

Tuesday 14 July to Sunday 9 August 2026

Dis-Chem+

Better health starts here

YOUR BEST WINTER BUYS



+B Now you **get 10% off** instantly **on top of the promo price** on **180+** Better Rewards brands **every time you shop this winter**

SAVE R59



Efferflu C Immune Booster
20 effervescent tablets

107⁹⁹
+B MEMBER PRICE:
2 FOR 155⁹⁹

SAVE R223



Flexi-Cal
30 day supply

399⁹⁹
+B MEMBER PRICE:
2 FOR 575⁹⁹

SAVE R62



Grand-Pa Headache Powders
38 sticks

110⁹⁹
+B MEMBER PRICE:
2 FOR 159⁹⁸

SAVE R70



Savlon Antiseptic
750ml

109⁹⁹
+B MEMBER PRICE:
2 FOR 149⁹⁸

SAVE R129



Crèche Guard Immune Multivitamin Syrup
200ml

259⁹⁹
+B MEMBER PRICE:
2 FOR 389⁹⁹

SWIPE TO GET

BULK BUYS



SAVE R70



Rehidrat
6 sachets

119⁹⁹
+B MEMBER PRICE:
2 FOR 169⁹⁸

SAVE R189



Pampers Premium Care Nappies
Sizes 1 – 6

VALUE PACK
299⁹⁹
+B MEMBER PRICE:
2 FOR 409⁹⁹

+B GET AN EXTRA

10% OFF

ALL Better Rewards Brands

SAVE R84



Sanex Shower Gel
750ml

111⁹⁹
+B MEMBER PRICE:
2 FOR 139⁵⁰

Offer on Always Duo packs*

SAVE R108



Always Maxi Dreamzz Packs
18-pack

54⁹⁹
+B MEMBER PRICE:
5 FOR 166⁴⁹

VALUE PACK
*Offer excludes singles 6/7/8/9/10

SAVE R65



Vaseline Body Lotion
400ml

79⁹⁹
+B MEMBER PRICE:
2 FOR 94⁵⁰

SAVE R31



Nivea Anti-Perspirant Roll-On for Men OR Women
50ml

33⁹⁹
+B MEMBER PRICE:
3 FOR 70²⁰

SAVE R55



Organics Shampoo OR Conditioner
1 litre

99⁹⁹
+B MEMBER PRICE:
2 FOR 144⁰⁰

+B We've woven 40 new Brands into the Better Rewards family.

YOUR BEST WINTER BUYS



Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop this winter**

Index

4-6: Bath & Body

Turn everyday routines into indulgent moments with bath and body care must-haves, get yours with **Bulk Buy** offers and up to **25% off**.



17-18: Incontinence Care, Medic+, Pain Management and Self Medication

Stay prepared for life's everyday health needs with up to **20% off** selected products.



7-8: Dermo Face Care, World of Beauty and Deodorants

Your glow-up starts here: **FREE gift + 10% extra off any 2** BioNike face treatments, plus up to **15% to 20% off** selected skincare. Keep fresh for longer with **Bulk Buys** on deodorant



19-20: Immune Support, Coughs, Colds and Flu

Beat the sniffles this colds and flu season with Dis-Chem's **Bulk Buys, 2+1 Cheapest Free** deals and up to **20% off** deals on selected essentials.



9-10: Hair Care

Give your hair the salon treatment it deserves at home with **Bulk Buys** and an extra **10% off** selected hair care must-haves.



21-22: Minerals, Digestive Health, Joint and Bone Health

Support strength, digestive health and stamina with must-have essentials and get **2+1 Cheapest Free** deals, up to **20% off** and **Bulk Buys** offers.



11-12: Hair Electrical, Electrical Grooming and Smooth Shaving

From trim to shave, get the grooming results you deserve with up to **25% off** leading electricals and shaving favourites.



23-24: Multivitamin and Daily Supplements

Support your wellness goals with **Bulk Buy** deals and up to **20% off** selected brands and products.



13-14: Dental Care

Keep your smile in top shape with **2+1 Cheapest Free** offers on any Colgate offers, and up to **50% off** Oral-B toothbrushes.



25-26: Healthy Foods

Make food choices that align with your health goals and get up to **30% off** products that make it easy to stay on track.



15-16: Dental Care and Feminine Hygiene

Save big on dental with **Bulk Buys** and an additional **10% off**. Be part of our **Million Comforts** programme, simply place your donation from participating brand partners in the **Million Comforts Bin**.



27-28: Sports Supplements and Sports Foods

Get up to **20% off** and **4+1 Cheapest Free** offers on sports supplements and sports foods to help you train harder, recover smarter and stay consistent.



29-30: Sports Beverages, Confectionary, and House Essentials

Keep your body and home functioning at it's best with sports beverage deals and up to **20% off** on household essentials.



35-36: Feeding Baby, Mom and Baby Essentials, Exclusive to Dis-Chem Baby City - Anytime Baby

Support every feeding moment with essentials for baby, while also taking care of mom and baby needs, now with up to **20% off**.



31-32: Changing Baby

Make diaper changes a smooth process with Dis-Chem's **Bulk Buys** and up to **30% off** on baby changing must-haves.



37: Exclusive to Dis-Chem Baby City - Changing Baby

Get Baby Changing essentials at Dis-Chem Baby City exclusive to members and get up to **25% off**.



33-34: Bathing Baby, Feeding Baby

From bath time to bottle time, we've got the essentials to make caring for baby effortless, now with up to **30% off**.



Better Rewards this winter



Choose Better Rewards Brands...

When you choose **Better Rewards** brands, you get **10% off** instantly every time you shop. And the best part? This discount is on top of promo prices and deals.

We've woven 40 new brands into the Better Rewards family.

CrampEase
THE MUSCLE CARE EXPERT

Linctagon-C
Feel Better. Faster.

E45

stress-away

vita-thion

OSTEOEZE
THE JOINT SPECIALIST

PROCYDIN

GRAND-PA

septogard

efferfluC

NutriPure

Ingram's
THE SKIN DOCTOR



Not a Better Rewards member yet? Scan the QR code to sign up and save now.

Better Rewards

Rewards at Dis-Chem just got Better.

Get 10% off instantly

on top of the promo price **on 180+ of SA's most-loved brands**

1



Scan the QR code to join **Better Rewards** for **FREE**

2



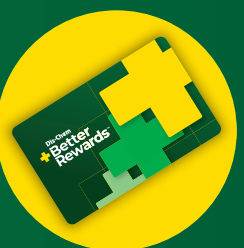
Unlock all promo prices as a **Better Rewards** member and save!

3



Look out for this icon and the **yellow** label to shop **Better Rewards** brands in-store and online

4



Swipe your card at the till and enjoy your savings!

Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop**

BATH & BODY CARE



SAVE R24

Nature's Nourishment Hand Wash
450ml

41⁹⁹

+B MEMBER PRICE:

2 FOR 59⁴⁰



SAVE R37

Vaseline Petroleum Jelly
450ml

81⁹⁹

+B MEMBER PRICE:

2 FOR 126⁰⁰



SAVE R43

Ingram's Rich Moisture Body Cream
400ml

59⁹⁹

+B MEMBER PRICE:

2 FOR 76⁵⁰



SAVE R34

Cuticura DermaCare Repair Body Cream
450ml

61⁹⁹

+B MEMBER PRICE:

2 FOR 89¹⁰



SAVE R15

Nature's Nourishment Soap Bar
100g

15⁹⁹

+B MEMBER PRICE:

3 FOR 32⁴⁰

SWIPE TO GET

BULK BUYS



+B

GET AN EXTRA

10% OFF

ALL Better Rewards Brands



SAVE R56

Dove Body Cream
400ml

104⁹⁹

+B MEMBER PRICE:

2 FOR 153⁰⁰



SAVE R74

Nivea Shower Cream
750ml

113⁹⁹

+B MEMBER PRICE:

2 FOR 153⁰⁰



SAVE R84

Sanex Shower Gel
750ml

111⁹⁹

+B MEMBER PRICE:

2 FOR 139⁵⁰



SAVE R22

Hey You Soap Bar
150g

39⁹⁹

+B MEMBER PRICE:

2 FOR 57⁶⁰



SAVE R44

Old Spice Shower Gel
400ml

89⁹⁹

+B MEMBER PRICE:

2 FOR 135⁰⁰



SAVE R11

Dettol Soap Bar
175g

20⁹⁹

MEMBER PRICE:

2 FOR 30⁰⁰



SAVE R24

Reitzer's Tissue Oil Aqueous Cream
500ml

54⁹⁹

MEMBER PRICE:

2 FOR 85⁰⁰



SAVE R12

Skin eFX Soap Bar
150g

20⁹⁹

MEMBER PRICE:

3 FOR 50⁰⁰



SAVE R21

NuovaPure Soap Bar
100g

29⁹⁹

MEMBER PRICE:

3 FOR 68⁰⁰

Unlock all promo prices as a **Better Rewards** member and **save**. The promotional discount may only apply to specific products within the range. Maximum discounts apply. Visit the app or in-store for more details. Ts and Cs apply. Offers valid while stocks last or until 9 August 2026. Available at [dischem.co.za](https://www.dischem.co.za) OR at selected stores. E&OE.

Dis-Chem+



Choose Better Rewards brands and get 10% off instantly

BATH & BODY CARE



SAVE
R65

Vaseline
Body Lotion
400ml
79⁹⁹

+B MEMBER PRICE:
2 FOR
94⁵⁰



SAVE
R66

Vaseline
Nourishing Argan Oil
Body Lotion
OR Cream
400ml
84⁹⁹

+B MEMBER PRICE:
2 FOR
103⁵⁰



SAVE
R34

Dove
Shower Gel
400ml
84⁹⁹

+B MEMBER PRICE:
2 FOR
135⁰⁰



SAVE
R34

Nature's Nourishment
Foam Bath
2 litres

66⁹⁹
+B MEMBER PRICE:
2 FOR
99⁰⁰



SAVE
R12

19⁹⁹

+B MEMBER PRICE:
2 FOR
27⁹⁰

Protex
Soap Bar
175g



SWIPE
TO GET

**BULK+10%
BUYS OFF**

ALL Better Rewards Brands

+B GET AN
EXTRA



SAVE
R72

Nivea
Body Lotion
625ml
121⁹⁹

+B MEMBER PRICE:
2 FOR
171⁰⁰



SAVE
R73

119⁹⁹

Nivea
Repair & Care
Body Cream
400ml

+B MEMBER PRICE:
2 FOR
166⁵⁰



SAVE
R29

51⁹⁹

Clere
Body Cream
500ml

+B MEMBER PRICE:
2 FOR
74⁷⁰



SAVE
R34

Radox
Body Wash
750ml
84⁹⁹

+B MEMBER PRICE:
2 FOR
135⁰⁰



SAVE
R13

21⁹⁹

Lifebuoy
Soap Bar
175g

MEMBER PRICE:
2 FOR
30⁰⁰



SAVE
R17

30⁹⁹

Pure
Glycerine
Soap Bar
150g

MEMBER PRICE:
3 FOR
75⁰⁰



SAVE
R13

19⁹⁹

Lux
Soap Bar
150g

MEMBER PRICE:
2 FOR
26⁰⁰



SAVE
R15

32⁹⁹

Aqua-Bar
Soap Bar
120g

MEMBER PRICE:
2 FOR
50⁰⁰



SAVE
R19

Lux
Body Wash
400ml
67⁹⁹

MEMBER PRICE:
2 FOR
116⁰⁰



SAVE
R33

Dettol
Body Wash
500ml
76⁹⁹

MEMBER PRICE:
2 FOR
120⁰⁰



SAVE
R59

Palmer's
Body Oil
250ml
124⁹⁹

MEMBER PRICE:
2 FOR
190⁰⁰



SAVE
R49

Epizone A
Cream
400ml

109⁹⁹
MEMBER PRICE:
2 FOR
170⁰⁰



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Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop**

