

Balance



Get **cash back** on preventive care and everyday personal and family care in the Dis-Chem

# HealthyCare

Catalogue



## Look after yourself and your family and get cash back on HealthyCare products

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Discovery Vitality brings you the HealthyCare benefit to help you take better care of yourself and your family through prevention. The benefit makes everyday personal and family care easier and more affordable with cash back on thousands of HealthyCare items.

### Get cash back on thousands of HealthyCare items

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You can earn cash back when you buy items listed in the HealthyCare catalogue at Dis-Chem. Remember to swipe your Dis-Chem HealthyCare card before the cashier rings up your purchases to earn cash back\*.

- 1 | You can activate this benefit and get up to 10% cash back by logging into [www.discovery.co.za](http://www.discovery.co.za) and navigating to Vitality HealthyCare.
- 2 | Choose your main HealthyCare partner.
- 3 | You and your spouse (if applicable) need to find out your Vitality Age and complete a Vitality Health Check at any Dis-Chem or accredited pharmacy in the Vitality Wellness Network to increase your cash back to up to 25%.
- 4 | Complete both assessments every 12 months to keep your cash back at up to 25% at your main partner.

\* Cash back is converted to store loyalty points and paid into your Dis-Chem HealthyCare card.

Members on Medical Scheme plans administered by Discovery Health can get 10% cash back on thousands of HealthyCare items at Dis-Chem.

Balance members get up to 15% cash back on thousands of HealthyCare items at Dis-Chem. To increase your cash back to up to 15%, all you and your spouse (if applicable) have to do is complete a Vitality Age and a Personal Health Assessment, once every 12 months.

#### Important points to remember when using this catalogue

Products in this catalogue depend on supplier availability and may only be available at certain Dis-Chem stores. The products in the HealthyCare range may be replaced and changed from time to time. This catalogue will be kept updated and the qualifying items clearly marked in Dis-Chem stores.

Check back regularly for the most updated list on [www.discovery.co.za](http://www.discovery.co.za)





## How to use this catalogue

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This HealthyCare catalogue lists the products that qualify for the HealthyCare benefit. Use this catalogue as your guide to making HealthyCare choices when shopping at Dis-Chem. The items included in the HealthyCare benefit below are all directly used for preventive care.

The HealthyCare benefit is made up of thousands of products that are divided into different main product categories:

- 4-5 | Baby Care
- 5-7 | Chronic Care
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- 15 | Products to Stop Smoking
- 15 | Selected Fitness Devices
- 15-18 | Self Care
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Contents





## Baby Care

### Baby accessories (excludes bottles, feeding cups, teats and teething necklaces)

- Angelcare baby accessories assorted
- Angel nappy disposing bags
- Avent baby care accessories
- Baby monitors assorted
- Baby Things baby care accessories assorted
- Dis-Chem brand
  - Baby accessories assorted
  - Baby prams assorted
- Eezi med baby accessories assorted
- Electronic baby thermometers assorted
- Explora baby care accessories assorted
- Glad nappy disposing bags
- Jeep baby accessories assorted
- Lansinoh baby dummies
- Malem bedwetting monitor
- MAM baby care accessories assorted
- Munchkin baby care accessories assorted
- Nuby baby care accessories assorted
- NUK baby care accessories assorted
- Pigeon baby care accessories assorted
- Safety First baby care accessories assorted
- Snuza monitor
- Spiffies baby toothwipes
- Tanita baby scale
- Titania baby nailcare kits

### Baby cleansing products

- Annique baby products assorted
- Baby Things baby care products assorted
- Bennetts baby bath care assorted
- Cetaphil baby cleanser
- Citroganix baby toothpaste assorted
- Elizabeth Anne's baby bath care assorted
- Enchantrix baby wash
- Johnson's baby bath care assorted
- Krayons baby soap
- Pigeon baby bath care assorted
- Pure brand infant soap
- Purity baby bath care assorted
- Sebamed baby cleansing products

