

GET HEALTHY SAVINGS

this winter!



Ingram's
Camphor Creams
450 g

52⁹⁹
each



Savlon
Antiseptic Liquid
750 ml

44⁹⁹
each



Vicks
Acta Plus Cough Syrup
100 ml

49⁹⁹
each



Strepsils
Lozenges
16's / 24's

64⁹⁹
each



Compral
Pain Tablets
100's

69⁹⁹
each



Gaviscon
Liquid 150 ml or
Liquid Sachets 12s
Assorted

84⁹⁹
each



Med Lemon
Cold & Flu Sachets
8s

48⁹⁹
each

Home Remedies

TO HELP BEAT THE COLD & FLU THIS WINTER

1. Drink lots of water and fluids - Water helps to keep your nose, mouth, and throat moist. This helps your body get rid of built-up mucous and phlegm.
2. Get plenty of rest
3. Drink warm chicken broth - Drinking warm chicken or beef bone broth is a good way to help you stay hydrated and loosen up the nose and sinus congestion.
4. Rinse with salt water - A warm water and salt rinse (sometimes called a salt water gargle) can soothe a sore throat and help to clear mucous.
5. Inhale steam - Breathing in steam from a warm pot of water can help soothe your nose, sinuses, throat, and lungs.

