish, water plants and animals. Polluted water also carries diseases.

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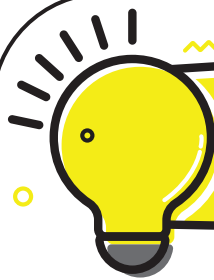
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YOUR FRIDAY FUN FACT

Did you know?

The modern English alphabet (26 letters) is one of the first things we learn. But did you know that the alphabet could have been drastically different. It used to have six more letters which were eventually dropped. The 26 letters of the English alphabet make up more than 40 distinct sounds. Since there are a lot more sounds than letters, many letters have different pronunciations, e.g., the C in cool sounds different than the C in city.

Glencore vaccine rollout kick-started

Rustenburg – Glencore Operations South Africa (GOSA) kicked off their Covid-19 vaccination rollout to staff members, 50 years and older, on 12 July. Hundreds of their people were vaccinated on the day. Glencore works diligently alongside government to aid communities and keep their staff members safe. Said Glencore CEO Japie Fullard: “This is a very proud moment for us. We pride ourselves in driving solutions and meaningful impact in South African mining communities. Glencore will continue to display true commitment to the communities in which we operate in and provide sustainable solutions that will combat the issues our communities face. We aim to help build resilient communities with our various initiatives to empower and create opportunities during and beyond this global pandemic. The Glencore vaccine rollout is testament to our commitment, and we will continue to pioneer change and development in and around our operations.”



Rustenburg Community members and Glencore employees had the opportunity to get vaccinated.

Where talent and passion meet

Rustenburg – The Rustenburg Photographic Society held their monthly meeting via Zoom on Wednesday 21 July. Ronel Broderick received the title of senior open winner with her unique photo *Kids Art* and Anje Smith reaped in the title of junior open winner with her black and white photo *The Past*.



Kids Art by Ronel Broderick



The Past by Anje Smith.



The playground area at Shalom Educare Community Centre is still under construction.

Nurturing young minds

Koster – Educators at Shalom Educare Community Centre proudly opened their doors on Monday 19 July. Situated in Ratsagae village between Rustenburg and Koster – the centre will play a key role in preparing young children for primary school. Basetsana Maboe, the principal of the centre, is asking for donations or ideas that will ensure the facility succeeds in nurturing young minds.

Items urgently required by the facility include:

- 10 poles to be used to make swings.
- Trees and plants of any kind.
- Educational books, bookshelves and toys.
- Chairs and tables.
- Cleaning products and paint to spruce up the building.
- Educational posters.
- Writing material such as crayons, pencils, A4 books and A4 copy papers.

For more information, contact Basetsana Maboe on 074 634 4895 or email bwrmaboe29@gmail.com.



From left: Keitumetse Molaba, Basetsana Maboe and Keorapetse Mabowe.

PRAGTIG!

Rustenburg – Antonette Harmse en Marclon Hofsta was aangewys as ‘Stook model of the year 2021’ tydens ‘n onlangse glansgeleentheid. Die uitrustings vir die beste ontwerper van die aand was Bondesio Couture.

Antonette Harmse en Marclon Hofsta.



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- Cheetahs 30 - 47 Sharks
- Pumas 23 - 37 WP
- Bulls 40 - 21 Lions

SPRINGBOKKE VS BRITSE EN IERSE LEEUS

In Kaapstad kom Rassie Erasmus en sy Wêreldkampioene hard terug aarde toe ou grote. Dit was 'n klipharde toets wat na 80 minute deur die Leeus gewen word met 22-17. Die eerste helfte het dit nog goed gelyk vir die Bokke wie met rustyd 12-3 voorgeloop danksy die skopskoen van Handré Pollard. In die tweede helfte het die Leeus se bekke gewater en stelselmatig die oorhand oor Bok se kind gekry. Die *Ingelse* het nie 'n treë teruggestaan vir die Bokke nie... nie eens Eben Etzebeth, 'n yster in die trompop botsings, kon hul stuit nie. Vir die Leeus het die slot Maro Itoje gewys hoekom hy as een van die bestes op die rugby planeet beskou word. Hierdie vurige slot het nie gehuiwer om Etzebeth en kie aan te vat nie en is ook as die speler van die toets aangewys. Sy slotmaat en *cappie*, Alun Wyn Jones, was waardevol met sy inspirerende leierskap en spel.

Die Bok *coach* het vir Jasper Wiese in die plek van Kwagga Smith vir die tweede toets gekies met Marco van Staden op die bank. Die Bok agterspelers was op die aanval 'n nul op 'n kontrak en die uiters sinnelose skoppies van Faf sal nog lank onthou word... *What the faf, Faf?* Die tweede toets Saterdag in Kaapstad is soos 'n eindstryd ou grote. Die Leeus gaan met nóg 'n groter aanslag kom. Warren Gatland is 'n uitgeslape Kiwi wat geestelik sy span sal motiveer om die tweede toets te wen – én ook die reeks! Kan die Bokke terugkom ou groene? Dít is die vraag op duisende Bok-aanhangers se lippe. Maklik sou ek sê... hou die bal in hand en skop as dit nodig is, so maklik soos dit... *Get back to basics!*

Nag ou groene...

#keepagirlchildinschool Dignity Pack Campaign

Join me Lebogang Nakana, a Mrs Universe Africa semifinalist 2021 in my quest to raise 1000 Sanitary towels to donate in Ikemeleng Informal settlement in Rustenburg for teenage girls in need

You can Whatsapp me on 072 569 1096 for donations of any amount. Campaign ends 1 August 2021


Little Girl Arise
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Weekblad/Weekly

Have your say / Sê jou sê

Does technology make the world a better place?

Today you can manage most of your life online – from work, social interaction and even grocery shopping. Yes, it makes life easier – but does it make life better?



Yes, technology makes it much easier to communicate with colleagues, family wherever they may be. It makes the world a better place because of its convenience. WhatsApp and Facebook, for example, make it easy to keep in the loop even with Covid-19 restrictions. However, we have to monitor children's access to social media to ensure that they are not harmed or do something irresponsible.

Nicole Bruwer



Technology certainly makes the world a much better place. It helped educators to keep in touch with parents and learners about homework, assignments and other educational needs. Technological advancements are part of the fourth industrial revolution, and we must keep up with the times.

Kealeboga Tisane

PUBLIC POLL: THE RESULTS ARE IN!

Does technology make the world a better place?

NO 21% YES 79%

POLL

Do you get the recommended eight hours of sleep a night?

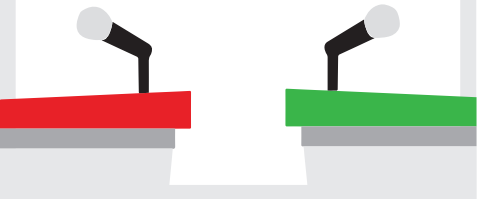
Research makes it clear that sleep is essential at any age. The National Sleep Foundation guidelines advise that adults need between seven and nine hours of sleep a day. Some of the most serious potential problems associated with chronic sleep deprivation are high blood pressure, diabetes, heart attack, heart failure or stroke. Other potential problems include obesity, depression, impairment in immunity and lower sex drive. Are you getting your recommended hours of beauty sleep?


Make yourself heard by sending an email to news@platinumweekly.co.za or a WhatsApp to 081 579 7000 with the following information before 17:00 on Tuesday 3 August:

- Yes, I get the recommended eight hours of sleep a night, or,
- No, I don't get the recommended eight hours of sleep a night
- The reason for your answer.
- A recent photo of yourself (optional) – that we can publish with your answer.
- Your contact details.

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PLATINUM EVENT DIARY

PW EVENTS	Date	Venue	Tel	Email
Divann Live	30 Jul '21	Rustenburg: Hunter's Pub & Grill	082-726-0627	coetzermariette@gmail.com
Pierre Live	31 Jul '21	Rustenburg: Hunter's Pub & Grill	082-726-0627	coetzermariette@gmail.com
Springbok Rugby Live	31 Jul '21	Rustenburg: Midnight @ Sportsbar	082-536-6141	midnight.sportbar@gmail.com
Liezel Pieterse Live	31 Jul '21	Rustenburg: Hunter's Jagers	082-726-0627	coetzermariette@gmail.com
Franja Du Plessis Live	7 Aug '21	Rustenburg: Hunter's Jagers	082-726-0627	coetzermariette@gmail.com
Chris Else Live	14 Aug '21	Rustenburg: Hunter's Jagers	082-726-0627	coetzermariette@gmail.com
Rustenburg Photographic Society Monthly Meeting	18 Aug '21	Rustenburg: Online***	082-451-2999	anjesmith111@gmail.com
Adam Tas Live	01 Sep '21	Rustenburg: Tarentaal Teater	083-865-9585	germishuysp1@gmail.com
Plaasmark	4 Sep '21	Rustenburg: Klipgat Venue	071-595-2143	marieta.vgl@gmail.com
Corlea Live	10 Sep '21	Rustenburg: Tarentaal Teater	083-865-9585	germishuysp1@gmail.com
Jakkie Louw Live	11 Sep '21	Rustenburg: Tarentaal Teater	083-865-9585	germishuysp1@gmail.com



WEATHER REPORT NORTH WEST

RUSTENBURG

Friday	30	Jul	2021	23°C - 4°C	Rainfall probability 1% Sunrise 06:50 Sunset 17:44
Saturday	31	Jul	2021	23°C - 4°C	
Sunday	01	Aug	2021	25°C - 5°C	
Monday	02	Aug	2021	26°C - 7°C	
Tuesday	03	Aug	2021	23°C - 6°C	

At time of print

FINANCIAL INDICATORS	
ZAR/USD	14.60
Rand/Euro	20.39
Rand/Pound	17.34
Rand/Aus Dollar	10.78
Dollar/Pound	1.40
Pound/Euro	1.18
Gold	1 826.40
Platinum	1 066.95
Palladium	2 669.75
At time of print	

071 673 4201

M.I.N



AUTO Electrical

We come to you!

SOULFOOD

PROVERBS 3

¹My son, do not forget my law, But let your heart keep my commands;

²For length of days and long life And peace they will add to you.

³Let not mercy and truth forsake you; Bind them around your neck, Write them on the tablet of your heart, ⁴And so find favor and high esteem In the sight of God and man. ⁵Trust in the LORD with all your heart, And lean not on your own understanding; ⁶In all your ways acknowledge Him, And He shall direct your paths. ⁷Do not be wise in your own eyes; Fear the LORD and depart from evil.

⁸It will be health to your flesh, And strength to your bones.

⁹Honor the LORD with your possessions, And with the firstfruits of all your increase; ¹⁰So your barns will be filled with plenty, And your vats will overflow with new wine. ¹¹My son, do not despise the chastening of the LORD, Nor detest His correction; ¹²For whom the LORD loves He corrects, Just as a father the son in whom he delights. ¹³Happy is the man who finds wisdom, And the man who gains understanding; ¹⁴For her proceeds are better than the profits of silver, And her gain than fine gold. ¹⁵She is more precious than rubies, And all the things you may desire cannot compare with her.



NEW KING JAMES VERSION (NKJV)

SUDOKU

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

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



Olympic duo makes Rustenburg proud



Galaletsang Ramorwa

Rustenburg – Two members of the South African Olympic team, Rassie Pieterse and Galaletsang Ramorwa have put Rustenburg on the world map just by being part of the showcase being held in the Japanese capital city of Tokyo.

These two members of the 34 track and field athletes that make up the South African team are from Rustenburg – a development that proves that local sports development initiatives are bearing fruit. Pieterse was in the line-up of the South African hockey team that put up a brave fight, but lost 3 – 1 to Great Britain. Ramorwa, on the other hand, will be representing South Africa in the 100m and 200m events. This talented sprinter – a product of Royal Bafokeng Athletics – will be in action during the 100m heats on Saturday 31 July. He will then take part in the 200m heats two days later. *Platinum Weekly* wishes these two competitors and all other South African athletes all the best!



Rassie Pieterse

DEALS for a BULLSEYE JULY!

OUR PRICES ARE ON POINT

RUSTENBURG BRANCH

ECONOFOODS

CORNER OF FAISAL MAFA DRIVE & AUGRABIES AVENUE, RUSTENBURG | 014 940 6757

IN STORE ONLY

PRIME CUTS

MATURE STEAK

109⁹⁵

PRIME CUTS RUMP STEAK PORTIONS P/KG

INDIVIDUALLY PACKED

129⁹⁵

3 x 600g

FOODLAND BEEF POTJIEKOS 1.8KG

90 – 130g per portion

149⁹⁵

SEAWORK HAKE FILLETS 2KG

69⁹⁵

CRUMBED CALAMARI RINGS 800G

159⁹⁵

FOODLAND PORK LOIN CHOPS 2KG

34⁹⁵

FOODLAND SLICED SANDWICH HAM 500G

42⁹⁵

P/PACK

NATURES GARDEN CHIPS 2.5KG

9⁹⁵

SEMOLLO ASSORTED PASTA 500G

ANY 4 FOR

34

SEMOLLO ASSORTED PASTA 4X500G

64⁹⁵

ALLSOME WHITE LONG GRAIN RICE 5KG

54⁹⁵

IDLANI MAIZE MEAL 10KG

30 JULY – 7 AUGUST 2021

PRICES INC. VAT | PRICES ARE SUBJECT TO CHANGE WHILE STOCKS LAST | TERMS AND CONDITIONS APPLY

HOME DELIVERIES

shop.econofoods.co.za

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PAYING MORE FOR FREE-RANGE IS FOWL PLAY



89⁹⁹ per kg
Simple Truth
Fresh Free-Range
Chicken Breast Fillets



79⁹⁹ per kg
Simple Truth
Fresh Free-Range
Chicken Thighs & Drumsticks



EVERYDAY
**LOW
PRICE**

59⁹⁹ per kg

Simple Truth Free-Range Whole Chicken
(ONLY AVAILABLE AT SELECTED STORES)



✓ **FREE - RANGE**
✓ **100% SOUTH
AFRICAN
GROWN**

OVER
1000
DEALS DAILY



**SAVE
R40**

89⁹⁹ each

Ariel Washing Powder 4kg/
Detergent 3/Capsules 30 per pack

**SAVE
R17**

59⁹⁹ 1kg

Kellogg's
All-Bran Flakes



**SAVE
R65**

199⁹⁹ per pack

Pampers Baby-Dry
Jumbo Pack/Premium
Care Value Pack Disposable
Nappies/Pants



87⁹⁹ 200g/230g each

Jacobs Krönung/
Gold/Decaf Jar/Doy
Pack Instant Coffee



**SAVE
R20**

59⁹⁹ 1.35kg

Bokomo
Weet-Bix



**SAVE
R20**

59⁹⁹ 500g each

Clover Springbok
Unsalted/Mooli River
Salted Butter



SPIN TO WIN

DOWNLOAD THE CHECKERS APP
KEEP SWIPING TO KEEP SPINNING!

Checkers

better and better

also at
**Checkers
Hyper**

OFFERS VALID UNTIL SUNDAY 08/08/2021. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES: GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG & LICHTENBURG. CERTAIN FOODS COOKED FOR STYLING PURPOSES ONLY. SEAFOOD ONLY AVAILABLE AT STORES WITH SEAFOOD COUNTERS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED (E&OE). SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE). XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).



85⁹⁹ per kg

Championship
Rosette Wors
(Thick/Thin)



45⁹⁹ per kg

Marinated Spatchcock
Chicken



59⁹⁹ per kg

Pork Braai
Chops



89⁹⁹ per kg

Tenderised
Beef Steak



59⁹⁹ per kg

Prego Chicken
Fillet



**BEEF
TEXAN
STEAK**

85⁹⁹ per kg

Beef Texan
Steak Cuts



89⁹⁹ per kg

Beef Club &
T-Bone Steak



79⁹⁹ per kg

Champion
Mince



**SAVE
12%**

X WITH CARD
Angelfish
per 100g



**SAVE
10%**

X WITH CARD
Whole Yellowtail
per kg



**SAVE
10%**

X WITH CARD
Fisherman's Deli
Blanched Peeled
Prawn Meat 400g



**SAVE
10%**

X WITH CARD
Fisherman's Deli
Plain Calamari Rings
400g



89⁹⁹ 300g

Cape Point
Seafood Paella Mix



69⁹⁹ 400g each

Cape Point
Half Shell Mussels



**AS SEEN
ON TV**

**ANY 2 FOR
R160**

X WITH CARD
2 x 750g Crystal
Valley Cheddar/
Gouda Cheese

SAVE 24%



27⁹⁹ 140g each

The Laughing Cow Dip & Crunch
Cheese with Breadsticks All Variants



27⁹⁹ 250g each

Lancewood Plain Low Fat
Chunky Cottage Cheese



27⁹⁹ 100g each

Fairview Blue Tower/
Blue Rock Cheese



27⁹⁹ 125g each

Fairview Brie/
Camembert Cheese



29⁹⁹ 150g each

Meze Danish
Feta Cheese



**2 FOR
R30**

X WITH CARD
2 x 40g Meze Grated
Parmesan Cheese

SAVE 17%



33⁹⁹ 230g each

Lancewood Cream
Cheese All Variants



42⁹⁹ 400g each

Parmalat Cheddar
Flavoured Cheese Slices

SAVE 10%

42⁹⁹ 5x20g/22g
per pack

X WITH CARD
Babybel Semi-Soft
Cheese/Minis



44⁹⁹ 10x25g
per pack

Clover Cheddar/Gouda
Cheese Portions



44⁹⁹ 400g

Clover Plain
Feta Cheese



**ANY 2 FOR
R60**

X WITH CARD
2 x 150g Clover
Natural Cheddar/
Gouda Cheese Slices

SAVE 16%

OFFERS VALID UNTIL SUNDAY 08 AUGUST 2021. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG & LICHTENBURG.

BUY 2 FOR R24
WITH CARD

2 x 700g Sasko Premium Slices White Bread

SAVE 14%

BUY 2 FOR R30
WITH CARD

2 x 500g Clover Bake Margarine

SAVE 16%

ANY 2 FOR R50
WITH CARD

2 x 1kg Clover Fruits of the Forest Dairy Snack All Variants

AS SEEN ON TV

SAVE R16

ANY 2 FOR R55
WITH CARD

2 x 1.5L Clover Krush 100% Fruit Juice Blend All Variants

AS SEEN ON TV

SAVE R19

SAVE 23%
12⁹⁹
400g each

WITH CARD

Today Puff Pastry

24⁹⁹
2/ each

Douglasdale Fresh Milk All Variants

28⁹⁹
2/ each

Clover Tropika Dairy Fruit Juice Blend All Variants

28⁹⁹
1kg

Natures Garden Mixed Vegetables

28⁹⁹
1kg each

McCain Skinny Fries/Slap Chips

29⁹⁹
1kg

McCain Country Crop Vegetables

32⁹⁹
1kg each

Enterprise Garlic/Chicken/No Pork French Polony

2 FOR R40
WITH CARD

AS SEEN ON TV

SAVE R12

2 x 1L Clover Classic Custard

ANY 3 FOR R42
WITH CARD

SAVE R15

3 x 6x100g Danone NutriDay Smooth Yoghurt Snack All Variants

44⁹⁹
1kg

Enterprise Smoked/Chicken/No Pork Smoked Viennas Each

BUY 2 FOR R48
WITH CARD

SAVE R10

2 x 200g Enterprise Shoulder Bacon

49⁹⁹
per kg

FRESH! INDIVIDUALLY WRAPPED

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

BUY 2 FOR R55
WITH CARD

SAVE 21%

2 x 1kg Blossom Lite Medium Fat Spread

ANY 2 FOR R60
WITH CARD

AS SEEN ON TV

SAVE R14

2 x 1kg Clover Bliss Double Cream Dairy Snack All Variants

64⁹⁹
per kg

FRESH! INDIVIDUALLY WRAPPED

Farmer's Choice Fresh 12-Piece Chicken Fillets

52⁹⁹
600g each

I&J Beefers Mega Jumbo Beef Patties

42⁹⁹
600g each

I&J Fish Fingers

BOTH FOR R70
WITH CARD

400g I&J Chicken Burgers All Variants Each & 1kg Natures Garden American-Style Fries

SAVE R20

56⁹⁹
450g each

I&J Oak Smoked Haddock/Deep Water Hake Medallions

94⁹⁹
800g each

I&J Deep Water Hake Skin-On Fillets

SINCE 1910

6 JUMBO

24

6

5

6

6 JUMBO

24

6

5

6

OFFERS VALID UNTIL SUNDAY 08 AUGUST 2021. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG & LICHTENBURG.