### Baby medicines

- Ashton & Parsons teething powder
- Baby's Own Tummy Tablets
- Bennetts baby medicines
- Breathe Easy nasal oil
- Cerene Baby teething powder
- Colic Calm
- Colix infant drops
- Crèche Guard baby immune syrup
- Dr Talbots teething gel
- Iberogast oral liquid
- Nuby citro gumeeze and teething gel
- Nuby ear syringe set
- Pansoral teething gel
- Pedia Kids baby medicines assorted

- Peelaa baby medicines
- Teejel gel
- Telament Baby medicines
- Woodward's gripe water

### Baby creams

- Annique baby lotion
- Antipeol baby lotion
- Baby Things baby creams and lotions
- Bennetts aqueous cream
- Bennetts baby creams
- Bepanthen baby cream
- Calendula baby ointment
- Clere petroleum jelly
- Crèche Guard probiotic baby bum spray
- Dr. Talbot's nappy rash cream
- Elizabeth Anne's baby care assorted
- Fissan baby care assorted
- Georen nappi crème
- Johnson's baby care assorted
- Lucoderm baby cream
- Multipeol ointment assorted
- Purity baby care assorted
- Sebamed baby cream and lotion
- Sebamed diaper rash cream
- Sudocrem assorted
- Uriage baby care assorted
- Vaseline baby care assorted
- Woodward's nappy rash cream



## Maternity care

Avent

- Breast mil storage containers
- Breast care assorted
- Breast pumps assorted
- Via cups and lids

Bennetts nipple cream

Carriwell maternity care range assorted

Cherubs nursing pads

Citroganix nipple milk

Dis-Chem Lifestyle folic acid +B12 sublingual tabs

Disposable ladies underwear assorted

Lanocare lanolin protection

Lansinoh maternity care assorted

Medela breast care assorted

Medela breast pumps and spares assorted

Nuby breast care assorted

Nuk breast pumps assorted

Pigeon breast care products assorted

Softi nursing pads

Tommee Tippee breast pumps assorted

Tommee Tippee breast shields

Triumph maternity bras and tops assorted

## Nappies

Cuddlers baby nappies assorted

Huggies baby nappies assorted

Panda baby nappies assorted

Pampers baby nappies assorted

Swimmies baby nappies assorted

## Wipes

Baby soft washlets

Baby Things wipes assorted

Cherubs baby wipes assorted

Disinfecta baby wipes assorted

Huggies baby wipes assorted

Johnson's baby wipes assorted

Pampers baby wipes assorted

Pigeon baby wipes assorted

Refresha wet wipes

Softi baby wipes assorted

Stikki fingers baby wipes assorted

TLC baby wipes assorted



## External medical items

Bath aid

- Back brush assorted
- Bath/shower benches and seats assorted
- Bathroom grab handle and rails assorted
- Shower bench assorted
- Toilet support rail

Bed leg cradle

Bed pans assorted

Bed support rail

Clamp reacher assorted

Commode liners

Commodes assorted

Eggbox mattresses assorted

Eggbox cushions assorted

Elbow crutches assorted

Kidney trays assorted

Lumbar visco trilobal cushion

Memory foam cushion assorted

Memory foam mattress assorted

Ring cushions assorted

Sheepskin

- Crutch grips assorted
- Heel pads
- Medical bed rest
- Wheelchair cushion

Shopping rollators assorted

SnoreMeds cushions assorted

Spine align cushions and pillows assorted

Stop snore pillow

Support cushion lumbar air flow

Tempur memory foam cushions assorted

Toilet seat raisers assorted

Toilet support rails

Urinal female/male assorted

Walker 3 wheel assorted

Walker foldable assorted

Walker rollators 4 wheel assorted

Walking stick/crutch ferules assorted

Walking sticks assorted

Wheelchair

- Cushions assorted
- Tray table



- Motorised assorted
- Wheelchairs assorted

### Home diagnostic tests and accessories

- ActorFemme home UT test kit
- Alcohol tester kits assorted
- Babystart fertilcheck test assorted
- Body fat analyzer
- Breathalyser home kits assorted
- Clearblue ovulation and pregnancy kits
- Dis-Chem brand drug test kits assorted
- Dis-Chem brand ovulation test kits
- DNA paternity test kit
- Drugsmart test kit
- HIV rapid home test kits
- IntelliGender home test kit
- Labstix monitoring kits and strips assorted
- Malaria test kit
- Maybe Baby saliva ovulation test kit
- Ovulation monitoring kits assorted
- Predictor pregnancy test kits assorted
- Pregnancy test kits assorted
- PSA rapid device test kit
- TB test kit

