



Prescriptions filled 7 days a week

Cold & Flu Treatment

\$7⁶⁵_{EA}

Otrivin Adult Decongestant Nasal Spray 10ml or Otrivin Adult Menthol Nasal Spray 10ml
#9310130752665

Pharmacy Medicine. Prolonged use for longer than 5 days is not recommended. For relief of nasal congestion. Contains Xylometazoline Hydrochloride 0.1%. Novartis Consumer Health Australia Pty Ltd. Auckland ABN 46 004 535 513 * Registered Trade Mark.



\$18⁹⁹_{EA}

BENADRYL® Dry Forte 200ml or BENADRYL® Chesty Forte 200ml
To suppress dry raspy coughs or to relieve heavy chesty coughs. #9310059013205

Do not give to children under 2 years of age. Pharmacy Medicine. Benadryl® Dry Forte cough liquid contains Dextromethorphan Hydrobromide 15mg per 5ml. Benadryl® Chesty Forte cough liquid contains Bromhexine Hydrochloride 3mg per 5ml, Guaiphenesin 100mg per 5ml. Johnson & Johnson (New Zealand) Ltd, Auckland. * Registered Trademark. 3677/09



\$8⁹⁹_{PK}

Difflam Sugar Free Lozenges 16 Pack

Raspberry, eucalyptus/menthol, lemon/honey or orange. #9314057002032
Pharmacy Medicine. Precautions: Not recommended in children under 6yrs. Should not be chewed. Uninterrupted treatment should not exceed 7 days unless under medical supervision. Douglas Pharmaceuticals Limited.

\$14⁵⁰_{PK}

BLIS K12TM Throat Guard Daily Boost 12 Pack
For Daily Maintenance of Throat Health. #9421012381115

BLIS K12TM Throat Guard DAILY contains BLIS K12TM, the world's only Probiotic for the mouth and throat designed to support the throats natural defences, restoring the balance of good bacteria to maintain throat health for up to 30 days. Dietary supplement. Contains Streptococcus Salivarius K12. Pharmabroker Sales, Auckland, New Zealand.



\$16⁹⁹_{EA}

Dimetapp Elixir 200ml or Dimetapp DM Cough and Cold Elixir 200ml
Cough, cold and allergy relief for the family. #9310488163113

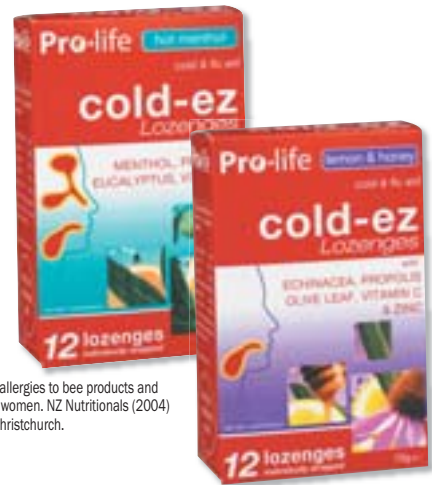
Dimetapp Elixir is a Pharmacy Medicine. Each 5 mL Contains: Brompheniramine Maleate 2 mg, Phenylephrine Hydrochloride 5 mg. Do not exceed recommended dosage. Do not give to children under two years of age. Dimetapp DM Cold & Cough Elixir is a Pharmacy Medicine. Each 5 mL Contains: Brompheniramine Maleate 2 mg, Phenylephrine Hydrochloride 5 mg, Dextromethorphan hydrobromide 10 mg. Do not exceed recommended dosage. May cause drowsiness. Do not drive or operate machinery. Avoid alcohol. Wyeth Consumer Healthcare Australia. Toll free 0800 447 400. www.dimetapp.co.nz



\$4⁴⁹_{PK}

Pro-life Cold-ez Hot Menthol or Lemon & Honey Lozenges 70g (12 Lozenges)
#9400514010440

Care should be taken by people who may have allergies to bee products and herbs. Not to be taken by pregnant or lactating women. NZ Nutritionals (2004) Ltd, Christchurch. NZ Nutritionals (2004) Ltd, Christchurch.



Medicines have benefits and some may have risks. Always read the label and use only as directed. If symptoms or pain persist or you have side effects, see your healthcare professional. Vitamins are supplementary to and not a replacement for a balanced diet.

Natural Health

\$15⁹⁵
PK



Blackmores Bio C 1000mg Tablets 62 Pack
#93807920

Vitamin Supplement. Bio C 1000mg Vitamin C to support normal immune response to winter ill and chills and allergies.
API Consumer Brands, Auckland, New Zealand.