BATH & BODY CARE

Offer on ALL Dermalpal products



SAVE R43

Dermalpal Moisturising Sunscreen SPF30+ 100ml

134⁹⁹

+B MEMBER PRICE: 91¹²

Offer on ALL Eucerin body products



SAVE R126

Eucerin UreaRepair 5% Urea Body Cream 450ml

389⁹⁹

+B MEMBER PRICE: 263²⁴



SAVE R45

Nature's Nourishment Signature Body Lotion 1 litre

139⁹⁹

+B MEMBER PRICE: 94⁴⁹



SAVE R42

Epi-Max Cream 400g

129⁹⁹

+B MEMBER PRICE: 87⁷⁴

Offer excludes Epi-Max Plus products



SAVE R30

Portia M Tissue Oil 100ml

94⁹⁹

+B MEMBER PRICE: 64¹²

SWIPE TO GET



25% OFF

+B GET AN EXTRA

10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE R26 each

Ingram's Radiant Glow Tissue Oil Lotion 400ml

79⁹⁹

+B MEMBER PRICE: 53⁹⁹ each

Offer on ALL Neutrogena body products



SAVE R48

Neutrogena Hydro Boost Body Gel Lotion 400ml

149⁹⁹

+B MEMBER PRICE: 101²⁵

Offer on ALL E45 products



SAVE R102

E45 Body Cream 500g

314⁹⁹

+B MEMBER PRICE: 212⁶²

Offer on ALL Cetaphil body products



SAVE R162

Cetaphil Moisturising Cream 453g

499⁹⁹

+B MEMBER PRICE: 337⁴⁹



SAVE R40

Afri Pure Body Oil 180ml

124⁹⁹

+B MEMBER PRICE: 84³⁷



SAVE R19

Nature's Nourishment Black Soap Bar 115g

59⁹⁹

+B MEMBER PRICE: 40⁴⁹

SAVE R41



MEMBER DEAL 20% OFF ALL Celltone Tissue Oils

Celltone Tissue Oil 200ml

205⁹⁹

MEMBER PRICE: 164⁷⁹

SAVE R19



20% OFF MEMBER DEAL

Good Stuff Tissue Oil 100ml

95⁹⁹

MEMBER PRICE: 76⁷⁹

SAVE R8



MEMBER DEAL 20% OFF ALL Healing Hands products

Healing Hands Hand Crème 75ml

41⁹⁹

MEMBER PRICE: 33⁵⁹

SAVE R8



MEMBER DEAL 20% OFF ALL Softlips products

Softlips Lip Conditioner 4g

39⁹⁹

MEMBER PRICE: 31⁹⁹

VALUE PACK

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Dis-Chem+

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Choose Better Rewards brands and get 10% off instantly

DERMO FACE CARE & WORLD OF BEAUTY



SAVE R49

BioNike
Defence My Age
Day Cream
50ml

495⁰⁰

+B MEMBER PRICE:
445⁵⁰

SWIPE TO GET

FREE GIFT*

FREE BioNike
Defence Face
Exfoliating Scrub
75ml when you
purchase
**TWO BioNike face
treatment products**



+B

**GET AN
EXTRA**

**+ 10%
OFF**

ALL Better Rewards Brands

*Offer excludes BioNike Aknet Lip Balm, Lip Gel **AND** Sun Stick



SAVE R39

BioNike
Defence My Age
Renewal Peel
with Brush
50ml

395⁰⁰

+B MEMBER PRICE:
355⁵⁰

Offer on ALL Eucerin
Even Pigment Perfector
face care products

SAVE R79



Eucerin
Even Pigment
Perfector
Cleansing Gel
200ml

285⁰⁰

+B MEMBER PRICE:
205²⁰



SAVE R198

Eucerin
Even Pigment
Perfector
Dual Serum
30ml

709⁹⁹

+B MEMBER PRICE:
511¹⁹

SAVE R89



Cetaphil
Pro
Acne Prone
Skin Moisturizing
Lotion SPF30
118ml

319⁹⁹

+B MEMBER PRICE:
230³⁹

Offer on ALL Cetaphil face moisturisers



Cetaphil
Moisturising
Cream
100g

289⁹⁹

+B MEMBER PRICE:
208⁷⁹

SAVE R81

NEW



Nivea
Q10
Collagen Pro
3 in 1 Repairing
Serum
30ml

345⁰⁰

+B MEMBER PRICE:
248⁴⁰

SAVE R96

Offer on ALL Nivea Luminous Q10
AND Clear Up face care products



Nivea
Derma Skin
Clear Up
SPF50+
189⁹⁹

+B MEMBER PRICE:
136⁷⁹

SAVE R53

+B

**SWIPE
TO GET**

**20%
OFF**

+B

**GET AN
EXTRA**

**+ 10%
OFF**

ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE R39



Maybelline
Great Lash
Mascara
141⁹⁵

+B MEMBER PRICE:
102²⁰

Offer on ALL Maybelline mascaras

SAVE R36



Maybelline
The Colossal
Mascara
130⁹⁵

+B MEMBER PRICE:
94²⁸

SAVE R54



Deborah
Milano
Absolute
Lasting Liquid
Lipstick
195⁰⁰

+B MEMBER PRICE:
140⁴⁰

Offer on ALL Deborah
Milano lip products

SAVE R40



Deborah
Milano
Super
Lip Gloss
145⁰⁰

+B MEMBER PRICE:
104⁴⁰

Offer on ALL Payot
My Payot AND Source
face care products

SAVE R105



Payot
Source
Plumping
Infusion
125ml

450⁰⁰

+B MEMBER PRICE:
344²⁵

+B

**SWIPE
TO GET**

**15%
OFF**

+B

**GET AN
EXTRA**

**+ 10%
OFF**

ALL Better Rewards Brands

Member prices already reflect both discounts

Offer on ALL Dermactin
Collagen products

SAVE R85



Dermactin
Age-Defying
Collagen
Anti-Ageing
Serum
30ml

365⁰⁰

+B MEMBER PRICE:
279²²

Every time you shop and save with Better Rewards,
you're supporting the **Dis-Chem Foundation**.

**Dis-Chem
Foundation**
Caring for the Community

Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop**

DEODORANTS





SAVE R28

Shower to Shower Deodorant Body Spray for Men **OR** Women
150ml
45⁹⁹
+B MEMBER PRICE:
2 FOR 63⁰⁰



SAVE R23

Old Spice Deodorant Body Spray
150ml
62⁹⁹
+B MEMBER PRICE:
2 FOR 102⁶⁰



SAVE R53

Old Spice Deodorant Stick 50ml **OR** Gel 70ml
89⁹⁹
+B MEMBER PRICE:
2 FOR 126⁰⁰



SAVE R31

Nivea Anti-Perspirant Roll-On for Men **OR** Women
50ml
33⁹⁹
+B MEMBER PRICE:
3 FOR 70²⁰



SAVE R13

Shower to Shower Anti-Perspirant Roll-On for Men **OR** Women
50ml
22⁹⁹
+B MEMBER PRICE:
2 FOR 32⁴⁰

SWIPE TO GET

BULK BUYS



+B GET AN EXTRA

10% OFF

ALL Better Rewards Brands



SAVE R90

Afri Pure Body Mist
125ml
59⁹⁹
+B MEMBER PRICE:
3 FOR 89¹⁰



SAVE R26

Rexona Shield Anti-Perspirant Body Spray for Men **OR** Women
150ml
44⁹⁹
+B MEMBER PRICE:
2 FOR 63⁰⁰



SAVE R26

Axe Deodorant Body Spray
150ml
44⁹⁹
+B MEMBER PRICE:
2 FOR 63⁰⁰



SAVE R18

Rexona Shield Anti-Perspirant Roll-On for Men **OR** Women
50ml
28⁹⁹
+B MEMBER PRICE:
2 FOR 39⁶⁰



