



THANK YOU FOR  
DONATING AND HELPING  
US COLLECT FOOD THIS  
MANDELA DAY.

"We can change the world and make it a better place.  
It is in your hands to make a difference." – Nelson Mandela

**FOOD**  
**FORWARD SA**  
MANDELA DAY FOOD DRIVE

MMNTHS13105\_36\_COPPERFIELDSTUDIOS\_W21

#MandelaDayFoodDrive  
A FoodForward SA initiative

IN PARTNERSHIP WITH  
**Pick n Play**

**Pick n Play**



**TOP PICKS**

PRICES VALID 22 JULY – 4 AUGUST 2019

**IN-STORE NOW**



**OUR**  
*Quality  
promise*

Read about the hand-picked Pick n Play  
branded products that we produce and  
source with care for you.

See page 5 for more details.

Ts and Cs apply. E&OE.

**52 EPIC BIRTHDAY SURPRISES!**  
Every day for six weeks

**LAST CHANCE**  
to win one of our EPIC  
surprise giveaways!

Promotion valid  
24 June – 4 August 2019.  
For more information,  
go to [www.picknpay.co.za](http://www.picknpay.co.za).  
Ts and Cs apply. E&OE.

**Pick n Play 52 YEARS**

Page 2

**FRESH BERRIES**  
bursting with flavour

Page 4

**Win**  
WINE FOR A YEAR

Page 10

**FOOD BABIES LOVE**

Full tummies make  
happy babies.

Page 18

MMNTHS13105\_1



# OUR SHOPPERS ACROSS THE COUNTRY ARE WINNING EPIC SURPRISES!

## WILL YOU BE NEXT?

**52 EPIC BIRTHDAY SURPRISES!**  
Every day for six weeks

Promotion valid 24 June - 4 August 2019. For more information, go to [www.picknpay.co.za](http://www.picknpay.co.za). Ts and Cs apply. E&OE.

**Pick n Pay**

### Editor's note

Throughout the pages of this issue of *Top Picks*, we're showcasing our world-class range of Pick n Pay branded products. We've searched far and wide to find the finest producers and suppliers to make these top quality products available exclusively at Pick n Pay. They are the best value for money, so take a look at the great deals we've put together and be sure to snap them up quickly while stocks last.

For parents, we have a wide range of fantastic deals on delicious food and snacks that will keep your baby or toddler happy and healthy throughout winter. You'll also find plenty of Crazy Combo deals to fill your basket with all your must-haves for less.

Plus, every time you shop at PnP and tap your Mastercard, you'll stand a chance to win a trip to the 2019 Rugby World Cup in Japan.

Hurry up and get in-store – there are only two weeks of Epic Birthday Surprises left and you could be one of the lucky winners.

**John Bradshaw**  
Marketing Executive

### This week's TOP PICKS

- 4 FRESH BERRIES**  
Bake a scrumptious pudding using fresh PnP berries.
- 10 WINE FOR A YEAR**  
Win wine for a year with your Smart Shopper card.
- 18 FOOD BABIES LOVE**  
Make mealtime a joy with foods your little one will love.
- 30 PET CARE SAVINGS**  
Give your companion the best care for less.



**Marinated mushrooms**  
Make the most of these moreish marinated mushrooms in a salad or antipasti platter. Get the recipe online! Visit [www.pnp.co.za/pick-well-this-winter](http://www.pnp.co.za/pick-well-this-winter)



More  
**deals online**  
[www.picknpay.co.za](http://www.picknpay.co.za)

Promotion valid at Pick n Pay Supermarkets and Hypermarkets excluding Express Stores. Butchery lines not applicable to Bellville and Lakeside. Promotional stocks are limited. Prices include VAT, where applicable. Smart Shopper terms and conditions apply. No traders. E&OE. Selected products may not be available at all stores. Selected products have been styled for photography. Visit [www.picknpay.co.za](http://www.picknpay.co.za), or call 0800 11 22 88. Cellphone rates apply.

Beat the queues and shop online at [www.picknpay.co.za](http://www.picknpay.co.za). Some deals may not be available online.

**LOAD YOUR DISCOUNTS VIA THE APP OR KIOSK**

**PRICES VALID 22 JULY - 4 AUGUST 2019**



# Berry nice!

Pick n Pay gives you an early taste of summer with farm fresh berries that are hard to resist...



## BERRY BREAD AND BUTTER PUDDING

This old-fashioned dessert gets glammed up with fresh berries for extra oomph.

8-10 slices **white bread**  
 2/5 cup (100g) **butter**, softened  
 1/2 punnet (100g) **strawberries**, quartered  
 1 tub (100g) **blueberries**  
 2 tubs (500ml) **cream**  
 3/4 cup (180ml) **castor sugar**  
 3 large **eggs**, lightly whisked  
 1/2 tbsp (7ml) **vanilla essence**  
 1/3 cup (80ml) **PnP double-cream yoghurt**

**Cultured cream** (crème fraîche) and toasted **flaked almonds**, for serving (optional).

**SERVES 4-6**

**Preheat** oven to 180°C.

**Butter** both sides of bread and place in a 20cm x 18cm ovenproof dish.

**Arrange** berries between slices.

**Heat** cream and half the sugar together, stirring until sugar dissolves. Remove from heat.

**Combine** eggs, vanilla essence and yoghurt.

**Whisk** cream into egg mixture until it resembles a custard.

**Pour** custard over the back of a spoon onto bread.

**Set** aside for 5-8 minutes or until custard has soaked into bread.

**Sprinkle** with remaining sugar.

**Bake** for 25-35 minutes or until golden.

**Serve** with a dollop of cream and sprinkle with flaked almonds.

### DID YOU KNOW?

Strawberries, blueberries, raspberries and blackberries are all nutritional powerhouses packed with vitamin C, fibre, potassium and folate. They are also rich in anthocyanins that are thought to help prevent chronic diseases, including cancer and heart disease.



