

Staying well
this

Spring

8th September –
11th October 2020

WE ARE A
**COVID-19
SAFE PLACE**
TO SHOP

If you know you are likely to suffer from seasonal allergies, it's best to take preventative measures to minimise your symptoms before they take over your day. Be sure to check the daily pollen count at pollenforecast.com.au so you know when to be prepared!



WIN in Spring!

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Zyrtec

CETIRIZINE

RAPID ACTING 24 HOUR RELIEF

EASY TO SWALLOW
30 MINI TABLETS

RELIEVES HAYFEVER & ALLERGY SYMPTOMS

- ✓ SNEEZING
- ✓ RUNNY NOSE
- ✓ WATERY/ITCHY EYES
- ✓ NIVES AND ITCHY SKIN RASH

AUST R 13481

\$23.98

30 Tablets ¥

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Chemists' Own

Loratadine

Non-Drowsy Antihistamine

RAPID 24 HOUR RELIEF

One tablet daily for rapid 24 hour relief from the symptoms of hayfever and allergic conditions

50 tablets Each tablet contains Loratadine 10 mg

AUST R 12752

\$22.98

50 Tablets ¥

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Chemists' Own

Fexo 180

Hayfever & Skin Allergy Relief

FAST ACTING NON-DROWSY

70 tablets

Each tablet contains 180 mg Fexofenadine Hydrochloride

AUST R 13485

\$32.98

70 Tablets ¥

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Claratyne

Hayfever & Allergy Relief

12 years – adult

Non-Drowsy Relief:

- Sneezing
- Watery, Itchy Eyes
- Runny Nose
- Itchy Rash

30 TABLETS
Loratadine 10 mg

AUST R 54898

\$21.98

30 Tablets ¥



**WIN a Koh
eco-certified home
cleaning pack
valued at over
\$150!**

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Telnasa

Allergy Spray

monometasone Tartrate
(as monohydrate) 50 micrograms

HAYFEVER ALLERGY RELIEF

24 HOURS

140 metered sprays
NON-DROWSY

Blocked nose
Sneezing
Runny nose
Itchy nose

12 YEARS TO ADULT

AUST R 22336

\$17.98

140 Metered Sprays ¥

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Chemists' Own

Allergy Relief Nasal Spray

Mometasone Furoate
50 µg/spray

Non-drowsy relief of
HAYFEVER and
dust, pet and mould
allergy symptoms

- Blocked Nose
- Runny Nose
- Sneezing
- Itchy Nose

24 HOURS

140 metered sprays
18 g

AUST R 22336

\$15.98

140 Metered Sprays ¥

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

NASONEX

ALLERGY

Effective treatment
& prevention of:

- ✓ Hayfever
- ✓ Dust allergies
- ✓ Pet allergies
- ✓ Mould allergies

TWIN PACK

Provides relief from:
Blocked nose
Sneezing
Runny nose
Itchy nose

12 Years – Adult

2 x 140 METERED SPRAYS

24 HOUR
Fast Relief

AUST R 22336

\$34.98

2x140 Metered Sprays ¥

Did you know?

Mometasone can be used to prevent allergy symptoms when used on a daily basis for up to 6 months.¹

Simply shop with your LifeClub card to enter the draw.



¹ You can use Nasonex® Allergy nasal spray on a daily basis for up to 6 months if needed. Do not use for more than 6 months without the advice of your Doctor or Pharmacist. <https://www.nasonexallergy.com.au/en/faqs/#faq5-a1> ¥ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 8th September - Sunday, 11th October 2020. Excludes prescriptions. Normal LifeClub conditions apply. See in store for full terms and conditions. While stocks last.

ALLERGY

In Australia, most of the pollens that cause allergies are weeds introduced from Europe and America. White Cypress Pine is a native plant that does produce highly allergic pollen.



Did you know?

There are a number of products that either prevent seasonal allergies or treat allergy symptoms. Speak to our Pharmacist for the best solution for your needs.