SAVE R60

Hey You Body Mist for Men **OR** Women
125ml
49⁹⁹
+B MEMBER PRICE:
3 FOR 89¹⁰



SAVE R34

Yardley Gorgeous Perfumed Body Spray
90ml
59⁹⁹
+B MEMBER PRICE:
2 FOR 85⁵⁰



SAVE R12

Axe Anti-Perspirant Roll-On
50ml
26⁹⁹
+B MEMBER PRICE:
2 FOR 41⁴⁰

SAVE R12

25% OFF MEMBER DEAL



Blade Deodorant Body Spray
300ml
47⁹⁹
MEMBER PRICE:
35⁹⁹



SAVE R19

Brut Deodorant Body Spray
120ml
44⁹⁹
MEMBER PRICE:
2 FOR 70⁰⁰



SAVE R9

Brut Anti-Perspirant Roll-On
50ml
29⁹⁹
MEMBER PRICE:
2 FOR 50⁰⁰



SAVE R19

Good Stuff Body Mist
100ml
49⁹⁹
MEMBER PRICE:
2 FOR 80⁰⁰

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Dis-Chem+



Choose Better Rewards brands and get 10% off instantly

HAIR CARE



SAVE
R55

Organics
Shampoo OR
Conditioner
1 litre
99⁹⁹

+B MEMBER PRICE:
2 FOR
144⁰⁰



SAVE
R102

Head &
Shoulders
2in1 Classic
Clean
Shampoo
1 litre
239⁹⁹

+B MEMBER PRICE:
2 FOR
377⁹⁸



SAVE
R62

Nature's
Nourishment
Conditioner
OR Shampoo
1 litre
109⁹⁹

+B MEMBER PRICE:
2 FOR
157⁵⁰



SAVE
R55

Revlon
Colorsilk
Beautiful Color
Permanent
Hair Color
99⁹⁹

+B MEMBER PRICE:
2 FOR
144⁰⁰



SAVE
R59

Pantene
Shampoo OR
Conditioner
400ml/360ml
94⁹⁹

+B MEMBER PRICE:
2 FOR
130⁵⁰



SWIPE
TO GET

**BULK + 10%
BUYS OFF**

+B GET AN
EXTRA

ALL Better Rewards Brands



SAVE
R61

Perfect
Touch
Hair Spray
350ml
104⁹⁹

+B MEMBER PRICE:
2 FOR
148⁵⁰



SAVE
R53

Nilotiq
Aloe & Avo
Volumizing
Hair Mousse
200ml
89⁹⁹

+B MEMBER PRICE:
2 FOR
126⁰⁰



SAVE
R53

Nilotiq
Aloe & Avo
Growth
Stimulating
Hair Oil
100ml
89⁹⁹

+B MEMBER PRICE:
2 FOR
126⁰⁰



SAVE
R61

Perfect
Touch
Heat Defence
Spray
250ml
104⁹⁹

+B MEMBER PRICE:
2 FOR
148⁵⁰



SAVE
R59

Two Oceans
Shampoo OR
Conditioner
1 litre
109⁹⁹

MEMBER PRICE:
2 FOR
160⁰⁰



SAVE
R69

Dabur
Vatika
Shampoo OR
Conditioner
400ml
99⁹⁹

MEMBER PRICE:
2 FOR
130⁰⁰



SAVE
R69

Argan Oil
Shampoo OR
Conditioner
300ml
104⁹⁹

MEMBER PRICE:
2 FOR
140⁰⁰



SAVE
R49

The Perfect Hair
Natural Curl
Care Moisturising
Leave-In Butter
250ml
119⁹⁹

MEMBER PRICE:
2 FOR
190⁰⁰



SAVE
R39

Revlon
Flex
Shampoo OR
Conditioner
650ml
74⁹⁹

MEMBER PRICE:
2 FOR
110⁰⁰



SAVE
R99

Selsun
2.5%
Shampoo
100ml
199⁹⁹

MEMBER PRICE:
2 FOR
300⁰⁰



SAVE
R49

Selsun Blue
Shampoo OR
Conditioner
150ml
104⁹⁹

MEMBER PRICE:
2 FOR
160⁰⁰



SAVE
R59

Prosana
Intensive
Hair Growth
Shampoo OR
Conditioner
200ml
139⁹⁹

MEMBER PRICE:
2 FOR
220⁰⁰



Scan the QR code to join Better Rewards for FREE

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

HAIR CARE



 SAVE R29 ORS Olive Oil Nourishing Sheen Spray 275ml 64⁹⁹ MEMBER PRICE: 2 FOR 100⁰⁰	 SAVE R54 ORS Olive Oil Wrap/Set Mousse 207ml 114⁹⁹ MEMBER PRICE: 2 FOR 175⁰⁰	 SAVE R39 Pure-Royal Repair 'n Grow Treatment 200ml 89⁹⁹ MEMBER PRICE: 2 FOR 140⁰⁰	 SAVE R79 Jamaican Mango & Lime Extra Dark Castor Oil 118ml 179⁹⁹ MEMBER PRICE: 2 FOR 280⁰⁰
 SAVE R30 Sofnfree Styling Gel 250ml 62⁹⁹ MEMBER PRICE: 2 FOR 95⁰⁰	 SAVE R19 Sofnfree Oil Moisturiser 250ml 54⁹⁹ MEMBER PRICE: 2 FOR 90⁰⁰	 SAVE R19 Sofnfree Treat 'n Shine Hair Mayonnaise 250ml 44⁹⁹ MEMBER PRICE: 2 FOR 70⁰⁰	 SAVE R44 MPL Sulfur Spray 250ml 79⁹⁹ MEMBER PRICE: 2 FOR 115⁰⁰
 SAVE R12 Just for Kids Pink Oil Moisturiser 250ml 34⁹⁹ MEMBER PRICE: 2 FOR 57⁰⁰	 SAVE R9 Just for Kids Super Soft Detangler 250ml 29⁹⁹ MEMBER PRICE: 2 FOR 50⁰⁰	 SAVE R45 MPL Sure 2 Gro Hair Oil 125g 57⁹⁹ MEMBER PRICE: 2 FOR 70⁰⁰	 SAVE R49 MPL Sure 2 Gro Fermented Rice Water Treatment Spray 250ml 104⁹⁹ MEMBER PRICE: 2 FOR 160⁰⁰
 SAVE R19 Reflections Colour Impressions Permanent Hair Colour 49⁹⁹ MEMBER PRICE: 2 FOR 80⁰⁰	 SAVE R9 Caivil Colour Shines Semi-Permanent Hair Colour 54⁹⁹ MEMBER PRICE: 2 FOR 100⁰⁰	 SAVE R89 Kair Hair Strengthening Serum 50ml 119⁹⁹ MEMBER PRICE: 2 FOR 150⁰⁰	 SAVE R79 Kair Mousse 150ml 99⁹⁹ MEMBER PRICE: 2 FOR 120⁰⁰
 SAVE R69 Natur Vital Coloursafe Permanent Hair Colour 159⁹⁹ MEMBER PRICE: 2 FOR 250⁰⁰	 SAVE R55 Clairol Nice'n Easy Permanent Hair Colour 139⁹⁹ MEMBER PRICE: 2 FOR 224⁰⁰	 SAVE R79 L'Oréal Casting Creme Gloss Permanent Hair Colour 199⁹⁹ MEMBER PRICE: 2 FOR 320⁰⁰	 SAVE R109 Kair High-Light Kit 159⁹⁹ MEMBER PRICE: 2 FOR 210⁰⁰

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Dis-Chem+

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HAIR ELECTRICAL



 SAVE R100 499⁹⁹ MEMBER PRICE: 399⁹⁹ Reflections 1200W Volumising Brush	 SAVE R70 359⁹⁹ MEMBER PRICE: 289⁹⁹ Reflections 2200W Hair Dryer and Comb	 SAVE R50 249⁹⁹ MEMBER PRICE: 199⁹⁹ Reflections Spiral Curling Wand	 SAVE R40 219⁹⁹ MEMBER PRICE: 179⁹⁹ Reflections 1400W Travel Hair Dryer
 SAVE R60 299⁹⁹ MEMBER PRICE: 239⁹⁹ Reflections Comb Straightener	 SAVE R120 599⁹⁹ MEMBER PRICE: 479⁹⁹ Reflections Rotative Brush	 SAVE R80 399⁹⁹ MEMBER PRICE: 319⁹⁹ Reflections Wide Digital Hair Straightener	 SAVE R160 799⁹⁹ MEMBER PRICE: 639⁹⁹ Reflections 4in1 Rotate Hot Air Styler
 SAVE R100 349⁹⁹ MEMBER PRICE: 249⁹⁹ Carmen Ebony 30W Hot Comb	 SAVE R40 199⁹⁹ MEMBER PRICE: 159⁹⁹ Carmen Wet & Dry 40W Straightener	 SAVE R100 499⁹⁹ MEMBER PRICE: 399⁹⁹ Carmen Studio 32W Duo Straightener	 SAVE R60 379⁹⁹ MEMBER PRICE: 319⁹⁹ Carmen Ebony 2000W Power Comb Hair Dryer

ELECTRICAL GROOMING

 SAVE R342 1369⁰⁰ MEMBER PRICE: 1026⁰⁰ Braun Series 5 7in1 Trimmer AIO5520	 SAVE R750 3000⁰⁰ MEMBER PRICE: 2250⁰⁰ Braun Electric Shaver 52-B1000S	 25% OFF MEMBER DEAL 4199⁰⁰ MEMBER PRICE: 3149⁰⁰ Braun Series 7 Electric Shaver N&200CC	 SAVE R2900 11600⁰⁰ MEMBER PRICE: 8700⁰⁰ Braun IPL Hair Removal PI5052 White Gold
 SAVE R77 309⁹⁹ MEMBER PRICE: 232⁵⁰ Wahl Home Pro Complete Adjustable Hair Clipper Kit 15-piece	 25% OFF MEMBER DEAL 1020⁰⁰ MEMBER PRICE: 765⁰⁰ Wahl Multi-Cut Adjustable Corded Hair Clipper Kit	 SAVE R150 599⁹⁹ MEMBER PRICE: 449⁹⁹ DQUIP 5in1 Grooming Set	 25% OFF MEMBER DEAL 529⁹⁹ MEMBER PRICE: 397⁵⁰ DQUIP Electric Wet & Dry Shaver

Every time you shop and save with **Better Rewards**, you're supporting the **Dis-Chem Foundation**.



Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop**

SMOOTH SHAVING



SAVE R104

Gillette Venus Comfortglide Sensitive 3-Blade Razor 1 handle **PLUS** 2 cartridges

319⁹⁹

+B MEMBER PRICE:

215⁹⁹

SWIPE TO GET

25% OFF

10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE R172

Gillette Venus Comfortglide Sensitive 3-Blade Razor Blades 4 cartridges

529⁹⁹

+B MEMBER PRICE:

357⁷⁵



SAVE R159

Gillette Mach3+ 3-Blade Razor Blades 8 cartridges

489⁹⁹

+B MEMBER PRICE:

330⁷⁵



SAVE R325

Gillette Fusion5 Power 5-Blade Razor Blades 8 cartridges

999⁹⁹

+B MEMBER PRICE:

674⁹⁹



SAVE R224

Gillette Fusion5 Pro Power 5-Blade Razor Blades 4 cartridges

689⁹⁹

+B MEMBER PRICE:

465⁷⁵



SAVE R115

Gillette Fusion5 Pro Power 5-Blade Razor 1 handle **PLUS** 1 cartridge

354⁹⁹

+B MEMBER PRICE:

239⁶⁰



SAVE R22

No Hair Sensitive Hair Removal Lotion 125ml

78⁹⁹

+B MEMBER PRICE:

56⁹⁰

SWIPE TO GET

20% OFF

10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE R35

No Hair Hair Removal Lotion 400ml

124⁹⁹

+B MEMBER PRICE:

89⁹⁹



SAVE R13

Mandy's Hair Removal Lotion 100ml

64⁹⁹

MEMBER PRICE:

51⁹⁹

20% OFF

MEMBER DEAL



SAVE R9

Mandy's Hair Removal Lotion 50ml

44⁹⁹

MEMBER PRICE:

35⁹⁹



SAVE R15

Max Shave Silky Smooth Ladies Shave Gel 260ml

76⁹⁹

MEMBER PRICE:

61⁶⁰

20% OFF

MEMBER DEAL



SAVE R8

Max Shave Bikini Single Blade Disposable Razors 3-pack

39⁹⁹

MEMBER PRICE:

31⁹⁹



SAVE R285

Philips OneBlade Trimmer QP2724/10

949⁹⁹

MEMBER PRICE:

664⁹⁹

30% OFF

MEMBER DEAL



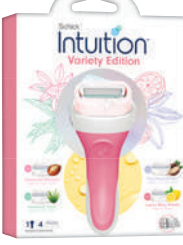
SAVE R165

Philips Satin Shave Electric Shaver HP6341/00

549⁹⁹

MEMBER PRICE:

384⁹⁹



SAVE R65

Schick Intuition Variety Edition 4-Blade Razor 1 handle **PLUS** 4 cartridges

264⁹⁹

MEMBER PRICE:

199⁹⁹

SAVE R74

Schick Quattro 4 Titanium 4-Blade Razor Blades 4 cartridges

283⁹⁹

MEMBER PRICE:

209⁹⁹

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13



Choose Better Rewards brands and get 10% off instantly

DENTAL CARE



NEW

Harry Potter

A magical clean for young witches and wizards!



Colgate Kids Toothpaste 50ml

49⁹⁹

+B MEMBER PRICE:

44⁹⁹ each

Offer on ANY Colgate, Elmex AND Meridol products



Colgate Rechargeable Electric Kids Toothbrush

179⁹⁹

+B MEMBER PRICE:

161⁹⁹

Offer on ANY Colgate, Elmex AND Meridol products



Colgate Kids Manual Toothbrush

49⁹⁹

+B MEMBER PRICE:

44⁹⁹

NEW

Sensitive Care

Offer on ANY Colgate, Elmex AND Meridol products



Colgate Total Sensitive Care Toothpaste 75ml

66⁹⁹

+B MEMBER PRICE:

60²⁹

SWIPE TO GET



2+1 CHEAPEST FREE



GET AN EXTRA

10% OFF

ALL Better Rewards Brands



Colgate Optic White Purple Reveal Toothpaste 75ml

91⁹⁹

+B MEMBER PRICE:

82⁷⁹

Decay and Enamel Defense



Colgate Total Decay and Enamel Defense Toothpaste 75ml

66⁹⁹

+B MEMBER PRICE:

60²⁹

Total Whitening Brush



+5000 bristles

Rapid foaming action

Colgate Total Whitening Brush

79⁹⁹

+B MEMBER PRICE:

71⁹⁹

Offer on ANY Colgate, Elmex AND Meridol products



Colgate 360° Optic White Toothbrush 2-pack

134⁹⁹

+B MEMBER PRICE:

121⁴⁹

Keeps Working Brushing



Colgate Optic White Mouthwash 500ml

104⁹⁹

+B MEMBER PRICE:

94⁴⁹

Bluey

MAXIMUM CAVITY PROTECTION

Offer on ANY Colgate, Elmex AND Meridol products



Colgate Bluey Mouthwash 500ml

34⁹⁹

+B MEMBER PRICE:

31⁴⁹

NEW



Colgate Kids Toothbrush 2-pack

69⁹⁹

+B MEMBER PRICE:

62⁹⁹



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Scan the QR code to **join Better Rewards for FREE**

Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop**

DENTAL CARE



Offer on ANY Elmex, Colgate AND Meridol products



Elmex Gentle Whitening Toothpaste 75ml

104⁹⁹

+B MEMBER PRICE: 94⁹⁹

Offer on ANY Listerine products



Listerine Mouthwash Kids 500ml

89⁹⁹

+B MEMBER PRICE: 80⁹⁹

Offer on ANY Listerine products



Listerine Mouthwash Cool Mint 250ml

64⁹⁹

+B MEMBER PRICE: 58⁴⁹

Offer on ANY Listerine products



Listerine Mouthwash Cool Mint 750ml

129⁹⁹

+B MEMBER PRICE: 116⁹⁹ each

Offer on ANY Meridol, Elmex AND Colgate products



Meridol Gum Health Toothpaste 75ml

104⁹⁹

+B MEMBER PRICE: 94⁴⁹

SWIPE TO GET

2+1+10% OFF

CHEAPEST FREE

+B GET AN EXTRA

ALL Better Rewards Brands

Offer on ANY Sensodyne products



Sensodyne Multi Care Toothbrush

69⁹⁹

+B MEMBER PRICE: 62⁹⁹

Offer on ANY Sensodyne products



Sensodyne Rapid Relief Whitening Toothpaste 75ml

91⁹⁹

+B MEMBER PRICE: 82⁷⁹

Offer on ANY Sensodyne products



Sensodyne Repair & Protect Toothpaste 75ml

99⁹⁹

+B MEMBER PRICE: 89⁹⁹

Offer on ANY Sensodyne products



Sensodyne Gentle Whitening Toothpaste 75ml

71⁹⁹

+B MEMBER PRICE: 64⁷⁹

MEMBER DEAL

2+1 CHEAPEST FREE on ANY Aquafresh products



Aquafresh Toothpaste 100ml

25⁹⁹

MEMBER DEAL

2+1 CHEAPEST FREE on ANY Jordan products



Jordan Kids Toothpaste 50ml / 0-5 years

31⁹⁹

MEMBER DEAL

2+1 CHEAPEST FREE on ANY Himalaya toothpaste



Himalaya Herbal Toothpaste 75ml

34⁹⁹

MEMBER DEAL

2+1 CHEAPEST FREE on ANY G.U.M products



G.U.M Easy-Flossers 30-piece

89⁹⁹

MEMBER DEAL

2+1 CHEAPEST FREE on ANY WhiteGlo products



White Glo Oral Care Mouthwash 500ml

89⁹⁹

MEMBER DEAL

2+1 CHEAPEST FREE on ANY Curaprox CPS Prime Set AND refill products



Curaprox CPS Prime Starter Kit

179⁹⁹

SAVE R560



Philips Sonicare 3100 Series Rechargeable Electric Toothbrush

1399⁰⁰

MEMBER PRICE: 839⁰⁰

SAVE R156



Philips Sonicare Optimal White Replacement Brush Heads 2-pack

389⁹⁹

MEMBER PRICE: 233⁹⁹



Choose Better Rewards brands and get 10% off instantly

DENTAL CARE

NEW

SAVE R2310 each

Oral-B iO6 CONNECTED COACH

Clinically Proven To Help Prevent Issues Before They Start

4200⁰⁰

+B MEMBER PRICE: 1890⁰⁰ each

Oral-B iO6 Rechargeable Electric Toothbrush

SWIPE TO GET

50% OFF

+B GET AN EXTRA

10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

NEW

SAVE R934 each

Oral-B iO Kids SPIDER-MAN

Powerful Cavity Protection

1699⁹⁹

+B MEMBER PRICE: 764⁹⁹ each

Oral-B iO Kids Spiderman Rechargeable Electric Toothbrush

SAVE R1099

Oral-B iO Series 3 Rechargeable Electric Toothbrush

1999⁰⁰

+B MEMBER PRICE: 899⁵⁵

SAVE R934

Oral-B iO2 Rechargeable Electric Toothbrush

1699⁹⁹

+B MEMBER PRICE: 764⁹⁹

SAVE R1649

Oral-B iO Series 5 Rechargeable Electric Toothbrush

2999⁰⁰

+B MEMBER PRICE: 1349⁵⁵

SAVE R308

Oral-B iO Replacement Brush Heads 2-pack

559⁹⁹

+B MEMBER PRICE: 251⁹⁹

MEMBER DEAL

2+1 CHEAPEST FREE

on ANY Dentalmate products

Dentalmate Toothbrushes with Caps 5-piece 45⁰⁰

Dentalmate Kids Toothbrush 16⁹⁹

Dentalmate Mouthwash 1 litre 99⁹⁹

Dentalmate Denture Adhesive Cream 40g 109⁹⁹

Dentalmate Floss 50m 36⁹⁹

Dentalmate Special Care Repair & Protect Toothpaste 75ml 44⁹⁹

Dentalmate Anti Parodontit Active Toothpaste 100ml 44⁹⁹

Dentalmate Toothpaste 75ml AND Toothbrush 19⁹⁹



MILLION COMFORTS

HELP KEEP GIRLS IN SCHOOL

#MillionComforts

Simply purchase a pack of sanitary pads from participating brand partners and place your donations in the Million Comforts Bin.



FEMININE HYGIENE



Offer on Always Duo packs*



Always
Maxi Dreamzz
Packs
18-pack

VALUE PACK
*Offer excludes
singles 6/7/8/9/10

**SAVE
R108**

54⁹⁹

**+B MEMBER PRICE:
5 FOR
166⁴⁹**

**SWIPE
TO GET**

BULK+10% BUYS OFF

ALL Better Rewards Brands

**+B GET AN
EXTRA**



Kotex
All Nighter
Maxi Thick Pads
16-pack

**SAVE
R42**

54⁹⁹

**+B MEMBER PRICE:
2 FOR
67⁵⁰**

Offer on Always Duo packs*



Always
Maxi OR
Ultra Duo Packs
12/14/16/18/20-pack

VALUE PACK
*Offer excludes
singles 6/7/8/9/10

**SAVE
R158**

64⁹⁹

**+B MEMBER PRICE:
5 FOR
166⁴⁹**



Always
Quattro Packs
24/26/32/36-pack

VALUE PACK

**SAVE
R149**

109⁹⁹

**+B MEMBER PRICE:
3 FOR
179⁹⁹**



Kotex
Maxi Protect
All Nighter
Pads
8-pack

**SAVE
R19**

29⁹⁹

**+B MEMBER PRICE:
2 FOR
40⁵⁰**



Kotex
Pantyliners
100-pack

**SAVE
R54**

67⁹⁹

**+B MEMBER PRICE:
2 FOR
81⁰⁰**



Intima
Overnight
Maxi Pads
8-pack

24⁹⁹

MEMBER DEAL
**2+1
CHEAPEST
FREE**
on ANY
Intima Pads



Intima
Ultra-Thin
Pads
16-pack

47⁹⁹



Lil-Lets
Maxi Thick
Pads
8-pack

19⁹⁹

**MEMBER PRICE:
2 FOR
35⁰⁰**

**SAVE
R4**



Lil-Lets
Maxi
Super Plus
Pads
7-pack

19⁹⁹

**MEMBER PRICE:
2 FOR
35⁰⁰**

**SAVE
R4**



Libresse
Goodnight
Ultra Duo Pads
16-pack

56⁹⁹

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



Libresse
Goodnight
Maxi Cotton Feel
Duo Pads
16-pack

49⁹⁹



Comfitex
Cotton Ultra
Pads
10-pack

**MEMBER PRICE:
2 FOR
40⁰⁰**

24⁹⁹

**SAVE
R9**



Comfitex
Extra Long
Pantyliners
30-pack

**MEMBER PRICE:
2 FOR
65⁰⁰**

**SAVE
R14**



INDEPENDENT



Distribution

Dis-Chem+



GynaGuard
Intimate
Essential Wash
250ml

**SAVE
R44**

129⁹⁹

**MEMBER PRICE:
2 FOR
215⁰⁰**



GynaGuard
Sensitive
Wipes
2 x 12 wipes
VALUE PACK

**SAVE
R20**

47⁹⁹

**MEMBER PRICE:
2 FOR
75⁰⁰**



GynaGuard
Unscented
Pantyliners
40-pack

**SAVE
R14**

39⁹⁹

**MEMBER PRICE:
2 FOR
65⁰⁰**



Femivat
Cleansing
Soap Bar
100g

**SAVE
R14**

34⁹⁹

**MEMBER PRICE:
2 FOR
55⁰⁰**

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INCONTINENCE CARE



**SAVE
R35**

MoliCare
Premium
4.5 Drops
Lady Pads
14-pack

126⁹⁹

**+B MEMBER PRICE:
91⁴³**



**SWIPE
TO GET**

**20% + 10%
OFF**

ALL Better Rewards Brands

Member prices already reflect both discounts



**SAVE
R105**

MoliCare
Premium
8 Drops
Mobile
Pull-Up Pants
Medium / 14-pack

374⁹⁹

**+B MEMBER PRICE:
269⁹⁹**



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

TENA
ProSkin Pants
Large / 10-pack
239⁹⁹



**SAVE
R16**

Softi
Premium
Adult Pads
14-pack

79⁹⁹

**MEMBER PRICE:
63⁹⁹**



**SAVE
R34**

Softi Premium
Adult Slips
Large / 12-pack

169⁹⁹

**MEMBER PRICE:
135⁹⁹**

**MEMBER DEAL
20%
OFF
ALL Softi
adult pants,
slips AND
pads**



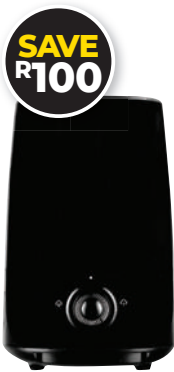
**SAVE
R44**

Softi
Premium
Adult Pants
Medium / 14-pack

219⁹⁹

**MEMBER PRICE:
175⁹⁹**

MEDIC+



**SAVE
R100**

Medic+
Mechanical
Ultrasonic
Humidifier
499⁹⁹

**MEMBER PRICE:
399⁹⁹**



**SAVE
R159**

Medic+
Digital
Ultrasonic
Humidifier
799⁹⁹

**MEMBER PRICE:
639⁹⁹**

**MEMBER DEAL
20% OFF
ALL Medic+ Humidifiers**



Medic+
Ultrasonic
Warm and
Cool Mist
Humidifier
899⁹⁹

**MEMBER PRICE:
719⁹⁹**

**SAVE
R180**



Medic+
Vapourising
Humidifier
549⁹⁹

**MEMBER PRICE:
439⁹⁹**

**SAVE
R110**



Medic+
BP Monitor
Elite
524⁹⁹

**MEMBER PRICE:
474⁹⁹**

**SAVE
R50**



Medic+
Nebulizer
Compressor
PC
589⁹⁹

**MEMBER PRICE:
539⁹⁹**

**SAVE
R50**



Medic+
Pregnancy
Test
2-pack
49⁹⁹

**MEMBER PRICE:
44⁹⁹**

**SAVE
R5**



Medic+
Menthol Rub
100g
99⁹⁹

**MEMBER PRICE:
79⁹⁹**

**SAVE
R20**

**Boost your savings by
shopping at our pharmacy**

**Get 5% EXTRA off all Better Rewards brands
(valid for 30 days)**



Ts and Cs
apply.



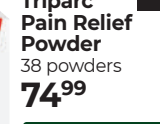
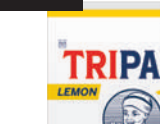
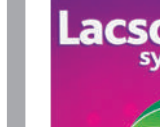
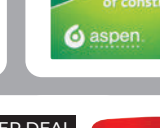
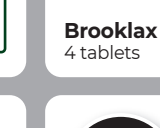
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on **180+ Better Rewards brands** every time you shop

PAIN MANAGEMENT

[illegible]

SELF-MEDICATION

SAVE R15  Triparc Pain Relief Powder 38 powders 74⁹⁹ MEMBER PRICE: 59⁹⁹	20% OFF MEMBER DEAL  Triparc Pain Relief Powder 12 powders 38⁹⁹ MEMBER PRICE: 31¹⁹	SAVE R7  Dettol Antiseptic Liquid 750ml 119⁹⁹ MEMBER PRICE: 89⁹⁹	SAVE R30  Systane Hydration Lubricant Eye Drops 10ml 324⁹⁹ MEMBER PRICE: 259⁹⁹
SAVE R26  Rohto Dry Aid Intensive Dry Eye Relief Drops 10ml 129⁹⁹ MEMBER PRICE: 103⁹⁹	20% OFF MEMBER DEAL  Lacson Syrup 150ml 74⁹⁹ MEMBER PRICE: 64⁹⁹	SAVE R10  Brooklax 4 tablets 47⁹⁹ MEMBER PRICE: 39⁹⁹	SAVE R8  Systane Complete Lubricant Eye Drops 10ml 349⁹⁹ MEMBER PRICE: 279⁹⁹
MEMBER DEAL 2+1 CHEAPEST FREE on ANY Deep Heat products  Deep Heat Pain Relief Rub 75g 129⁹⁹	SAVE R36  Cuticell Classic 10cm x 10cm 36-pack 181⁹⁹ MEMBER PRICE: 145⁵⁹	20% OFF MEMBER DEAL  Gaviscon Double Action Liquid 24 sachets 199⁹⁹ MEMBER PRICE: 179⁹⁹	SAVE R20  Deep Heat Pain Relief Rub 75g 129⁹⁹

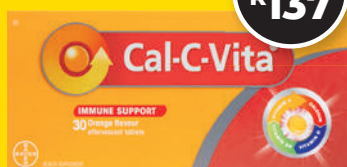
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OR at selected stores. E&OE.