**PAIRS WELL WITH STRAWBERRIES**

**WAS R185**  
**R135**  
**SAVER30**  
 Krone Borealis Brut, Brut Rosé, Night Nectar Demi-Sec or Demi-Sec Rosé 750ml Each

**Alcohol Not for Sale to Persons Under the Age of 18. Drink Responsibly.**



**ANY 2 SAVE R10**

PnP Strawberries Assorted 250/400g



**ANY 2 SAVE R10**

PnP Blueberries 125/360g

**PRICES VALID 22 JULY - 4 AUGUST 2019**

# All Pick n Pay products are sourced or made with care by us, for you.

**GREENGROCER'S**  
**• PROMISE •**

**PERFECTLY FRESH**  
*whatever it takes*

We guarantee quality produce that is loaded with nutritional goodness and great taste. We're proud to stock responsibly sourced products grown with the utmost care.

### PROUD LOCAL PRODUCE

In our search for the finest producers, we found a diverse crop of people who take great pride in uplifting their communities and producing world-class products close to home.



**BUY 2 SAVE R10**

**R29<sup>99</sup>**  
 PnP Brown Mushrooms 250g

**PRICES VALID 22 JULY - 4 AUGUST 2019**

*Meet the maker*

Peter Nyathi founded Tropical Mushrooms in 1999 and has nurtured it to become the biggest black-owned mushroom farm in South Africa. He now employs 146 Magaliesburg locals to produce 500 tonnes of the finest fresh mushrooms annually. Peter was also named Small Supplier of the year 2018.





Pick n Pay

BUTCHER'S

• PROMISE •



We carefully select the best suppliers to bring quality cuts to our butcheries. For our free range products, we partner with farmers who are passionate about what they do and take great care to ensure their products are of the highest quality and farmed responsibly.



**R109<sup>99</sup>** Per kg  
**SAVER10**  
PnP Vacuum Packed Rump Steak



**R74<sup>99</sup>** Per kg  
**SAVER12**  
PnP Bulk Grabouw Boerewors

- ✓ REDUCED SALT
- ✓ NO ADDED MSG
- ✓ NEW BLENDS OF HERBS AND SPICES



Meet the maker

Klaas Venter grew up in the Free State and started working on his father's farm after school as a youngster. Today, he employs a staff of 25 people on a farm that supplies Pick n Pay with high-quality beef. "I get up just after 5am and work into the night," Klaas says passionately. "I love being outdoors."

winner

Sunday Times



**R32<sup>99</sup>**  
**SAVE R5**  
PnP Beef Burgers 4s

PRICES VALID 22 JULY - 4 AUGUST 2019

LOW PRICES  
on our range of craft beers.



DID YOU KNOW?

3 SA CRAFT BEER FACTS

- 1 JC Steyn, the head brewer at Devil's Peak, used to be a winemaker before switching to craft beer.
- 2 Jack Black's Brewing Company is named after American brewmaster John Jack Black
- 3 The Cape Brewing Company has an annual brewing capacity of 55 000 hectolitres, or 5 500 000 litres.



WAS R69	WAS R69	WAS R81	WAS R82	WAS R94	WAS R104	WAS R106
<b>R54</b>	<b>R59</b>	<b>R69</b>	<b>R69</b>	<b>R76</b>	<b>R84</b>	<b>R84</b>
<b>SAVER15</b>	<b>SAVER10</b>	<b>SAVER12</b>	<b>SAVER13</b>	<b>SAVER18</b>	<b>SAVER20</b>	<b>SAVER22</b>
The Redrock Brewing Nine Inch Ale 4 x 340ml Non-returnable Bottles	Soweto Gold 6 x 500ml Cans	Darling Slow or Bone Crusher Beer 4 x 330ml Non-returnable Bottles	Devil's Peak Regular or Zero to Hero Non-Alcoholic Lager 6 x 330ml Non-returnable Bottles Per Pack	Jack Black Brewers Lager 6 x 330ml Non-returnable Bottles	CBC Amber or Krystal Weiss 4 x 440ml Non-returnable Bottles Per Pack	Stellenbrau Craven Craft Lager 6 x 330ml Non-returnable Bottles

Available at Selected Stores Only

PRICES VALID 22 JULY - 4 AUGUST 2019

Pick n Pay Liquor

Alcohol Not for Sale to Persons Under the Age of 18. Drink Responsibly.



• PROMISE •

**PERFECTLY FRESH**  
whatever it takes

We bring you world-class cheeses from top local and international suppliers. You can find the perfect cheese for any occasion in-store. We're also great at helping you pair your favourite cheeses with the right food and wines.