BUY 2 FOR R30
WITH CARD

2 x 2l Pepsi Original Cold Drink

SAVE 21%

ANY 2 FOR R24
WITH CARD

2 x 150g Willards Cheese Curls/Flings All Variants

SAVE 18%

ANY 3 FOR R60
WITH CARD

3 x 100g Pringles Savoury Snack All Variants

SAVE 13%

ANY 2 FOR R50
WITH CARD

2 x 1.5l Liquor Fruit 100% Fruit Juice Blend All Variants

SAVE R26

ANY 2 FOR R88
WITH CARD

2 x 6x330ml Cappy 100% Fruit Juice Blend All Variants

SAVE R30

ANY 2 FOR R29
WITH CARD

2 x 150g Doritos Corn Chips All Variants

SAVE R11

22⁹⁹
200g each

Bakers Kips Flavoured Crackers All Variants

ANY 2 FOR R42
WITH CARD

2 x 200g Bakers Salticrux Crackers All Variants

SAVE R12

23⁹⁹
125g

Manhattan Speckles Chocolate Eggs

24⁹⁹
400g each

Manhattan Pink & White Marshmallows

24⁹⁹
160g each

Skittles Sweets All Variants

44⁹⁹
200g each

M&M's Regular/Peanut Chocolates

59⁹⁹
435g each

Nestlé Quality Street Assorted Chocolates & Toffees

ANY 2 FOR R50
WITH CARD

2 x 5x40g/6x33g Bakers Mini Biscuits/Cheddars All Variants

SAVE R20

ANY 3 FOR R22
WITH CARD

3 x 100g Tasty Treats Wafers All Variants

SAVE 18%

BUY 2 FOR R24
WITH CARD

2 x 200g De Vries Ginger Biscuits

SAVE 19%

ANY 2 FOR R25
WITH CARD

2 x 133g Oreo Biscuits All Variants

SAVE 21%

ANY 2 FOR R36
WITH CARD

2 x 185g De Vries Double Velvet Chocolate/Yoghurt Biscuits

SAVE R10

18⁹⁹
1.5l each

Lipton Ice Tea All Variants

ANY 2 FOR R22
WITH CARD

2 x 1l Wild Island Concentrated Dairy Fruit Blend All Variants

SAVE R14

ANY 3 FOR R24
WITH CARD

3 x 1.5l Aqualle Still/Sparkling Water

SAVE 19%

ANY 3 FOR R38
WITH CARD

3 x 500ml Monster Energy Drink All Variants

SAVE R10

ANY 2 FOR R60
WITH CARD

2 x 6x200ml Rhodes 100% Fruit Juice All Variants

SAVE R24

ANY 4 FOR R59
WITH CARD

4 x 2l Spartetta Cold Drink All Variants

SAVE R13

SINGLE ORIGIN COFFEE FROM THE WORLD'S BEST COFFEE-PRODUCING COUNTRIES

BRAZIL'S

FOREIGN GROUND SINGLE ORIGIN COFFEE

✓ Smooth & subtle medium roast. ✓ Notes of hazelnut & hints of sweet fruit.

SAVE R10

54⁹⁹
250g each

WITH CARD

Foreign Ground Single Origin Coffee Beans/Ground Coffee All Variants

SAVE R10

179⁹⁹
1kg

WITH CARD

Mostra di Café Coffee Beans All Variants Each

BUY ANY 2 GET A 3RD FREE!

WITH CARD

SAVE 33%

BUY 2 x 8/10 per pack Jacobs Instant Cappuccino/Iced Cappuccino Sticks All Variants & GET a 3RD FREE!

BUY 2 FOR R50

WITH CARD

SAVE R16

2 x 102 per pack Tetley Premium Blend Teabags

BUY 3 FOR R100

WITH CARD

SAVE R29

3 x 80 per pack Laager Pure Rooibos Teabags

OFFERS VALID UNTIL SUNDAY 08 AUGUST 2021. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG & LICHTENBURG.

BUY 3 FOR R30
WITH CARD

3 x 410g Koo Baked Beans in Tomato Sauce

SAVE 17%

SAVE R25
39⁹⁹
WITH CARD

B-well Canola & Olive Oil Blend

BOTH FOR R50
WITH CARD

750g Crosse & Blackwell Mayonnaise & 700ml All Gold Tomato Sauce

SAVE R15

ANY 2 FOR R90
WITH CARD

2 x 6 per pack Nature Valley Granola Bars All Variants

SAVE R24

27⁹⁹
900g

All Gold Smooth Apricot Jam

49⁹⁹
800g each

Yum Yum Peanut Butter All Variants

SAVE R13
25⁹⁹
1kg
WITH CARD

Jungle Oats

44⁹⁹
1kg

Bokomo Corn Flakes

49⁹⁹
600g

Kellogg's Vanilla Rice Krispies

27⁹⁹
500g each

Moir's Custard Powder

SAVE R14
29⁹⁹
300ml each
WITH CARD

Colmans Spray and Cook

59⁹⁹
500g each

Little Bee Honey

19⁹⁹
300g each

Lucky Star Texan Corned Meat All Variants

BUY 2 FOR R30
WITH CARD

2 x 120g Lucky Star Sardines in Vegetable Oil

SAVE R10

19⁹⁹
460g each

Housebrand Fruit Chutney All Variants

ANY 7 FOR R25
WITH CARD

7 x 50g Royco Soups All Variants

SAVE R10

26⁹⁹
200ml each

Ina Paarman's Sauce All Variants

ANY 2 FOR R50
WITH CARD

2 x 415g Denny Cook-in-Sauce All Variants

SAVE R20

ANY 4 FOR R50
WITH CARD

4 x 500g Mr. Pasta Pasta Shapes All Variants

SAVE R18

59⁹⁹
2L

Sunfoil Sunflower Oil

BUY ANY 2 GET A 3RD FREE!
WITH CARD

BUY 2 x 1L B-well Extra Virgin Olive Oil & GET the 3rd one FREE!

SAVE R110

BAKING ESSENTIALS

23⁹⁹
2.5kg

Golden Cloud Cake Wheat Flour

37⁹⁹
500g each

Royal Baking Powder Refill

BUY 2 FOR R40
WITH CARD

2 x 385g Clover Condensed Milk

SAVE R10

16⁹⁹
225g each

I Love Himalayan Pink Salt/Salt With Herbs Shaker

ANY 2 FOR R20
WITH CARD

2 x Hinds Spice Refill All Variants

SAVE 29%

OFFERS VALID UNTIL SUNDAY 08 AUGUST 2021. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG & LICHTENBURG.

999⁹⁹ each

Platinum Digital Microwave Oven with Mirror Finish - 20L

299⁹⁹ each

Platinum 360° Stainless Steel Cordless Kettle - 1.7L

229⁹⁹ each

Platinum Comfort Steam Iron - 2200W

QUALITY HOMEWARE ESSENTIALS FOR LESS!

899⁹⁹ each

Dolce Gusto Piccolo Coffee Machine - Black/Red

FROM 19⁹⁹ each

Coffee Mug - 19.99
Side Plate - 34.99
Dinner Plate - 39.99
Bowl - 39.99

White Square Linear Dinner Range

BUY ANY 2 & SAVE R10

Red Wine Glasses - 3-Pack - 34.99
Flute Glasses - 3-Pack - 34.99
Wine Glasses - 3-Pack - 44.99

LAV Misket Glassware Range

SAVE R50 299⁹⁹ per set

Platinum On-the-Go Blender Set

- Frying Pan 24cm - 179.99
- Frying Pan 28cm - 199.99
- Saucepan 18cm - 199.99
- Casserole 20cm - 249.99
- Casserole 24cm - 299.99

FROM 179⁹⁹ each

Hazel Wood Forged Aluminium Cookware Range

SAVE R5 24⁹⁹ each

Osram Energy Saver Globe - CW/WW/BC/ES - 14W

SAVE R20 99⁹⁹ per pack

Energizer Max Alkaline Batteries - AA/AAA - 12-Pack

SAVE R20 79⁹⁹ each

HTH Pace Floater - 1.5kg (Reg. No. L4709 Act 36 of 1947)

SAVE R20 179⁹⁹ per pack

6-Pack Flute Glasses
2-Pack Magnum Glasses
6-Pack White/Red Wine Glasses

Bohemia Glassware Range

SAVE R40 319⁹⁹ each

8kg BUY BULK & SAVE

HTH Granular Chlorine - 8kg (Reg. No. L146 & NAR 1060 of Act 36 of 1947)

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Dis-Chem PHARMACIES

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16 July - 15 August 2021

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page 2



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Your Dis-Chem Wellness Clinic provides crucial immunisations and boosters that protect your children against infections and diseases.

For more info visit the Dis-Chem website, ask any of our friendly nursing practitioners or contact our Clinic Careline at 0861 117 421



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

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page 12



HPV

HUMAN
PAPILLOMA
VIRUS

Immunisation for the prevention of cervical cancer.

for more info turn to
page 7



Hot Toddy Tea
20 tea bags

49⁹⁵



Prospan
Cough Syrup
200ml

WAS 136⁰⁰
124⁹⁵



Strepsils
24 lozenges
Assorted

WAS 72⁰⁰
58⁹⁵



Gold
Multivitamin
Supreme
60 film coated tablets

WAS 199⁰⁰
169⁹⁵



DIS-CHEM & DISNEY

SHOP AND COLLECT

DISNEY HEALTHY-TO-GO ITEMS

COMING TO A
Dis-Chem
NEAR YOU
END JULY

FREE with
20 stickers



FREE with
30 stickers



FREE with
35 stickers



FREE with
45 stickers



FREE with
25 stickers



FREE with
40 stickers



FREE with
30 stickers



R125

1. Spend



2. Get 1 sticker

Look out for
participating
offers

3. Extra stickers



4. Collect stickers



5. Redeem an item from the range

While stocks last. T's&C's apply.



Dis-Chem Pharmacies



Benylin Wet Cough Mucus Relief Cough Syrup 200ml

WAS 89⁹⁵
NOW 66⁹⁵

20% OFF
Pholtex Broncho-stop Family Cough Syrup 200ml



Pholtex Broncho-stop Family Cough Syrup 200ml

WAS 140⁹⁵
NOW 112²⁸



Woods' Great Peppermint Cure Cough Syrup 100ml / Assorted

WAS 53⁹⁵
NOW 43⁹⁵ each



PromuCoff Syrup 100ml

WAS 66⁹⁵
NOW 54⁹⁵

*Advertised price already reflects discount



ACC 200 40 effervescent tablets

WAS 142⁹⁵

1 FOR 89⁹⁵
2 FOR 149⁹⁵
SAVE 29⁹⁵



Linctagon-C Junior OR Linctagon-C 12 effervescent tablets



ORAnix Oral Spray 30ml

WAS 104⁹⁵
NOW 79⁹⁵ each



Sinutab Blocked Nose Nasal Spray 10ml

WAS 65⁹⁵
NOW 53⁹⁵ each

SAME TRUSTED PRODUCT

NEW STICK FORMAT

READY TO WORK IN 10 SECONDS

GRAND-PA HEADACHE POWDERS

38 sachets

GRAND-PA HEADACHE TABLETS. Each tablet contains: Aspirin 225mg, Paracetamol 160mg, Caffeine 32mg. Reg. No.: P2 9/22. Symptomatic relief of mild to moderate pain. Reference: 1. Diner HC et al. ASA-APAP and caffeine in the treatment of headache. The fixed combination of acetylsalicylic acid, paracetamol and caffeine is more effective than single placebo-controlled parallel group study. Cephalgic, 2005: 776-787. GrandSmithline Consumer Healthcare S.A. (Pty) Ltd. 2014/173000/07. 39 Hawkins Avenue, Epping Industrial 1, 7480, Cape Town. For full prescribing information, refer to the package insert approved by the medicines regulatory authority. For any product safety issues, contact GSK on 011 745 6001. Trade marks are owned by or licensed to the GSK group of companies. CHW/CHGHPA0001/16/1

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NOW FOR ADULTS

Calpol Tablets

Pain and Fever

FAST PAIN RELIEF

FAST ABSORPTION

OPTI-ZORB

**Non standard paracetamol tablets. Reference: 1. Wilson CG, Clarke IS, Stanley YV, Clarke GD. Comparison of a novel fast-dissolving paracetamol film tablet formulation (PS-APAP) and standard acetaminophen tablets using gamma scintigraphy and pharmacokinetic studies. Drug development and industrial pharmacy. 2011 Jul; 17(7):147-53. 2. Calpol film-coated tablets. REG. NO. 44/2.7/0121. Each film-coated tablet contains 500 mg paracetamol. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. 37 Stuart Street, Bryanston, 2021. Refer to enclosed insert for prescribing information. *Also suitable for children: 10 to 15 years and older. Applicant: GlaxoSmithKline Consumer Healthcare SA (Pty) Ltd. Company Reg. No. 2014/121810/07. 39 Hawkins Avenue, Epping Industrial 1, 7480. Tel. No. 0800 118 274. For any product safety issues, please contact +27 11 745 6001 or 0800 118 274. Trademarks are owned by or licensed to the GSK group of companies. CHW/CHGHPA0001/16/1*

VICKS

3-IN-1 ACTION:

- ✓ COUGH
- ✓ BLOCKED NOSE
- ✓ SORE THROAT

**1 FOR 69⁹⁵
2 FOR 105⁹⁵
SAVE 33⁹⁵**

VapoLozenges

24 lozenges / Assorted

**1 FOR 86⁹⁵
2 FOR 148⁰⁰
SAVE 25⁹⁵**

Vicks Acta P Vicks Acta Plus

Cough Syrup

200ml

*All decisions on pricing, promotion and distribution (assortment and shelving) are at the sole discretion of the retailer. All P&G recommendations are based on objective category management principles, in accordance with all applicable legal requirements, and are based on the principles of fair share of shelf and fair share assortment. For full prescribing information, refer to the Professional Information approved by the medicines regulatory authority. 10 Vicks® Acta Plus Cough Syrup. Each 100ml bottle contains pentameterol sulfate 15mg, guaifenesin 100mg, xylometazoline hydrochloride 2.5mg, ethanol 10.00% v/v and sodium benzoate 0.1% w/v as preservative. Contains alcohol and sugar. SA Reg. No.: F110/1/25. For full prescribing information refer to the package insert. 10 Vicks® VapoLozenges Berry Menthol®. 10 Vicks® VapoLozenges Orange Menthol®. 10 Vicks® VapoLozenges Honey Lemon Menthol®. Each lozenge contains: Glycyrrhiza glabra (licorice root) 15mg, Zingiber officinale (Common ginger rhizome) 10mg, Phyllanthus emblica (Indian gooseberry fruit) 10mg, Mentha arvensis (Mint) (Levomenthol) 7mg, Propolis: Methyl hydroxybenzoate 0.2% w/w, Propyl hydroxybenzoate 0.02% w/w. Contains sugar. *Complementary medicine: Ayurveda. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. P&G South African Trading (Pty) Ltd. Reg. No.: 1999/004011/07. 12th floor, Alice Lane Towers, 15 Alice Lane, Sandton, South Africa, 2196. Customer Care Line 0800 112 188. (Sharecell changed at local rates). Website: <http://www.pg.com/contracts>. MAT-2A-VICKS-21-000021. March 2021*

Dis-Chem

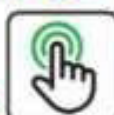
PackMyMeds

Choose the chronic medication you need and ensure you receive it on time, every time.

REPEAT MEDICINES MADE EASY



Register in-store, via the customer careline or on www.dischem.co.za/pack-my-meds



Click on the link and choose the medication YOU NEED



Receive an SMS notification with the link to select your medication on time, every time



Collect your medication* pre-packed at your nearest store or get it delivered** to your door

****FREE delivery within 15 km of your nearest Dis-Chem Pharmacy**

*Wait for your SMS notification before collection so you know your medication is ready



www.dischem.co.za/pack-my-meds • Customer Careline on 0860 347 243

Best of the Best* +

*Voted Best Pharmacy by the Star Readers' Choice Awards 2020 | Voted Best Pharmacy by the Beeld Your Choice Awards 2021

20% OFF
Norflex Gel 75g

Now available in the front of the shop

Norflex Gel 75g
WAS 162⁰⁰
NOW 130³⁶

*Advertised price already reflects discount

2+1 CHEAPEST FREE
on ANY Deep Heat products

Deep Heat Rub 100g
92⁹⁵ each

Deep Heat Spray 150ml
79⁹⁵ each

DEEP HEAT

Get 2X faster PAIN RELIEF

- Relieves Pain
- Reduces Inflammation
- Speeds Recovery

Voltaren Emulgel

Use Voltaren Emulgel

*V. Parvizi, P. Kerschbaum, T. Pöschel HG, Gernert B, Pöschel H, Schuster A, Hug AM, Bunnell I. Efficacy and safety of diclofenac diethylamine 1.1% gel in acute neck pain: a randomized, double-blind, placebo-controlled study. BMC Musculoskelet Disord. 2013;14:250. Published 2013 Aug 31. doi:10.1186/1471-2475-14-250.
2. Zecher J, et al. Topical diclofenac and its use in pain and inflammation: an evidence-based review. Curr Med Res Opin. 2008; 24(3):55-66. doi:10.1080/03091960701471247. Each 100 g contains 1.1% g diclofenac diethylamine corresponding to 1.1 g diclofenac sodium. Reg. no.: 203.177. Indicated for use in adults and adolescents older than 12 years. Safety in pregnancy and lactation has not been established. Consult your pharmacist/healthcare professional if needed. Applicant: GlaxoSmithKline Consumer Healthcare SA (Pty) Ltd, Company Reg. No. 2014/173305/07, 39 Hawkins Avenue, Epping Industrial Estate, 1690. Tel. No. 0800 118 274. For any product safety issues, please contact +27 11 745 6001 or 0800 118 274. Trademarks are owned by or licensed to the GSK group of companies. PMA-274-VOL-7-20-00002.