Relieve seasonal allergies



PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Azep
Nasal Spray
azelastine

Hayfever Relief

Rapid acting
within 15 minutes

12 hour relief

Relief from:

- Sneezing
- Itchy nose
- Runny nose
- Blocked nose

30 mL
30 metered sprays
A875 (1445)

Mylan

5mL ¥

\$12.98

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Azep
Nasal Spray
azelastine

Hayfever Relief

Rapid acting
within 15 minutes

12 hour relief

Relief from:

- Sneezing
- Itchy nose
- Runny nose
- Blocked nose

30 mL
140 metered sprays
A875 (1445)

Mylan

20mL ¥

\$29.98

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Rhinocort
Hayfever & Allergy

ORIGINAL

Budesonide 32 µg/spray

PREVENTS & RELIEVES

Sneezing
Blocked Nose
Runny Nose
Itchy Nose

12 HOUR RELIEF

Non-Drowsy
Residual Nasal Spray

120 SPRAYS

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Rhinocort
Hayfever & Allergy

EXTRA STRENGTH

Budesonide 64 µg/spray

PREVENTS & RELIEVES

Sneezing
Blocked Nose
Runny Nose
Itchy Nose

24 HOUR RELIEF

Non-Drowsy
Residual Nasal Spray

120 SPRAYS

120 Sprays ¥

120 Sprays ¥

\$19.98 each

A full sinus rinse isn't possible when you're outside home, but a eucalyptus or saline nasal spray is a non-medicated and convenient way to relieve symptoms.

FESS
Saline Spray

A natural way to help relieve congestion

NON-MEDICATED

EUCALYPTUS

For sneezing, hayfever & colds
Helps clear & loosen blocked noses
Fresh Aroma of Eucalyptus

Breathe easier naturally

Sodium chloride 9 mg/mL
30 mL

30mL ¥

\$10.98

SAVE \$2.61*

Chemists' Own

Saline Nasal Spray

Clears nasal passages to help make breathing easier naturally

- Softens dry nasal passages
- Washes away germs, pollutants, dust and pollen
- One touch buffered saline mist

ALKALINE BUFFERED

Contains benzalkonium chloride as preservative

30 mL

30mL ¥

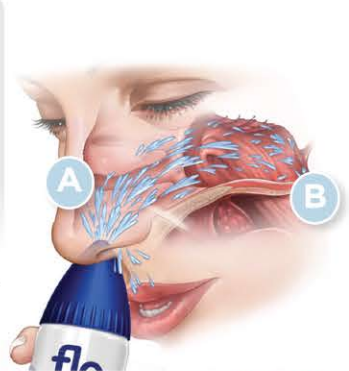
\$6.98

HOW CAN SINUS WASHING HELP HAYFEVER & ALLERGIES?

Washing the nose and sinuses provides a thorough cleanse of the nose (A), back of the throat (B) and the sinuses.

This helps clear away excess mucus, pollens, dust mite, pet dander and other irritants.

Flo's gentle formulation is isotonic, preservative-free and non-medicated. Available as Flo Sinus Care Starter Kits and Refill Packs.



A LARGE VOLUME WASH REACHES BOTH A & B

flo

SINUS CARE
STARTER KIT

sinus & allergy relief

PRESERVATIVE-FREE & NON-MEDICATED

medicated nasal and sinus wash
the relief of congestion from:

- Hayfever
- sinusitis
- allergies
- infections
- nasal polyps
- debris

50 Sachets

1 Kit ¥

\$9.98



flo

SINUS CARE
REFILL PACK

sinus & allergy relief

PRESERVATIVE-FREE & NON-MEDICATED

Non-medicated nasal and sinus wash
for the relief of congestion from:

- Colds, flu and sinusitis
- Hayfever and allergies
- CRP therapy
- Also for post-operative care

50 sachets

50 Sachets ¥

\$14.98



ALWAYS READ THE LABEL. FOLLOW INSTRUCTIONS FOR USE.
IF SYMPTOMS PERSIST, TALK TO YOUR HEALTH PROFESSIONAL.