### Medical accessories

- Bodi Heat pads
- Catheters
  - Foley assorted
  - Nelaton assorted
- Cervical collars assorted

- Collar 'n cuff foam
- Douche can plastic set
- Medicine droppers and spoons assorted
- Medicine dispensers assorted
- Pill boxes, pill cutters and pill mashers assorted
- Toilet seat covers assorted
- Tongue depressors assorted
- Urine bag assorted
- Urine leg bag assorted

### Medical incontinence

- Got2wee disposable urinal assorted
- Mattress protectors assorted
- MoliCare incontinence care assorted
- Softi incontinence care assorted
- Tena Incontinence care assorted

### Monitoring devices

- Abbott diabetic test lancets
- Accu-Chek
  - Diabetic test kits and strips assorted
  - Multiclix kit and lancets
  - Sofclix lancet device and lancets
- Accu-Fine insulin pen needles assorted
- Accutrend cholesterol strips and solutions
- Accutrend puls meter
- Acon glucose test strips
- Ascensia
  - Glucose test strips assorted
  - Entrust strips
  - Meter kits assorted

- Autoclix lancets
- Bathroom scales assorted
- BeneCheck glucose kits and strips assorted
- Betachek glucose kits and strips assorted
- Blood pressure monitors assorted
- CareSens diabetic monitor and strips
- Combi urine test strips assorted
- Combur test strips assorted
- CONTOUR PLUS meters, strips and solutions
- Evhe dehumidifier
- Home diagnostic test kits assorted
- Humidifiers assorted
- iHealth
  - Blood pressure monitors
  - Wireless body scale
  - Wireless glucose monitor and test strips
- Kaz air purifiers assorted
- Keto-Diastix strips
- Ketostix strips
- Kitz air purifier assorted
- Labstix drug test kits assorted
- LifeScan kits and strips assorted
- Medactive infrared medical lamp
- Medical accessories assorted
- MICROLET lancet device and lancets
- Mulistix test strips assorted
- MULTICARE glucose test strips
- Multi-meter uric acid strips
- noviCheck glucometer kit and strips
- On the Go Diabetic Organiser



OneTouch glucose test kits and strips assorted  
Optium electrodes  
Optium glucose test kit and strips  
Palm Lab glucose test kit and strips  
Penlet lancing devices and lancets assorted  
Personal body scales assorted  
Pharmacist Choice heating pad  
Pharmacist Choice steam inhaler  
Solus V2 kit, strips and lancets  
Thermometers glass assorted  
Uristix Reagent Strips  
U-Test Malaria test kit  
Vicks vaporizer and cartridges/mats assorted



## Clinic Services

Mother and baby wellness

Primary healthcare services

Screening tests



## Dental Care (excludes toothpicks)

### Dental floss

Colgate dental floss assorted  
Dentalmate dental floss assorted  
Dr. Fresh turbo flosser refills  
G.U.M. dental floss and picks assorted  
Ora Floss  
Oral-B dental floss and kits assorted

Ortho wax assorted  
Pierrot dental floss  
Reach dental floss assorted  
Silonite aquafloss  
Sonicare AirFloss assorted  
Spare Silonite aquafloss adapters and spouts  
Thornton periodontal floss  
White Glo flosser

### Denture care

Corega denture tabs, cream and powder assorted  
Dentalmate denture brush  
Dentalmate denture cleanser  
Dentemp dental cement  
Dentufix  
Denture baths assorted  
Denture repair kits assorted  
Fittydent adhesive and cleaning tabs  
Fixodent denture adhesive  
G.U.M. denture brush  
Pierrot denture adhesive  
Pierrot denture cleaning/orthodontic box  
Pierrot denture toothbrush  
Protefix adhesives assorted  
SEABOND denture adhesive  
Snug denture cushion  
Steradent denture powder and tabs assorted  
Wisdom 99 denture brush