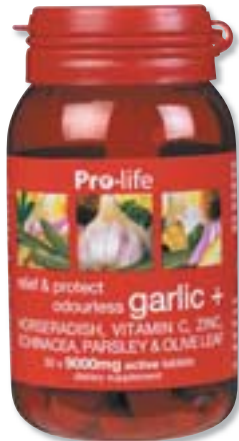
\$14⁹⁹
PK



Valupak® Multi Vitamin 180 Pack and Valupak® Multi Vitamin & Minerals 90 Pack
#5024874015378

VALUPAK® MULTI VITS & MIN 90S Multivitamin & mineral supplement. Simply Health Ltd, Auckland, New Zealand.
VALUPAK® MULTI VITS 180 PACK Multivitamin supplement. Simply Health Ltd, Auckland, New Zealand.

\$12⁶⁰
PK



Pro-life Garlic 9000mg Tablets 30 Pack
#9400514010235

Dietary Supplement. NZ Nutritionals (2004) Ltd, Christchurch.

\$17⁹⁵
PK



Bioglan Kids Smart Omega Fish Oil 50 Pack #9314807017408

Bioglan Kids Calcium 50 Pack \$19.95

There's now a fun and easy way to give your children the developmental benefits of fish oil with a taste they'll love! Bioglan Kids Smart Omega-3 Fish Oil is a delicious, fruity, chewable burstlet packed with Omega-3 which supports mental clarity, focus and a balanced mood in children. Range also includes delicious strawberry-milkshake flavoured Kids Calcium burstlets to support healthy bones in growing kids. Bioglan Kids Smart Omega Fish Oil contains natural fish oil 500mg, Omega-3 Marine Triglycerides 100mg. Contains shellfish. Not suitable for people with allergies to fish products. Not suitable for children under two years of age. Bioglan Kids Calcium contains Calcium 220mg, Vitamin D3. Not suitable for children under two years of age. Wilson Consumer, Auckland, NZ

Skin Care

SAVE 15%

Cetaphil Range



Cetaphil Gentle Skin Cleanser 500ml
#9318637069637
Cetaphil Moisturising Cream 100g
#9318637072453
Cetaphil Moisturising Lotion 250ml
#9318637042234

Contains active ingredients cetyl alcohol, stearyl alcohol, sodium lauryl sulfate, hydroxybenzoates. Crossmark Ltd, Auckland, NZ.

\$18⁹⁹
PK



Ellgy Plus Twin Pack
#9401025980260

AFT Pharmaceuticals Limited, Auckland, New Zealand.

SAVE 20%

Aveeno Relief or Daily Moisturising Range



Excludes Positively Radiant range.
Pharmabroker Sales Ltd, Auckland, NZ.
Johnson & Johnson (New Zealand) Ltd, Auckland.

At The Heart Of Your Health

Four Screening Tests

- Blood pressure
- Body Mass Index calculation
- Blood Glucose test
- Cholesterol test (Sylvia Park only)



Our Pharmacists can offer you lifestyle and healthcare advice

FREE

Omron Pedometer with this Blood Pressure Monitor

\$159⁸⁵_{EA}



Pedometer valued at \$28.50

Omron Intellisense IA2 Automatic Blood Pressure Monitor

90-Reading memory with date and time. Detects irregular heart beat and body movement. Displays average of last 3 readings. Large, clear display. #4975479516580. Always read the manufacturer's instructions and use as directed. A. Davey Ltd, Auckland, New Zealand.

Tips to help prevent or manage Heart Disease:

- Aspirin can reduce your risk of a heart attack by as much as 32% and reduce the risk of a second attack by 20%.
- Get your blood pressure and your cholesterol levels checked regularly.
- Diabetes can increase your risk of heart disease; if you are diabetic know your type to determine what medications or lifestyle changes are needed to manage the disease.
- Lose weight if you are overweight; quit if you are a smoker.
- Manage stress by getting enough sleep, setting limits and consulting medical professionals if necessary.

\$18⁸⁰_{PK}

Kordel's agewise Blood Sugar Support Tablets 60 Pack

Helps to support blood sugar levels and carbohydrate metabolism. #9400581028126



Multi Vitamin and Mineral Supplement. Do not use if you are pregnant or breast feeding except on medical advice. Do not use if diabetic without medical advice. Nutra-Life Health & Fitness (NZ) Ltd, Auckland, New Zealand.

\$15⁹⁰_{PK}

Kordel's agewise Omega-3 Fish Oil 1000mg Capsules 180 Pack #9400581027815

Fish oil 1g provides EPA 180mg and DHA 120mg per capsule. Not suitable for people with allergies to fish products. Nutra-Life Health & Fitness (NZ) Ltd, Auckland, New Zealand.



\$14⁶⁶_{EA}

Metamucil Regular 336g

#4987176601445

Metamucil Smooth Orange 425g \$18.89

Dietary Fibre Supplement. Proctor & Gamble, Distributor, Auckland, New Zealand.