© 2019 ENT Technologies Pty Ltd ABN 89103249207
ENT Technologies Pty Ltd, Suite 304, 12 Cato St, Hawthorn East, VIC 3123
Ph: 1300 857 912 Email: info@enttech.com.au YouTube - Search Flo Nasal Health
www.flo.com.au

¥ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. *Saving claim is based on the Supplier Recommended Retail Price. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 8th September - Sunday, 11th October 2020. Excludes prescriptions.



Understanding you and your medicines is what we do best.

ALLERGY SKINCARE

We usually think of allergies as just being a respiratory problem, however eczema, skin irritations, skin rashes and hives are all allergies that effect the skin.



Are you experiencing inflamed or irritated skin? A steroid cream, like **Dermaid**, may assist. Speak with our Pharmacist to see if this is right for you.



A little-known common allergen of the skin is soap, as it removes essential oils from the skin. These oils help form a protective barrier on the skin, protecting it from irritants. The best wash for your body and hands is a soap free wash, to rinse away just what you want to remove, and nothing you don't. It is also important to lock moisture in after bathing, so follow your shower or bath with a nourishing, allergen-friendly lotion as soon as you can.

Did you know?

Telfast 180mg, can be used to relieve itchy skin rash and itching caused by hives.



Starts to calm skin in under 60 seconds**



TIP!

As always, don't forget your sunscreen! Ensure sunscreen is a part of your morning routine all year round.



¥ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. £ When using sunscreen always wear a hat, protective clothing and sunglasses. Avoid prolonged high-risk sun exposure. Reapply sunscreen frequently or use in accordance with directions. *Saving claim is based on the Supplier Recommended Retail Price. **Average self-assessment results with 199 people in independent laboratory study. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 8th September - Sunday, 11th October 2020. Excludes prescriptions.

EYES & ALLERGIES

Itching, watering and red eyes are a common symptom of hayfever. **Eyezep** and **Naphcon A** can help relieve your pesky symptoms so that you can get on with your day symptom-free.



Did you know?

Eyezep can be used in children 4 years and up.



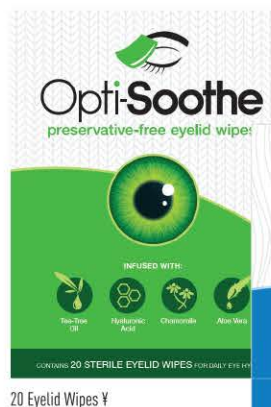
Tips for reducing pollen exposure this Spring ¹

- Stay indoors until after midday, particularly in the pollen season and on windy days.
- Wear sunglasses when outside, and consider showering when you arrive home.
- Avoid going out during, or after thunderstorms, particularly when pollen counts are high.
- Do not mow grass and stay inside when it is being mown. If mowing is unavoidable, wear a mask or take a non-drowsy antihistamine.
- Keep windows closed at home and in the car.



Dry eye

If you already experience dry eye, you may find that allergens in Spring can make the dry eye worse. Keeping your eyes lubricated with eye drops can assist to moisturize dry eyes and wash away allergens on the surface of the eye.



1. <https://www.allergy.org.au/patients/allergic-rhinitis-hay-fever-and-sinusitis/pollen-allergy> ¹ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. *Savings claim is based on the Supplier Recommended Retail Price. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 8th September - Sunday, 11th October 2020. Excludes prescriptions.



KIDS' HEALTH

There's no cure for allergies, but allergy symptoms can be managed. The best way to cope with them is to try and avoid the allergens. This means that parents should educate their children early and often, not only about the allergy itself, but also about the reactions they can have if they consume or come into contact with the allergen.