**VOTED SA's  
BEST  
CHEDDAR**

**winner**

Sunday Times

**food  
AWARDS**  
taste-tested

South African Dairy Championships  
**SA  
Champion**  
AGRI-EXPO  
2019



**R36<sup>99</sup>**

PnP Mascarpone 250g



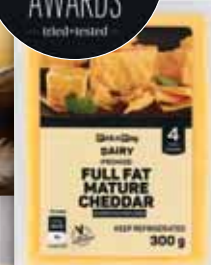
**R36<sup>99</sup>**

PnP Danish Blue Full Fat Cheese 100g



**R49<sup>99</sup>**

PnP Edam Full Fat Cheese Slices 150g



**R49<sup>99</sup>**

PnP Full Fat Mature Cheddar 300g



**R54<sup>99</sup>**

PnP Havarti Full Fat Cheese 200g



**R79<sup>99</sup>**

PnP Finest Grana Padano 150g

PRICES VALID 22 JULY - 4 AUGUST 2019

# HEALTHY BREAD

*made your way*

BAKER'S

• PROMISE •

**PERFECTLY FRESH**  
whatever it takes

We stock a wide variety of healthy bread options that taste great and satisfy all your dietary needs.



PnP Gluten Free White Bread 400g

PnP 100% Rye Bread 400g

PnP Gluten Free Seeded Bread 400g

**TRY ME  
I'M  
NEW**

☒ **PnP GLUTEN-FREE  
WHITE BREAD**

- Artisanal-style bread
- Made with tapioca starch, rice flour and psyllium husk
- High in fibre
- Made in a bakery completely free from wheat and gluten

☒ **PnP GLUTEN-FREE  
SEEDED BREAD**

- Contains quality sunflower, sesame and flaxseeds
- Made with tapioca starch, rice flour and psyllium husk
- High in fibre
- High in omega-3 fatty acids

☒ **PnP LIGHT  
BANTING BREAD**

- Contains quality sunflower, sesame and flaxseeds
- High in omega-3 fatty acids
- Low in carbohydrates
- Free from wheat and gluten

☒ **PnP 100% RYE BREAD**

- Distinctive rye bread taste
- High in fibre
- Made with whole caraway seeds
- Sliced for your convenience

**R46<sup>99</sup>**

PnP Gluten Free White Bread 400g



**R49<sup>99</sup>**

PnP Gluten Free Seeded Bread 400g



**R44<sup>99</sup>**

PnP Light Banting Bread 400g



**R34<sup>99</sup>**

PnP 100% Rye Bread 400g



PRICES VALID 22 JULY - 4 AUGUST 2019



# STAND A CHANCE TO *Win* NEDERBURG WINES FOR A YEAR WORTH R10 000

To enter, simply swipe your Smart Shopper card when you buy any wine.

Valid 22 July – 4 August 2019. For more information, go to [www.picknpay.co.za](http://www.picknpay.co.za). Ts and Cs apply. E&OE.



Nederburg Rosé, Stein, Lyric or Duet Shiraz Pinotage 750ml  
ANY 2 FOR R80 SAVE R20  
Nederburg Baronne 750ml  
BUY 2 FOR R110 SAVE R30  
Nederburg The Winemasters Cabernet Sauvignon, Merlot, Pinotage or Edelrood 750ml Each  
WAS R100 NOW R85 SAVE R15

Pick n Pay  
smart  
shopper

Exclusive to Smart Shoppers

PRICES VALID 22 JULY - 4 AUGUST 2019

10

Alcohol Not for Sale to Persons Under the Age of 18. Drink Responsibly.

MMNTHS13105\_10

MMNTHS13105 TOP PICKS W21.indb 10-11



## Available exclusively at Pick n Pay

Only the finest ingredients make it into these delicate treats – from preserved fruit to the highest quality caramel bits. You'll find it hard to resist the indulgence when you see the great price.



R 36<sup>99</sup>

Indulge Chocolate Slab  
Assorted 100g Each

PRICES VALID 22 JULY - 4 AUGUST 2019

11

MMNTHS13105\_11

2019/07/10 15:31



**Cutting-edge technology**

**MADE AFFORDABLE**

**Pick n Pay**

**PROUDLY SOUTH AFRICAN**

**AIM**

The AIM range of quality appliances and electronics is exclusively available at Pick n Pay, and come with a 3 year no questions asked warranty. The range includes everything from TVs to audio and kitchenware, and has become a trusted and much-loved household name.

**AIM** Bluetooth

2.1 Channel Multimedia Centre

- Model: CZ201
- 100W
- FM Radio, Aux-in and USB
- Includes Remote

**NOW ONLY R699**

**AIM**

55" [139cm] UHD Smart Slim TV with Built-in Soundbar

- Model: CZ2155
- Resolution 3840 x 2160
- Wi-Fi Built-in
- Includes Smart Remote with Keyboard
- TV Licence Required

**WAS R6999**

**R6499**

**55" 139cm**

**UHD**

**SMART TV**

**HDMI X3**

**USB X2**

**3-YEAR WARRANTY**

**PRICES VALID 22 JULY - 4 AUGUST 2019**

12

MMNTHS13105\_12

MMNTHS13105 TOP PICKS W21.indb 12-13

**Pick n Pay Clothing**

**CLOTHING WINTER SALE**

**UP TO 50% OFF**

**ON SELECTED ITEMS. WHILE STOCKS LAST.**

**PRICES VALID 22 JULY - 4 AUGUST 2019**

13

MMNTHS13105\_13

2019/07/10 15:31





# TINY TOTS Baby Care

## THE HAPPY BABY NAPPY

Tiny Tots nappies range from sizes 2 to 6 and are soft and highly absorbent for up to 12 hours of protection. The extra absorbent layer helps to move liquid away from baby's skin while the magical tubes absorb further moisture and work with the stretchy sides to prevent leaking and sagging. When it's time to change, the wetness indicator will turn from yellow to green. Test and see how your baby will love the comfortable fit.