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IMMUNE SUPPORT



**SAVE
R137**

Cal-C-Vita
Immune Support
30 effervescent tablets

245⁹⁹
+B MEMBER PRICE:
2 FOR 353⁹⁹



**SAVE
R150**

Tibb Septogard
Natural Antibiotic
Syrup
200ml

269⁹⁹
+B MEMBER PRICE:
2 FOR 388⁹⁹



**SAVE
R80**

Lifestyle Health
Vitamin C
1000mg
100 tablets

144⁹⁹
+B MEMBER PRICE:
2 FOR 208⁹⁹



**SAVE
R105**

Linctagon-C
Broad Spectrum
Relief
20 effervescent tablets

189⁹⁹
+B MEMBER PRICE:
2 FOR 273⁹⁹



**SAVE
R173**

A.Vogel Echinaforce
Echinacea Tablets
120 tablets

309⁹⁹
+B MEMBER PRICE:
2 FOR 445⁹⁹



**SWIPE
TO GET**



**GET AN
EXTRA**

**BULK + 10%
BUYS OFF**

ALL Better Rewards Brands



**SAVE
R105**

FoodGrown
Bio-Zinc
30 capsules

189⁹⁹
+B MEMBER PRICE:
2 FOR 273⁹⁹



**SAVE
R133**

Biogen
Immuno Boost
60 capsules

239⁹⁹
+B MEMBER PRICE:
2 FOR 345⁹⁹



**SAVE
R105**

NutriPure
Adult Immune
Support
60 gummies

189⁹⁹
+B MEMBER PRICE:
2 FOR 273⁹⁹



**SAVE
R69**

Gold Selenium
60 vegecapsules

124⁹⁹
+B MEMBER PRICE:
2 FOR 179⁹⁹

NEW



**SAVE
R111**

Lifestyle Health
Sinuplus
30 vegecapsules

199⁹⁹
+B MEMBER PRICE:
2 FOR 287⁹⁹



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

Immunadue
100 capsules
149⁹⁹



**SAVE
R23**

**Sinulex
Forte**
10 capsules

58⁹⁹
MEMBER PRICE:
2 FOR 93⁹⁹



**SAVE
R73**

Prospan
Cough Syrup
200ml

183⁹⁹
MEMBER PRICE:
2 FOR 293⁹⁹



**SAVE
R107**

Airmune
30 effervescent
tablets
VALUE PACK

269⁹⁹
MEMBER PRICE:
2 FOR 431⁹⁹



**SAVE
R68**

Q-Tuss
Cough Syrup
100ml

172⁹⁹
MEMBER PRICE:
2 FOR 276⁹⁹



**SAVE
R70**

**25%
OFF
MEMBER DEAL**

VirAway
Junior Syrup
500ml

279⁹⁹
MEMBER PRICE:
209⁹⁹



**SAVE
R45**

Bettaway
Mega
C1000
Fizzi
30 tablets

114⁹⁹
MEMBER PRICE:
2 FOR 183⁹⁹



**SAVE
R92**

Sinupret
Plus
20 tablets

231⁹⁹
MEMBER PRICE:
2 FOR 370⁹⁹

Every time you shop and save with **Better Rewards**,
you're supporting the **Dis-Chem Foundation**.

**Dis-Chem
Foundation**
Caring for the Community

Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop**

COUGHS, COLDS & FLU





Vicks VapoRub
100g

129⁹⁹

+B MEMBER PRICE:
116⁹⁹

SWIPE TO GET

2+1 CHEAPEST FREE

+B GET AN EXTRA 10% OFF

ALL Better Rewards Brands



Vicks Acta Plus
Wet + Dry Cough Syrup
200ml

139⁹⁹

+B MEMBER PRICE:
125⁹⁹



Vicks Inhaler
1ml

56⁹⁹

+B MEMBER PRICE:
51²⁹



Vicks VapoLozenges
24 lozenges

89⁹⁹

+B MEMBER PRICE:
80⁹⁹



Vicks VapoRub Xtra Strong
50g

94⁹⁹

+B MEMBER PRICE:
85⁴⁹



Vicks Acta Plus Xtra Strong
Wet + Dry Cough Syrup
100ml

109⁹⁹

+B MEMBER PRICE:
98⁹⁹

Offer excludes Vicks Medinite 180ml



Salex Metered Saline Nasal Spray
30ml

129⁹⁹

+B MEMBER PRICE:
93⁵⁹

SWIPE TO GET

20% OFF

+B GET AN EXTRA 10% OFF

ALL Better Rewards Brands



Salex Saline Sinus Rinse Starter Kit
10 sachets

99⁹⁹

+B MEMBER PRICE:
71⁹⁹

Member prices already reflect both discounts



Benylin 4 Cough Syrup
100ml

119⁹⁹

+B MEMBER PRICE:
86³⁹



Benylin All-in-One Cough Syrup
100ml

145⁹⁹

+B MEMBER PRICE:
105¹¹



Benylin Children's Wet Cough Mucus Relief
200ml

135⁹⁹

+B MEMBER PRICE:
97⁹¹



Benylin Cough Lozenges Berries
20 lozenges

72⁹⁹

+B MEMBER PRICE:
52⁵⁵

Offer excludes Benylin scheduled medicine products



Sterimar Hygiene Nasal Spray
100ml

284⁹⁹

MEMBER PRICE:
227⁹⁹



Flo Baby Saline Nasal Spray
15ml

220⁹⁹

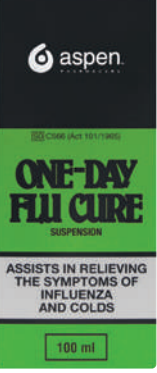
MEMBER PRICE:
187⁸⁴



Strepsils Original
24 lozenges

119⁹⁹

MEMBER PRICE:
95⁹⁹



One-Day Flu Cure
100ml

89⁹⁹

MEMBER PRICE:
79⁹⁹

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Choose Better Rewards brands and get 10% off instantly

MINERALS



Offer on Slow-Mag
100 capsules, 100 tablets, 30 fizzies
AND Performance 30 effervescent



279⁹⁹

+B MEMBER PRICE:
251⁹⁹

Slow-Mag
Magnesium
Fizzies
30 effervescent
tablets

**SWIPE
TO GET**
**2+1
CHEAPEST
FREE**

**+B GET AN
EXTRA
10%
OFF**

ALL Better Rewards Brands

Offer on Slow-Mag
100 capsules, 100 tablets, 30 fizzies
AND Performance 30 effervescent



409⁹⁹

+B MEMBER PRICE:
368⁹⁹

Slow-Mag
Magnesium
100 capsules



**SAVE
R50
each**

179⁹⁹

+B MEMBER PRICE:
129⁹⁹ each

Biogen
Zinc
Complex
Plus
120 tablets

**SWIPE
TO GET**
**20%
OFF**

**+B GET AN
EXTRA
10%
OFF**

ALL Better Rewards Brands

Member prices already reflect both discounts



**SAVE
R36**

Lifestyle Health
Zinc
100 tablets
129⁹⁰

+B MEMBER PRICE:
93⁵²



**SAVE
R56**

Lifestyle Health
Magnesium
Fizzy
30 effervescent
tablets

199⁹⁹
+B MEMBER PRICE:
143⁹⁹



**SAVE
R84
each**

299⁹⁹

+B MEMBER PRICE:
215⁹⁹ each

A.Vogel
Multiforce
Alkaline
Powder
225g / Assorted



**SAVE
R50**

Gold
Magnesium
Slow Release
100 coated
tablets
179⁹⁹

+B MEMBER PRICE:
129⁹⁹



**SAVE
R98**

Gold
Magnesium
Glycinate
60 tablets
349⁹⁹

+B MEMBER PRICE:
251⁹⁹



**SAVE
R29**

Gold
Zinc Complex
60 tablets
104⁹⁹

+B MEMBER PRICE:
75⁹⁹



**SAVE
R58**

209⁹⁹

+B MEMBER PRICE:
151¹⁹

CrampEase
Night
30 capsules



**SAVE
R83**

Ferrous Forte
Iron
Supplement
30 tablets
209⁹⁹

MEMBER PRICE:
**2 FOR
335⁹⁹**



**SAVE
R43**

Saltabs
30 tablets
109⁹⁹

MEMBER PRICE:
**2 FOR
175⁹⁹**



**SAVE
R71**

ReVite
Slow Release
Magnesium
100 tablets
179⁹⁹

MEMBER PRICE:
**2 FOR
287⁹⁹**



**SAVE
R31**

Zinplex
Magnesium
Sugar Free
Syrup
200ml
79⁹⁹

MEMBER PRICE:
**2 FOR
127⁹⁹**



Scan the QR code to join Better Rewards for **FREE**

Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop**

DIGESTIVE HEALTH





FoodGrown
Full Spectrum
Digestive
Enzymes
60 capsules
299⁹⁹
+B MEMBER PRICE:
215⁹⁹



SWIPE
TO GET

**20%
OFF**



GET AN
EXTRA

**+ 10%
OFF**

ALL Better Rewards Brands

Member prices already reflect both discounts



Biogen
Supreme
Probiotic 9 Strain
120 vegetarian
capsules
449⁹⁹
+B MEMBER PRICE:
323⁹⁹



ProbiFlora
Adult Intensive
Rescue 9 Strain
60 capsules
329⁹⁹
+B MEMBER PRICE:
237⁹⁹



**LIFESTYLE
HEALTH**
COLON
CLEANSE
with Aloe Vera, Lemon
& Flaxseed
70 capsules
76⁹⁹
+B MEMBER PRICE:
55⁴³



**LIFESTYLE
HEALTH**
L. REUTERI
with Probiotic
10 chewable tablets
104⁹⁹
+B MEMBER PRICE:
75⁵⁹



Dis-Chem
gold
ACTIVATED
CHARCOAL
60 vegcapsules
164⁹⁹
+B MEMBER PRICE:
118⁷⁹

JOINT & BONE HEALTH



Biogen
Glucosamine
Chondroitin
60 tablets
224⁹⁹
+B MEMBER PRICE:
2 FOR 323⁹⁹



SWIPE
TO GET

**BULK+
BUYS**



GET AN
EXTRA

**+ 10%
OFF**

ALL Better Rewards Brands



Dis-Chem
gold
CURCUMIN
400 mg
60 vegcapsules
299⁹⁹
+B MEMBER PRICE:
2 FOR 431⁹⁹



Biogen
Calmag Max
60 tablets
279⁹⁹
+B MEMBER PRICE:
2 FOR 402⁹⁹



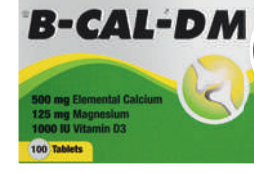
FoodGrown
Natural Calcium
With Ovocet
60 capsules
324⁹⁹
+B MEMBER PRICE:
2 FOR 467⁹⁹



**LIFESTYLE
HEALTH**
MSM
1000 mg
120 coated tablets
354⁹⁹
+B MEMBER PRICE:
2 FOR 510⁹⁹



**LIFESTYLE
HEALTH**
JOINT AID
30 + 70
vegcapsules
349⁹⁹
+B MEMBER PRICE:
2 FOR 503⁹⁹



B-CAL-DM
500 mg Elemental Calcium
125 mg Magnesium
1000 IU Vitamin D3
100 Tablets
319⁹⁹
MEMBER PRICE:
2 FOR 511⁹⁹



PIASCLEDINE
200mg
30 capsules
386⁹⁹
MEMBER PRICE:
2 FOR 687⁷⁷



MenaCal.7
90 tablets
419⁹⁹
MEMBER PRICE:
2 FOR 671⁹⁹



THRESHHold
Real MSM
120 tablets
419⁹⁹
MEMBER PRICE:
335⁹⁹

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Choose Better Rewards brands and get 10% off instantly