Great Savings with our Scheduled Medicine

Acurate 40 tablets	R24 ⁹⁵
Aleve 12 tablets	R28 ⁹⁵
Allecet 30 tablets	R78 ⁹⁵
Benylin Four Flu 200ml	R76 ⁹⁵
Broncol Cough Linctus 200ml	R60 ⁹⁵
Coryx 12 effervescent tablets	R54 ⁹⁵
Demazin Syrup 100ml	R62 ⁹⁵
Famucaps 20 capsules	R19 ⁹⁵
Fucidin Cream 15g	R107 ⁹⁵
Fucidin Ointment 15g	R108 ⁹⁵
Ibupain Blister 60 capsules	R97 ⁹⁵
Lansoloc OTC 14 capsules	R62 ⁹⁵
Nurofen for Children 100ml	R61 ⁹⁵
Omiflux 20mg 14 capsules	R59 ⁹⁵
Sinutab Sinus Pain Extra Strength 24 tablets	R64 ⁹⁵
Tensopyn 18 effervescent tablets	R39 ⁹⁵

Panado
Panado 16 effervescent tablets
WAS 39⁹⁵
NOW 31⁹⁵

Panado Blister Pack 24 tablets
WAS 33⁹⁵
NOW 25⁹⁵

DISPRIN
Disprin Extra Strength 48 tablets
WAS 92⁹⁵
NOW 76⁹⁵

Compral
Compral Pain Tablets 50 tablets
WAS 43⁹⁵
NOW 35⁹⁵

Bayer Aspirin
Bayer Aspirin 30 tablets
39⁹⁵

Gelacid
Gelacid Suspension 200ml
WAS 81⁹⁵
NOW 69⁹⁵

Rennie
Rennie Antacid 96 chewable tablets Assorted
WAS 85⁹⁵
NOW 82⁹⁵

Alkafizz
Alkafizz Granules 120g
WAS 74⁹⁵
NOW 59⁹⁵

Clearblue
Know early
#1 World Selling Brand
6 days
Over 99% accurate
Easy to use
Knowing early can help you plan

Loceryl
Loceryl 5% Anti-Fungal Nail Lacquer Kit 2.5ml
WAS 649⁹⁵
NOW 504⁹⁵

Vermox
Vermox 500mg 1 tablet
WAS 55⁹⁵
NOW 42⁹⁵

Contour Plus
Contour Plus Glucose Test Strips 50-pack
WAS 195⁹⁵
NOW 149⁹⁵ per pack

Nicorette
Nicorette Transdermal Patches 7-pack / Assorted
WAS 226⁹⁵
NOW 199⁹⁵ per pack

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, April 2018 - 2020, Tel: 0800 118 274.

Promotional offers valid until 15 August 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.

Dis-Chem PHARMACIES

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

1 FOR 129⁹⁵
2 FOR 160⁰⁰
SAVE 99⁹⁵

B.O.N
Natural Oils
Eucalyptus
Multi-Purpose
Spray
150g

2+1 FREE
on Sally Hand Sanitizer Spray 250ml

Sally Hand Sanitizer Spray
250ml / Assorted

39⁹⁵ each

3-Ply Fabric Face Mask
Assorted 299020

24⁹⁵ each

Dis-Chem brands • fewer RANDS

EF-ACTIVE
SANITIZER SPRAY
ALL IN ONE
400ml

EF-ACTIVE Sanitizer Spray
400ml

WAS 79⁹⁵
54⁹⁵

B Braun
D-Germ
Hand Disinfectant
500ml

WAS 99⁹⁵
74⁹⁵

1 FOR 49⁹⁵
2 FOR 70⁰⁰
SAVE 29⁹⁵

EF-ACTIVE
MISTIZER AIR
SANITIZER SPRAY
225ml

2+1 FREE
on Puri-Clean Advanced Hand Sanitizer 251ml

Puri-Clean Advanced Hand Sanitizer
251ml

49⁹⁵ each

Unisex Multifunctional Fabric Mask
Assorted / 295871

39⁹⁵ each

1 FOR 49⁹⁵
2 FOR 70⁰⁰
SAVE 29⁹⁵

EF-ACTIVE
ANTI-BACTERIAL
HAND WIPES
50 wipes

Wash

1 FOR 13⁹⁵
3 FOR 30⁰⁰
SAVE 11⁹⁵

Savlon
Hygiene Soap
175g / Assorted

1 FOR 14⁹⁵
3 FOR 33⁰⁰
SAVE 11⁹⁵

Protex
Soap Bar
Value Pack
200g / Assorted

1 FOR 8⁹⁵
3 FOR 22⁰⁰
SAVE 4⁹⁵

Sunlight
Soap Bar
175g / Assorted

Dis-Chem brands • fewer RANDS

SAFEGUARD
HYGIENIC HANDWASH
500ml / Assorted

44⁹⁵

SAFEGUARD
ANTIBACTERIAL FOAMING HANDWASH
250ml / Assorted

23⁹⁵

Nature's Nourishment Liquid Hand Wash
500ml / Assorted

32⁹⁵ each

Nature's Nourishment Exotic Oils Handwash
1 litre / Assorted

WAS 52⁹⁵
49⁹⁵ each

Infectedguard
TEA TREE HAND SOAP
500ml

42⁹⁵ each

ADCO
HYGIENE DISINFECTANT HAND SOAP
500ml

WAS 94⁹⁵
74⁹⁵ each

CLEAN HANDS
SAVE LIVES

- Wet hands and apply soap
- Rub palms together to lather soap
- Massage soap all over hands including fingers and wrists
- Count to 20 to ensure you break down & kill the COVID-19 virus
- Rinse and pat dry

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

Dis-Chem
PHARMACIES

U-COUNT
REWARDS

COVID - 19
Vaccination sites
for people over the age of 50



Standard Bank

For a list of vaccination sites and how to register, visit our website at www.dischem.co.za/covid-19-vaccination and scroll down.

DIS-CHEM AND STANDARD BANK IN PROUD PARTNERSHIP #BECAUSEUCOUNT

Standard Bank is an authorised financial services and registered credit provider (NCRDP15). The Standard Bank of South Africa Limited (Reg. No. 2962/000735/10)



Changing Baby



Dis-Chem brands • fewer Rands

NEW



Nappies
50-pack
• Multi-core with super gel
• Wetness indicator
• Double leakage barrier
• Super absorbent

99⁹⁵
per pack

NEW



Baby Wipes
3-pack

65⁰⁰
per pack

Baby Things

Quality Baby Products



Zinc Oxide Cream 10%
100g

43⁹⁵



Bum Repair Cream
250g

44⁹⁵

Disposable Baby Nappy Bags
150 bags

34⁹⁵



HUGGIES

Huggies
SA's No.1
Nappy Brand



Pure OR Natural Care Baby Wipes
4 x 56 wipes

WAS 99⁹⁵
79⁹⁵
per pack



Pants Jumbo Pack
Assorted sizes and quantities

WAS 189⁹⁵
179⁹⁵
per pack

1 FOR 209⁹⁵
2 FOR 400⁰⁰
SAVE 19⁰⁰



New Baby Extra Care Nappies
Assorted sizes and quantities



Bennetts Baby Bum Creme
300g

WAS 99⁹⁵
76⁹⁵



Sudocrem Baby Care Cream
250g

WAS 149⁹⁵
119⁹⁵



Purity Everyday Bum Cream
100ml

34⁹⁵
each

Purity Everyday Bum Spray
125ml

42⁹⁵
each



Cherubs Baby Wipes Value Pack
6 x 72 wipes Assorted

WAS 109⁹⁵
89⁹⁵
per pack



Bumbies Baby Wipes Value Pack
Normal OR Sensitive 4 x 60 wipes

WAS 69⁹⁵
49⁹⁵
per pack



Pigeon 100% Pure Water Baby Wipes Value Pack
3 x 80 wipes

WAS 119⁹⁵
77⁹⁵
per pack



Oh-Lief Biodegradable Bamboo Baby Wipes Value Pack
3 x 64 wipes

WAS 114⁹⁵
99⁹⁵
per pack

See the symbol, trust the brand. This product is made using natural, naturally derived or organic ingredients.



Oh-Lief Natural Olive Bum Balm
100g

WAS 99⁹⁵
89⁹⁵

See the symbol, trust the brand. This product is made using natural, naturally derived or organic ingredients.



Epi-Max Baby Bum Barrier Cream
50g

WAS 86⁹⁵
62⁹⁵



Angelcare Odour Seal Nappy Bin
Assorted colours

WAS 289⁹⁵
189⁹⁵
each

*Advertised price already reflects discount



Angelcare Bin Refill Cassettes
3-pack

WAS 299⁹⁵
219⁹⁵
per pack



Simplee Sangenic Nappy Disposable Bin Starter Kit
Contains:
• 6 nappies
• 6 refill cassettes
• Nappy bin

WAS 699⁹⁵
449⁹⁵



Eco Nappy Kit
Contains:
• 1 flushable bamboo liner roll
• 5 cloth inserts
• 3 cloth nappies
• Free waterproof nappy bag

WAS 431⁹⁵
379⁹⁵

Dis-Chem
PHARMACIES

Dis-Chem brands • fewer Rands

Oh Baby!



Vest and Leggings Assorted

99⁹⁵ per set

Grower Assorted

109⁹⁵ each

2+1
CHEAPEST FREE
on ANY Oh Baby! clothes



2-pack

Body Vest 2-pack / Assorted

109⁹⁵ per pack



2-pack



2-pack

Beanie 2-pack / Assorted

79⁹⁵ per pack



2-pack

Bibs 2-pack / Assorted

79⁹⁵ per pack

Keeping your little one's clothes clean is important for hygiene and to avoid irritation and discomfort. Keep your baby clean, happy and smelling good.



Wash basket for illustration purposes only

PURITY
Elizabeth Anne's

2+1
CHEAPEST FREE
on ANY Purity & Elizabeth Anne's Toiletory products



Sunlight Baby Auto & Handwash Liquid 1.5 litres

WAS 64⁹⁵
51⁹⁵



Disinfecting Solution 400ml

36⁹⁵ each



Baby Laundry Wash 750ml

47⁹⁵ each



Baby Stain Remover 80ml

22⁹⁵ each



Baby Fabric Conditioner 750ml

36⁹⁵ each

The importance of sterilising your baby's bottles and keeping the kitchen sterilised.

Babies have an immature immune system so their bodies are not strong enough to fight off a range of infections. Sterilising your baby's bottles and ensuring your kitchen is sterilised protects your baby against infections, and symptoms like vomiting and diarrhoea.

Dis-Chem brands • fewer RANDS

BabyThings

Quality Baby Products

Bathing Baby



Honey Body Wash Pump
1 litre

64⁹⁵

Baby Oil
400ml

54⁹⁵

Baby Shampoo
1 litre
OR Lotion 800ml

59⁹⁵



Washcloths
6-pack

39⁹⁵



7 Days Bibs
7-pack

99⁹⁵



Disposable
Bibs with Pocket
10-pack

39⁹⁵

Bibs with Pocket
2-pack / Assorted

39⁹⁵



Training Cup With
Handles
300ml

69⁹⁵

Feeding Baby



Milk Powder
Dispenser
3-layer

54⁹⁵



Bowl with
Spoon
Assorted

36⁹⁵

Double Layer
Sipper / Sucking
Cup
150ml

59⁹⁵



Silicone
Spoon

19⁹⁵

WELL BABY CLINIC

Baby Milestones

These are just guidelines as each child develops at their own unique pace



From Birth:
Your baby will be able to turn its head towards the sound of your voice.



From 2 Months:
Your baby will be able to hold its head steady for a few moments.



From 3 Months:
If you put objects in front of your baby or a mobile above the cot, you will see baby take a swipe at it.



From 4 Months:
Your baby can roll over in one direction.



From 5 Months:
Your baby will be able to reach for objects of interest.



From 6 Months:
Watch your baby roll over from its tummy.



From 7 Months:
Your baby can pass objects from one hand to another and can even hold two objects at the same time.



From 8 Months:
Your baby will probably sit unsupported.



From 9 Months:
Baby starts imitating sounds and recognising its name. Should start responding to 'No'.



From 10 Months:
Your baby finds it fun to drop objects for you to pick up. At this stage they enjoy being read to.



From 11 Months:
Watch your baby crawl and move around furniture.



From 12 Months:
Your baby's understanding will be far more advanced than its speech.



VISIT ONE OF OUR BABY WELLNESS CLINICS IN-STORE
Call our Clinic Call Centre on **086 111 7427**

Dis-Chem PHARMACIES

Feeding Baby

Dis-Chem's nursing practitioners recommend breastfeeding as the first choice.

There are many proven medical advantages to breastfeeding and breast milk. Our nursing practitioners can assist you with feeding advice or alternatives.

PURITY

10 Months
250ml / Assorted*
WAS 15⁹⁵
13⁵⁰

8 Months
200ml / Assorted*
WAS 10⁹⁵
9²⁵

7 Months
125ml / Assorted*
WAS 10⁹⁵
9²⁵

6 Months
80ml / Assorted*
WAS 9⁹⁵
8⁴⁵

1 FOR 12⁹⁵
4 FOR 42⁰⁰
SAVE 9⁹⁵

1 FOR 10⁹⁵
6 FOR 54⁰⁰
SAVE 11⁷⁵

Pouches
110ml / Assorted

Teething Biscuits
150g
WAS 34⁹⁵
28⁹⁵

Instant Baby Maize Porridge
400g / Assorted
WAS 19⁹⁵
14⁹⁵

Instant Baby Maize Porridge
500g / Assorted
WAS 24⁹⁵
19⁹⁵

Baby Cereal Stages 1-3 (Mix With Water)
200g / Assorted
WAS 31⁹⁵
24⁹⁵

Baby Cereal with Milk
200g / Assorted

100% Fruit Juice Blend
200ml / Assorted
WAS 10⁹⁵
7⁹⁵

Cream of Maize Baby's Soft Porridge
400g / Assorted
WAS 19⁹⁵
14⁹⁵

Original
200g / Assorted

Baby Cereal Stages 1-3 (Mix With Water)
200g / Assorted

Baby Cereal with Milk
200g / Assorted

***Excludes Purity Organic Range**

Junior!

Instant Oats
280g / Assorted
WAS 36⁹⁵
26⁹⁵

Soft Muesli
350g / Assorted
WAS 29⁹⁵
24⁹⁵

Instant Noodles
53.5g / Assorted
WAS 10⁹⁵
6⁹⁵

Flavoured Milk
200ml / Assorted
WAS 10⁹⁵
10⁹⁵

2+1 CHEAPEST FREE
on Purity Junior!
Instant Noodles 53.5g
AND Flavoured Milk 200ml

Nestlé

Cerelac Puffs
50g / Assorted
WAS 29⁹⁵
25⁹⁵

Nestum Baby Cereal Stages 1-2 (Just Add Milk)
500g / Assorted
WAS 39⁹⁵
37⁵⁰

Lactokid 4
1.8kg
WAS 199⁹⁵
194⁹⁵

Nankid 4 Optipro
1.8kg
WAS 314⁹⁵
303⁹⁵

Nido 3+ Powdered Drink
1.8kg
WAS 249⁹⁵
216⁹⁵

Hipp Organic Creamy Oats Porridge
150g / Assorted
WAS 54⁹⁵
51⁹⁵

See the symbol, trust the brand. This product is made using natural, naturally derived or organic ingredients.

Smoothis
100g / Assorted
WAS 14⁹⁵
14⁹⁵

Brekkies OR Mealos OR Puds
100g / Assorted
WAS 17⁹⁵
17⁹⁵

KIDDYLICIOUS

Veggie Straws Multi Pack
48g / Assorted
WAS 59⁹⁵
59⁹⁵

Veggie Straws
15g/12g / Assorted
WAS 19⁹⁵
16⁹⁵



Baby Essentials

Shop our
wide range of
Baby products online

24/7
365

shop at
www.dischem.co.za

Nuby

Thirsty Kids
Flip It Boost Cup
Boys OR Girls
360ml

WAS 179⁹⁵
NOW 129⁹⁵ each



Toddler
Sipeez
for Boys
OR Girls
360ml

WAS 104⁹⁵
NOW 79⁹⁵ each

Bright
Feeding
Spoons
3-pack
Assorted

WAS 74⁹⁵
NOW 59⁹⁵ per pack



1 FOR 29⁹⁵
2 FOR 40⁰⁰
SAVE 19⁹⁵

Milton
Sterilising
Surface
Spray
500ml



Pigeon 5 in 1
Baby Bottles
& Accessories
Cleanser
500ml

WAS 99⁹⁵
NOW 74⁹⁵

Baby Things
Bottle Brush
with Sponge

29⁹⁵

Milton
Sterilising
Fluid
1 litre

WAS 84⁹⁵
NOW 59⁹⁵



tommee tippee



Bottle Handles
2-pack
Assorted colours

WAS 134⁹⁵
NOW 79⁹⁵ per pack



Easiflow 360° Lip
Activated Cup
with Handles for
Boys OR Girls
200ml

WAS 164⁹⁵
NOW 99⁹⁵ each



Easiflow 360° Lip
Activated Cup for
Boys OR Girls
200ml

WAS 164⁹⁵
NOW 99⁹⁵ each

Dis-Chem brands • fewer RANDS

Baby Things

Quality Baby Products



Gel-Filled
Teether
2-pack

36⁹⁵ per pack



Pacifier
0-6 months
3-6 months
6-18 months

29⁹⁵ each

Finger-Glove
Toothbrush
Assorted

34⁹⁵



Orthodontic
Soothers
0-6 Months
OR 6-18 Months

WAS 124⁹⁵
NOW 89⁹⁵ per pack



Teethe 'n Feed
Fresh Food
Feeder
4 months+

WAS 129⁹⁵
NOW 79⁹⁵

Teethe 'n Cool
Fish Teether

WAS 119⁹⁵
NOW 79⁹⁵ each



Tooth & Gum
Wipes with
Citroganix
36 wipes

WAS 84⁹⁵
NOW 59⁹⁵ per pack

Soothing
Gel with
Gummeeze
Teether
15g

WAS 74⁹⁵
NOW 54⁹⁵



Wacky
Teething Ring

WAS 104⁹⁵
NOW 79⁹⁵

Icy Bite
Soothing
Teether
Assorted

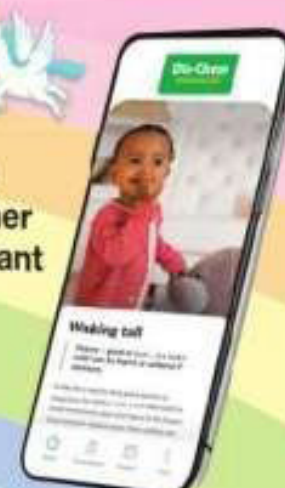
WAS 74⁹⁵
NOW 57⁹⁵ each

Mom, make sure you have the **Dis-Chem App**



With the app you can make all your appointments for the Baby Wellness clinics, get reminders for medication and other important milestones, check product prices and read important Mom & Baby articles. Also find out more about the Baby Programme and VIBs (Very Important Babies).

Download the app today



Call our Clinic Call Centre on 086 111 7427 or use our app to book your appointment today

Promotional offers valid from 16 July to 15 August 2021 while stocks last - may not be available in all stores.