To help kids avoid airborne allergens: 1

- Keep family pets out of your child's bedroom.
- Remove carpets or rugs from your child's room (hard floors don't collect dust as much as carpets do).
- Don't hang heavy drapes and get rid of other items that allow dust to build up.
- Clean when your child is not in the room.
- Use special covers to seal pillows mattresses if your child is allergic to dust mites.



FESS Little Noses
Sodium chloride 0.9%
25 mL Drops & Aspirator

\$10.98
SAVE \$1.97*

25mL Y



Telfast Kids
Oral Liquid
150mL Y

\$9.98



Pain & fever

Every child will experience pain at one time or another. Talk to our Pharmacist about the best option for treating your child's pain today.



Dymadon for Babies
Paracetamol 50 mg/mL
PAIN & FEVER RELIEF
1 MONTH to 2 YEARS
60 mL

\$5.78

60mL ^



Dymadon for Kids
Paracetamol 50 mg/mL
PAIN & FEVER RELIEF
2-12 YEARS
200 mL

\$12.78

200mL ^



NUROFEN FOR CHILD
Ibuprofen 200mg
ORAL SUSPENSION
2-7 YEARS
200mL p



NUROFEN FOR CHILDREN
Ibuprofen 200mg/5mL
ORAL SUSPENSION
5-12 years
200mL p

\$22.98 each
SAVE \$9.01*



Panadol Children
Paracetamol 48 mg/mL
FAST PAIN RELIEF
5-12 YEARS
200mL ^



Panadol Children
Paracetamol 48 mg/mL
FAST PAIN RELIEF
5-12 YEARS
200mL ^

\$18.98 each



Hydralyte
1L Y



Hydralyte
1L Y



Hydralyte
1L Y

\$9.98 each

Worms



Combantrin
CHOCOLATE SQUARES
for threadworm, roundworm and hookworm
24 Chocolate Squares Y

\$17.48

Toddler

New Novalac Fruits Toddler Milk, contains essential vitamins and minerals plus real fruit* for a taste your toddler will love.



Novalac Fruits
Banana & Apple
1+ years
800g

\$21.98
SAVE \$2.97*

New!

Nits



KP 24
RAPID KILLS
in 10 minutes
300mL Y

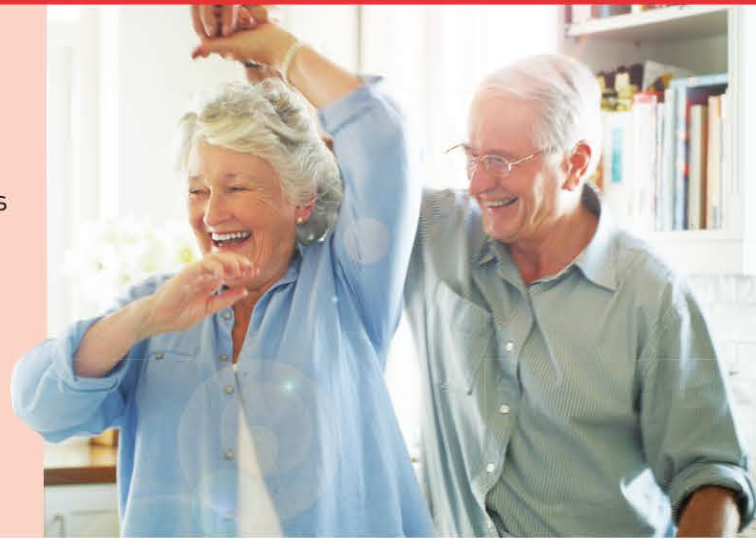
\$29.98
SAVE \$7.01*

1. <https://kidshealth.org/en/parents/allergy.html> *Contains 20% banana and apple fruit puree for taste. Novalac Fruits Toddler Milk is a formulated supplementary food for young children aged 1-3 for use as part of a healthy diet when energy and nutrient intake may not be adequate. L.AU.MKTG.07.2020.05153 Y This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. *Always read the label. Follow the directions for use. Incorrect use could be harmful. If symptoms persist, see your health professional. This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Incorrect use could be harmful. *Saving claim is based on the Supplier Recommended Retail Price. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 8th September - Sunday, 11th October 2020. Excludes prescriptions.