### Interdental

Dentalmate interdental brushes assorted  
Dentalmate tongue brush  
G.U.M. interdental accessories assorted

### Mouth wash and sprays

Aloclair mouthwash  
Aquafresh mouthwash assorted  
Betadine mouthwash assorted  
BioBalance mouthwash  
Colgate mouthwash assorted  
Corsodyl mouthwash assorted  
Dentalmate mouthwash assorted  
Dentalmate oral salts  
Dentyl mouth rinse assorted  
Dermadine oral gargle  
Eucryl powder assorted  
G.U.M. mouth rinse assorted  
Listerflour mouthwash assorted  
Listerine mouthwash assorted  
Ora-Salts mouthwash  
Plax mouthwash assorted  
Plus Oral rinse assorted  
Purefresh herbal oral rinse  
Pyravex berna  
Sensodyne mouthwash assorted  
Steripod toothbrush sterilizer  
Treet it mouthwash  
White Glo mouthwash assorted



## Toothbrushes

- Aquaflosser compact
- Aquafresh toothbrush assorted
- Aquapulse aquaflosser and replacement strips/brush heads assorted
- Aquapulse sonic wand/toothbrushes assorted
- Colgate toothbrushes assorted
- Dentalmate
  - Electric toothbrush assorted
  - Oral irrigator
  - Smart cleaners assorted
  - Toothbrushes and heads assorted
- Disney toothbrush assorted
- Dr. Fresh character toothbrush assorted
- G.U.M. toothbrushes and accessories assorted
- Oral-B electric toothbrushes and replacement heads assorted
- Oscil-lux power toothbrushes assorted
- Panasonic irrigator assorted
- Pepsodent toothbrushes assorted
- Philips Sonicare airflosser and toothbrushes assorted
- Pierrot toothbrush assorted
- Sensodyne toothbrush assorted
- Sonicare electric toothbrushes and replacement heads assorted
- Toothbrush holder assorted

## Toothpaste

- Aloclair tooth paste assorted
- Aloe Fresh toothpaste assorted
- Aquafresh toothpaste assorted
- Arm & Hammer toothpaste assorted
- Clinomyn smokers toothpaste
- Close Up toothpaste assorted
- Colgate toothpaste assorted
- Dentalmate toothpaste assorted
- Elgydium toothpaste assorted
- Mentadent P toothpaste
- Miswak toothpaste assorted
- Nature Fresh toothpaste assorted
- Orabase oral paste
- Oral-B toothpaste assorted
- Pearl Drops toothpaste assorted
- Pepsodent toothpaste assorted
- Plus White toothpaste assorted
- PUREFRESH herbal toothpaste
- Sensodyne toothpaste assorted
- Theramed toothpaste assorted
- White Glo toothpaste assorted



## Emergency Care

### Antiseptic liquids and ointments

- Alcohol swabs assorted
- Aqua Salveo Water Disinfectant
- BactiZip solution

- Beenuka wound spray
- Betadine antiseptic solution
- Betadine surgical scrub
- Bye Wart! wart removal cream
- Cavilon cream & spray
- Dettol antiseptic assorted
- Dettol hand sanitizers assorted
- Dis-Chem brand antiseptic wipes
- Dis-Chem brand rubbing alcohol assorted
- DisMed disinfectants, solutions and scrubs assorted
- Germex hand sanitizer
- Germolene ointments
- Hibitane antiseptic cream
- Kids pen hand sanitizer
- Linotar gel & cream
- MEBO herbal ointments
- Medic Wound Care solutions assorted
- Podine ointments
- Povidone iodine ointment
- Safeguard wound wash spray
- Savlon antiseptic assorted
- Sitsef toilet seat sanitizer
- SODERMIX cream
- Steriwise gels assorted
- TCP liquid disinfectant
- Toilet Safe Spray
- Treet-it antiseptic assorted
- Ultrasound gel assorted
- Vicks First Defence hand foam