DRAWS MOISTURE AWAY FROM SKIN.



UP TO 12h PROTECTION



PREVENT SAGGING AND LEAKING.



WETNESS INDICATOR TURNS GREEN WHEN BABY NEEDS CHANGING.



PRICE PER NAPPY		
Size 2	94s	R1.81
Size 3	76s	R2.24
Size 4	66s	R2.58
Size 4+	62s	R2.74
Size 5	52s	R3.27
Size 6	44s	R3.86

**R169<sup>99</sup>**

PnP Tiny Tots Disposable Nappies Assorted Jumbo Pack Per Pack

**R37<sup>99</sup>**

SAVE R11

PnP Tiny Tots Lightly  
Fragranced Baby Wet  
Wipes 160s



PRICES VALID 22 JULY - 4 AUGUST 2019



PRICE PER NAPPY		
Size 2	94s	R2.02
Size 3	76s	R2.50
Size 4	66s	R2.88
Size 4+	62s	R3.06
Size 5	52s	R3.65
Size 6	44s	R4.32



PRICE PER PANTS		
Size 3	66s	R2.88
Size 4	60s	R3.16
Size 5	50s	R3.79
Size 6	44s	R4.31



PRICE PER NAPPY		
Size 1	88s	R2.15
Size 2	80s	R2.37
Size 3	60s	R3.16
Size 4	52s	R3.65
Size 5	44s	R4.31



**R189<sup>99</sup>**

Pampers Active Baby-Dry Disposable Nappies or Pants Jumbo Pack, Premium Care Disposable Nappies Assorted Value Pack Per Pack

## Give your baby your best care.



FROM  
**R9<sup>99</sup>**

Dove Baby Range Assorted Each

BUY ANY 3 DOVE  
BABY PRODUCTS  
AND GET THE  
CHEAPEST 1 FREE

**3 FOR 2**  
CHEAPEST FREE



Less time changing  
More time playing



NEW  
Coming  
Soon

EASY

Pampers  
premium care  
pants

Easy-on and our  
gentlest touch to skin



PRICES VALID 22 JULY - 4 AUGUST 2019

NEW Johnson's®

A new generation of gentle  
to protect baby's delicate skin

Modern day parenting has changed, and now - so have we. For nearly 125 years, our mission has been to create the gentlest baby products in the world. Products so pure and mild, they can be used from the very moment of birth. Now we're taking gentle even further, by transforming the entire JOHNSON'S® baby range with new packaging, new formulas and offerings for every age and stage.



**Germ protection for delicate toddler skin**

JOHNSON'S® gentle protect™ kids bath (500ml), jelly (500g), wipes (25's) and soap (175g)

**Boosts natural shine for silky smooth, healthy looking hair**

JOHNSON'S® shiny drops kids conditioner (300ml), shampoo (500ml), and conditioner spray (200ml)

**2 step solution for soft, shiny and naturally beautiful hair**

JOHNSON'S® soft & shiny conditioner spray (200ml), 2-in-1 shampoo & conditioner (500ml) and 2-in-1 shampoo conditioner (200ml)

ANY 2 FOR  
**R150**  
SAVER49

JOHNSON'S® fresh powder (400g)  
JOHNSON'S® baby powder (400g)  
JOHNSON'S® bedtime powder (400g)

ANY 2 FOR  
**R65**  
SAVER26

JOHNSON'S® cottontouch™ wipes (288's)  
JOHNSON'S® gentle all over wipes (288's)

ANY 2 FOR  
**R50**  
SAVER15

JOHNSON'S® baby jelly fragrance free (500ml)  
JOHNSON'S® baby jelly lightly fragranced (500ml)  
JOHNSON'S® gentle protect™ kids jelly (500ml)



We've modernised our packaging.



We're setting a new standard of gentle with 50% fewer ingredients for simpler, gentler products.



We have reorganised and expanded our range for unique milestones in a child's development.





GOOD MOOD  
FOODS FOR

# BABIES & TODDLERS



Bokomo ProNutro  
Toddlers Instant  
Cereal Assorted  
250g Each

**R24<sup>99</sup>**  
SAVER2



ANY 5 FOR  
**R28**  
SAVER8  
Purity Instant Noodles  
Assorted 53.5g Each



Nestlé NIDO 3+  
Powdered Drink  
For Growing  
Children 1.8kg

**R219<sup>99</sup>**  
SAVER10



ANY 4 FOR  
**R45**  
SAVER3  
Purity 3rd Foods  
Assorted 200ml  
Each

## TOP TIPS FOR FEEDING TODDLERS

- 1 Encourage them to chew and enjoy different tastes and textures.
- 2 Introduce new food together with food they know and love.
- 3 Encourage, but don't force your kids to eat.