PAIN

There are lots of different kinds of pain, and lots of different medicines for the relief of pain. Active ingredients in common pain medicines include: **paracetamol, aspirin, ibuprofen and diclofenac** and can be used for mild to moderate pain relief, such as headache and period pain. For stronger pain, a combination of paracetamol and ibuprofen may be an appropriate option¹.

Talk to our Pharmacist to understand which might be the most effective and suitable pain relief medicine for you.



Everyday pain



Advil
Ibuprofen 200mg
Relieves Pain **EASIER**
HEADACHE - BACK PAIN - MUSCLE PAIN - PERIOD PAIN
90 Liquid Capsules μ

\$16.98

Panadol Extra
Paracetamol 500mg
Caffeine 65mg
Fast & Effective Pain Relief
40 Caplets [^]

\$11.48

NUROFEN ZAVANCE
Ibuprofen 200mg
80 LIQUID CAPSULES μ

\$21.98

Muscle pain

INFLAMMIX SPRAY
Diclofenac sodium 4% w/v
130 Sprays Υ

\$17.98

Voltaren Emugel contains non-steroidal anti-inflammatory drug, diclofenac. Diclofenac works to relieve pain and reduce inflammation with a cooling moisturising effect with no strong odours.

Voltaren Emugel
Diclofenac diethylamine 11.6mg/g
Temporary relief of local pain and inflammation
150g Υ

\$22.98

Osteo

For everyday relief from symptomatic pain associated with mild osteoarthritis.

ZoRub OA
45g Υ

\$14.98

Panadol OSTEo
Paracetamol 665mg
96 bi-layer Caplets

\$7.98

Ask your Pharmacist—they must decide if this product is right for you.

Strong pain

Period pain



For the relief of pain and discomfort associated with menstrual cramps.

Chemists' Own
Period Pain Relief
24 Tablets Υ

\$11.98



maxigesic
Paracetamol 500mg + Ibuprofen 150mg
12 Tablets μ

\$4.98

Mersynofen
Ibuprofen 200mg
Paracetamol 500mg
12 Tablets μ

\$3.98

Voltaren Rapid 25
Acute Muscle and Back Pain Relief
30 Tablets

\$11.98

Ask your Pharmacist—they must decide if this product is right for you.

Chemists' Own
Anti-inflammatory Pain Relief 25
30 Liquid Capsules

\$11.98

Ask your Pharmacist—they must decide if this product is right for you.

1. <https://www.nps.gov.au/consumers/medicines-for-pain-relief-what-are-the-options#medicines-for-the-relief-of-short-term-pain> Υ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. [^] Always read the label. Follow the directions for use. Incorrect use could be harmful. If symptoms persist, see your health professional. μ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Incorrect use could be harmful. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 8th September - Sunday, 11th October 2020. Excludes prescriptions.

SUPPLEMENTS

The best way to maintain health is to preserve it through your lifestyle, rather than waiting until you become unwell.

Steps you can take to maintain your health include: looking after your mental health, don't smoke, be physically active every day, limit alcohol and get enough sleep. Eating the right foods is also a key component of good health to ensure you get the vitamins and nutrients you need. You may also have different vitamin and nutrient requirements at different stages of your life, for example pregnancy or ageing and sometimes this is hard to achieve through diet alone.¹



Ostelin
Vitamin D
250 Capsules

\$24.98
SAVE \$25.01*

Centrum ADVANCE FOR ADULTS
100 Tablets

Centrum ADVANCE 50+ FOR ADULTS
100 Tablets

\$19.98 each
SAVE \$2.01*

PHARMACY MEDICINE
Maltofer Tablets
Iron polmaltose 370mg EQUIVALENT TO 100mg OF ELEMENTAL IRON PER TABLET
Oral Iron
30 TABLETS