MULTIVITAMINS & DAILY SUPPLEMENTS



SAVE R83

Gold Vitamin B12
100µg
60 chew tabs
149⁹⁹

+B MEMBER PRICE:
2 FOR 215⁹⁹



SAVE R75

Gold L-Theanine
250mg
60 vegcapsules
134⁹⁹

+B MEMBER PRICE:
2 FOR 193⁹⁹



SAVE R273

FoodGrown Multi-Collagen
250g
489⁹⁹

+B MEMBER PRICE:
2 FOR 705⁹⁹



SAVE R63

Vital Omega 3
1000mg
30 softgel capsules
159⁹⁹

+B MEMBER PRICE:
2 FOR 255⁹⁹



SAVE R146

Bio-Strath Elixir Syrup
200ml
262⁹⁹

+B MEMBER PRICE:
2 FOR 378⁹⁹

SWIPE TO GET BULK BUYS



SAVE R100

Centrum Adult Multivitamin
30 tablets
179⁹⁹

+B MEMBER PRICE:
2 FOR 258⁹⁹



SAVE R206

Tibb Stress-Away
120 tablets
369⁹⁹

+B MEMBER PRICE:
2 FOR 532⁹⁹

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



SAVE R189

Berocca Boost
30 effervescent tablets
339⁹⁹

+B MEMBER PRICE:
2 FOR 489⁹⁹



SAVE R128

Biogen Ashwagandha Root
60 vegetarian capsules
229⁹⁹

+B MEMBER PRICE:
2 FOR 330⁹⁹



SAVE R147

Biogen Magnisol Sleep
210g
264⁹⁹

+B MEMBER PRICE:
2 FOR 381⁹⁹



SAVE R153

Biogen Multivitamin+
60 PLUS 30 tablets
274⁹⁹

+B MEMBER PRICE:
2 FOR 395⁹⁹



SAVE R105

BioPlus Syrup
500ml
189⁹⁹

+B MEMBER PRICE:
2 FOR 273⁹⁹



SAVE R33

InsomnAway
26 tablets
129⁹⁹

MEMBER PRICE:
96⁹⁹



SAVE R135

Solal All You Need for Women Ages 50+
90 capsules
339⁹⁹

MEMBER PRICE:
2 FOR 543⁹⁹



SAVE R59

ReVite Vit-T-Go
20 sachets
149⁹⁹

MEMBER PRICE:
2 FOR 239⁹⁹



SAVE R87

Natura Tinnitus
150 tablets
219⁹⁹

MEMBER PRICE:
2 FOR 351⁹⁹

Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop**

HEALTHY FOODS



SAVE R53

139⁹⁹
+B MEMBER PRICE:
2 FOR 226⁷⁸

Futurelife Smart+ Food 1.25kg



SWIPE TO GET

BULK+ 10% OFF

ALL Better Rewards Brands



SAVE R34

89⁹⁹
+B MEMBER PRICE:
2 FOR 145⁷⁸

Futurelife Smart+ Food 750g



SAVE R53

139⁹⁹
+B MEMBER PRICE:
2 FOR 226⁷⁸

Futurelife Smart+ Food Zero 1.25kg



SAVE R118 each

423⁹⁹
+B MEMBER PRICE:
305²⁷ each

Ensure Gold Advanced Nutritional Supplement 850g



SAVE R15

54⁹⁹
+B MEMBER PRICE:
39⁵⁹

Lifestyle Food Quick Oats 1kg



SAVE R64

229⁹⁹
+B MEMBER PRICE:
165⁵⁹

Lifestyle Food Rolled Oats 5kg



SAVE R21 each

76⁹⁹
+B MEMBER PRICE:
55⁴³ each

Lifestyle Food Odourless Coconut Oil 1 litre



Offer on ALL Lifestyle Food Hot Chocolates

SAVE R25

89⁹⁹
+B MEMBER PRICE:
64⁷⁹

Lifestyle Food Reduced Sugar Hot Chocolate 320g



SWIPE TO GET

20% + 10% OFF

when you buy **ANY 2** Lifestyle Food Hot Chocolates

ALL Better Rewards Brands



SAVE R22

79⁹⁹
+B MEMBER PRICE:
57⁵⁹

Lifestyle Food Skinny Hot Chocolate 120g

Discount to be deducted at tills



Offer on ALL Lifestyle Food Hot Chocolates

SAVE R22

79⁹⁹
+B MEMBER PRICE:
57⁵⁹

Lifestyle Food Skinny Hot Chocolate 120g

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Dis-Chem+



Choose Better Rewards brands and get 10% off instantly

HEALTHY FOODS



SAVE R38

Lifestyle Food Chia Seeds 300g

136⁹⁹

+B

MEMBER PRICE:

98⁶³

SAVE R21

Lifestyle Food Flaxseed 500g

74⁹⁹

+B

MEMBER PRICE:

53⁹⁹

SAVE R47

Lifestyle Food Pumpkin Seeds 400g

168⁹⁹

+B

MEMBER PRICE:

121⁶⁷

SAVE R44

Lifestyle Food Ultimate 4 Seed Mix 1kg

159⁹⁹

+B

MEMBER PRICE:

115¹⁹

SAVE R131

Lifestyle Food Pure Bone Broth Powder 350g

469⁹⁹

+B

MEMBER PRICE:

338³⁹

SAVE R78

Lifestyle Food Psyllium Husk 400g

279⁹⁹

+B

MEMBER PRICE:

201⁵⁹

SAVE R17

Lifestyle Food Wholewheat Couscous 500g

63⁹⁹

+B

MEMBER PRICE:

46⁰⁷

SAVE R65

Lifestyle Food White Quinoa 1kg

232⁹⁹

+B

MEMBER PRICE:

167⁷⁵

SAVE R42

Lifestyle Food Cold Pressed Sesame Oil 250ml

149⁹⁹

+B

MEMBER PRICE:

107⁹⁹

SAVE R51

Lifestyle Food Cold Pressed Flax Oil 500ml

184⁹⁹

+B

MEMBER PRICE:

133¹⁹

SAVE R79

Lifestyle Food Pure MCT Oil 500ml

284⁹⁹

+B

MEMBER PRICE:

205¹⁹

SAVE R52

Lifestyle Food Black Cumin Oil 250ml

186⁹⁹

+B

MEMBER PRICE:

134⁶³

SWIPE TO GET

20%OFF

+B

GET AN EXTRA

10%OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

MEMBER DEAL

2+1 CHEAPEST FREE

on Wholesome Earth Cereals

Wholesome Earth Gluten Free Corn Flakes 300g

87⁹⁹

Wholesome Earth Gluten Free Rolled Oats 500g

79⁹⁹

Wholesome Earth Gluten Free Quick Cooking Oats 500g

79⁹⁹



Scan the QR code to **join Better Rewards for FREE**

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

HEALTHY FOODS



MEMBER DEAL
Buy ANY 2
Alette's Rusks
and get
20% OFF

Alette's
Rusks
450g
72⁹⁹

**2+1
FREE**
MEMBER DEAL

Douwe
Egberts
Pure Gold
Coffee
200g
249⁹⁹

MEMBER DEAL
**2+1
CHEAPEST
FREE**
on ANY Jacobs
Coffee AND
Cappuccino

Jacobs
Cappuccino
10 sachets
85⁹⁹

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

Canderel
Sucralose
Café Sticks
200 sticks
135⁹⁹

Canderel
Café Sticks
Sweetener
200 sticks
127⁹⁹

MEMBER DEAL
Buy ANY 2
Eve Teas
and get
20% OFF

Eve
Hibiscus
Tea
20 teabags
72⁹⁹

Eve
Instant
Honeyed
Ginger Tea
10 sachets
53⁹⁹

**SAVE
R99**

MEMBER DEAL
**30%
OFF**
ALL Gaby's
Nuts 1kg

Gaby's
Roasted &
Salted
Mixed Nuts
1kg
329⁹⁹

MEMBER PRICE:
230⁹⁹

MEMBER DEAL
**2+1
CHEAPEST
FREE**
on ANY Gullón
Biscuits

Gullón
Choc Chip
Cookies
125g
59⁹⁹

MEMBER DEAL
**2+1
CHEAPEST
FREE**
on ANY
Little Bee
products

Little Bee
Honey
1kg
159⁹⁹

Little Bee
Honey
375g
64⁹⁹

Nature's
Choice
Poppy Seeds
250g
126⁹⁹

Nature's
Choice
Pumpkin
Seeds
500g
179⁹⁹

MEMBER DEAL
**2+1
CHEAPEST
FREE**
on these
Nature's Choice
products

Nature's Choice
Tummy Flush
Prune Juice
250ml
89⁹⁹

Nature's Choice
Unfiltered
Apple Cider
Vinegar
500ml
42⁹⁹

Nature's
Choice
Organic
Raw Cacao
Powder
200g
149⁹⁹

Nature's
Choice
Cayenne
Pepper
170g
54⁹⁹

Nature's
Choice
Chia Seeds
Raw
250g
144⁹⁹

Nature's
Choice
Cinnamon
Powder
100g
42⁹⁹

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Dis-Chem+



Choose Better Rewards brands and get 10% off instantly

SPORTS SUPPLEMENTS

SAVE R168 each

Biogen Bulk 45/150 Rapid Mass Gainer
4kg

599⁹⁹

+B MEMBER PRICE:
431⁹⁹ each

SAVE R128

Biogen Complete Whey
875g

459⁹⁹

+B MEMBER PRICE:
331¹⁹

SAVE R156

Biogen Premium Vita-Packs
30 sachets

559⁹⁹

+B MEMBER PRICE:
403¹⁹

SAVE R124

Biogen Creatine Monohydrate
500g

444⁹⁹

+B MEMBER PRICE:
320³⁹

SWIPE TO GET

20% OFF

+B GET AN EXTRA

10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts

SAVE R140 each

NPL Hyper Gain Mass
4kg

499⁹⁹

+B MEMBER PRICE:
359⁹⁹ each

SAVE R98

NPL BCAA EAA 12:1:1
300g

349⁹⁹

+B MEMBER PRICE:
251⁹⁹

SAVE R168

NPL Blackout Pre-Workout
400g

599⁹⁹

+B MEMBER PRICE:
431⁹⁹

SAVE R210

NPL Halo Test
180 capsules

749⁹⁹

+B MEMBER PRICE:
539⁹⁹

SAVE R75

Primal Clear Beef Protein Isolate
600g

499⁹⁹

MEMBER PRICE:
424⁹⁹

SAVE R75

Primal Premium Casein Protein
750g

499⁹⁹

MEMBER PRICE:
424⁹⁹

15% OFF
MEMBER DEAL

SAVE R67

Primal Egg Protein Powder
750g

449⁹⁹

MEMBER PRICE:
382⁴⁹

SAVE R150

Primal Whey Isolate
750g

999⁹⁹

MEMBER PRICE:
849⁹⁹

SAVE R79

USN Hardcore Whey gH
1.8kg

789⁹⁹

MEMBER PRICE:
710⁹⁹

SAVE R30

USN Hardcore All9 Amino
390g

299⁹⁹

MEMBER PRICE:
269⁹⁹

10% OFF
MEMBER DEAL

SAVE R20

USN Creatine Transport
650g

204⁹⁹

MEMBER PRICE:
184⁴⁹

SAVE R49

USN Qhush Black Pre-Workout
300g

489⁹⁹

MEMBER PRICE:
440⁹⁹

Every time you shop and save with **Better Rewards**, you're supporting the **Dis-Chem Foundation**.



Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop**

SPORTS FOODS



Biogen Energy Nougat Bar
45g

19⁹⁹
+B MEMBER PRICE:
17⁹⁹



Biogen Energy Oats Bar
35g

19⁹⁹
+B MEMBER PRICE:
17⁹⁹ each



Biogen Night Feed Casein Protein Bar
65g

49⁹⁹
+B MEMBER PRICE:
44⁹⁹ each



NPL #21 Protein Bar
65g

39⁹⁹
+B MEMBER PRICE:
35⁹⁹ each



NPL Diet Pro Bar
50g

36⁹⁹
+B MEMBER PRICE:
33²⁹ each



NPL Collagen Bar
50g

39⁹⁹
+B MEMBER PRICE:
35⁹⁹

 **SWIPE TO GET**

4+1 CHEAPEST FREE

+B GET AN EXTRA 10% OFF

ALL Better Rewards Brands



MEMBER DEAL
4+1 FREE
on ANY Youthful Living Bars

Youthful Living Gourmet Protein Bar
65g

47⁹⁹



MEMBER DEAL
4+1 FREE

Youthful Living Diet Nougat Bar
50g

45⁹⁹



MEMBER DEAL
4+1 FREE

Barebells Protein Bar
55g

61⁹⁹



MEMBER DEAL
4+1 FREE

Oshee Protein Bar
37g

39⁹⁹



MEMBER DEAL
4+1 FREE

Primal Protein Bar
60g

49⁹⁹



MEMBER DEAL
4+1 FREE

Nutri-Go Protein Bar
60g

49⁹⁹



MEMBER DEAL
4+1 FREE

Snickers Protein Bar
47g

54⁹⁹



MEMBER DEAL
4+1 FREE

USN Pure Protein Bar
68g

41⁹⁹

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

SPORTS BEVERAGES & CONFECTIONERY



SAVE
R3

Energade Sports Drink
500ml
16⁹⁹

MEMBER PRICE:
2 FOR 30⁰⁰



SAVE
R3

Reboost Energy Drink
500ml
11⁹⁹

MEMBER PRICE:
2 FOR 20⁰⁰



SAVE
R13

Lucozade Energy Drink
500ml
31⁹⁹

MEMBER PRICE:
2 FOR 50⁰⁰



SAVE
R7

Super C Glucose Drink
500ml
13⁹⁹

MEMBER PRICE:
2 FOR 20⁰⁰



SAVE
R5

Monster Energy Drink
500ml
22⁹⁹

MEMBER PRICE:
2 FOR 40⁰⁰



SAVE
R2

Powerade Sports Drink
500ml
18⁹⁹

MEMBER PRICE:
2 FOR 35⁰⁰



4+1
FREE
MEMBER DEAL

NPL Hydrade Sports Drink
500ml
16⁹⁹



SAVE
R9

Pepsi OR Pepsi Max
500ml
14⁹⁹

MEMBER PRICE:
2 FOR 20⁰⁰

Ready for an adventure? **Buy ANY TWO Fisherman's Friend** products and **stand a chance to WIN an adventure** with friends