PRICES VALID 22 JULY - 4 AUGUST 2019



ANY 2 FOR  
**R58**  
SAVER11  
Nestlé Cerelac  
Baby Cereal with  
Milk Assorted  
250g



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

ANY 2 FOR  
**R26**  
SAVER15



Purity 2nd Foods  
Assorted 125ml

ANY 5 FOR  
**R40**  
SAVER9



Purity Puree Assorted  
110ml

ANY 7 FOR  
**R49**  
SAVER20



**R39<sup>99</sup>**  
SAVER7  
Hey Baby Flavoured  
Teething Biscuits  
Assorted 50g Each



WAS R129  
**R99**  
tommee tippee

Explora Cool & Mash  
Bowl with Spoon

WAS R64.99  
**R59<sup>99</sup>**  
PnP Tiny Tots  
Suction Bowl with  
Spoon Assorted  
Colours Each



**R56<sup>99</sup>**  
SAVER18  
Milton Sterilising  
Fluid 1 Litre



**R69<sup>99</sup>**  
Bennetts Baby  
Bum Crème 300g

WAS R69.99  
**R59**  
PnP Tiny Tots  
Baby Fleece  
Blanket Assorted  
Colours Each



WAS R69.99  
**R59**  
tommee tippee

Explora Feeding  
Spoons 4-Pack



**R71<sup>99</sup>**  
SAVER6  
Sudocrem Baby  
Care Cream 125g







# JOIN OUR BABY CLUB AND GET 3X SMART SHOPPER POINTS ON ALL BABY PRODUCTS\*

TO JOIN, SEND A FREE SMS  
with your Smart Shopper  
card number to 30651.

[www.pnp.co.za/baby-club](http://www.pnp.co.za/baby-club)

\*Includes clothing.  
Ts & Cs apply. E&OE.



Exclusive to Smart Shoppers



Pick n Pay



Caltrate  
Plus Calcium  
Chewables 30s **R94<sup>99</sup>**  
SAVER36



Centrum Kids  
Multivitamin  
Chewables 30s **R101<sup>99</sup>**  
SAVER39



**R74<sup>99</sup>**  
SAVER15  
Sunlife Vitamin  
B12 Complex  
Effervescent 20s



Vital Kids A-Z Multi  
Chewables 60s or  
Immune Support  
Syrup 200ml Each

**R65<sup>99</sup>**  
SAVER34



**R19<sup>99</sup>**  
SAVER6  
Panado Spartan  
or Blister Pack  
24s Each



**R44<sup>99</sup>**  
SAVER8  
Panado Paediatric  
Syrup Assorted  
100ml Each



3 VITAMINS & MINERALS  
KIDS NEED

Vitamin B is important  
for metabolism, energy, and a  
healthy heart and nervous system.  
Calcium is essential for building kids'  
strong teeth and bones.  
Vitamin D works with calcium  
to build strong bones and  
protect against disease  
later in life.

BEST VALUE

## WELLNESS ESSENTIALS



Woods' for Children  
Peppermint Cough  
Syrup or Great  
Peppermint Cure  
100ml Each **R31<sup>99</sup>**  
SAVER9



**R49<sup>99</sup>**  
SAVER8  
Sinutab Saline  
Nasal Spray 15ml



**R36<sup>99</sup>**  
SAVER13  
Benylin Mucus Relief  
Wet Cough Syrup  
Assorted 100ml Each



**R88<sup>99</sup>**  
SAVER30  
Telament Paediatric  
Colic Drops 30ml



**R40<sup>99</sup>**  
SAVER19  
Phipp's Milk of Magnesia  
Regular or Tutti Frutti  
100ml Each



**R29<sup>99</sup>**  
SAVER2  
Rennie Antacid  
Tablets Assorted  
24s Each

PRICES VALID 22 JULY - 4 AUGUST 2019



STAY  
HEALTHY  
THIS WINTER

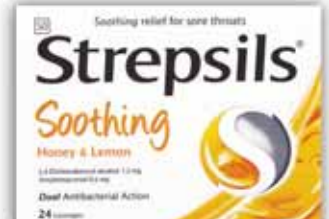


**R119<sup>99</sup>**  
Gaviscon Liquid Assorted  
200/300ml Each

Up to **2X** Longer relief  
than antacids<sup>1</sup>

Suitable to use in all  
stages of pregnancy<sup>2,3</sup>

NEW



**R49<sup>99</sup>**  
SAVE R14  
Strepsils Lozenges  
Assorted 16/24s Each

**2X** Germ-killing actives<sup>4</sup>

**R23<sup>99</sup>**  
SAVE R8  
Disprin Regular 24s or  
Extra Strength 16s Each



Ready to work in **60 seconds**<sup>5</sup>

**References:** 1. Compared to conventional antacids - Mandel KG et al. *Aliment Pharmacol Ther* 2000; 14: 669-690. 2. Meteerattonapipat P & Phupong V. *Scientific Reports* 2017; 7 (44830): 1-6. 3. Strugala V et al. *ISRN Obstet Gynecol* 2012; 1-6. 4. Contains two active ingredients. 5. Disprin "One Minute Solution." Reckitt Benckiser R&D SSG Laboratory Memorandum. Mark Evans, 2013.

□ **Gaviscon® Liquid Peppermint.** Reg. No. 29/11.10/0641. Each 10 ml contains Sodium Alginate 500 mg. Preservatives: Methyl Hydroxybenzoate 0.4% m/v, Propyl Hydroxybenzoate 0.06% m/v. □ **Gaviscon® Double Action Liquid.** Reg. No. A40/11.10/0480. Each 10 ml contains Sodium Alginate 500 mg, Calcium Carbonate 325 mg, Sodium Bicarbonate 213 mg, and Saccharin. □ **Gaviscon® Advance Aniseed.** Reg. No. 32/11.10/0207. Each 5 ml contains Sodium Alginate 500 mg. Preservatives: Methylparaben 0.4% m/v, Propylparaben 0.06% m/v. □ **Disprin® Regular Strength 300 mg.** Reg. No. B/2.7/570. Each tablet contains 300 mg Aspirin. □ **Disprin® Extra Strength 500 mg.** Reg. No. M/2.7/292. Each tablet contains 500 mg Aspirin. □ **Strepsils® Warm Ginger.** Reg. No. 45/16.4/0620. Each lozenge contains: 2,4-Dichlorobenzyl Alcohol 1.2 mg, and Amylmetacresol 0.6 mg. □ **Strepsils® Orange with Vitamin C.** Reg. No. S/16.4/144. Each lozenge contains: Vitamin C 100 mg, Dichlorobenzyl Alcohol 1.2 mg, Amylmetacresol 0.6 mg. □ **Strepsils® Soothing Honey and Lemon.** Reg. No. E/16.4/46. Each lozenge contains: 2,4-Dichlorobenzyl Alcohol 1.2 mg, Amylmetacresol 0.6 mg.