Webcol alcohol swabs

Wintergreen rubbing alcohol

Wound care antiseptics assorted

Xtrax drawing ointment

### Bandages, dressings and plasters

3M washproof plasters assorted

ANTICOAT silver dressings assorted

Actiform wound dressings assorted

Adaptic digit bandage

ALLEVYN wound dressings assorted

Askina specialised dressings assorted

BACTIGRAS dressings assorted

Bamboo cotton buds and swabs assorted

BAND-AID plasters assorted

Bandage clips assorted

Beautiful Women cotton products

BSN Leuko brand bandages and plaster tapes assorted

Burn gel sachets

Burnshield digit dressing

Cerdak dressings assorted

Coban bandages assorted

Coverplast classic plasters assorted

Curapor dressings assorted

Cuticell sterile gauze

Cutimed Gel

Dis-Chem brand

- Brand wound dressings assorted
- Burn gel assorted
- Cotton buds
- Elbow wraps assorted
- Finger wound dressing assorted
- Gauze swabs assorted
- Magnetic neoprene supports assorted
- Plasters and bandages assorted
- Tubular support bandages assorted

Dove

- Cosmetic wipes
- Cotton buds assorted
- Cotton wool assorted
- Hygiene wipes

Elastic adhesive bandages assorted

Elastonet Finger Tubing assorted

Elastoplast plasters/rolls assorted

Elastoplast sports guards assorted

Eye pads and patches assorted

First aid

- Safety pins assorted
- Splints assorted
- Waterproof sheeting

Flexus Advanced bandages assorted

Gauze swabs assorted

Gypsona bandage assorted

Hello Kitty plasters assorted

Herpatch coldsore patches

Hot & Icy gel assorted

Hypafix fabric plaster tape assorted

IntraSite Conformable dressings assorted

IntraSite gel assorted

JELONET dressings assorted

Johnson's cotton wool assorted

KT tapes cotton roll assorted

Leukoband Elastic Bandage assorted

Living Brands kinesis sport tape assorted

Medic alcohol cleansing pads

Medic first aid plasters, pads and swabs assorted

Melolin dressings assorted

Micropore tape plaster assorted

Mouth guard cases

Nexcare cold packs, plasters and spray assorted

OpSite dressings assorted

Opticlude eye patches assorted

Orthogrip

Physicool cooling bandages assorted

Pigeon cotton balls assorted



Primapore dressings assorted  
Skin prep wipes  
Softi cotton wool and pads assorted  
Solvaline-N dressings assorted  
Speciality dressings assorted  
Spidertech kinesis tape and pre-cuts assorted  
Steri-Strip plasters assorted  
Suprasorb dressings assorted  
Tengaderm dressings assorted  
Tennis elbow support strap  
Tensospray  
TLC cotton wool and buds assorted  
Transpore strip plaster assorted  
Triangular bandages assorted

### First aid

Burnshield dressings assorted  
Burnshield hydrogel assorted  
CPR masks and mouthpieces  
Deep Freeze spray  
Dis-Chem first aid kits assorted  
Examination gloves latex and nitrile assorted  
Facial masks assorted  
First aid kits assorted  
First aid rescue blanket assorted  
Hot & Cold packs  
Impilo ushile burn lotion  
Moov pain relief spray

Scalpel blades assorted  
Scarban silicone sheet assorted  
Silver lab colloidal silica spray  
Surgical face masks assorted

### Medicinal accessories

BD microfine syringes and needles assorted sizes  
Freestyle diabetic lancets  
Insupen diabetic needles assorted sizes  
Pharmex enema syringe assorted sizes  
Stethoscope assorted  
Syringe needles assorted sizes  
Syringe with needles assorted  
Tweezers assorted  
Unilet excelite lancets

### Slings and support

Acculife finger injury system  
Acculife wrist therapy brace  
Arm immobiliser assorted  
Dis-Chem brand finger-

- Bandage assorted sizes
- Cots assorted sizes
- Guards assorted sizes
- Splint assorted sizes
- Stalls assorted sizes