Fisherman's Friend Lozenges
25g
28⁹⁹ each

Enter by swiping your Better Rewards Card. Competition valid from 11 March 2026 to 14 March 2027. Ts & Cs apply.
See www.dischem.co.za for more details



SAVE
R11

Cadbury Dairy Milk Chocolate Slab
80g/88g
24⁹⁹

MEMBER PRICE:
2 FOR 38⁰⁰



SAVE
R19

Nestlé Aero Chocolate Slab
85g
29⁹⁹

MEMBER PRICE:
2 FOR 40⁰⁰



SAVE
R30

Nestlé Chocolate Slab
99g
39⁹⁹

MEMBER PRICE:
3 FOR 89⁰⁰



SAVE
R30

Ferrero Rocher T16
200g
179⁹⁹

MEMBER PRICE:
149⁹⁹



SAVE
R12

Halls Lozenges
10-piece
14⁹⁹

MEMBER PRICE:
3 FOR 32⁰⁰



SAVE
R11

Super C Sweets
36.9g
14⁹⁹

MEMBER PRICE:
3 FOR 33⁰⁰



SAVE
R6

Lindt Choco Wafer Milk Chocolate
26g
26⁹⁹

MEMBER PRICE:
20⁹⁹



SAVE
R50

Lindt Lindor Chocolate Truffles
200g
199⁹⁹

MEMBER PRICE:
149⁹⁹



Scan the QR code to **join Better Rewards** for **FREE**

Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop**

HOUSEHOLD ESSENTIALS





SAVE R11

Sunlight Platinum Dishwashing Liquid 750ml

39⁹⁹

+B MEMBER PRICE:

28⁷⁹

SWIPE TO GET

20% OFF

GET AN EXTRA

10% OFF

ALL Better Rewards Brands

Member prices already reflect both discounts



SAVE R30 each

OMO SUPERLIFT AUTO WASHING POWDER 2kg

109⁹⁹

+B MEMBER PRICE:

79¹⁹ each



SAVE R20 each

Sunlight 5in1 Hand Washing Powder 2kg

72⁹⁹

+B MEMBER PRICE:

52⁵⁵ each



SAVE R18

Comfort Concentrated Fabric Softener 800ml

64⁹⁹

+B MEMBER PRICE:

46⁷⁹



SAVE R9

Handy Andy Multipurpose Cream 750ml

32⁹⁹

+B MEMBER PRICE:

23⁷⁵



SAVE R18

Sunlight Laundry Soap Bar 500g

28⁹⁹

+B MEMBER PRICE:

2 FOR 39⁶⁰

SWIPE TO GET

BULK BUYS

GET AN EXTRA

10% OFF

ALL Better Rewards Brands



SAVE R35

Sta-Soft Ultra Concentrate Fabric Softener Refill 800ml

52⁹⁹

+B MEMBER PRICE:

2 FOR 70²⁰



SAVE R39

Baby Soft 2-Ply Toilet Rolls 9-pack

89⁹⁹

MEMBER PRICE:

2 FOR 140⁰⁰



SAVE R25

Home Butler Pine Gel 1 litre

42⁹⁹

MEMBER PRICE:

2 FOR 60⁰⁰



SAVE R19

Jik Multipurpose Bleach 1.5 litres

44⁹⁹

MEMBER PRICE:

2 FOR 70⁰⁰



SAVE R39

Softi 2-Ply Toilet Rolls 18-pack

119⁹⁹

MEMBER PRICE:

2 FOR 200⁰⁰



SAVE R48 each

Ariel Liquid Detergent 3 litres

239⁹⁹

MEMBER PRICE:

191⁹⁹ each

MEMBER DEAL 20% OFF ALL Ariel products

OR Powder Capsules 30 capsules



SAVE R10

Air Scents Fragrance Mist 350ml

44⁹⁹

MEMBER PRICE:

34⁹⁹



SAVE R7

Glade Aerosol 180ml

26⁹⁹

MEMBER PRICE:

19⁹⁹



SAVE R20

Softi 2-Ply White Facial Tissues 4 x 200 sheets

99⁹⁹

MEMBER PRICE:

79⁹⁹

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Choose Better Rewards brands and get 10% off instantly

CHANGING BABY



**SAVE
R189**

299⁹⁹
+B MEMBER PRICE:
**2 FOR
409⁹⁹**
Pampers Premium Care Nappies
Sizes 1 – 6
VALUE PACK

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



**SAVE
R189**

299⁹⁹
+B MEMBER PRICE:
**2 FOR
409⁹⁹**
Pampers Premium Care Pants
Sizes 3 – 6
VALUE PACK



**SAVE
R189**

299⁹⁹
+B MEMBER PRICE:
**2 FOR
409⁹⁹**
Pampers Ultra Skin Comfort Pants
Sizes 3 – 7
JUMBO PACK



**SAVE
R189**

299⁹⁹
+B MEMBER PRICE:
**2 FOR
409⁹⁹**
Pampers Ultra Skin Comfort Nappies
Sizes 1 – 6
JUMBO PACK



**SAVE
R74
per pack**

264⁹⁹
+B MEMBER PRICE:
**190⁷⁹
per pack**
Pampers Ultra Skin Comfort Pants
Sizes 3 – 6
VALUE PACK

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

Member prices already reflect both discounts



**SAVE
R74**

264⁹⁹
+B MEMBER PRICE:
**190⁷⁹
per pack**
Pampers Ultra Skin Comfort Nappies
Sizes 1 – 6
VALUE PACK



**SAVE
R75
per pack**

269⁹⁹
+B MEMBER PRICE:
**194³⁹
per pack**
Huggies Gold Skin Soft Nappies
Sizes 1 – 5
JUMBO PACK



**SAVE
R75
per pack**

269⁹⁹
+B MEMBER PRICE:
**194³⁹
per pack**
Huggies Extra Care Nappies
Sizes 1 – 5
JUMBO PACK



**SAVE
R28
per pack**

99⁹⁹
+B MEMBER PRICE:
**71⁹⁹
per pack**
Huggies Extra Care Nappies
Size 0



**SAVE
R39
per 4-pack**

139⁹⁹
+B MEMBER PRICE:
**100⁷⁹
per 4-pack**
Pampers Sensitive 4 x 56
OR Complete Clean 4 x 64 Baby Wipes
VALUE PACK



**SAVE
R75
per pack**

269⁹⁹
+B MEMBER PRICE:
**194³⁹
per pack**
Huggies Gold Skin Soft Nappies
Sizes 3 – 6
JUMBO PACK



**SAVE
R56
per pack**

199⁹⁹
+B MEMBER PRICE:
**143⁹⁹
per pack**
Huggies Dry Comfort Nappies
Sizes 1 – 5
JUMBO PACK



**SAVE
R29
per 4-pack**

104⁹⁹
+B MEMBER PRICE:
**75⁵⁹
per 4-pack**
Huggies Pure OR Natural 4 x 56 Baby Wipes



Every time you shop and save with Better Rewards, you're supporting the Dis-Chem Foundation.



Now you **get 10% off** instantly **on top of the promo price** on **180+ Better Rewards brands every time you shop**

CHANGING BABY

ACTIVE CARE NAPPIES

Big Comfort for Little Movers!

SAVE R50



Active Care Nappies
Sizes 1 – 5
189⁹⁹ per pack

SWIPE TO GET

BULK+ 10% BUYS

GET AN EXTRA

10% OFF

ALL Better Rewards Brands

PREMIUM NAPPIES

Comfort that cares. Protection that lasts.

SAVE R50



Premium Nappies
Sizes 1 – 5
189⁹⁹ per pack

MEMBER PRICE:
2 FOR 329⁹⁸

- Comfort fit
- Ultra-absorbent
- Wetness indicator

MEMBER PRICE:
2 FOR 329⁹⁸

- Advanced ultra absorbent channels
- Comfort fit with stretchy side panels
- Up to 12 hours protection

Everything is better with BabyThings!

Exclusively available at **Dis-Chem+** and **babycity**

BabyThings nappy PANTS

SAVE R53 per pack



BabyThings Nappy Pants
Sizes 3 – 6
189⁹⁹

SWIPE TO GET

20% + 10% OFF

ALL Better Rewards Brands

SAVE R19



BabyThings Zinc Oxide Cream 10%
100g
69⁹⁹

MEMBER PRICE:
136⁷⁹ per pack

MEMBER PRICE:
50³⁹

Member prices already reflect both discounts

BabyThings Sensitive OR Fresh
3 x 80 Baby Wipes
VALUE PACK

SAVE R18 per 3-pack



BabyThings Sensitive OR Fresh
3 x 80 Baby Wipes
64⁹⁹

BabyThings Bum Repair Cream
250g

SAVE R16



BabyThings Bum Repair Cream
250g
59⁹⁹

BabyThings Everyday Bum Cream
250g

SAVE R16



BabyThings Everyday Bum Cream
250g
59⁹⁹

BabyThings Disposable baby nappy bags
150-pack

SAVE R9



BabyThings Disposable Nappy Bags
150-pack
34⁹⁹

MEMBER PRICE:
46⁷⁹ per 3-pack

MEMBER PRICE:
43¹⁹

MEMBER PRICE:
43¹⁹

MEMBER PRICE:
25¹⁹

Now you get 10% off instantly on top of the promo price on 180+ Better Rewards brands every time you shop