Name and business address of the holder of the certificate of registration: Reckitt Benckiser Pharmaceuticals (Pty) Ltd., 8 Jet Park Road, Elandsfontein, 1601. For full prescribing information refer to the package insert approved by the Medicines Regulatory Authority. Customer Care Line: 0861 111 11 00. OTC 19/06-03.

NEW  
LOTIONS  
RANGE

**E45**

For healthy feeling skin,  
every day.



**R59<sup>99</sup>**  
SAVE R15  
E45 Rich Lotion 200ml



**R59<sup>99</sup>**  
SAVE R15  
E45 Daily Lotion 200ml



**R109<sup>99</sup>**  
SAVE R30  
E45 Daily Lotion 400ml



**R159<sup>99</sup>**  
E45 Cream Tub or Pump 500g  
Each

MOISTURISING LOTION  
Reduces Roughness & Flaking

RICH 24HR LOTION  
24HR Deep Moisturisation

DAILY LOTION  
Fast Absorbing

Preservatives: Methyl hydroxybenzoate 0,15% m/m, Propyl hydroxybenzoate 0,04% m/m. Name and business address of the holder of the certificate of registration: Reckitt Benckiser Pharmaceuticals (Pty) Ltd., 8 Jet Park Road, Elandsfontein, 1601. For full prescribing information refer to the package insert approved by the Medicines Regulatory Authority. Customer Care Line 0861 11 1100.

**durex**

WORLD'S NO. 1 CONDOM BRAND\*



for Extra Protection



for More Fun



**R112<sup>99</sup>**  
Durex Pleasure Me Condoms  
3s and Play Cheeky Cherry  
Lubricant 50ml Value Pack



for More Intimacy



to Enjoy Longer

FROM  
**R144<sup>99</sup>**  
Durex Condoms Assorted 12s  
Each

\*Reckitt Benckiser's calculation based in part on data report by Nielsen through it's Retail Index Service for the Total Condoms (Reckitt Benckiser defined) for the 52 week period ending December 31, 2017, for the Total South Africa market, (Copyright ©2018, The Nielsen Company). Reckitt Benckiser Pharmaceuticals (Pty) Ltd. 8 Jet Park Road, Elandsfontein, 1601. Customer Care Line 0861 11 1100.



DON'T LET A COLD\*  
DISTURB THEIR DREAMS

**VICKS**  
VapoRub<sup>N</sup>

**1 WORKS IN MINUTE.**  
LASTS FOR HOURS\*

**R52<sup>99</sup>**  
SAVER12  
Vicks Honey & Ginger Cough Syrup or Acta Plus Cough Syrup 150ml Each

**R35<sup>99</sup>**  
SAVE R9  
Vicks BabyRub or VapoRub 50g Each

**R64<sup>99</sup>**  
SAVER13  
Vicks Acta Plus Cough Syrup 200ml

\*Relief from blocked nose due to cold  
1. Samhi N et al. Efficacy of a topical aromatic rub (Vicks VapoRub) on effects on self-reported and actigraphically assessed sleep in patients with common cold symptoms. Open J Respir Dis. 2017; 7: 83-101. 2. Procter & Gamble (Data on File, 2012). VapoRub long lasting nasal relief. For full prescribing information refer to the package insert approved by the medicines regulatory authority.  
[50] VICKS VAPORUB<sup>®</sup>. Reg. No: 34/10.2.1/0019 (Act 101/1965). Each gram contains: Menthol 28, 2 mg, Camphor 52.6 mg, Eucalyptus Oil 13.3 mg, PROCTER & GAMBLE SA TRADING (PTY) LTD. Co. Reg. No. 1989/004241/07, 15 Alice Lane Towers, Alice Lane, Sandton, Johannesburg, 2196.  
[50] VICKS ACTA PLUS COUGH SYRUP. Each 10 ml Syrup Contains: Paracetamol 0.015 g, Glyceryl Guaiacolate 0.1 g, Cetylpyridinium Chloride 0.0025 g. Contains Sugar & Alcohol. Reg. No: F/10.1/75 (Act 101/1965) Classification: A10.1 Antitussives and expectorants. PROCTER & GAMBLE SA TRADING (PTY) LTD. Co. Reg. No. 1989/004241/07, 15 Alice Lane Towers, Alice Lane, Sandton, Johannesburg, 2196. Tel: +27 10 001 9650. Website: za.pg.com FOR FULL PRESCRIBING INFORMATION REFER TO THE PACKAGE INSERT APPROVED BY THE MEDICINES CONTROL COUNCIL.  
[50] VICKS HONEY & GINGER COUGH SYRUP. Each 15.0 ml Syrup Contains: Guafenesin 200 mg, Contains Sugar & Alcohol. Reg. No.: 34/10.1/0017 (Act 101/1965). Classification: A10.1 Antitussives and expectorants. PROCTER & GAMBLE SA TRADING (PTY) LTD. Co. Reg. No. 1989/004241/07, 15 Alice Lane Towers, Alice Lane, Sandton, Johannesburg, 2196. Tel: +27 10 001 9650. Website: za.pg.com FOR FULL PRESCRIBING INFORMATION REFER TO THE PACKAGE INSERT APPROVED BY THE MEDICINES CONTROL COUNCIL.