\$39⁹⁰_{PK}

Kordel's agewise Heart Smart Daily Capsules 30 Pack

Helps to support a healthy heart, circulation and energy levels. Contains Co-Enzyme Q10 plus heart-health cofactors. #9400581027129

Nutra-Life Health & Fitness (NZ) Ltd, Auckland, New Zealand.



Pain Relief

\$10⁹⁵
PK



Nurofen Plus Tablets 24 Pack

Targeted relief from strong pain. #9300711280922

Pharmacy Medicine. Each tablet contains ibuprofen 200mg and codeine phosphate 12.8mg. Incorrect use could be harmful. Do not use if you have a stomach ulcer. Not suitable for children under 12 years of age. Do not use if allergic to anti-inflammatory medicine or aspirin. Reckitt Benckiser, Auckland. 0508 731 234

\$8⁹⁹
PK



Voltaren Rapid 12.5mg Tablets 20 Pack

For the short-term treatment of acute, painful and inflammatory conditions. #9310130861824
Pharmacy Medicine. Contains diclofenac potassium 12.5mg. Incorrect use could be harmful. Not suitable for children under 12 years of age. Do not use if you have a stomach ulcer. Do not use if allergic to diclofenac, aspirin or anti-inflammatory medicines. Do not use if you are pregnant or if you are asthmatic, unless under medical advice. Novartis Consumer Health Australasia Pty Ltd, Auckland.

\$29⁹⁵
PK



Nurofen Zavance Tablets 96 Pack

Absorbed up to TWICE AS FAST as standard Nurofen. #9300631742951

Pharmacy Medicine. Each tablet contains Sodium ibuprofen dihydrate 256mg (equivalent to Ibuprofen 200mg). Incorrect use could be harmful. Do not use if you have a stomach ulcer or are allergic to anti-inflammatory medicine or aspirin. Not suitable for children under 7 years of age. Reckitt Benckiser, Auckland. 0508731234

Eye Care

\$19⁹⁹
PK

FREE GEL EYE MASK



Bausch & Lomb ReNu MultiPlus Duo Pack 355ml/120ml

ReNu Multiplus contains the unique no rub traction formula that works in three ways to provide maximum cleaning and comfort by incorporating (1) Hydranate to remove protein (2) Dymed to disinfect (3) Poloxamine to hydrate by attracting water molecules to the lens surface, to remove lipid and environmental damage. #310119031674.
Contains: Hydranate, Dymed and Poloxamine. Crossmark, Auckland NZ Ltd.

Family Health

\$5⁹⁰
EA



Hydrocortisone Cream 1/2% 14.2g

For the relief of minor skin irritations, itching or rashes. #363691028525

Hydrocortisone Cream 1/2% 30g \$8.90

Hydrocortisone Cream 1/2%, 30g is a Pharmacy Only Medicine and contains Hydrocortisone acetate 0.5% w/w. AFT Pharmaceuticals, Auckland, NZ.

\$19⁹⁹
EA



Hemoclin Rapid Relief Haemorrhoids Fissures 45ml

New soothing gel for anal discomfort.

#5012616162329

Hemoclin Gel contains patented bio-active 2QR complex, derived from Aloe Barbardenses plant. Fragrance free. Aurora Pharmaceuticals Ltd. NZ

All stores open until at least 8pm daily. Sylvia Park open until 9pm

The Warehouse, Sylvia Park, 286 Mt Wellington Highway, Auckland. Phone: 09 985 0508 Fax: 09 985 0509
Email: pharmacist.sylviapark.pharmacy@thewarehouse.co.nz

The Warehouse, Port Road, Whangarei. Phone: 09 438 0454 Fax: 09 438 0455 Email: pharmacist.whangarei.pharmacy@thewarehouse.co.nz

The Warehouse, The Base, Cnr Te Rapa Road & Avalon Drive, Te Rapa Hamilton. Phone: 07 850 8300 Fax: 07 850 8322
Email: pharmacist.terapa.pharmacy@thewarehouse.co.nz

The Warehouse, 23 St. Vincent Street, Nelson. Phone: 03 548 1525 Fax: 03 548 1526 Email: pharmacist.nelson.pharmacy@thewarehouse.co.nz

The Warehouse, Cnr Kinross & Redwood St, Blenheim. Phone: 03 579 1751 Fax: 03 579 1752 Email: pharmacist.blenheim.pharmacy@thewarehouse.co.nz

The Warehouse, Ti Rakau Drive, Botany Downs. Phone: 09 273 7361 Fax: 09 265 0019 Email: pharmacist.botany.pharmacy@thewarehouse.co.nz

Medicines have benefits and some may have risks. Always read the label and use only as directed. If symptoms or pain persist or you have side effects, see your healthcare professional. Vitamins are supplementary to and not a replacement for a balanced diet.