Sleep, Safety & Travel Systems

Dis-Chem + The below products are only available online at www.dischem.co.za

Shop our wide range of Baby products online

24/7
365

shop at
www.dischem.co.za

BabyThings
Quality Baby Products



SAVE
400⁰⁰*

Snuggletime
Co Sleeper
Side by Me
300028

• Suitable from birth up to 9kg
• Includes mattress
• Height adjustment feature settings

WAS 1999⁹⁵
NOW 1499⁹⁵



SAVE
60⁰⁰*

SAVE
80⁰⁰*

Snuggletime
Co Sleeper
Camping Cot*
300565

• On wheels
• Suitable from birth up to 15kg
• Changing station

WAS 1899⁹⁵
NOW 1499⁹⁵



Snuggletime
Nanotect Foam
Easy Breath
Mattress
355708

• Anti-allergy
• Breathable membrane
• Waterproof

WAS 359⁹⁵
NOW 299⁹⁵

Snuggletime
Bamboopaedic Mattress
305058

• Anti-allergy
• Breathable membrane
• Soft touch
• Super absorbent
• Waterproof

WAS 579⁹⁵
NOW 499⁹⁵

Baby Stroller
216820

• Adjustable canopy
• Foldable
• 360° rotating front wheels
• Foot step on brake system
• Shopping basket
• Safety belt

WAS 2499⁹⁵
NOW 1999⁹⁵



SAVE
500⁰⁰*

*Image for illustration purposes, contents not included



SAVE
100⁰⁰*

Chelino
Siesta
Camping Cot
293201

• Set of wheels with brakes
• Suitable from birth up to 15kg
• Changing station

WAS 1499⁹⁵
NOW 1399⁹⁵



Chelino
Jungle Cave Playmat
325845

• Cotton soft, foldable baby play mat
• Cave/tent-like canopy to develop play

799⁹⁵



SAVE
200⁰⁰*

Chelino
Car Walker
325845

• 360° rotating seat
• 3-position height adjustment

WAS 1799⁹⁵
NOW 1599⁹⁵



Chelino
Blazer Car Seat
330451

• Inner adjusting harness
• Non-slide shoulder pads with stomach pillow
• 3-position recline seat with a 5-point safety harness
• 0-13kg rearward facing
• 9-36kg forward facing

1699⁹⁵



SAVE
260⁰⁰*

Chelino
Tazz Stroller
325845

• Suitable from birth up to 18kg
• 5-point safety belt harness
• Multi-position recline

WAS 1959⁹⁵
NOW 1699⁹⁵



Baby Things
Blankets
Assorted colours

199⁹⁵

Angelcare



Digital Sound
Monitor AC110
210159

• Voice-activated sound transmission
• Continuous sound transmission

WAS 1399⁹⁵
NOW 1099⁹⁵



Sound and Movement Monitor AC127
219575

• Alarm will sound if there is no movement after 20 seconds
• Non-contact monitoring
• One-time installation

WAS 2399⁹⁵
NOW 1999⁹⁵

*Advertised prices already reflect discounts

4
BIO

Baby Toys



My First
Puppy
OR
My First 10"
Butterfly

189⁹⁵



Super
Shaker

84⁹⁵



Musical
Pullstring
Bunny
OR
Tiger

169⁹⁵



Twirly
Whirly
Rattle

124⁹⁵



My First
Bendy Ball

169⁹⁵

playgro



Breast Pumps

Shop our
wide range of
Baby products online

24/7
365

shop at
www.dischem.co.za

medela



SAVE
1500⁰⁰*

Freestyle Flex
Electric Breast Pump

326186

- Rechargeable battery pump
- Keep track with MyMedela® App
- 2-phase expression

*Advertised price already reflects discount

WAS 8999⁹⁵
NOW 7499⁹⁵



Medela
Mini Electric
Breast Pump

3031

WAS 1499⁹⁵
NOW 1199⁹⁵



Medela
Swing Flex
Breast Pump

326158

WAS 3499⁹⁵
NOW 2899⁹⁵

- Compact, portable and easy to use



Medela Harmony
Essentials Pack
Manual Breast
Pump

286890

WAS 995⁹⁵
NOW 729⁹⁵



Medela
Harmony Manual
Breast Pump

185086

WAS 799⁹⁵
NOW 629⁹⁵



Tommee Tippee
Made for Me
Single Electric
Breast Pump*

WAS 1699⁹⁵
NOW 1199⁹⁵



Tommee Tippee
Made for Me
Single Silicone
Breast Pump

WAS 279⁹⁵
NOW 169⁹⁵

*Purchase can be claimed back from Medical Aid



Medela
Swing Maxi Flex
Electric Breast Pump

326180

- 2-phase expression technology
- AC adaptor or battery power option
- PersonalFit™ breast shield

WAS 5199⁹⁵
NOW 4299⁹⁵

*Advertised price already reflects discount



Pigeon
Manual Breast
Pump

159452

WAS 799⁹⁵
NOW 449⁹⁵



Nuby
Silicone Manual
Breast Pump

219578

WAS 169⁹⁵
NOW 129⁹⁵



Vital Baby
Nurture Flexcone
Electric
Breast Pump

287963

WAS 2256⁹⁵
NOW 1499⁹⁵

*Advertised price already reflects discount



Mom Essentials



Carriwell Organic
Post-Birth Belly Binder
Small-Medium OR Large-Extra
Large / Assorted colours

WAS 514⁹⁵
NOW 379⁹⁵



Pigeon
Comfy Feel
Breast Pads

50-pack

WAS 99⁹⁵
NOW 89⁹⁵

Dis-Chem brands • fewer RANDS

SOFTI

- 1 Maternity Pads 12-pack 24⁹⁵
- 2 Organic Cotton Pads 60-pack 29⁹⁵
- 3 Cotton Wool 500g 59⁹⁵
- 4 Cotton Pads 60-pieces 24⁹⁵
- 5 Cotton Buds 500-pack 24⁹⁵

See the symbol, trust the brand. This product is made using natural, naturally derived or organic ingredients.



Palmer's Cocoa
Butter Formula
Massage Lotion
for Stretch Marks
1 litre

WAS 254⁹⁵
NOW 224⁹⁵



Palmer's Cocoa
Butter Formula
Massage Lotion
for Stretch Marks
250ml

WAS 86⁹⁵
NOW 76⁹⁵

Purity
Nipple Cream
50ml

69⁹⁵

Purity
Stretch Mark
Cream
200ml

94⁹⁵



2+1
CHEAPEST
FREE
on ANY Purity &
Elizabeth Arden's
products



Pigeon
Breastmilk
Storage Bags

25-pack

WAS 109⁹⁵
NOW 89⁹⁵



Pigeon
Nipple Care
Cream

50g

WAS 179⁹⁵
NOW 144⁹⁵



Lil-Lets
Maxi Maternity
Pads

10 Extra Long
PLUS
Feminine
Wipes

10-pack
Assorted

BUY BOTH
FOR
40⁰⁰
SAVE 8⁰⁰



Dove
100% Pure Cotton
Fine Cotton Wool
Pads 80-pack
PLUS Buds 200-pack

BUY BOTH
FOR
35⁰⁰
SAVE 11⁰⁰



Children's Health



Biogen Junior Zinc-Mune Syrup
200ml / Assorted

WAS 64⁹⁵
NOW 54⁹⁵

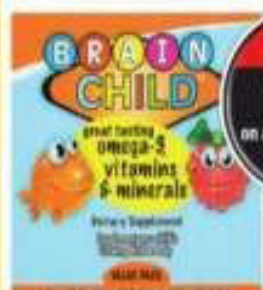
Biogen Junior Pro Biotic Drops
5ml

WAS 129⁹⁵
NOW 109⁹⁵



Biogen Multi Vitamin Gummies Junior
60 gummies

WAS 119⁹⁵
NOW 104⁹⁵



Brain Child Omega-3 Vitamins & Minerals
60 fish oil bursts PLUS
60 multivitamin chewable tablets

314⁹⁵

2+1 CHEAPEST FREE on ANY Brain Child Vitamins



Vital Kids A-Z Multivitamin Chewable
60 chewable tablets

WAS 129⁹⁵
NOW 115⁹⁵



Braun IRT 6520 Ear ThermoScan 7
150182

WAS 999⁹⁵
NOW 699⁹⁵



Nuby Medicine Bottle

WAS 67⁹⁵
NOW 49⁹⁵

*Advertised price already reflects discount



Dis-Chem brands fewer RANDS



Lifestyle Nutrition Emulsion Multivitamin & Mineral Supplement
200ml

WAS 84⁹⁵
NOW 69⁹⁵ each



Dis-Chem GOLD Yummy Vites
60 chew tablets

WAS 69⁹⁵
NOW 59⁹⁵ each



Baby Things Nasal Mucus Cleaner

34⁹⁵



Baby Things Duck Shaped Bath Thermometer

17⁹⁵



Digital Thermometer
200877

21⁵⁰



Oricom Bath & Room Thermometer

WAS 299⁹⁵
NOW 229⁹⁵



Karvol Decongestant Chest Rub
50g

WAS 42⁹⁵
NOW 33⁹⁵



Sterimar Isotonic Nasal Hygiene Spray
50ml

139⁹⁵



Bennetts Saline Nose Spray with Aspirator
30ml

WAS 84⁹⁵
NOW 66⁹⁵ each



Growing Pains Syrup
200ml / Assorted

WAS 109⁹⁵
NOW 99⁹⁵



NutriPure Kids Multivitamin Complete OR Vitamin C
60 gummies

WAS 109⁹⁵
NOW 99⁹⁵ each



Nuby Medical Kit

WAS 179⁹⁵
NOW 129⁹⁵



Women's Health



PregOmega
30 day pack

WAS 244⁹⁵
NOW 229⁹⁵



Pregnavit M
30 capsules

WAS 112⁹⁵
NOW 99⁹⁵



Gelasil-S
24 tablets

1 FOR 72⁹⁵
2 FOR 119⁹⁵
SAVE 25⁹⁵



Gelasil Plus Suspension
200ml

1 FOR 126⁹⁵
2 FOR 209⁹⁵
SAVE 43⁹⁵



Dis-Chem brands fewer RANDS



Dis-Chem GOLD CRANBERRY
60 softgel capsules

WAS 114⁹⁵
NOW 99⁹⁵



Lifestyle Nutrition Pregnancy Pack
30 Day Pack

- 30 Multivitamin and Mineral tablets
- 30 Calcium, Vitamin D3, MenaQ7 (Vit K) and Magnesium tablets
- 30 Omega-3 Fish Oil capsules

WAS 239⁹⁵
NOW 199⁹⁵



OviVance
60 tablets

WAS 256⁹⁵
NOW 236⁹⁵



Bio-herbal Meno+ Duo
60 capsules

WAS 296⁹⁵
NOW 279⁹⁵



Dis-Chem GOLD FOLIC ACID PLUS
30 vegcaps

WAS 64⁹⁵
NOW 49⁹⁵



Well Baby Clinic Services



WELL BABY CLINIC

Weight, measurement and development assessments for your baby

Receive advice on:

- Breastfeeding
- Introducing solids
- Preventing rashes and possible allergies
- Normal sleep patterns for baby
- Teething
- Treatment of colic



Baby & childhood vaccinations

AGE OF CHILD	VACCINES NEEDED	HOW AND WHERE IT IS GIVEN
At birth	BCG Bacilles Calmette Guerin	Right arm
	OPV (0) Oral Polio Vaccine	Drops by mouth
	OPV (1) Oral Polio Vaccine	Drops by mouth
	RV (1) Rotavirus Vaccine*	Liquid by mouth
6 weeks	DTaP-IPV-Hib-HBV (1) Diphtheria, Tetanus, Acellular Pertussis, Inactivated Polio Vaccine and Haemophilus Influenzae Type B and Hepatitis B Combined	Intramuscular / left thigh
	PCV (1) Pneumococcal Conjugated Vaccine	Intramuscular / right thigh
10 weeks	DTaP-IPV-Hib-HBV (2) Diphtheria, Tetanus, Acellular Pertussis, Inactivated Polio Vaccine and Haemophilus Influenzae Type B and Hepatitis B Combined	Intramuscular / left thigh
	RV (2) Rotavirus Vaccine*	Liquid by mouth
14 weeks	DTaP-IPV-Hib-HBV (3) Diphtheria, Tetanus, Acellular Pertussis, Inactivated Polio Vaccine and Haemophilus Influenzae Type B and Hepatitis B Combined	Intramuscular / left thigh
	PCV (2) Pneumococcal Conjugated Vaccine	Intramuscular / right thigh
6 months	Measles Vaccine (1)**	Subcutaneous / left thigh
9 months	PCV (3) Pneumococcal Conjugated Vaccine	Intramuscular / right thigh
	Meningitis (1)	Intramuscular / left thigh
9 months onwards	Chicken pox	Subcutaneous / left thigh
12 months	Measles Vaccine (2)**	Subcutaneous / right arm
9 – 18 months	Measles - Mumps - Rubella	Intramuscular / right arm
	Meningitis (2)	Intramuscular / left arm
18 months	DTaP-IPV-Hib-HBV (4) Diphtheria, Tetanus, Acellular Pertussis, Inactivated Polio Vaccine and Haemophilus Influenzae Type B and Hepatitis B Combined	Intramuscular / left arm
	Hepatitis A (1)	Intramuscular / right arm
2 years	Hepatitis A (2)	Intramuscular / right arm
6 years	Td Vaccine Tetanus and reduced strength of Diphtheria Vaccine	Intramuscular / left arm
	Measles - Mumps - Rubella	Intramuscular / right arm
9 years onwards	HPV (1)	Intramuscular / left arm
	HPV (2) 6 months later	Intramuscular / left arm
12 years	Td Vaccine Tetanus and reduced strength of Diphtheria Vaccine	Intramuscular / left arm
	Measles - Mumps - Rubella	Intramuscular / right arm

*Rotavirus Vaccine should NOT be administered after 24 weeks

**Do not administer with any other vaccine



SHOP ONLINE

24/7

365

Scan QR code to shop directly online

Delivered to your door
OR collect from any Dis-Chem
nationwide - dischem.co.za
Free delivery on
orders of 600* or more.
No charge for collection in-store.



Dis-Chem
PHARMACIES

Pharmacists who care

Dis-Chem reserves the right to limit the quantity of any item offered for sale. Sale products may vary from photographs. Pictures are for illustration purposes only. Some offers may not be available at all stores, including Dis-Chem Express, Dis-Chem Mutual Park, Dis-Chem The Local Choice and Dis-Chem Soweto. Prices include VAT and are valid for cash, cheque or credit card. E&OE.

FLIP CATALOGUE OVER FOR JULY MONTH END SPECIALS

Dis-Chem PHARMACIES



Well Baby Clinic

for all your baby vaccinations

Access to Well Baby Clinics, offering advice on a variety of topics.



for more
turn to
page 13

MOM to be & Baby Programme

Don't miss out on all the essentials to get you started.

FREE
BABY BAG

*Picture is for illustration purposes only

Scan QR Code for more info



Join the Dis-Chem Baby Programme today and enjoy exclusive offers!

Nappy Savings

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

*Exclusive to Benefit Card members



for more
turn to
page 4

Disney DIS-CHEM & DISNEY SHOP AND COLLECT DISNEY HEALTHY-TO-GO ITEMS



Shop our
wide range of Baby
products online



24/7
365

shop at www.dischem.co.za

IT'S ALL ABOUT

Baby AND Tots

16 July - 15 August 2021



Squish
100% Fruit
Puree Pouches
110ml / Assorted

1 FOR 8⁹⁵
6 FOR 45⁰⁰
SAVE 8⁷⁸



PediaSure 3+
Nutritional
Supplement
1.6kg / Assorted

WAS 399⁹⁵
NOW 349⁹⁵



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

59⁰⁰
each

2+1
CHEAPEST
FREE

on ANY Johnson's
baby products

VALUE
PACK



Johnson's
Baby Wipes
Value Pack
Extra Sensitive
4 X 56 wipes
OR
Gentle All Over
4 X 72 wipes

99⁹⁵
per pack



Panado
Paediatric
Syrup
100ml

WAS 49⁹⁵
NOW 43⁹⁵



Bepanthen
Nappy Care
Ointment
100g

1 FOR 199⁹⁵
2 FOR 350⁰⁰
SAVE 49⁹⁵



Huggies Gold Nappies
Jumbo Pack
Assorted sizes and quantities

1 FOR 209⁹⁵
2 FOR 400⁰⁰
SAVE 19⁹⁵

Dis-Chem brands
fewer RANDS



Baby Things
Nappies
Value Size
100-pack
Assorted sizes

189⁹⁵
per pack

VALUE
SIZES



Pampers
Baby-Dry Nappies
Jumbo Pack
Assorted sizes and quantities

1 FOR 199⁹⁵
2 FOR 390⁰⁰



MILLION COMFORTS

Help us care
for more girls
by keeping them in
school, see page 9, July
Month End for details



Bathing Baby with Johnson's®



Johnson's choose gentle™ for healthy baby skin

2+1
CHEAPEST
FREE
on ANY Johnson's
baby products



Baby Soap Value Pack
4 x 120g Assorted
29.95 per pack



Baby Wipes Value Pack
Extra Sensitive 336 wipes
OR Gentle All Over 432 wipes
129.95 per pack

Choose gentle™ for healthy baby skin

Baby Powder 400g / Assorted **47.95** each
Chamomile Baby 3-in-1 Wash 500ml **64.95** each
Baby Shampoo 750ml **64.95** each

Top-to-Toe Wash 500ml **64.95** each
Baby Lotion 500ml / Assorted **54.95** each
Baby Aqueous Cream 500ml / Assorted **36.95** each
Dream Cologne 100ml / Assorted **39.95** each
Baby Jelly 500ml / Assorted **39.95** each

newborn



Cottontouch Oil 200ml **49.95** each

Cottontouch 2-in-1 Bath & Wash
OR Face & Body Lotion 500ml **69.95** each



Protects newborn skin from day 1

2+1
CHEAPEST
FREE
on ANY Johnson's
baby products

active baby



Clinically proven to help baby sleep better*

*When used as part of a nightly routine

Bedtime Soap 175g **14.95** each
Bedtime Powder 400g **47.95** each
Bedtime Bath OR Oil 300ml/200ml **44.95** each
Bedtime Aqueous Cream 250ml **31.95** each

toddler



Gentle Protect Kids Soap 175g **14.95** each
Gentle Protect Kids Bath 500ml **64.95** each

Shiny Drops Kids Conditioner 300ml **49.95** each



Shiny Drops Kids Shampoo 500ml **64.95** each
Shiny Drops Kids Conditioner Spray 200ml **44.95** each



Soft & Shiny 2-in-1 Shampoo & Conditioner 500ml **64.95** each
Soft & Shiny Conditioner Spray 200ml **39.95** each

Washes away 99% of germs**

** Test performed with E. coli

Boosts natural shine for silky smooth, healthy-looking hair

2-step solution for soft, shiny & naturally beautiful hair

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



Baby skin is
30%
thinner than
adult skin



Harsh products can
dry and damage
the skin barrier,
making it more
vulnerable to
infection



Try Johnson's®
now with
100%
gentle
ingredients



Keep your baby's
skin healthy at
every age and
stage with the
gentle care of
Johnson's®

Disney

DIS-CHEM & DISNEY
SHOP AND COLLECT DISNEY HEALTHY-TO-GO ITEMS

R125



Look out for
participating
offers



COMING TO A
Dis-Chem
NEAR YOU
END JULY

1. Spend

2. Get 1 sticker

3. Extra stickers

4. Collect stickers

5. Redeem an item from the range

While stocks last. T&C's apply



Bathing Baby



Triderm Baby Protective Cream 20% Zinc Oxide 100ml

74⁹⁵ each



Triderm Baby Soothing Cream 100ml

79⁹⁵ each



Triderm Baby Ultra Gentle Shampoo 200ml

89⁹⁵ each



Triderm Baby Bath Cream 500ml

134⁹⁵ each



Elizabeth Anne's

Baby Oil 200ml

44⁹⁵ each

Baby Aqueous Cream 325ml / Assorted

32⁹⁵ each

Special Baby Shampoo 500ml Pump Assorted

59⁹⁵ each



Himalaya SINCE 1930



Gentle Baby Bath 200ml

38⁹⁵ each

Gentle Baby Shampoo 200ml

38⁹⁵ each

Baby Powder 200g

38⁹⁵ each

Baby Lotion 200ml

42⁹⁵ each

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



Moisturising Lotion 250ml

57⁹⁵ each

Body Wash 200ml

47⁹⁵ each

Petroleum Jelly 250ml / Assorted

32⁹⁵ each



Epizone-A Baby & Kids Cream 500ml

71⁹⁵ each



Epizone-E Baby & Kids Ointment 500ml

99⁹⁵ each



Epi-Max Baby & Junior Cream 400g

84⁹⁵ each

oh-lief

Natural Aqueous Cream 250ml

124⁹⁵ each



Natural Olive Shampoo & Baby Wash 400ml

169⁹⁵ each

Natural Olive Shampoo & Baby Wash 200ml

99⁹⁵ each

*Offer only applicable on the above BioNive Triderm Baby, Purity & Elizabeth Anne's, Portia M for Baby, Himalaya Baby, Oh-Lief, Epi-Max Baby & Junior AND Epizone Baby & Kids products



Bobini Natural Care Body Wash 200ml

34⁹⁵

Bobini Natural Care Bubble Bath 330ml OR Foam Wash 300ml

OR Shampoo 200ml

39⁹⁵ each

baby Dove

100% skin natural nutrients



Lotion 200ml

Rich Moisture OR Sensitive

WAS 36⁹⁵ NOW 27⁹⁵ each

Head to Toe Wash 400ml

Rich Moisture OR Sensitive

WAS 62⁹⁵ NOW 44⁹⁵ each

Wipes 50-pack

Rich Moisture OR Sensitive

WAS 32⁹⁵ NOW 22⁹⁵ per pack

Rich Moisture Soap Bar 75g

WAS 11⁹⁵ NOW 9⁹⁵



Pure Beginnings Organic Baby Wash & Shampoo 500ml

WAS 139⁹⁵ NOW 99⁹⁵

Bennetts Baby Moisturising Cream 500ml

WAS 42⁹⁵ NOW 39⁹⁵

Dis-Chem PHARMACIES



Changing Baby with Pampers.