Dis-Chem brand support elasticated

- Ankle
- Elbow
- Hand

- Knee
- Wrist

Dis-Chem brand support magnetic neoprene

- Ankle
- Back
- Knee
- Neck
- Shoulder
- Wrist

Dis-Chem brand support neoprene

- Ankle
- Back
- Knee
- Thumb
- Wrist

Dis-Chem brand support one size elasticated wrap

- Ankle
- Knee
- Wrist

Dis-Chem brand support universal arm sling pouch adult  
Elastoplast sport guard

- Ankle
- Knee

Flexiban synthetic orthopod cotton wool  
Medic finger splint assorted  
Medic pain relief sleeve assorted  
Medic waterproof cast protectors assorted  
Medical supports assorted  
Orthofit air armband universal  
Orthofit braces



- Ankle firm support
  - Knee hinged
  - Knee sleeved open patella
  - Ankle Laced
  - Thumb neoprene
  - Wrist brace left or right
- Orthofit skin tags  
Orthofit X Strap Binders assorted

## Eye Care

### Eye cleansing products

- Dis-Chem Wipes Lens Cleaner
- Eye bath
- Eye wash bottle
- Renu contact lens solution assorted
- Pharmacist's Choice purified water assorted

### Eye drops

- Similasan
- 1 dry red drops/mono dose
- 2 allergy drops/ mono dose
- 3 computer eye drops
- 4 pink eye drops 10ml
- Cataract care 10ml

### Glasses

- Magnifier reading glass
- Pocket magnifier reading glass assorted ranges
- Reading glass assorted ranges and sizes

## Fitness and Wellbeing

### Exercise equipment

- BOSU Ball set
- Dis-Chem mouth guard assorted
- Discovery brand
  - Executive Fitness kit
  - Fitness ball assorted
  - Push up stand
  - Sit up bar folding
- Dumbbells assorted
- Exercise bands assorted
- Exercise wheel
- Jump rope with pedometer
- Mouth Guards assorted sizes/ranges
- Nike brand
  - Ankle weights assorted
  - Essential yoga mats assorted
  - Push up grip assorted
  - Speed rope
  - Training belts assorted
  - Wrist weights assorted
  - Yoga blocks assorted
  - Yoga strap assorted
- Pedometer multifunction assorted
- Pedometers assorted
- Resistance tube set assorted
- Sportmate

- Foam rollers blue
  - Gym ball assorted
  - Kettlebell weight assorted
  - Pilates ball assorted
  - Pilates ring assorted
  - Resistance bands
  - Yoga mat assorted
- Stress balls assorted  
USN lifting straps  
Yoga block assorted  
Yoga mat assorted

### Dis-Chem brand essential Omega 3 fatty acids

- Dis-Chem
  - Fish oil 500mg caps
  - Flax seed 1000mg caps
  - Lifestyle eco krill oil caps
  - Lifestyle fish oil caps
  - Mega omega caps
  - Salmon oil capss

### Dis-Chem brand probiotics and prebiotics, multi-vitamins and minerals

- Dis-Chem
  - Gold MultiVitamin + cod Liver oil
  - Gold MultiVitamin Senior 30 caps
  - Gold MultiVitamin Women 60 caps
  - Gold Multivitamin + cod liver + Vitamin C
  - Gold MultiVitamin Supreme 60s



- Lifestyle Adult MultiVitamin vegecaps
- Lifestyle Gummy Bears vegecaps
- Lifestyle Gummy Bears
- Lifestyle L-Reuteri tabs
- Lifestyle MutliVitamin for over 60
- Lifestyle MultiVitamin for Women
- Lifestyle MultiVitamin for Men
- Lifestyle Nutri All tabs 100s

Yummy Vites MultiVitamin for kids

### Water filter

Addis bobble bottle & hanger assorted

Aquatabs water purifier tabs

Brita fill & go

- Bottles assorted
- Discs

Brita water filter

- Jugs assorted
- Replacement cartridge assorted

Claritabs purifying tablets

Little Luxury

- Filter bottle refill cartridge
- Filter bottles assorted
- Water filters assorted

Pure water filter assorted

Siroflex

- Aerator assorted
- Filter cartridges
- Moth repellent
- Smell absorber assorted

- Strainer assorted
  - Water filters assorted
- Smart water filters assorted
- Vitality cartridge
- Vitality water filters assorted
- Waterpik InstaPure replacement cartridge