\$24.98

PHARMACY ONLY

CENOVIS
50+ MULTI
Once Daily
100 CAPSULES

\$14.98

BLACKMORES
OMEGA TRIPLE
CONCENTRATED FISH OIL
150 CAPSULES

\$32.48
SAVE \$24.51*

INNER HEALTH
IBS CONTROL
Extra strength symptom relief
30 CAPSULES / 1 A DAY

\$19.98
SAVE \$23.97*

PHARMACY ONLY

INNER HEALTH
PLUS DOUBLE STRENGTH
Balanced gut health
30 CAPSULES / 1 A DAY

\$19.98
SAVE \$19.97*

PHARMACY ONLY

INNER HEALTH
PROBIOTIC PLUS D
Bone & bowel health
30 CAPSULES / 1 A DAY

\$24.98
SAVE \$18.97*

PHARMACY ONLY

INNER HEALTH
ON THE GO
Everyday gut health
60 CAPSULES / 1 A DAY

\$24.98
SAVE \$19.97*

PHARMACY ONLY



Did you know?

Magnesium is involved in hundreds of biochemical reactions in your body. About 60% of the magnesium in your body is found in bone, while the rest is in muscles, soft tissues and fluids, including blood. Magnesium is essential for: energy creation, protein formation, gene maintenance, muscle movements and nervous system regulation.²

ETHICAL NUTRIENTS
MEGA ZORB
MEGA MAGNESIUM
200g

ETHICAL NUTRIENTS
MEGA ZORB
MEGA MAGNESIUM
200g

ETHICAL NUTRIENTS
MEGA ZORB
MEGA MAGNESIUM NIGHT
200g

\$24.98
SAVE \$19.52*

BLACKMORES
SUPER MAGNESIUM+
100 TABLETS

\$19.98
SAVE \$9.52*

PHARMACY ONLY

1. <https://www.healthdirect.gov.au/vitamins-and-minerals> 2. <https://www.healthline.com/nutrition/10-proven-magnesium-benefits#section1> ∞ Vitamin supplements may only be of assistance if dietary intake is inadequate ¥ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. *Saving claim is based on the Supplier Recommended Retail Price. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 8th September - Sunday, 11th October 2020. Excludes prescriptions.

Join our LifeClub community in store today - ask us!

LifeClub™

QUIT SMOKING

When you read statistics about smoking, the reality behind the facts can sometimes be hard to relate to. But as research on smoking has been conducted over a long period of time across a large number of smokers, it provides an accurate picture of the likelihood of potential outcomes. For this reason, the statistics about smoking – and the benefits of quitting – give a very real insight into how quitting can make a big difference to your future. The following facts about quitting smoking at different ages show that, no matter what age you quit, your body has a remarkable ability to heal when you give it the chance!¹

If you quit smoking by:
30 years of age

Your life expectancy is similar to that of someone who has never smoked.

If you quit smoking by:
50 years of age

- You reduce your risk of dying early by around 50%.
- You add 6 years to your life compared to continued smokers.

If you quit smoking by:
40 years of age

- You avoid around 90% of the risk of dying early.
- You add 9 years to your life compared to continued smokers.

If you quit smoking by:
60 years of age

- You gain around 3 years of extra life compared to continued smokers.
- You reduce your risk of getting lung cancer by approximately 50% compared to continuing smokers.



150 Sprays + 7 Patches †



105 Pieces †

105 Pieces †



2 x 150 Sprays †

2 x 150 Sprays †

1. <https://www.icanquit.com.au/reasons-to-quit/benefits-of-quitting/health-benefits> † Always read the label. Follow the directions for use. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 8th September - Sunday, 11th October 2020. Excludes prescriptions.

WIN in Spring!

HOME ESSENTIALS



With more time spent in the home, it is good to have the products you need on hand when you need them.



Oral health



Did you know?