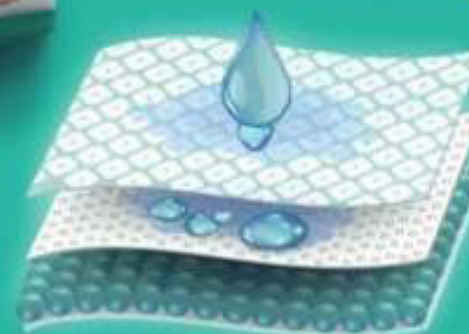
Pampers
premium care™

Advanced Skin Protection™
with Airflow Tech™



Pampers
baby-dry™

Double protection
from wetness
and bum rash



Ultra absorbent core
Protects against wetness on Baby Dry Diapers and Pants.

1 FOR 199⁹⁵
2 FOR 390⁰⁰

Pampers premium care™ nappies Value Pack
Assorted sizes and quantities
OR
Pampers premium care™ pants Value Pack
Assorted sizes and quantities



1 FOR 199⁹⁵
2 FOR 390⁰⁰



1 FOR 199⁹⁵
2 FOR 390⁰⁰

Active Baby Pants Jumbo Pack
Assorted sizes and quantities



Aqua Pure Wipes Value Pack
3 x 48 wipes

89⁹⁵
per pack



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



99⁹⁵
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



Moisturise

Exclusive to Benefit Card holders. Sign up in-store, online or dial *130*13064

INSTANT DISCOUNTS only when you purchase with your Benefit Card

Dis-Chem **UTILITY BENEFIT CARD**



Healing Hands Body Glove Moisturising Body Cream SPF15 500ml

WAS 114⁹⁵
NOW 89⁹⁵



Good Stuff Hand Cream 75ml / Assorted

WAS 28⁹⁵
NOW 23⁹⁵



Dove Nourishing Body Care Rich Nourishment Cream 150ml

WAS 44⁹⁵
NOW 29⁹⁵



Cuticura Sensitive Body Cream 450ml Assorted

WAS 59⁹⁵
NOW 49⁹⁵



Dis-Chem brands • fewer Rands



Nature's Nourishment Hand Cream 75ml / Assorted

14⁹⁵



Colloidal Oatmeal Daily Moisturising Lotion 227ml tube

29⁹⁵



Skin eFX Hand Cream 75ml / Assorted

14⁹⁵



Fortified Aqueous Cream PLUS 250ml

34⁹⁵

INSTANT DISCOUNT 1000* OFF WITH YOUR Dis-Chem BENEFIT CARD



Ef-Active Camphor Cream 250ml

39⁹⁵
Benefit Price 29⁹⁵

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



Gloves in a Bottle All-In-One Shielding Lotion 240ml

WAS 249⁹⁵
NOW 199⁹⁵



Immune Support & Vitamin C



Airmune Immune System Supporter Value Pack 30 effervescent tablets

WAS 209⁹⁵
NOW 184⁹⁵



Dis-Chem brands • fewer Rands



VirAway Cold & Flu Immune System Enhancer Value Pack 120 capsules

WAS 219⁹⁵
NOW 199⁹⁵



Biogen Vitamin C Fizzy 30 effervescent tablets

WAS 149⁹⁵
NOW 119⁹⁵



Bettaway Mega C 1000 Fizz 10 effervescent tablets

WAS 149⁹⁵
NOW 129⁹⁵



Bettaway Mega C 1000 Fizz 10 effervescent tablets

WAS 54⁹⁵
NOW 47⁹⁵

25% OFF ALL Nativia Complex vitamin products



Nativia Complex Vitamin C 1000mg 30 capsules

WAS 79⁹⁵
NOW 59⁹⁵



Nativia Immune Complex Antioxidant Support 30 tablets

WAS 139⁹⁵
NOW 104⁹⁵

*Advertised prices already reflect discount



A.Vogel Echinaforce 120 tablets

WAS 204⁹⁵
NOW 189⁹⁵



#4EachOther
Connecting Keeps Us Strong

Our pharmacists

want to help you manage HIV prevention, testing, treatment and support.

PrEP - Pre-Exposure Prophylaxis taken daily can prevent HIV.

PEP - Post-Exposure Prophylaxis taken shortly after sex reduces HIV risk.

ARVs - Anti-RetroVirals help you to live a normal life with HIV.

Ask your Dis-Chem pharmacist or nurse for further advice. We believe that sharing a concern can be a step towards solving it.

Dis-Chem
PHARMACIES



Bath & Body Care



2+1 FREE
on ANY Lifebuoy
Handwash
200ml

1 FOR 12⁰⁰
2 FOR 19⁰⁰
SAVE 6⁰⁰



Hygiene Soap Bar
175g / Assorted



Handwash
200ml / Assorted **29⁹⁵**

BUY BOTH FOR 39⁹⁵
SAVE 24⁰⁰



Hygiene Bodywash
750ml / Assorted
WAS 54⁰⁰
39⁹⁵



Hand Sanitizer
100ml PLUS
Instant Hand
Sanitizer Spray
100ml

*At 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.

1 FOR 29⁹⁵
2 FOR 46⁰⁰
SAVE 13⁰⁰



Radox
Hand Wash
300ml
OR Body Wash
250ml / Assorted

1 FOR 42⁰⁰
2 FOR 60⁰⁰
SAVE 25⁰⁰



Radox
Foam Bath
500ml
OR Body Wash
400ml / Assorted



Dis-Chem brands • fewer RANDS

NATURE'S
NOURISHMENT



Evening Primrose
Luxury Soluble
Bath Oil
500ml
WAS 64⁰⁰
59⁹⁵



Foam
Bath Oil
250ml
Available
in Tea Tree &
Lavender variants
34⁹⁵



Bath &
Shower
Gel
1 litre / Assorted
59⁹⁵



Soap
100g / Assorted

1 FOR 12⁰⁰
2 FOR 20⁰⁰
SAVE 5⁰⁰



Safeguard
Hygienic
Bodywash
750ml / Assorted
49⁹⁵

Safeguard
Hygiene
Liquid
750ml / Assorted
39⁹⁵



Dalan
d'Olive
Moisturizing
Shower Gel
400ml
99⁹⁵



Savlon
Antiseptic Liquid
750ml
WAS 62⁰⁰
44⁹⁵



Sunlight
Bubble Bath
2 litres
Assorted
WAS 64⁰⁰
47⁹⁵



1 FOR 36⁰⁰
2 FOR 45⁰⁰
SAVE 28⁰⁰

NIVEA
Shower Gel
250ml / Assorted



1 FOR 13⁰⁰
2 FOR 20⁰⁰
SAVE 7⁰⁰

Lux
Soap Bar
175g
Assorted



1 FOR 37⁹⁵
2 FOR 60⁰⁰
SAVE 15⁰⁰

Lux
Shower Gel
OR Body Wash
400ml / Assorted



1 FOR 61⁰⁰
2 FOR 90⁰⁰
SAVE 33⁰⁰

Sanex
Shower Gel
500ml / Assorted*

*Excludes Sanex Advanced Series



DIS-CHEM & DISNEY

SHOP AND COLLECT DISNEY HEALTHY-TO-GO ITEMS



1. Spend



2. Get 1 sticker



3. Extra stickers



4. Collect stickers



5. Redeem an item from the range



While stocks last. T's & C's apply.

Exclusive to Benefit Card holders.
Sign up in-store, online or dial *120*19858

INSTANT DISCOUNTS

only when you purchase with your Benefit Card



NIVEA
Shower Gel
750ml
Assorted
69⁹⁵
59⁹⁵



Epizone
Heel Balm
Keratolytic Cream
100ml
38⁹⁵
28⁹⁵
Xeroderm
Night Cream
100ml
78⁹⁵
68⁹⁵

INSTANT DISCOUNT
10⁰⁰* OFF
WITH YOUR
Dis-Chem
BENEFIT Card

Epizone A
Cream with
Cetomacrogol
500ml
62⁹⁵
52⁹⁵

Epizone PLUS
HYDRATING CREAM
WITH UREA
500ml
94⁹⁵
84⁹⁵

Epizone E
Ointment with
Cetomacrogol
500ml
92⁹⁵
82⁹⁵

*10⁰⁰ instant discount to be deducted when swiping your Dis-Chem Benefit Card

2+1
CHEAPEST
FREE
on ANY Ingram's
products



Ingram's
Camphor Cream
500ml / Assorted
46⁹⁵



Ingram's
Premium Body Lotion
400ml / Assorted
49⁹⁵



Ingram's
Body Lotion
400ml / Assorted
39⁹⁵

*Available in Roobos, Hemp Oil AND Tissue Oil variants

2+1
CHEAPEST
FREE
on Cetaphil
products*



Cetaphil
Moisturising Lotion
300ml



Cetaphil
Gentle Skin Cleanser
250ml

Cetaphil
Body Moisturising Lotion
200ml
249⁹⁵

Cetaphil
Face & Body
Gentle Skin
Cleanser
250ml
184⁹⁵

*Offer excludes Cetaphil Baby AND Sun products

Dis-Chem brands • fewer RANDS



Nature's Nourishment
Signature Collection
Evening Primrose
Moisturising Lotion
500ml
49⁹⁵



Colloidal Oatmeal
Daily Moisturising Lotion
532ml / Assorted
39⁹⁵



Nature's Nourishment
Signature Collection
Body Lotion
1 litre / Assorted
119⁹⁵



Nature's Nourishment
Body Lotion
237ml / Assorted
29⁹⁵



Skin eFX
Body Lotion
400ml / Assorted
24⁹⁵

30% OFF
Eucerin body care products**



Eucerin
Even Pigment
Perfector Body Lotion
SPF 7
250ml
125⁹⁷



Eucerin
UreaRepair
PLUS Dry Skin Lotion
250ml
153⁹⁷

*Advertised prices already reflect discount
**Offer excludes Eucerin Sun AND Hair products

2+1
FREE
on ANY Lip Ice
products



Lip Ice
Wax
4.9g / Assorted
19⁹⁵

1 FOR 25⁹⁵
2 FOR 40⁰⁰
SAVE 11⁹⁵



Vaseline
Lip Therapy
20g / Assorted



Dove
Body Lotion
400ml / Assorted
36⁹⁵



Epi-Max
Man Cream
400g
59⁹⁵

*Excludes Dove Nourishing Secrets range



E45
Cream Pump OR Jar
500g
179⁹⁵



E45
Cream
500g
179⁹⁵



CERVICAL CANCER
AWARENESS MONTH

Cervical cancer in South Africa is extremely high; reportedly between 22.8 and 27 per 100 000 women compared to the global average of 15.3.
It can be successfully treated if detected in the early stages, so it's important that women book regular pap smears and are aware of the symptoms.

Stay safe. Book your PAP Smear test today. 250⁰⁰
Valid from 16 July to 15 August 2021.

Special Pap Smear screenings and HPV vaccinations available.
Boys & girls can be safely vaccinated against HPV from the age of 9.

Dis-Chem supports the Department of Health HPV vaccine school programme to prevent cervical cancer.

Call 086 111 7427 or book via our app. Also ask your Dis-Chem nursing practitioner for more information.



HPV
HUMAN
PAPILLOMA
VIRUS

Immunisation for the prevention of cervical cancer

Promotional offers valid from 16 July to 15 August 2021 while stocks last – may not be available in all stores.



Face Care

L'ORÉAL PARIS

REVITALIFT FILLER (Hyaluronic Acid)

BOUNCY, TONED, REVITALISED SKIN
VISIBLE RESULTS FROM WEEK 1*

*Consumer study

Scan to learn more about L'Oréal Paris

20% OFF
ALL L'Oréal Paris Revitalift face care products

FATIGUE GONE. GLOW ON!

Filler Hyaluronic Acid Replumping Micellar Cleansing Water 200ml
WAS 79⁹⁵
63⁹⁵

Filler Hyaluronic Acid Replumping Gel Wash 150ml
WAS 119⁹⁵
95⁹⁵

Filler Hyaluronic Acid Replumping Serum 30ml
WAS 299⁹⁵
239⁹⁵

Energising Red Ginseng Day Cream OR Night Cream 50ml
WAS 199⁹⁵
159⁹⁵ each

*Advertised prices already reflect discount

POND'S

20% OFF
ALL Pond's Pimple Clear AND Perfect Colour face care products

Pimple Clear Facial Wash 43ml
WAS 36⁹⁵
29⁵⁶

Perfect Colour Complex Anti-Marks Beauty Cream 40ml
WAS 40⁹⁵
32⁷⁶

*Advertised prices already reflect discount

OLAY

BUY 1 & GET A 2ND Olay face care product AT HALF PRICE*

Regenerist Advanced Anti-Ageing Micro-Sculpting Serum 50ml
359⁹⁵

Luminous Night Cream 50ml
399⁹⁵

Total Effects Anti-Ageing Moisturiser SPF15 50ml
219⁹⁵

*Offer only applicable on cheapest Olay face care product

Stand a chance to WIN*

1 of 20 R5000⁰⁰ cash prizes when you purchase **ANY TWO NIVEA ladies' face care products.** Enter by swiping your **Dis-Chem Benefit Card.**

Ta&Cs apply. Details on dischem.co.za.
*Competition is not valid in Botswana or Namibia.

NIVEA

Anti-Age Hyaluron Cellular Filler Day Cream SPF15 50ml
269⁹⁵

Anti-Age Hyaluron Cellular Filler Night Cream 50ml
284⁹⁵

ZERO GREENER LIVING

30% OFF
ALL Zero face care products

Face Wash 100ml
WAS 295⁹⁵
206⁵⁰

Day OR Night Cream 50ml
WAS 395⁹⁵
276⁵⁰ each

ZERO DAY CREAM CRÈME DE JOUR

ZERO NIGHT CREAM CRÈME DE NUIT

*Advertised prices already reflect discount
Zero only available at selected stores or online at dischem.co.za

Eucerin

EVEN PIGMENT PERFECTOR with Thiamidol[®]. Clinically and dermatologically proven to visibly reduce dark spots. Clinically tested on South African skin.

30% OFF
Eucerin Even Pigment Perfector face care products

Dual Serum 30ml
WAS 619⁹⁵
433⁹⁷

Anti-Pigment Spot Corrector 5ml
WAS 299⁹⁵
209⁹⁷

Day Cream SPF30 OR Night Cream 50ml
WAS 479⁹⁵
335⁹⁷ each

*Advertised prices already reflect discount
**Offer only applicable on the above Eucerin Even Pigment Perfector face care products

GARNIER **EVEN & MATTE** **VITAMIN C** **WHY LESS SHINE**

1 FOR 39⁹⁵
5 FOR 175⁰⁰
SAVE 25⁰⁰

Tissue Mask 1-pack

Johnson's

2+1 FREE
on ANY Johnson's Daily Essentials Cleansing Wipes 25-pack

Johnson's Daily Essentials Cleansing Wipes 25-pack / Assorted
49⁹⁵ per pack

Himalaya **SINCE 1930**

2+1 CHEAPEST FREE
on ANY Himalaya face care products

Blackhead Clearing Walnut Scrub 150ml
69⁹⁵ each

Moisturizing Aloe Vera Face Wash 150ml

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

VICHY **LABORATOIRES**

1+1 FREE
on ANY Vichy Dermablend 15ml products

SOS Cover Stick 15ml Assorted shades
335⁰⁰ each

3D Foundation 16HR 30ml Assorted shades
405⁰⁰ each

Fluid Foundation 16HR 30ml Assorted shades
380⁰⁰ each

20% OFF
ALL Vichy Normaderm face care products

Phytosolution Purifying Gel 200ml
WAS 235⁹⁵
188⁰⁰

S.O.S Sulphur Anti-Spot Paste 20ml
WAS 270⁹⁵
216⁰⁰

Phytosolution Double-Correction Daily Care 50ml
WAS 325⁹⁵
260⁰⁰

*Advertised prices already reflect discount. Available while stocks last.
Vichy only available at selected stores - details on dischem.co.za



MILLION COMFORTS

HELP US CARE FOR GIRLS, BY KEEPING THEM IN SCHOOL

Simply purchase any pack of sanitary pads from participating brands in-store, online or via the **Dis-Chem App**

Studies show that girls between 12 and 18 who live in poverty are deprived of about 20% of their high school education because they cannot afford feminine hygiene products and are too embarrassed to go to school during menstruation. Last year you donated over 8.7 million sanitary towels to 220 000 girls in need. This year our target is to exceed 10 million – you can help us get there! #MillionComforts.