# PANTENE

**FROM R39<sup>99</sup>**  
Pantene Hair Care Range Assorted 200-400ml Each

**NEW**

**SELENA GOMEZ**

**head & shoulders**

**NEW 2-IN-1**

**INTENSELY MOISTURIZED**

UP TO **100% DANDRUFF FREE\***

**R49<sup>99</sup>**  
SAVER35  
Head & Shoulders Shampoo, Conditioner or 2in1 Assorted 360/400ml Each

\*Visible flakes with regular use.  
\*\*P&G calculation based on Nielsen sales information July 2015 - June 2016.

PRICES VALID 22 JULY - 4 AUGUST 2019

**Pick n Pay**

**NEW**

**OLAY whips**

**POWERFUL SKINCARE**  
**NOW LIGHT AS AIR**

**FROM R42<sup>99</sup>**  
Olay Facial Care Range Assorted 50-200ml Each

New Olay Whips transforms from cream to liquid on contact, flash absorbing into skin to deliver potent anti-ageing skincare with a light as air touch.

**OLAY**  
TOTAL EFFECTS

**TOTAL EFFECTS - 7in1 Anti Ageing:**  
Effortlessly younger looking skin.

**REGENERIST - Advanced Anti Ageing:**  
Dramatically younger & firmer looking skin.

**ESSENTIALS -**  
Hydrates & nourishes.

**EYES -** Get a targeted solution for younger looking eyes with the right product for your individual needs.

PRICES VALID 22 JULY - 4 AUGUST 2019



# GREAT VALUE



**Gillette**

PRICES VALID 22 JULY - 4 AUGUST 2019



**DENTIST RECOMMENDED BRAND WORLDWIDE**

\*Based on surveys of a representative worldwide sample of dentists carried out for P&G

PRICES VALID 22 JULY - 4 AUGUST 2019





**BE 100% SURE**



**Dettol**

STAND A CHANCE TO  
**WIN A HOUSE**

CLEANS AND PROTECTS FROM UP TO  
**100**  
ILLNESS-CAUSING GERMS\*\*

WITH **Dettol** WORTH  
**R1 MILLION**  
& DAILY CASH PRIZES

**BUY** Dettol\* and **DIAL** \*120\*4237# to **ENTER**  
USSD charged at 20c per 20 seconds.

\*Excluding Dettol Antiseptic Liquid.  
Retain your till slip as proof of purchase. Promotional dates: 1 June – 31 August 2019.  
Terms and conditions apply, visit [www.dettol.co.za](http://www.dettol.co.za)



\*\*Tested on Dettol Original Bar Soap against 100 illness causing germs. Recommended usage as per label directions for use.  
© 2019 Reckitt Benckiser South Africa (Pty) Ltd. 8 Jet Park Road, Elandsfontein, 1601. Consumer Care Line +27 861 11 11 00.

BIG#190278

**Pick n Pay**

**Protect**  
your family from colds & flu.

**On the GO!**

**R49<sup>99</sup>**  
Dettol Hygiene Original or Sensitive Personal Care Wipes 40s Each

**R55<sup>99</sup>**  
Dettol Hand Sanitiser 3 x 50ml Value Pack

**Personal Wash**

**R109<sup>99</sup>**  
SAVE R30  
Dettol Aloe Vera Disinfectant Liquid 2 Litre

**R25<sup>99</sup>**  
Dettol Liquid Hand Wash Pump Assorted 200ml Each

**R8<sup>99</sup>**  
SAVE R4  
Dettol Soap Assorted 150g Each

**Around the House**

**R32<sup>99</sup>**  
Dettol Power Bathroom or Kitchen Cleaner 750ml Each

**R32<sup>99</sup>**  
Dettol Floor and All Purpose Cleaner Assorted 750ml Each

**PRICES VALID 22 JULY - 4 AUGUST 2019**



SCIENTIFICALLY FORMULATED FOOD FOR

# happy & healthy pets

Nutriphase, our premium pet food range, is scientifically formulated to give your pet the best nutrition at every stage of life.



**R159<sup>99</sup>**  
SAVE R40  
Nutriphase Dry Dog Food Assorted 6kg Each

**R75<sup>99</sup>**  
SAVE R24  
Nutriphase Dry Cat Food Assorted 2kg Each

- Promotes healthy digestion
- Helps grow strong bones and joints
- Keeps skin healthy and coats shiny
- Strengthens the immune system

**nutriphase**<sup>™</sup>  
for every stage

PRICES VALID 22 JULY - 4 AUGUST 2019

SAVE BIG ON

# PET CARE ESSENTIALS

**R11<sup>99</sup>**  
SAVER3  
Pamper Cat Food Assorted 385/400g Each

**R82<sup>99</sup>**  
SAVER30  
Feline Cuisine Dry Cat Food Assorted 2kg Each

**R41<sup>99</sup>**  
SAVER12  
Catmor Dry Cat Food Assorted 1.75kg Each

**R149<sup>99</sup>**  
SAVER26  
Dr Hahnz Dry Dog Food Assorted 6kg Each (Excluding Grain Free Range)

**R167<sup>99</sup>**  
SAVER47  
Canine Cuisine Dry Dog Food Assorted 4-6kg Each



## PET BEDDING TIPS

Remember to vacuum your pets' bedding and remove all padding before popping it in your washing machine. Also, it's best to use a non-biological detergent that won't irritate your pets' skin when they sleep in it again.