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Dis-Chem+

33



Choose Better Rewards brands and get 10% off instantly

BATHING BABY



Johnson's
Baby Bedtime Bath
500ml
99⁹⁹

SAVE R37
+B MEMBER PRICE:
62⁹⁹



SWIPE
TO GET

**30% + 10%
OFF**



GET AN
EXTRA

ALL Better Rewards Brands

Member prices already reflect both discounts



Johnson's
Baby Soap Bar
175g

SAVE R7
+B MEMBER PRICE:
12⁵⁹



Johnson's
Baby Aqueous Cream
500ml

SAVE R27
+B MEMBER PRICE:
47²⁴



Johnson's
Baby Jelly
500ml

SAVE R27
+B MEMBER PRICE:
47²⁴

Offer on ALL Johnson's Baby products



Johnson's
Baby Powder
400g
79⁹⁹

SAVE R29
+B MEMBER PRICE:
50³⁹



Johnson's
Extra Sensitive
4 x 56
OR Gentle
All Over
4 x 72
Baby Wipes
VALUE PACK

SAVE R55
per 4-pack
+B MEMBER PRICE:
94⁴⁹
per 4-pack



Baby Dove
Sensitive Soap Bar
90g

SAVE R8
+B MEMBER PRICE:
21⁵⁹



SWIPE
TO GET

**20% + 10%
OFF**



GET AN
EXTRA

ALL Better Rewards Brands

Member prices already reflect both discounts

Offer on ALL BioNike Proxera AND Triderm



BioNike
Triderm A.D.
Cleansing Cream
490ml
255⁰⁰

SAVE R71
+B MEMBER PRICE:
183⁶⁰



Epi-Max
Baby & Junior
Glycerine Bar
100g

SAVE R11
+B MEMBER PRICE:
28⁷⁹



Portia M
Baby Petroleum Jelly
250ml

SAVE R13
+B MEMBER PRICE:
33⁸³



BabyThings
Baby Powder
750g
84⁹⁹

SAVE R23
+B MEMBER PRICE:
61¹⁹



Bepanthen
Baby Nappy Care
Ointment
100g

SAVE R98
+B MEMBER PRICE:
251⁹⁹



Purity
Baby Aqueous Cream Bar
175g

MEMBER DEAL
**2+1
CHEAPEST
FREE**
on ANY Purity
baby toiletries
22⁹⁹



Oh-Lief
Natural Olive
Bum Balm
100g

SAVE R31
MEMBER DEAL
**30%
OFF**
Oh-Lief
Baby products*
104⁹⁹
MEMBER PRICE:
73⁴⁹

*Offer excludes Oh-Lief wipes



Himalaya
Baby Powder
425g
64⁹⁹

SAVE R13
MEMBER DEAL
**20%
OFF**
ALL Himalaya
Baby products
MEMBER PRICE:
51⁹⁹



Pure
Beginnings
Bubble Bath
375ml
149⁹⁹

SAVE R30
MEMBER DEAL
**20%
OFF**
MEMBER PRICE:
119⁹⁹



Scan the QR code to join Better Rewards for **FREE**

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

FEEDING BABY



SAVE R13 Purity Jars 125ml 17¹⁹ MEMBER PRICE: 4 FOR 55⁰⁰	SAVE R13 Purity Pouches 110ml 17¹⁹ MEMBER PRICE: 4 FOR 55⁰⁰	SAVE R15 Purity Pouches 150ml 19⁶⁹ MEMBER PRICE: 4 FOR 63⁰⁰	SAVE R15 Purity Jars 200ml 19⁶⁹ MEMBER PRICE: 4 FOR 63⁰⁰
SAVE R5 Nestlé Cerelac Baby Cereal (Just Add Water) 1kg 144⁹⁹ MEMBER PRICE: 139⁹⁹ VALUE PACK	SAVE R10 Nestlé Nestum Baby Cereal (Just Add Milk) 1kg 104⁹⁹ MEMBER PRICE: 94⁹⁹ VALUE PACK	SAVE R12 Purity Baby Cereal (Just Add Water) 450g 73⁹⁹ MEMBER PRICE: 61⁹⁹ VALUE PACK	SAVE R10 Squish 100% Fruit Purée Pouches 110ml 13⁹⁹ MEMBER PRICE: 4 FOR 45⁰⁰
SAVE R2 Nestlé Nestum Baby Cereal (Just Add Milk) 200g 29⁹⁹ MEMBER PRICE: 27⁹⁹	SAVE R3 Nestlé Cerelac Baby Cereal (Just Add Water) 200g 39⁹⁹ MEMBER PRICE: 36⁹⁹	SAVE R24 Nestlé Nido 3+ Powdered Drink 900g 203⁹⁹ MEMBER PRICE: 179⁹⁹	SAVE R30 Nestlé Nespray Powder FortiGrow 1.8kg 279⁹⁹ MEMBER PRICE: 249⁹⁹
SAVE R17 20% OFF MEMBER DEAL Hey Baby! Melty Munchies 30g 84⁹⁹ MEMBER PRICE: 67⁹⁹	SAVE R5 20% OFF MEMBER DEAL Hey Baby! Organic Corn Puffs 12g 24⁹⁹ MEMBER PRICE: 19⁹⁹	SAVE R5 20% OFF MEMBER DEAL Kiddylicious Fruity Puffs 12g 24⁹⁹ MEMBER PRICE: 19⁹⁹	SAVE R3 Olli Rice Bites 40g 22⁹⁹ MEMBER PRICE: 19⁹⁹
SAVE R39 20% OFF MEMBER DEAL Munchkin Stay Put Plate 194⁹⁹ MEMBER PRICE: 155⁹⁹	SAVE R40 20% OFF MEMBER DEAL Philips Avent Straw Cup 300ml 199⁹⁹ MEMBER PRICE: 159⁹⁹	SAVE R46 Tommee Tippee Superstar Cup 266ml 229⁹⁹ MEMBER PRICE: 183⁹⁹	SAVE R50 20% OFF MEMBER DEAL Nuby Thirsty Kids Cup 360ml 249⁹⁹ MEMBER PRICE: 199⁹⁹

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Choose Better Rewards brands and get 10% off instantly

FEEDING BABY



**SAVE
R11**

BabyThings
Silicone Spoon
39⁹⁹

+B MEMBER PRICE:
28⁷⁹



**SWIPE
TO GET**

**20% + 10%
OFF**

ALL Better Rewards Brands

Member prices already reflect both discounts



**GET AN
EXTRA**

**SAVE
R28**

BabyThings
Single Bottle
Warmer
99⁹⁹

+B MEMBER PRICE:
71⁹⁹



**SAVE
R12**

BabyThings
Fork & Spoon
2-piece
42⁹⁹

+B MEMBER PRICE:
30⁹⁵



**SAVE
R19**

BabyThings
Weaning Bowl
with Suction
& Spoon
2-piece
69⁹⁹

+B MEMBER PRICE:
50³⁹



**SAVE
R19**

BabyThings
Feeding Bowl
with Spoon
69⁹⁵

+B MEMBER PRICE:
50³⁶



**SAVE
R44**

BabyThings
Silicone
Suction
Feeding Set
3-piece
159⁹⁹

+B MEMBER PRICE:
115¹⁹

MOM & BABY ESSENTIALS



**SAVE
R50**

Nuby
Manual
Silicone
Breast Pump
249⁹⁹

MEMBER PRICE:
199⁹⁹



**SAVE
R440**

Tommee Tippee
Made for Me
Single Electric
Breast Pump
2199⁹⁹

MEMBER PRICE:
1759⁹⁹



**SAVE
R300**

Medela
Harmony
Essential Pack
1299⁹⁹

MEMBER PRICE:
999⁹⁹



**SAVE
R435**

Philips Avent
Single Electric
Breast Pump
1449⁹⁹

MEMBER PRICE:
1014⁹⁹

**30%
OFF
MEMBER DEAL**



**SAVE
R10**

Carriwell
Premium
Organic
Maternity Pads
10-pack
59⁹⁹

MEMBER PRICE:
49⁹⁹



**SAVE
R300**

Philips
Avent
Electric
Bottle Warmer
999⁹⁹

MEMBER PRICE:
699⁹⁹

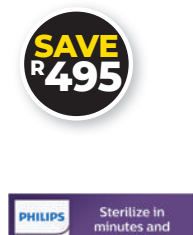
**30%
OFF
MEMBER DEAL**



**SAVE
R205**

Tommee Tippee
Micro-Steam
Steriliser
819⁹⁹

MEMBER PRICE:
614⁹⁹



**SAVE
R495**

Philips Avent
Electric Bottle
Steriliser
1649⁹⁹

MEMBER PRICE:
1154⁹⁹

**30%
OFF
MEMBER DEAL**



**SAVE
R31**

Pigeon
Mini Light
Soothers
2-pack
154⁹⁹

MEMBER PRICE:
123⁹⁹

**20%
OFF
MEMBER DEAL**



Philips Avent
Ultra Air
Soothers
2-pack
174⁹⁹

MEMBER PRICE:
139⁹⁹

**20%
OFF
MEMBER DEAL**



**SAVE
R47**

Dr. Brown's
Pacifier
Stage 1
2-pack
234⁹⁹

MEMBER PRICE:
187⁹⁹

**20%
OFF
MEMBER DEAL**



**SAVE
R120**

Braun
Thermoscan
3 IRT3030
874⁹⁹

MEMBER PRICE:
754⁹⁹



Every time you shop and save with Better Rewards, you're supporting the Dis-Chem Foundation.



Better Rewards is available at all **Dis-Chem Baby City** stores

EXCLUSIVE TO DIS-CHEM BABY CITY • ANYTIME BABY



SAVE
R476

1699⁹⁹

+B MEMBER PRICE:
1223⁹⁹

 **SWIPE TO GET**

20% OFF

+B GET AN EXTRA

10% OFF

ALL Better Rewards Brands



SAVE
R1120

3999⁹⁹

+B MEMBER PRICE:
2879⁹⁹

Member prices already reflect both discounts



SAVE
R700

7999⁹⁹

MEMBER PRICE:
7299⁹⁹

Joie i-Pivot
Grow Car Seat
Shale



SAVE
R1000

6999⁹⁹

MEMBER PRICE:
5999⁹⁹

Maxi Cosi
Pebble 360°
Pro Car Seat
Essential black



SAVE
R700

4399⁹⁹

MEMBER PRICE:
3699⁹⁹

Chelino
Atlantis III
360°
Car Seat



SAVE
R500

3999⁹⁹

MEMBER PRICE:
3499⁹⁹

Bambino
i-Swivel
360° Car Seat



SAVE
R200

1099⁹⁹

MEMBER PRICE:
899⁹⁹

Bambino
Bistro
High Chair
Taupe



SAVE
R400

2399⁹⁹

MEMBER PRICE:
1999⁹⁹

Joie
Elevate
Car Seat



SAVE
R260

1299⁹⁹

MEMBER PRICE:
1039⁹⁹

Safeway
Snug N Safe
Car Seat



SAVE
R400

2999⁹⁹

MEMBER PRICE:
2599⁹⁹

Bambino
i-Ultra
i-Size ISOFIX
Booster Seat



SAVE
R500

3499⁹⁹

MEMBER PRICE:
2999⁹⁹

Chelino
Onida Flex II
2in1 Stroller



SAVE
R800

4999⁹⁹

MEMBER PRICE:
4199⁹⁹

Chelino
Amber
Stroller



SAVE
R1200

5999⁹⁹

MEMBER PRICE:
4799⁹⁹

Viano
Cruze
2in1 Stroller
Black/Silver



SAVE
R1000

8799⁹⁹

MEMBER PRICE:
7799⁹⁹

Joie
Litetrax 4
Travel System
Coal

SAVE
R204

20% OFF
MEMBER DEAL



Snugglytime
Orthopaedic
2 Stage
Standard Camp
Cot Mattress

1019⁹⁹

MEMBER PRICE:
815⁹⁹



SAVE
R200

1799⁹⁹

MEMBER PRICE:
1599⁹⁹

Bambino
Sweet Dreams
Travel Cot



SAVE
R300

1899⁹⁹

MEMBER PRICE:
1599⁹⁹

Bambino
Side by Side
Camp Cot



SAVE
R800

6299⁹⁹

MEMBER PRICE:
5499⁹⁹

Maluti
Mod Sleigh Cot
White

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Dis-Chem+

Better Rewards is available at all **Dis-Chem Baby City** stores

EXCLUSIVE TO DIS-CHEM BABY CITY • CHANGING BABY



SAVE R191 per box

Pampers Premium Care Nappies Mega Box
Sizes 3 – 5
PLUS FREE WIPES

589⁹⁹

+B MEMBER PRICE:

398²⁴
per box



SAVE R191 per box

Pampers Ultra Skin Comfort Nappies Mega Box
Sizes 3 – 5
PLUS FREE WIPES

589⁹⁹

+B MEMBER PRICE:

398²⁴
per box



SAVE R95 per pack

Pampers Sensitive Baby Wipes
9 x 56
VALUE PACK

294⁹⁹

+B MEMBER PRICE:

199¹¹
per pack



SAVE R175 per 2-pack

Huggies Gold Skin Soft Nappies Jumbo Pack
2 x Sizes 1 – 5
PLUS FREE WIPES

539⁹⁹

+B MEMBER PRICE:

364⁴⁹
per 2-pack



SAVE R84 per pack

Huggies Pure Baby Wipes
12 x 56
VALUE PACK

259⁹⁹

+B MEMBER PRICE:

175⁴⁹
per pack



SAVE R42 per pack

Huggies Extra Care Nappies
Size 1
42-pack

129⁹⁹

+B MEMBER PRICE:

87⁷⁴
per pack



SAVE R175 per 2-pack

Huggies Extra Care Nappies
2 x Sizes 1 – 5
PLUS FREE WIPES

539⁹⁹

+B MEMBER PRICE:

364⁴⁹
per 2-pack



SAVE R175 per box

Huggies Gold Skin Soft Nappies Mega Box
Sizes 3 – 5
PLUS FREE WIPES

539⁹⁹

+B MEMBER PRICE:

364⁴⁹
per box



SAVE R175 per box

Huggies Gold Skin Soft Nappies Mega Box
Sizes 3 – 5
PLUS FREE WIPES

539⁹⁹

+B MEMBER PRICE:

364⁴⁹
per box

SAVE R290

20% OFF
MEMBER DEAL



Safety 1st Auto Close Gate

1449⁹⁹

MEMBER PRICE:

1159⁹⁹

SAVE R185

20% OFF
MEMBER DEAL



Tommee Tippee Sanguenic Twist & Click Disposable Nappy Bin

529⁹⁹

MEMBER PRICE:

344⁹⁹

SAVE R93

20% OFF
MEMBER DEAL



Tommee Tippee Sanguenic Twist & Click Cassette Refills
3-pack

472⁹⁹

MEMBER PRICE:

379⁹⁹

SAVE R68

20% OFF
MEMBER DEAL



Sudocrem Skin & Baby Care Cream
400g

339⁹⁹

MEMBER PRICE:

271⁹⁹

Dis-Chem reserves the right to limit the quantity of any item offered for sale. Pictures are for illustration purposes only.
Some offers may not be available at all stores. Ts and Cs apply.
Prices include VAT and are valid for cash, or credit card. Customer careline 0860 347 243 careline@dischem.co.za
Prices and offers valid **Tuesday 14 July to Sunday 9 August 2026**, while stocks last.

Dis-Chem
Better health starts here

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