HELP US CARE FOR EVEN MORE GIRLS THIS YEAR

Always Cotton Soft Maxi Thick Pads 8 Long

12.95 per pack

Always Cotton Soft Maxi Thick Pads 8 Long

12.95 per pack

Kotex Young Ultra Pads 10 Normal

14.95 per pack

Kotex Ultra Pads 10 Normal

17.95 per pack

Lil-Lets Essentials Thick Pads 8-pack Scented OR Unscented

8.95 per pack

Stayfree Maxi Pads 10 Regular

14.50 per pack

Stayfree Maxi Pads Value Pack 20 Regular

26.95 per pack

Libresse Protection & Comfort Maxi Pads 10 Regular 9 Maxi+ Long

13.95 per pack

Comfitec Ultra Thin OR Maxi Thick OR Teenz Ultra Thin OR Teenz Maxi Thick Pads 10-pack Scented OR Unscented

12.95 per pack



Participating brands will match every pack with an equal donation. Valid 10 June - 1 August 2021

Always Comfort Protect Daily Liners 20-pack Scented OR Unscented

19.95 per pack

Always Platinum Ultra Thin Pads 7 Long

29.95 per pack

Always Ultra Thin Pads 10 Normal

24.95 per pack

Libresse Ultra Long Pads 8-pack

21.95 per pack

Libresse Daily Liners 30-pack

27.95 per pack

Stayfree Cotton Touch Everyday Pantyliners 20-pack

14.95 per pack

Stayfree ProComfort Tampons 16 Normal

24.95 per pack

Lil-Lets Smartfit Tampons 32-pack / Assorted

27.95 per pack

Intima Soothing Wipes 40-pack

36.95 per pack

Tampax Tampax 20 Regular

59.95 per pack

Tampax Compak Tampons 16 Regular 16 Super 16 Super Plus

49.95 per pack

Kotex Everyday Pantyliners 40-pack Scented OR Unscented

20.95 per pack

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. Anti-FSP. Limits. T&Cs apply.



Dental Care



INSTANT DISCOUNTS

only when you purchase with your Benefit Card



INSTANT DISCOUNT 5.00* OFF
WITH YOUR Dis-Chem BENEFIT Card

Dentalmate Toothbrushes Travel Set PLUS Caps
5-pack / Assorted

29.95 each pack
24.95 each pack

INSTANT DISCOUNT 4.00* OFF
WITH YOUR Dis-Chem BENEFIT Card

Dentalmate Kids Toothbrush PLUS Toy

15.95 each pack
11.95 each pack

INSTANT DISCOUNT 5.00* OFF
WITH YOUR Dis-Chem BENEFIT Card

Pierrot Sharky Toothbrush

24.95 each pack
19.95 each pack

VALUE PACK

Dentalmate Mouthwash Value Pack
1.5 litres Assorted

69.95 each pack
59.95 each pack

INSTANT DISCOUNT 3.00* OFF
WITH YOUR Dis-Chem BENEFIT Card

Aquafresh Family Toothbrushes Value Pack
2-pack

15.95 each pack
12.95 each pack

INSTANT DISCOUNT 3.00* OFF
WITH YOUR Dis-Chem BENEFIT Card

Dentalmate Cool Mint Toothpaste
75ml
PLUS FREE Toothbrush

14.95 each pack
11.95 each pack

VALUE PACK

Aquafresh Fresh & Minty Toothpaste Value Pack
2 x 100ml

25.95 each pack
21.95 each pack

INSTANT DISCOUNT 4.00* OFF
WITH YOUR Dis-Chem BENEFIT Card

Colgate Optic White Whitening Toothpaste Value Pack
2 x 75ml Assorted

66.95 each pack
54.95 each pack

***Instant discounts to be deducted when swiping your Dis-Chem Benefit Card**

Dis-Chem brands Fewer RANDS

1 FOR 35.95
2 FOR 59.95
SAVE 11.95

SENSODYNE

Sensodyne Gentle Whitening OR Herbal Multi Care Toothpaste
75ml

1 FOR 58.95
2 FOR 92.00
SAVE 25.95

SENSODYNE

Sensodyne Complete Protection OR Sensitivity & Gum Toothbrush Soft OR Sensitivity & Gum OR Whitening Repair & Protect Toothpaste
75ml

2+1 CHEAPEST FREE
on these dental care brands*

oligan

oligan Detoxifying Charcoal OR Mighty Cocoa Toothpaste
75ml

109.95 each pack

Protifix

Protifix Dentures Adhesive Cream
47g

99.95 each pack

G-U-M

G-U-M Paroex Toothpaste
45g

62.95 each pack

***Offer applicable on G-U-M, Oligan AND Protifix products. Offer excludes Value Packs AND Banded Packs**

SAVE 380.00

Oral-B PRO 2 2500 BLACK EDITION

Oral-B Pro 2 2500 Black Edition Powerbrush
217094
• 2-minute timer with 3D cleaning
• Hygienic plastic travel case

WAS 1179.95
799.95

SAVE 190.00

Oral-B VITALITY

Oral-B Vitality 2D White OR CrossAction OR D12 Kids Powerbrush

WAS 539.95
349.95

2+1 CHEAPEST FREE
on ANY CloseUp Toothpaste 125g

closeup

closeup Toothpaste
125g / Assorted

14.95 each pack

2+1 CHEAPEST FREE
on ANY Colgate Toothpaste 75ml

Colgate

Colgate Total12 Toothpaste
75ml / Assorted

39.95 each pack

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

Oral-B

Oral-B Charcoal Whitening Therapy Toothbrushes
2-pack

89.95 each pack

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

Oral-B

Oral-B All Rounder Black Toothbrushes Family Pack
5-pack

99.95 each pack

2+1 CHEAPEST FREE
on ANY Listerine Mouthwash 500ml

LISTERINE

Listerine Mouthwash
500ml Assorted

82.95 each pack

2+1 CHEAPEST FREE
on ANY Meridol products

Meridol

Meridol Gum Protection Toothbrush soft

67.95 each pack

Meridol Mouthwash
400ml

82.95 each pack

Meridol Toothpaste
75ml

67.95 each pack

***Offer excludes Colgate Value Packs**

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



Household Essentials



Ariel
Auto Liquid
1.1 litres / 1.5 litres
OR Auto Washing Powder
2kg / Assorted
OR 3in1 Capsules 14-pack

WAS 79⁹⁵
NOW 64⁹⁵



OMO
Auto Washing Liquid
1.5 litres / Assorted
OR Auto Washing Powder
2kg

WAS 69⁹⁵
NOW 52⁹⁵

Bulk Deals



1 FOR 34⁹⁵
3 FOR 62⁰⁰
SAVE 42⁹⁵

Sta-Soft Fabric
Conditioner Refill
500ml / Assorted



1 FOR 38⁹⁵
3 FOR 70⁰⁰
SAVE 46⁹⁵

Handy Andy
Trigger Sprays
500ml / Assorted



1 FOR 37⁹⁵
2 FOR 50⁰⁰
SAVE 25⁹⁵

Handy Andy
All in 1
Floor Cleaner
750ml /
Assorted



Dis-Chem brands • fewer Rands

HOME
butler



Dishwashing
Liquid
1.5 litres
Assorted
OR
Cleaner
Tablets
4-pack
Assorted

1 FOR 29⁹⁵
2 FOR 50⁰⁰
SAVE 23⁹⁵



Budget Bags
Bulk Pack
50-pack
WAS 69⁹⁵
NOW 59⁹⁵



Solid
Air Freshener
340g
Assorted
WAS 33⁹⁵
NOW 24⁹⁵



Softi
2-Ply
Toilet Rolls
18-pack
BUY 1 PACK FOR 74⁹⁵
BUY 2 PACKS FOR 69⁹⁵ EACH



Comfort
Fabric
Conditioner
800ml / Assorted
WAS 48⁹⁵
NOW 39⁹⁵



Eclis
5W Cool White
LED Globe
Assorted sizes
WAS 26⁹⁵
NOW 21⁹⁵



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



Jik
1.5 litres
Assorted
WAS 37⁹⁵
NOW 31⁹⁵



Domestos
750ml
Assorted
WAS 32⁹⁵
NOW 23⁹⁵



Sunlight
Regular
Dishwashing
Liquid
750ml
WAS 29⁹⁵
NOW 23⁹⁵



Doom
Dual Action
Fogger
350ml
WAS 41⁹⁵
NOW 36⁹⁵

Value Deals



Mr. Sheen
Multi-Surface
Daily Cleaner
Value Pack
2 x 275ml / Assorted
WAS 43⁹⁵
NOW 36⁹⁵



Mr. Sheen
ClearView
Glass & Multi Surface
Cleaner Value Pack
1 litre / Assorted
WAS 34⁹⁵
NOW 26⁹⁵



Harpic
Flushmatic
Toilet Blocks
Value Pack
3 x 50g Assorted
WAS 44⁹⁵
NOW 36⁹⁵



Airwick
Air Freshener Refill
Banded Pack
2 x 250ml / Assorted
WAS 124⁹⁵
NOW 104⁹⁵



Target
Mortein
Aerosol
Value Pack
450ml Assorted
WAS 38⁹⁵
NOW 32⁹⁵



Air Scents
Mixed Fragrance
Air Freshener
Value Pack
3 x 200ml
WAS 48⁹⁵
NOW 39⁹⁵



Finish
All in 1
Max Shine
& Protect
Powerball
Value Pack
56 tablets
WAS 219⁹⁵
NOW 184⁹⁵



Multivitamins & Daily Supplements

25% OFF
Vitaforce Nutri-B Stress products

Vitaforce Nutri-B Stress 60 tablets
WAS 162⁰⁰
122²²

Vitaforce Nutri-B Stress Advanced 60 tablets
WAS 169⁰⁰
127⁴⁶

*Advertised prices already reflect discount
**Offer only applicable on the above Vitaforce Nutri-B products

20% OFF
All Wellvita Vitamin products

Wellvita Vitamin D3 1000IU 30 capsules
WAS 94⁰⁰
75⁹⁶

Wellvita Zinc Chelate 250mg 60 capsules
WAS 79⁰⁰
63⁹⁵

*Advertised prices already reflect discount

1 FOR 88⁰⁰
2 FOR 139⁹⁵
SAVE 37⁰⁰

1 FOR 68⁰⁰
2 FOR 114⁹⁵
SAVE 22⁰⁰

D-Vit 400 iu Vitamin D3 60 tablets

Bonvit Plus Daily Multi Vitamin 30 tablets

1 FOR 89⁰⁰
2 FOR 149⁹⁵
SAVE 29⁰⁰

D-Drops Liquid 500 IU Vitamin D3 30ml

Venavine Leg Vein Health 30 capsules
WAS 222⁰⁰
209⁹⁵

Dis-Chem brands • fewer Rands

Lifestyle Nutrition NutriAll 100 tablets
WAS 122⁰⁰
99⁹⁵

Lifestyle Nutrition Multivitamin for Men OR Women 30 softgel capsules
WAS 64⁰⁰
54⁹⁵

NEW PHYTOLIPID 60 tablets
WAS 289⁰⁰
249⁹⁵

2+1 CHEAPEST FREE
on ANY Himalaya Vitamin products

Himalaya Mentat Syrup 200ml
149⁹⁵

Himalaya Septilin 100 tablets
174⁹⁵

Solal Burnout 60 capsules
WAS 354⁰⁰
329⁹⁵

Solal Lung Protection 30 capsules
WAS 294⁰⁰
274⁹⁵

A.Vogel Menoforce Hot Flush and Night Sweat Remedy 30 tablets
WAS 277⁰⁰
259⁹⁵

A.Vogel Prostasan Prostate Capsules 30 capsules
WAS 329⁰⁰
319⁹⁵

BIOGEN

DAILY WELLNESS PACK

MULTI VITAMIN 60 tablets
OMEGA-3 1000mg Fish Oil 90 softgel capsules
PROBIOTIC 9-STRAIN 60 vegicaps

Daily Wellness Pack Contains:
Multivitamin Plus 60 tablets
Omega-3 1000mg Fish Oil 90 softgel capsules
Probiotic 9-Strain 60 vegicaps

WAS 359⁰⁰
309⁹⁵

BANDED PACK

Multivitamin Plus Banded Pack 60 tablets PLUS FREE 30 tablets
WAS 199⁰⁰
149⁹⁵

Plussz Multivitamin 10/20 effervescent tablets Assorted
WAS 115⁰⁰
109⁹⁵

ActivoVite Complete Multivitamin & Mineral 30 capsules
WAS 116⁰⁰
109⁹⁵

2+1 FREE
on Releaf Vitamin D3 30 tablets

Releaf Vitamin D3 30 tablets
94⁹⁵

Bio-Strath Syrup 200ml
WAS 179⁰⁰
169⁹⁵

CONNECTING YOU TO A VIRTUAL DOCTOR

Dis-Chem
CLINIC
C+NNECT
Powered by healthforce

90⁰⁰
Nurse Consultation

257⁰⁰
Virtual Doctor Consultation

How does it work?



A nurse will conduct a full medical history and clinical examination.



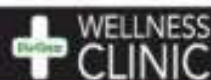
If the nurse finds it necessary, a video consultation with the doctor (including additional tests and examinations) will be performed.



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, scan the QR code, ask any of our friendly store consultants or contact our Clinic Call Centre at 0861 117 427. Terms and Conditions apply.





Digestive Care & Probiotics

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 in balance and maintain gut health.



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

WAS 449⁹⁵
399⁹⁵



Reuterina Drops
5ml

WAS 199⁹⁵
189⁹⁵

Reuterina Junior OR Daily
30 chew tablets

WAS 179⁹⁵
169⁹⁵



Dis-Chem brands • fewer RANDS



Gold Pre & Pro Biotic 9 Strain
60 capsules

WAS 229⁹⁵
169⁹⁵

Gold Digestive Enzymes
60 tablets

WAS 124⁹⁵
99⁹⁵

2+1 FREE
on ANY Lifestyle Nutrition L. Reuteri products

Lifestyle Nutrition L. Reuteri Probiotic
30 chew tablets

99⁹⁵



Lifestyle Nutrition L. Reuteri Probiotic
5ml drops

99⁹⁵



Entiro Probiotic Value Pack
60 capsules

WAS 256⁹⁵
249⁹⁵



ProbiFlora Adult Intensive Rescue 9-Strain
60 capsules

289⁹⁵

ProbiFlora Junior Everyday Flora Balance
30 chew tablets

119⁹⁵

30% OFF
Releif Probiotic Active 12-Strain 30 capsules



WAS 214⁹⁵
150⁴⁶

*Advertised price already reflects discount



1 FOR 269⁹⁵
2 FOR 499⁹⁵
SAVE 39⁹⁵

Iberogast 9 Herb Treatment Oral Liquid
50ml



Minerals



Biogen Calmag Max
60 tablets

WAS 199⁹⁵
159⁹⁵

Biogen Zinc Powder
100g

WAS 129⁹⁵
99⁹⁵



CrampEase OR CrampEase Night
90 capsules

WAS 299⁹⁵
279⁹⁵



Dis-Chem brands • fewer RANDS

1 FOR 148⁹⁵
2 FOR 219⁹⁵
SAVE 77⁹⁵



Lifestyle Nutrition Cal K2
30 tablets

Lifestyle Nutrition Magnesium Fizzy
30 effervescent tablets
PLUS FREE 10 effervescent tablets

153⁹⁵



MINERALS

Zn

Minerals are similar to vitamins in that they assist with body growth and development and are very important for your body to stay healthy.

Minerals have many benefits; Calcium may help maintain strong bones, Magnesium helps keep blood pressure normal, Iron helps reduce fatigue and boost immunity.

Ask our friendly consultants to advise you on the minerals that will best suit your needs.



20% OFF
Chela-fer products



Chela-fer Iron Supplement with Ferrochel 15mg
60 tablets

WAS 299⁹⁵
239⁹⁵

Chela-fer Iron Supplement with Ferrochel 24mg
30 tablets

WAS 214⁹⁵
171⁹⁵

*Advertised prices already reflect discount
**Offer only applicable on the above Chela-fer products

Dis-Chem PHARMACIES

Promotional offers valid until 15 August 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.



Bone & Joint Health



Dis-Chem brands • fewer Rands



ArthrAway Chronic Joint Therapy Value Pack 180 tablets

WAS 259⁹⁵
229⁹⁵



Lifestyle Nutrition Advance Alkaline Powder 300g

WAS 169⁹⁵
139⁹⁵



Lifestyle Nutrition Advance Alkaline Powder 30 sachets

WAS 139⁹⁵
119⁹⁵



Gold Devil's Claw & Celery 90 tablets

WAS 91⁹⁵
79⁹⁵



Biogen Curcumin Anti-Inflammatory 60 vegicaps

WAS 149⁹⁵
119⁹⁵



Biogen Glucosamine Chondroitin 60 tablets

WAS 214⁹⁵
189⁹⁵



CBD



BUY BOTH FOR 399⁰⁰ SAVE 296⁰⁰

ADCO CBD Pain 200mg Drops 15ml
PLUS Pain Gel 50mg 50g

CBD

CBD has recently taken the health and wellness world by storm as a natural anti-inflammatory that can be used to treat a variety of common ailments. Using CBD is now legally approved in South Africa, provided it meets SAHPRA standards.

But what is it, exactly? CBD – or cannabidiol – is a cannabinoid, which is a naturally occurring chemical in marijuana or the cannabis plant. However, CBD is not psychoactive, and recent scientific studies confirm that CBD may ease symptoms of ailments such as chronic pain, anxiety, depression, acne and heart disease. For those with cancer, it may even provide a natural alternative for pain and symptom relief.



Rethink CBD 5mg Shots 50ml / Assorted

49⁹⁵

2+1 CHEAPEST FREE on ANY Rethink CBD 5mg Shots AND CBD Tea 10 tea bags



Rethink CBD Tea 10 tea bags / Assorted

99⁹⁵



Stress & Anxiety



Dis-Chem brands • fewer Rands



TensAway 100 tablets

WAS 339⁹⁵
319⁹⁵



Biogen Stress Relief 60 capsules

WAS 159⁹⁵
129⁹⁵



Natura Rescue Drops 25ml

WAS 116⁹⁵
104⁹⁵

Natura Rescue Tablets 150 tablets

WAS 139⁹⁵
129⁹⁵

Tibb Stress-Away 120 tablets

WAS 215⁹⁵
199⁹⁵



Fuel up at TOTAL to earn Dis-Chem Benefit Points

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



1 Litre Total Fuel

= 10 Dis-Chem Benefit Points



Energy Boosters



ReVite
Super B Fizzy
30 effervescent
tablets

**25%
OFF**
ALL ReVite Super B
products

WAS 179⁹⁵
NOW 132⁷¹

ReVite
Super B
Injection
60 tablets

WAS 189⁹⁵
NOW 142⁴⁶

*Advertised prices already reflect discount



ReVite
Vit-T-Go
Feel Good
20 sachets

**30%
OFF**
ReVite Vit-T-Go
Feel Good Rehydration
20 sachets

WAS 119⁹⁵
NOW 83⁹⁷

*Advertised price already reflects discount



Dis-Chem brands • fewer RANDS



Lifestyle Nutrition
Energy Syrup
200ml / Assorted

WAS 72⁹⁵
NOW 55⁹⁵

FatigueAway
20 sachets

WAS 99⁹⁵
NOW 79⁹⁵



Lifestyle Nutrition
Brewer's Yeast
200 tablets

WAS 78⁹⁵
NOW 59⁹⁵



Berocca
Boost
30 effervescent
tablets

WAS 259⁹⁵
NOW 219⁹⁵



BioPlus Syrup
500ml / Assorted

149⁹⁵



BioPlus
Effervescent Tablets
10 effervescent tablets

79⁹⁵



BioPlus
Energy Chews
12-pkts / Assorted

12⁹⁵

*Offer excludes BioPlus Vitality range

enerBoost
15 effervescent
tablets

WAS 77⁹⁵
NOW 70⁹⁵



Herbal Remedies



Tibb
Chest-eeze
Syrup
200ml

WAS 95⁹⁵
NOW 87⁹⁵



Tibb
Blackseed
Immune
Booster &
Anti-Oxidant
60 capsules

WAS 139⁹⁵
NOW 119⁹⁵



Tibb
Flu-relief
20 capsules

WAS 49⁹⁵
NOW 44⁹⁵



GREENER LIVING



Thursday
Plantation
Tea Tree Oil
10ml

WAS 101⁹⁵
NOW 89⁹⁵



Himalaya
Koflet
Sore Throat
Lozenges
20-pack

WAS 29⁹⁵
NOW 24⁹⁵

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



Sinupret
Plus
40 coated tablets

WAS 284⁹⁵
NOW 265⁹⁵

A.Vogel
Boldocynara
Liver and Gall
Bladder Drops
50ml

WAS 139⁹⁵
NOW 129⁹⁵



Windrose
Sweet Almond Oil
100ml

38⁹⁵



Windrose
Eucalyptus Oil
11ml

21⁹⁵

Dis-Chem
PHARMACIES

Promotional offers valid until 15 August 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.