There are numerous applications of essential oil sprays like Bosisto's. These include:

Medical: Eucalyptus provides a natural antiseptic for minor cuts, scratches, and insect bites, while lavender can be used to create a calm and relaxing environment, promote sleep and assist with anxiety and stress.

For Home: Eucalyptus and lavender can be utilised to clean surfaces, create a fresh scent, as well as to remove spots and stains from fabrics and furniture.



Being well has its rewards



Instant Rewards



Member Offers and Prizes



Local Health Advice



Support Community Pharmacy



¥ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. ∞ Vitamin supplements may only be of assistance if dietary intake is inadequate. *Saving claim is based on the Supplier Recommended Retail Price. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 12th May - Sunday, 14th June 2020. Excludes prescriptions.

Simply shop with your LifeClub card to enter the draw!

LifeClub™



Tap into the expert support of our local Pharmacist

As Pharmacists, did you know we can do a lot more than just fill your script? We are experts when it comes to your medicines. There are additional services and support we offer to help manage all your medications, to help you save time and feel peace of mind.

Understanding your medicines is what we do best - learn more about the services we offer!



Three questions to ask your Pharmacist:

- 1 What's a good way to manage all the different medication I'm taking?
- 2 Is there any alternative to bringing in all my scripts each month?
- 3 What else can you help me with for my medication?

Ask us today.



Personalised Medication Packs

If you're taking multiple medications, having trouble remembering when to take your dose or want to simplify all those bottles and boxes into one convenient pack, we can organise doses of your medication into a tidy weekly pack as a hassle-free solution, to add convenience and time back in your day.



Medication Reviews with our Pharmacist

This service helps you understand your medicines better, addressing any problems you have identified, answering any of your questions (no matter how big or small!), from how to manage side effects to storing your medicines correctly.



Our Scripts App

At a time when access to health support is on everyone's mind, our free app is a great solution to manage your prescriptions and connect to our Pharmacist, all from the convenience of your smartphone. With features such as showing your current scripts, number of repeats left, medication information as well as setting reminders, ask our friendly team today about our app and we'll help you get set up.

Tap into the knowledge of our Pharmacist - ask us about these services in store.



Effective relief from persistent pain associated with Osteoarthritis, now located with our Pharmacist.



Talk to us about how we can help manage your pain as well as other services and support for all your health needs.

THERE'S MORE TO SAY AFTER R U OK?™



Did you know?

- Life's challenges can leave people feeling helpless, hopeless, afraid, disconnected and at genuine risk,
- Early intervention and open communication can reduce stigma, break down barriers and build trust which in turn promotes long-term, positive behavioural change that saves lives now and into the future
- A simple way to provide support is by genuinely asking "Are you OK?" and being prepared to have regular meaningful conversations to help someone who might be struggling to feel supported when confronted with challenges in life whether, at home, work, school or in sport.



How conversations can make a difference

Getting ready to ask:



01

Be ready.



02

Be prepared.



03

Pick your moment.

Having the conversation:



01

Ask R U OK?



02

Listen.



03

Encourage action.



04

Check In.

Learn more at ruok.org.au. A conversation could change a life.

LifeClub™

WIN
in Spring!

Create a calm and cosy haven in your home this Spring.

Give your home the refresh you both deserve with an eco-friendly Spring clean!



WIN

a Koh eco-certified home cleaning pack valued at over **\$150!**



Simply shop with your LifeClub card to enter the draw.

Terms and Conditions apply. Promotion valid from 8th September-11th October 2020. Excludes prescriptions. Customers must use their LifeClub card when transacting. Multiple entries permitted. See in store for full competition terms and conditions.

+ easyclinic

Are you taking multiple medications?



Take the worry out of your everyday life knowing your medications are packed and at hand, fitting easily into your plans and activities.

- ✓ Easy to use
- ✓ Convenient
- ✓ Reliable and safe

Speak to a member of our friendly team about your personal medication pack today!

Inverell + PHARMACY

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