**ANY 5 FOR R85**  
SAVER45  
Boss Dog Food Assorted 775/820g

**R21<sup>99</sup>**  
SAVER1  
Petley's Dog Food Assorted 775g Each

**R49<sup>99</sup>**  
SAVER20  
West's Beeno Dog Biscuits Assorted 1kg Each

**R124<sup>99</sup>**  
SAVER47  
Bobtail Dry Dog Food Assorted 7/8kg Each

**R49<sup>99</sup>**  
SAVER20  
West's Beeno Dog Biscuits Assorted 1kg Each

PRICES VALID 22 JULY - 4 AUGUST 2019



**Pedigree**

**ENJOY MORE  
MOMENTS  
TOGETHER**

**whiskas**



**R19<sup>99</sup>**  
Pedigree Tasty Bites Assorted 125/130g Each



**R19<sup>99</sup>**  
Pedigree Tasty Bites Puppy Assorted 125/130g Each



**R29<sup>99</sup>**  
Pedigree Rodeo Tasty Chewy Treats Assorted 8s Each



**R22<sup>99</sup>**  
Pedigree Denta Stix Assorted 7s Each



**ANY 5 FOR  
R30**  
SAVER14  
Pedigree Wet Dog Food Assorted 100g



**R189<sup>99</sup>**  
SAVER46  
Pedigree Dry Dog Food Assorted 5.5/6kg Each



**R39<sup>99</sup>**  
Whiskas Trio Crunchy Treats Assorted 55g Each



**R49<sup>99</sup>**  
Whiskas Denta Bites Chicken 50g



**R49<sup>99</sup>**  
Whiskas Denta Bites Salmon 50g



**ANY 5 FOR  
R30**  
SAVER9  
Whiskas Wet Cat Food Assorted 85g



**R199<sup>99</sup>**  
SAVER55  
Whiskas Dry Cat Food Assorted 4kg Each

**MEOW We're Talking**

**BOTH  
R40**  
Clover Duo Fruit and Yoghurt Flavoured Dairy Mix 1 Litre and Krush 100% Fruit Juice Blend 1.5 Litre Assorted

**SAVE R33  
BUY 3  
R100**  
Kellogg's Rice Krispies 400g

**SAVE R15  
ANY 2  
R40**  
Serena Original or Spinach Lasagne 250g

**SAVE R9  
ANY 10  
R100**  
Pasta Grande Assorted 500g

**SAVE R11  
ANY 2  
R60**  
Ina Paarman's Seasoning or Spice Assorted 200ml

**SAVE R17  
BUY 2  
R40**  
King Oscar Brisling Sardines in Oil 106g

**SAVE R29  
ALL  
R90**  
2 x Wellington's Tomato Sauce 700ml, 1 x Wellington's Chutney Assorted 470g and 1 x Wellington's Sweet Chilli Sauce 700g



**BUY MORE  
SAVE MORE**



**SAVE R21  
ANY 4  
R40**

Sparletta Carbonated Soft Drink Assorted 1.5 Litre



**ANY 2  
R17<sup>90</sup>**

Simba Fritos 120g, Ghost Pops 100g, Cheese Twirls 110g or Popcorn 90g Assorted



**SAVE R9  
ANY 2  
R39<sup>99</sup>**

Bakers Romany Creams or Choc-kits Assorted 200g



**SAVE R2  
BOTH  
R25**

Red Bull Energy Drink Assorted 355ml and PnP Natural Spring Water Still 750ml



**BOTH  
R70**

Colgate Total 12 Clean Mint, Advance Whitening, Pro-gum Health, Pro Whitening or Pro Breath Toothpaste 75/150ml and Play Soft Mint Mouthwash 500ml + 250ml Value Pack



**SAVE R33  
ANY 3  
R50**

Dettol Liquid Handwash Assorted 150ml

## TOILETRIES

## CLEANING



**ANY 2  
R100**

Sunlight Regular, Tropical or 2in1 Auto Washing Powder 3kg



**SAVE R24  
ANY 2  
R35**

Sunlight Concentrated Fabric Conditioner Assorted 500ml Refill



**SAVE R16  
ANY 2  
R60**

Mr Muscle Tile Cleaner Assorted 750ml



**SAVE R58  
ANY 3  
R100**

Shield Air Scents Auto Spray Refill Assorted 250ml

**SAVE R5  
ALL  
R50**

2x Chemico Liquid Clean Creams Assorted 750ml and 1x Multi Purpose Paste 500g



**SAVE R21  
BUY 2  
R50**

Plush Supreme Pine Gel All Purpose Cleaner 1 Litre



**BUY 4  
R100**

Scotch-Brite Multi Colour Scourers 5-Pack



**BUY 2  
R89**

PnP Supa Wipes 15-Pack



**ANY 2  
R39**

Scotch-Brite Brass Heavy Duty Scourers 13g



**NOW  
R109**

Broom Assorted Colours Each



**NOW  
R79<sup>99</sup>**

Dustpan and Brush Set Assorted Colours Each



**NOW  
R79<sup>99</sup>**

Toilet Brush Set Assorted Colours Each



**NOW  
R169**

Buy an Addis Twist Mop & Get 35% Off Addis Toilet Brush Set