Sports Supplements

Performance Enhancers

Amplify your workout or racing performance with potent supplements that deliver a surge of energy and fight fatigue.



Biogen
Beta-ZMA
120 capsules

WAS 229⁹⁵
199⁹⁵



NPL
Pro Test
150 capsules

WAS 569⁹⁵
499⁹⁵



Primal
Creatine 5000
Combo
100g
PLUS FREE 100g

WAS 119⁹⁵
89⁹⁵



USN
Creatine HCL
100 capsules

WAS 189⁹⁵
159⁹⁵

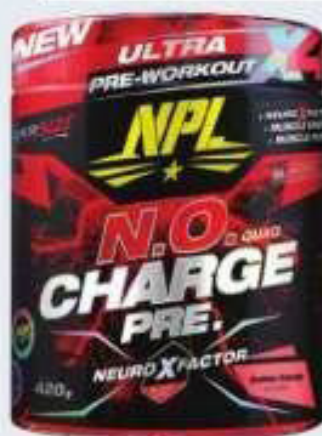
Pre-Workouts

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



Biogen
Rage Edge
Pump NOS
510g

WAS 339⁹⁵
299⁹⁵



NPL
N.O. Charge
420g / Assorted

WAS 389⁹⁵
329⁹⁵



MuscleTech
ProSeries Neurocore
Pre-Workout
224g

WAS 499⁹⁵
429⁹⁵



USN
Epik Blue Blood
Intense Pre-Workout
380g / Assorted

WAS 499⁹⁵
419⁹⁵

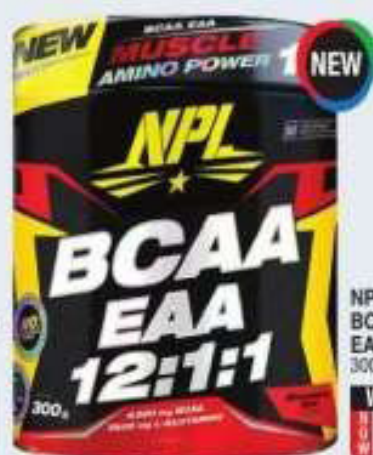
Recovery

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.



Muscle Junkie
Freak Aminos
100 tablets

WAS 149⁹⁵
129⁹⁵



NPL
BCAA
EAA 12:1:1
300g / Assorted

WAS 299⁹⁵
249⁹⁵



Primal
L-Glutamine 5000
Combo
500g PLUS FREE 200g

WAS 389⁹⁵
339⁹⁵



USN
All 9 Amino
330g / Assorted

WAS 319⁹⁵
269⁹⁵

Protein Supplements

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



Biogen
100% ISO-Whey
3kg / Assorted

WAS 739⁹⁵
689⁹⁵



NPL
100% Whey Protein
Isolate
1.5kg / Assorted

WAS 849⁹⁵
749⁹⁵



Evox 100% Premium
Synergy Protein
1kg PLUS FREE
500g / Assorted

WAS 479⁹⁵
399⁹⁵



Optimum Nutrition
Gold Standard
100% Whey
900g / Assorted

WAS 799⁹⁵
749⁹⁵

Weight Loss Shakes

Enhance your efforts in the gym and in the kitchen to accelerate your results with effective weight-loss supplements.



NPL
Vegan Protein
710g / Assorted
WAS 349⁹⁵
299⁹⁵



USN
Diet Fuel
UltraLean
454g / Assorted
WAS 169⁹⁵
149⁹⁵



Primal
Diet Shake
900g / Assorted
WAS 209⁹⁵
179⁹⁵



Evov
VLCD Lean-Pro
Diet Protein
1.9kg / Assorted
WAS 599⁹⁵
499⁹⁵

Weight Loss Aids

Supplement your workout and diet efforts to fast-track your results with these effective weight-loss and fat-loss supplements.



Biogen
Rage Thermo
80 vegicapsules
WAS 379⁹⁵
349⁹⁵



USN
Phedracut
Lipo X Black
80 capsules
WAS 499⁹⁵
429⁹⁵



Primal CLA
Banded Pack
3 x 90 softgel capsules
WAS 339⁹⁵
299⁹⁵



Herbex
Ultralim
100 tablets
WAS 279⁹⁵
239⁹⁵

Sports Foods

Boost energy and stabilise your metabolism with high protein snacks and sports foods designed to conveniently complement your workout or fit into your busy schedule.



Biogen
Water Enhancer
Drops
45ml / Assorted
39⁹⁵



1 FOR 29⁹⁵
2 FOR 49⁹⁵
SAVE 9⁹⁵



1 FOR 29⁹⁵
2 FOR 54⁹⁵
SAVE 4⁹⁵



1 FOR 26⁹⁵
2 FOR 39⁹⁵
SAVE 13⁹⁵

Youthful Living
Protein
Almonds
40g / Assorted

BUILD YOUR
HOME GYM



View a selection of workout videos
online, or download workout plans
that suit your needs.

Dis-Chem LIVING FIT

1 Hot & Cold
Massage Kit
2-pack

WAS 149⁹⁵
129⁹⁵

2 AB Wheel
Assorted colours

WAS 249⁹⁵
229⁹⁵

3 Resistance
Band Set
Assorted sizes

WAS 319⁹⁵
289⁹⁵



2 RESISTANCE
BAND SET

4 Adjustable Kettlebell
9kg

WAS 199⁹⁵
179⁹⁵

5 Adjustable Kettlebell
18kg

WAS 259⁹⁵
229⁹⁵



Dis-Chem
PHARMACIES



Health Foods

3+1 FREE
on ANY Lifestyle Food Almond Milk 1 litre

33⁹⁵

1 FOR 29⁹⁵
2 FOR 50⁰⁰
SAVE 9⁹⁵

1 FOR 149⁹⁵
2 FOR 250⁰⁰
SAVE 49⁹⁵

Good Mornings

1 FOR 149⁹⁵
2 FOR 250⁰⁰
SAVE 49⁹⁵

Dis-Chem Foundation
FUTURELIFE
100 000 MILES A MONTH

FREE
FutureLife Beauti Food Bar 40g valued at 27⁹⁵ when you purchase FutureLife Bran* Flakes 910g

FREE

Lifestyle Food Quick Oats 1kg

Lifestyle Food Almond Milk 1 litre Assorted

Quick OATS

Lifestyle Food Choice Grade Honey 1kg

FutureLife Smart* Food 750g Assorted

WAS 64⁹⁵
54⁹⁵

FutureLife Bran* Flakes 910g

67⁹⁵

LIFEGAIN
Advanced Nutritional Supplement

Lifegain Advanced Nutritional Supplement 1kg / Assorted

WAS 434⁹⁵
374⁹⁵

DIABETIC REPLACE
Meal in a glass

Replace Diabetic Shake 425g / Assorted

WAS 154⁹⁵
144⁹⁵

Ensure
Chocolate Flavoured Nutritional Supplement

Ensure Nutritional Supplement 400g / Assorted*

WAS 139⁹⁵
129⁹⁵

*Excludes Ensure NutriVigor

LIFESTYLE FOOD

1 FOR 19⁹⁵
2 FOR 34⁹⁵
SAVE 4⁹⁵

Ground Cinnamon 100g

Herbs, Spices & Sauces

NEW Garlic Flakes 50g **19⁹⁵**

NEW Ground Coriander 40g **13⁹⁵**

4+1 CHEAPEST FREE
on ANY Lifestyle Food Herbs & Spices

4+1 CHEAPEST FREE
on ANY Lifestyle Food Sauces

Garlic Flakes 50g

Ground Cinnamon 100g

Garlic Flakes 50g

Ground Coriander 40g

Rosemary 10g OR Coriander 40g OR Parsley 10g OR Paprika 40g

FROM 13⁹⁵

Sauces 875ml/500g Assorted

FROM 49⁹⁵

Dis-Chem brands fewer RANDS

Tony Ferguson

20% OFF
Tony Ferguson products**

Tumeric Powder 200g

31⁹⁶

Cayenne Pepper 200g

26³⁶

Ground Ginger 200g

44⁷⁶

Cinnamon Spice 200g

38³⁶

Lemon Juice 500ml

23⁹⁶

Apple Cider Vinegar 473ml

63⁹⁶

*Advertised prices already reflect discount. **Offer only applicable on the above Tony Ferguson products. CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE EMBARKING ON ANY WEIGHT LOSS PROGRAMME

Exclusive to Benefit Card holders. Sign up to them online or at 120710004 **INSTANT DISCOUNTS** only when you purchase with your Benefit Card

INSTANT DISCOUNT 200* OFF
WITH YOUR Dis-Chem BENEFIT Card

Naim's Gluten Free Biscuit Breaks
180g / Assorted

39⁹⁵
Benefit Price
37⁹⁵ each

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

Free From Gluten
Dis-Chem

1 FOR 54⁹⁵
2 FOR 100⁰⁰
SAVE 9⁹⁵

Lifestyle Food Gluten Free Rolled Oats
500g

ORGRAN
VEGAN EASY EGG FOR COOKING
250g

WAS 91⁹⁵
86⁹⁵

San Remo
Gluten Free Pulse Pasta
250g

WAS 44⁹⁵
39⁹⁵

Lifestyle Food
Extra Virgin Olive Oil
1 litre

WAS 129⁹⁵
119⁹⁵

Sugar-Free Sweets

2+1 CHEAPEST FREE
on ANY Lifestyle Food Sugar-Free Sweets

Lifestyle Food
Chews OR Gums OR Buttons OR Chocolate Balls
80g/70g/90g / Assorted

40⁹⁵ each

Lifestyle Food
Pink & White Marshmallows
70g

39⁹⁵ each

Sugarlean
Sugar Free and No Added Sugar Sweets
70g / Assorted

WAS 41⁹⁵
36⁹⁵ each

2+1 CHEAPEST FREE
on ANY Carmien Tea

Carmien
Rooibos Tea
20 teabags Assorted

29⁹⁵ each

Carmien
Cold Brew Tea
20 teabags Assorted

39⁹⁵ each

2+1 FREE
on ANY Closemyer Honey Ginger Tea 10 sachets

Closemyer
Honey Ginger Tea
10 sachets

39⁹⁵ each

1 FOR 59⁹⁵
2 FOR 100⁰⁰
SAVE 19⁹⁵

Closemyer
Slimming Tea
20 teabags

Teas & Juices

4+1 FREE
on ANY Rugani Juice 750ml

Rugani
Juice
750ml / Assorted

24⁹⁵ each

VALUE PACKS

Dried Fruit & Nuts

Lifestyle Food
Dried Mango
300g

112⁹⁵

Lifestyle Food
Raw Mixed Nuts Value Pack
750g

199⁹⁵

Lifestyle Food
Raw Cashews Value Pack
750g

209⁹⁵

Lifestyle Food
Mixed Dried Fruit Value Pack
750g

96⁹⁵

Lifestyle Food
Pitted Prunes Value Pack
750g

114⁹⁵

Lifestyle Food
Dried Peaches Value Pack
750g

139⁹⁵

Gaby's
Raw Almonds
1kg

1 FOR 209⁹⁵
2 FOR 299⁹⁵

SAVE 119⁹⁵

Dis-Chem brands fewer RANDS

Dis-Chem PHARMACIES

**Exclusive to
Benefit Card
holders.**

Sign up in-store,
online or dial
*120*10654

INSTANT DISCOUNTS

only when you purchase with your Benefit Card



**INSTANT
DISCOUNT
46.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Mondial
Digital Clipper**
207519
• Waterproof
• LED display
• 6 comb guides
• Ceramic & titanium blades

495.95
Benefit Price
449.95



**INSTANT
DISCOUNT
40.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Mondial Body Super
Groomer 10-in-1 Kit**
209360
• 90-minute battery life
• Stainless steel blades
• 10-piece

369.95
Benefit Price
329.95



**INSTANT
DISCOUNT
30.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**DQUIP
Comfort Shave
Electric Shaver**
110661
• Precision blade
system for fast
shave

269.95
Benefit Price
239.95



**INSTANT
DISCOUNT
50.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Gillette
Mach3 Turbo
Cartridges**
4-pack

289.95
Benefit Price
239.95



**INSTANT
DISCOUNT
40.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Gillette
Mach3 Sensitive
Cartridges**
4-pack

254.95
Benefit Price
214.95



**INSTANT
DISCOUNT
55.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Gillette
Mach3
Cartridges**
4-pack

214.95
Benefit Price
159.95



**INSTANT
DISCOUNT
10.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Blade
Shave Gel
OR Cream**
300ml
Assorted

34.95
Benefit Price
24.95

Dis-Chem brands fewer Rands



**INSTANT
DISCOUNT
8.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

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

44.95
Benefit Price
36.95



**INSTANT
DISCOUNT
7.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Bic Twin Lady
Sensitive Skin
2-Blade
Disposable
Razors for
Women**
6-pack

34.95
Benefit Price
27.95



**INSTANT
DISCOUNT
25.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Bic Flex5 5-Blade
Hybrid Men's
Razor Kit**
Contains:
1 Razor Handle
4 Cartridges

144.95
Benefit Price
119.95



**INSTANT
DISCOUNT
10.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Loving Touch
Glide 4-Blade
Disposable
Razors**
3-pack

53.95
Benefit Price
43.95



**INSTANT
DISCOUNT
25.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Veet MEN
Hair Removal
Cream**
200ml
Assorted

149.95
Benefit Price
124.95



**INSTANT
DISCOUNT
15.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Veet
Hair Removal
Cream**
100ml
Assorted

79.95
Benefit Price
64.95



**INSTANT
DISCOUNT
9.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Bump Patrol
Face & Head
Bump Solution**
65ml

88.95
Benefit Price
79.95



**INSTANT
DISCOUNT
10.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**Bump Patrol
Face & Head
Wash**
100ml

84.95
Benefit Price
74.95

**Bump Patrol
Face & Head
Moisturiser**
50ml

109.95
Benefit Price
99.95



**INSTANT
DISCOUNT
5.00*
OFF**
WITH YOUR
Dis-Chem
BENEFIT
Card

**HairGo
Body Wax Strips
with Aloe Vera
Extract**
24-pack

54.95
Benefit Price
49.95

*Instant discounts to be deducted when swiping your Dis-Chem Benefit Card



Smooth Savings

Gillette

Fusion5 Manual
5-Blade Cartridges
4-pack

329⁹⁵
per pack



**2+1
CHEAPEST
FREE**
on Gillette Fusion AND
Skinguard Cartridges
4-pack AND
8-pack



Shave Foam
200ml / Assorted
WAS 44⁹⁵
29⁹⁵

Mach3
Complete
Defense
Sensitive
Shave Gel
200ml
WAS 84⁹⁵
64⁹⁵

Skinguard
Sensitive 2-Blade
Cartridges
8-pack
599⁹⁵
per pack



Simply Venus
3-Blade Razor Kit
Contains:
1 Razor Handle
4 Cartridges

WAS 74⁹⁵
59⁹⁵

*Advertised price already
reflects discount

Schick

FREE YOUR SKIN™

Shave Guard
Sensitive Aloe
Shave Gel
200ml

WAS 64⁹⁵
54⁹⁵



Hydro
Sensitive
Shave Gel
240ml

WAS 84⁹⁵
69⁹⁵

Xtreme3
Sensitive
3-Blade
Razors
4-pack

WAS 64⁹⁵
44⁹⁵



Xtreme3
SubZero
5in1
Value Pack
Contains:
6 Cartridges
1 Handle

WAS 94⁹⁵
79⁹⁵



Hydro 5
4in1 Groomer
Contains:
1 Power
Trimmer Razor
1 Cartridge
1 AAA Lithium
Battery

WAS 249⁹⁵
219⁹⁵



Incontinence Care



HomeCare



**Dis-Chem brands
fewer RANDS**

TENA

TENA ProSkin with FreeDRY Advanced™
keeps skin dry and protected from moisture



ProSkin
Slip Pants
10 Large Plus
WAS 124⁹⁵
99⁹⁵
per pack



ProSkin Flex
Adult Diapers
30 Medium Super
WAS 359⁹⁵
287⁹⁵
per pack

*Advertised prices already reflect discount

Clemens
the confidence



Premium
Ultra Slips
15 Large
WAS 169⁹⁵
152⁹⁵
per pack



Unisex
Protection
Underwear
14 Medium
WAS 189⁹⁵
168²⁶
per pack

*Advertised prices already reflect discount

ACTIVE CARE



Adult
Pull-Ups
9 Large
WAS 119⁹⁵
109⁹⁵
per pack



Adult
Incontinence
Diapers
10 Medium
WAS 109⁹⁵
99⁹⁵
per pack

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



Wheelchair with
Detachable Arms
and Footrests
158134
• Detachable arms assist
with easy transfer to or
from the chair
• Lightweight and easy
to manoeuvre

3900⁰⁰



4 Wheel Walker
Foldable Elder
Trolley
158103
• Height adjustable handgrips
• Basket for storage
• PVC seat
• Footrest
• Adjustable brake

2345⁰⁰



Medic Alcohol Pad & Clear Plaster
172266 / 20-pieces
OR Adhesive Plaster
172521 / 30-pieces

29⁹⁵
each

Medic Reacher
85509
• Provides extended reach
with a trigger operated
handle to grab items off
the floor or from high
shelves

195⁰⁰



Shower Chair
with Back Rest
85504
• ABS plastic chair
with drainage holes
• Rubber-tipped feet
to prevent slipping

595⁰⁰



Medic
Folding Walking
Stick
85483
• Folding design
• Sturdy aluminium
tube
• Non-slip foot cap
• Carrying strap
• Height adjustment:
5-levels

135⁰⁰

Exclusive to
Benefit Card
holders.
Sign up in-store,
online or dial
120*10054

INSTANT DISCOUNTS

only when you purchase with your Benefit Card



GREENER LIVING

NATUR VITAL

Sensitive
Shampoo
OR Conditioner
300ml / Assorted

109⁹⁵
Benefit Price
98⁹⁵

Happy Kids
Shampoo
300ml / Assorted

59⁹⁵
Benefit Price
53⁹⁵



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



Hair S.O.S.
Repair Spray
200ml

119⁹⁵
Benefit Price
107⁹⁵

Hair S.O.S.
Fortifying Hair
Tonic Treatment
200ml

165⁹⁵
Benefit Price
149⁹⁵

Hair S.O.S.
Fortifying Mask
300ml

109⁹⁵
Benefit Price
98⁹⁵

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



GIRZ Only
Dry Shampoo
200ml / Assorted

59⁹⁵
Benefit Price
53⁹⁵

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



Clairol
Color Crave
Semi-Permanent
Hair Colour
60ml
Assorted colours

124⁹⁵
Benefit Price
99⁹⁵

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

*Instant discounts to be deducted when swiping your Dis-Chem Benefit Card

Schwarzkopf



20%*
OFF
All Schwarzkopf
hair care
products

*Savings to be deducted at tills

Dis-Chem brands • fewer RANDS

GREENER LIVING



Made in the USA



100% Pure
Coconut Oil
Deep Moisturizing
Skin & Hair
Moisturizer
177ml

WAS 299⁹⁵
287⁹⁵



Black Jamaican
Castor Oil
Hair Sorbet
205g

WAS 209⁹⁵
187⁹⁵



Black Jamaican
Extra Hold Hair
Styling Gel
205g

WAS 185⁹⁵
174⁹⁵



Coconut
Hibiscus
Anti-Frizz
Detangling Hair
Smoothie
482g

WAS 299⁹⁵
284⁹⁵

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



Restoria Express
for Men
Hair Colour
Assorted colours

WAS 179⁹⁵
149⁹⁵



20%*
OFF
All ORS hair care
products

ORS
Soothing
Hair & Scalp
Tea Tree Oil
156g

WAS 85⁹⁵
69⁹⁵

ORS Coconut Oil
Hair & Scalp
Hairdress
OR Jojoba Oil
Root Stimulator
156g

WAS 94⁹⁵
75⁹⁵

*Advertised prices already reflect discount
**Offer only applicable on the above ORS products



Luster's Pink
Conditioning
No-Lye
Relaxer Kit
Regular OR
Super

WAS 209⁹⁵
188⁹⁵

NEW



Luster's
Shortlooks
Relaxer Kit

WAS 169⁹⁵
152⁹⁵

10%*
OFF
ALL Luster's hair
care products



Revlon
ColorSilk
Moisture-Rich
Permanent Hair
Color
Assorted colours

WAS 42⁹⁵
32⁹⁵

Revlon
ColorSilk
Permanent Hair
Color
Assorted colours

WAS 69⁹⁵
58⁹⁵



20%*
OFF
All ECO Style
Professional
Styling Gels

ECO Style
Professional
Styling Gel
236ml / Assorted

WAS 89⁹⁵
71⁹⁵

ECO Style
Professional
Styling Gel
473ml / Assorted

WAS 119⁹⁵
95⁹⁵

*Advertised prices already reflect discount
See the symbol, trust the brand. These products are made using natural, naturally derived or organic ingredients.



Luster's Pink
Shortlooks
Quench
Moisture
Mist
236ml

WAS 149⁹⁵
134⁹⁵

Luster's
Pink
Oil Moisturizer
Hair Lotion
236ml

WAS 194⁹⁵
175⁹⁵



Luster's
Curl & Wave
Gel Activator
236ml

WAS 169⁹⁵
152⁹⁵



20%*
OFF
Sunny Isle Jamaican
Black Castor Oil
118ml

Sunny Isle
Jamaican Black
Castor Oil
118ml

WAS 219⁹⁵
175⁹⁵

*Advertised prices already reflect discount

*Advertised price already reflects discount



Hair Care



1 FOR 99⁹⁵
2 FOR 115⁰⁰
SAVE 84⁹⁵

Head & Shoulders Men
ULTRA
Shampoo
380ml / Assorted*

*Excludes Head & Shoulders Supreme products



1 FOR 79⁹⁵
2 FOR 90⁰⁰
SAVE 69⁹⁵

Pantene
Shampoo
OR Conditioner
400ml / Assorted



1 FOR 72⁹⁵
2 FOR 100⁰⁰
SAVE 45⁹⁵

Garnier
Ultimate
Blends
Shampoo
OR
Conditioner
360ml/400ml
Assorted



1 FOR 69⁹⁵
2 FOR 95⁰⁰
SAVE 44⁹⁵

Organics
Shampoo
OR
Conditioner
1 litre
Assorted



L'ORÉAL
PARIS
LONG HAIR
GOALS?
SAVE YOUR
LAST 3 CM*

ELVIVE
Dream Lengths

1 FOR 79⁹⁵
2 FOR 110⁰⁰
SAVE 49⁹⁵

Shampoo
OR Conditioner
400ml / Assorted



Dove
Shampoo
400ml
OR Conditioner
355ml / Assorted

WAS 69⁹⁵
49⁹⁵ each

Revlon
Revlon Flex
Shampoo
OR Conditioner
650ml / Assorted

WAS 42⁹⁵
34⁹⁵ each



Jane Seymour
Wonder Set
Hairspray
300ml / Assorted

WAS 50⁹⁵
42⁹⁵ each

Mera Amla Oil
Shampoo
OR Conditioner
350ml / Assorted

WAS 49⁹⁵
38⁹⁵ each



15%
OFF

ALL Schwarzkopf
Super Soft hair
care products

Schwarzkopf
Super Soft Kids Shampoo
& Shower Gel OR
Shampoo & Conditioner
250ml / Assorted

WAS 37⁹⁵
32²⁶ each

Schwarzkopf
Super Soft
Shampoo & Conditioner
250ml / Assorted

WAS 37⁹⁵
32²⁶ each

Schwarzkopf
Super Soft
Shampoo
400ml / Assorted

WAS 47⁹⁵
40⁷⁶ each



20%
OFF

ALL Rosemary
hair care
products

Rosemary
Original
Formula
Regular
Shampoo
250ml

WAS 45⁹⁵
36⁷⁶ each

Rosemary
Hair-Feeding
Oil Moisture
Lotion
200ml

WAS 49⁹⁵
39⁹⁶ each

Rosemary
Hair Feeding
Cream
125ml

WAS 49⁹⁵
39⁹⁶ each

Rosemary
Anti-Fungal
Conditioner
200ml

WAS 54⁹⁵
43⁹⁶ each



Batiste
Mini Dry
Shampoo
50ml / Assorted

WAS 50⁹⁵
39⁹⁵ each

Batiste
Dry Shampoo
200ml

• Volume
• Hydrate
• Damage Control
• De-Frizz

WAS 106⁹⁵
87⁹⁵ each

Batiste
Dry Shampoo
200ml
• Blush
• Cherry
• Fresh
• Tropical
• Oriental
• Bare
• Original

WAS 89⁹⁵
72⁹⁵ each



The Original
Mane 'n Tail
Shampoo
OR
Conditioner
335ml

WAS 199⁹⁵
139⁹⁵ each

The Original
Mane 'n Tail Hair
Strengthening
Daily Leave-In
Conditioning
Treatment
178ml

WAS 184⁹⁵
139⁹⁵ each

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*10854

Dis-Chem
PHARMACIES



Deodorants

Exclusive to
Benefit Card
holders.

Sign up in-store,
online or dial
*120*1000

INSTANT DISCOUNTS

only when you purchase with
your Benefit Card



TRY NEW Shield

— ULTIMATE —
SWEAT PROTECTION



3x
STRENGTH
vs. standard
deodorants

APPLY
ONCE
per day

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

54⁹⁵
each



2+1
CHEAPEST
FREE
on Shield
products*

Anti-Perspirant
Deodorant
Body Spray
for Men
OR Women
150ml / Assorted

25⁹⁵
each

*Offer only applicable on the above Shield products

INSTANT
DISCOUNT
500*
OFF

WITH YOUR
Dis-Chem
BENEFIT
CARD

NEW



Top Ten
for Men
Deodorant
Roll-on
50ml / Assorted

45⁹⁵
each
40⁹⁵
each

INSTANT
DISCOUNT
500*
OFF

WITH YOUR
Dis-Chem
BENEFIT
CARD

GREENER LIVING



Nature's Nourishment
Crystal Rock Deodorant
Body Spray
118ml
OR Roll-on
66ml / Assorted

64⁹⁵
each
59⁹⁵
each

*Instant discounts to be deducted when swiping your Dis-Chem Benefit Card

Dis-Chem brands • lower Rands



1 FOR 17⁹⁵
3 FOR 42⁰⁰
SAVE 11⁹⁵

Sugar
OR Minx
OR Seduce
Body Spray
70ml



Blade
Deodorant
Body Spray
150ml
Assorted

WAS 19⁹⁵
14⁹⁵



AXE
Anti-Perspirant
Roll-On
50ml / Assorted

WAS 15⁹⁵
12⁹⁵



1 FOR 29⁹⁵
2 FOR 41⁰⁰
SAVE 18⁹⁵

AXE
Deodorant
Body Spray
150ml
Assorted



1 FOR 28⁹⁵
2 FOR 45⁰⁰
SAVE 12⁹⁵

Lenthéric Solo
Deodorant
Body Spray
150ml
OR Hoity Toity
Perfumed
Body Spray
90ml / Assorted



**20%
OFF**
ALL Yardley Anti-Perspirant
Body Spray 125ml AND
Perfume Body Spray
90ml

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

WAS 38⁹⁵
31¹⁶
each

*Advertised price already reflects discount



1 FOR 19⁹⁵
2 FOR 30⁰⁰
SAVE 9⁹⁵

Brut
Deodorant
Body Spray
200ml / Assorted



Impulse
Perfumed
Body Spray
90ml / Assorted

1 FOR 37⁹⁵
2 FOR 60⁰⁰
SAVE 15⁹⁵



Mitchum
Anti-Perspirant
Deodorant
for Men
OR Women
120ml / Assorted

WAS 39⁹⁵
32⁹⁵
each



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

WAS 44⁹⁵
34⁹⁵
each



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

1 FOR 18⁹⁵
4 FOR 56⁰⁰
SAVE 19⁹⁵

**2+1
FREE**
on ANY Sanex
Anti-Perspirant
Roll-On 50ml

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

19⁹⁵
each



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

1 FOR 22⁹⁵
3 FOR 50⁰⁰
SAVE 18⁹⁵



Revlon
Pink Happiness
Perfumed Body Spray
Value Pack
3 x 90ml

WAS 54⁹⁵
49⁹⁵
each pack

(absarewards)



Get up to 30% in cash back on
health and beauty products with
Absa Rewards.

Visit www.absa.co.za/rewards for more information.

Terms and conditions apply
Authorised Financial Services Provider
Registered Credit Provider Reg No NCRCP7

Dis-Chem
PHARMACIES



Fragrances



Lenthéric
Summer
EDP 50ml

WAS 138⁰⁰
111⁹⁵

Lenthéric
Masculin
Power
EDT 100ml

WAS 134⁰⁰
107⁹⁵



Lenthéric
Solo
EDP 100ml

WAS 185⁰⁰
148⁰⁰

*Advertised prices already reflect discount

**Offer only applicable on the above Lenthéric 50ml/100ml fragrances



YARDLEY
CONQUEST

NEW

20%
OFF

ALL Yardley Conquest
EDP 50ml
Fragrances

Conquest
EDP 50ml
Assorted

WAS 232⁰⁰
186³⁵



20%
OFF

ALL Coty Whisper EDP 50ml
AND eXclamation EDP 30ml/50ml

Coty
Whisper
EDP 50ml
Assorted

WAS 185⁰⁰
148⁰⁰

Coty
eXclamation
Cologne Spray
50ml / Assorted

WAS 279⁰⁰
223⁹⁵

2+1
FREE

on ANY Yardley OR
Lenthéric Wands
EDT/EDP 15ml

Yardley
OR Lenthéric
Wands
EDT/EDP
15ml
Assorted

92⁹⁵
each

*Advertised prices already reflect discount



FREE

Tabac Man Gravity Shower
Gel & Shampoo 200ml
valued at 240⁰⁰ when you
purchase Tabac Man Gravity
EDT 50ml AND After Shave
Lotion 50ml

FREE

NEW

Tabac
Man Gravity
EDT 50ml

415⁹⁵

NEW

Tabac
Man Gravity
After Shave Lotion
50ml

325⁰⁰

20%
OFF

Blue Stratos
Cologne 75ml

Blue Stratos
Cologne
75ml

WAS 129⁰⁰
103⁹⁵

*Advertised price already reflects discount



Colour Cosmetics

MAYBELLINE
NEW YORK



NEW

20%
OFF

ALL Maybelline
The Colossal
Mascaras

The Colossal Volum'
Express Waterproof
OR Longwear Mascara

WAS 196⁰⁰
157⁵⁵

The Colossal
Mascara

FROM
92⁹⁵
each



20%
OFF

ALL Maybelline
SuperStay face
products

SuperStay
Primer

WAS 196⁰⁰
157⁵⁵



SuperStay
Foundation
30H
Assorted
shades

WAS 212⁰⁰
170³⁵



SuperStay
Concealer
Assorted
shades

WAS 196⁰⁰
157⁵⁵

*Advertised prices already reflect discount

RIMMEL
LONDON



NEW

2+1
CHEAPEST
FREE

on ANY Rimmel
eye and lip
products

- 1 Lasting Finish Lipstick
- 2 Provocalips 16HR Kiss Proof Lip Colour
- 3 ScandalEyes Volume On Demand Mascara
- 4 Wonder Cloud All-Day Wear Eye Shadow
- 5 Wonder Last Brow Tint

Assorted colours
122⁹⁵
Assorted colours
149⁹⁵
Assorted colours
158⁹⁵
Assorted colours
139⁹⁵
Assorted colours
178⁹⁵

SAVE
68⁰⁰

ALL LIPS
AND EYES
USE THE LONDON LOOK



Yardley Stayfast
Pressed Powder
PLUS Refill Combo

Assorted shades

215⁰⁰
per pack

ALMAY
SIMPLY BEAUTIFUL



20%
OFF

ALL Almay
Mascaras

Multi-Benefit
Mascara

WAS 199⁰⁰
159²⁰

Thickening
Mascara

WAS 190⁰⁰
152⁰⁰

Get Up & Grow
Extreme Length
Mascara

WAS 199⁰⁰
159²⁰

*Advertised prices already reflect discount

Exclusive QUALITY BRANDS

PALLADIO



30%
OFF

Palladio Wet & Dry
Foundation

Meet your new foundation
foundation, a formula that can be
applied both wet or dry depending on use.

If you're looking for a light finish, to set make-up or to touch up, apply the
powder dry, or if you're after high coverage or all-day wear, wet the powder
and transform it into a base foundation. Wet or dry, this foundation will give
you a smooth and flawless look.

*Advertised price already reflects discount

See the symbol, trust the brand. This product is made
using natural, naturally derived or organic ingredients.

GREENER LIVING



Wet & Dry
Foundation
Assorted
shades

WAS 129⁰⁰
90⁹⁵

REVLON
LIVE BEAUTY



1 FOR 112⁹⁵

2 FOR 155⁰⁰

SAVE 70⁹⁵

SuperLustrous
Lip Gloss

Assorted
colours

OR

SuperLustrous
Lipstick

Assorted
colours

Dis-Chem
PHARMACIES



Confectionery



FISHERMAN'S FRIEND



Lozenges
in Tin
40g / Assorted

WAS 49⁹⁵
42⁹⁵

Stand a chance to
WIN*

a VW Polo Vivo 1.4 Comfortline
valued at R250 000 when you
purchase **ANY TWO** Fisherman's
Friend products. Enter by swiping
your **Dis-Chem** Benefit card.

Ts&Cs apply.
Details on dischem.co.za
*Excludes Namibia &
Botswana

WIN



Multi-Pack
Pastilles
4 x 25g / Assorted

WAS 69⁹⁵
59⁹⁵



Lozenges
25g / Assorted

WAS 18⁹⁵
14⁹⁵



Lindt Lindor
Cornet
200g
Assorted

WAS 119⁹⁵
92⁹⁵



Amajoya Toffee
100g
Assorted

WAS 19⁹⁵
14⁹⁵



Sally Williams
Belgian Milk
OR Dark Chocolate
with Roasted
Nougat
175g

WAS 109⁹⁵
84⁹⁵



Act II
Microwave Popcorn
3-pack / Assorted

WAS 47⁹⁵
38⁹⁵



1 FOR 28⁹⁵
2 FOR 50⁰⁰
SAVE 7⁹⁵

Cadbury
Dairy Milk Chocolate
Slabs
150g / Assorted



1 FOR 9⁹⁵
3 FOR 24⁰⁰
SAVE 5⁹⁵

Cadbury
Crunchie OR Lunch Bar
OR P.S. OR 5Star
40g/48g/48.5g / Assorted



1 FOR 9⁹⁵
3 FOR 25⁹⁵
SAVE 3⁹⁵

Nestlé
Aero OR Bar One
OR KitKat OR Tex OR Smarties
40g/55g / Assorted



1 FOR 9⁹⁵
3 FOR 24⁰⁰
SAVE 5⁹⁵

Beacon
Niki Original Chocolate Bar
OR Nosh Bar OR TV Bar
OR Jungle Energy Bar
40g/47g / Assorted



1 FOR 12⁹⁵
3 FOR 28⁰⁰
SAVE 10⁹⁵

Maynards Sweets
75g / Assorted
OR Beacon
Liquorice Allsorts
75g / Assorted



1 FOR 10⁹⁵
2 FOR 16⁰⁰
SAVE 5⁹⁵

Mister Sweet
Gums
OR Jellies
60g
Assorted

Stimorol
Chewing Gum
12-pieces
Assorted

WAS 19⁹⁵
14⁹⁵



Beigel & Beigel
Pretzels Break Mix
500g

WAS 74⁹⁵
59⁹⁵



Beigel & Beigel
Pretzels Sticks
150g

WAS 34⁹⁵
29⁹⁵



Toys



My Little Pony
Friends
Assorted
99⁹⁵



My Little Pony
Secret Rings
Assorted
99⁹⁵



Disney Princess
Fashion Dolls
Assorted
249⁹⁵



Blume Doll
Assorted
189⁹⁵



Ken
OR Barbie
Fashionista
Dolls
Assorted
229⁹⁵



Hot Wheels
Basic Car
Assorted
49⁹⁵

Marvel
Masks
Assorted
159⁹⁵



Hot Wheels
Monster Trucks
Assorted
159⁹⁵



Nerf
DinoSquad
Stego-Smash
Blaster
399⁹⁵



Nerf Elite
N-Strike Elite Darts
Refill Pack
30-pack
89⁹⁵



Nerf
Elite Trio 2.0
259⁹⁵



MASSIVE TOY RANGE

In-store and online at
dischem.co.za



Mini Bucket
168g
Assorted
159⁹⁵



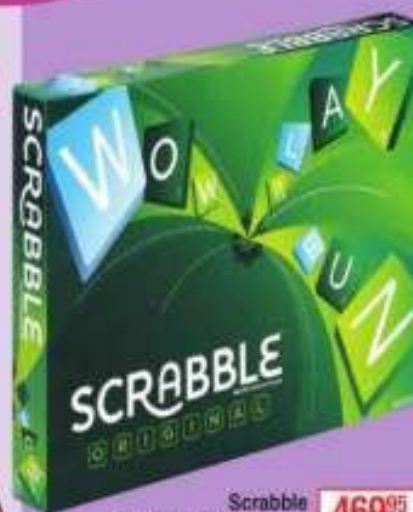
Single Can
Assorted
34⁹⁵



Role Play
Tool Set
Assorted
219⁹⁵



Crazy Cuts Stylist
• Make-believe scissors, razor
and accessories
• 3 styling head attachments to create
hairstyles of different shapes and
thickness
• 6 x cans with 3 colours in each
499⁹⁵



Scrabble
Original Board Game
469⁹⁵



Think Quick
Board Game
299⁹⁵



Uno Dos
Card Game
139⁹⁵



Jumanji
Board Game
549⁹⁵

FLIP CATALOGUE OVER FOR BABY AND TOT SPECIALS

Promotional offers valid from 16 July to 15 August 2021 while stocks last – may not be available in all stores.

Dis-Chem
PHARMACIES