## Foot and Hand Care

### Anti-fungal

AF foot ointment

Aragan Secret callus removing gel

Bio Earth foot cooling gel

Burt's Bees foot creams assorted

Carnation verruca and wart remover spray

Diabetic massage repair foot cream

Dis-Chem heel balm assorted sizes

DR Heel moisturizing stick

Dr.Organic Manuka Honey foot & heel cream

Dr.Organic Manuka Honey foot scrub

Epi-max foot cream

Epizone heel balm assorted sizes

Eucerin foot cream assorted sizes

Eulactol heel balm assorted

Footcare treatments assorted

Happy Feet

- Heel balm
- Foot lotion

Healthy Hands cream

Ingram's foot balm

Mycota cream

Scholl moisturisers assorted

Stepping Out

- Callus relief treatment
- Diabetic foot cream
- Foot cream assorted

Tinaderm foot cream

Virata foot cream

Virata heel balm

### Creams

AMB heel balm

Bottega Verde foot cream assorted

Carnation toenail softening lotion

Dermactin-TS hand cream

Diabecinn Feetcare cream

Dis-Chem brand hand cream

Epi-max hand cream

Foot file assorted

Foot repair

Green cross

- Heel balm
- Moisturising lotion
- Revitalising gel

Healthy Feet cream

Healing Hands heel glove

Hydra heel balm





Kroko

- Heel balm
- Medicated foot ointment

Loccitane

- Hand creams assorted
- Hand lotion assorted

Mineral Line

- Foot treatments
- Hand creams assorted
- Hand lotion assorted

Nature's Edition

- Foot butter
- Foot lotion
- Foot soak
- Foot spritzer
- Pedi pouch

Pedicydin diabetic foot cream

Perfect Pedi miracle foot repair cream

PEDI-Relax

- Anti-perspirant foot gel
- Anti-rubbing gel
- Diabetic foot cream
- Moisturising cream
- Regenerative cream

Recharge diabetic cream

Skin Logic foot rescue mask

Stepping Out

- Foot lotion
- Foot scrub

- Foot soak assorted

- Revitalising gel

Whitening cracked heel cream assorted

Implements

Basicare nail care

- Manicure kit assorted
- Pedicure kit assorted

Basics

- Corn & callous corn cutter
- Double foot files assorted
- Nail clipper assorted
- Pumice stone

Cala bamboo pumice stone/nail brush

Callus rasp assorted

Dis-Chem brand nail care accessories

Foot brush with pumice stone assorted

Foot file set assorted

Green Cross

- Ball of foot gel cushions
- Corn and callus plane
- Corn and callus plane blade
- Corn and callus reducer
- Corn plaster
- Hard skin reducer
- Hard skin file
- Heel cushion
- Pumice stone
- Rough skin remover

Heros foot sponge

Kroko corn caps

Mavala nail care accessories selected

Milky Foot Super 4's

Pedicure 3-in-1 foot tool

Pumice on rope assorted

Pumice stone shaped assorted

Scholl hard skin elect foot file refill

Silky Sox footcare

Stepping Out

- Arch bandage assorted
- Arch pads
- Arch relief wrap assorted
- Ball of foot sleeve assorted
- Ball of foot wrap assorted
- Bandage blister & skin assorted
- Bunion guard
- Bunion shield
- Callus cushions
- Corn cushions
- Corn cutter
- Corn protectors assorted
- Felt cushion
- Footcare implements
- Gel sling back strips
- Hammer toe cushions assorted
- Heel cups assorted
- Heel straights assorted
- Metatarsal cushions
- Moisturizing heel sleeves



- Sandal guards
- Shoe horns
- Toe bandage assorted
- Toe cap assorted
- Toe protector assorted
- Toe separator assorted
- Toe spacers assorted
- Toe trainers

#### Titania

- Callus double foot file assorted
- Callus reducer
- Corn cutter
- Corn cutter blades
- Double file rasper
- Double foot files assorted
- Foot file assorted
- Nail care accessories selected

#### Tweezerman nailcare accessories

### Powders and sprays

#### Aragan Secret deodorant

#### Dis-Chem brand tea tree foot powder

#### Germolene foot spray

#### Green Cross

- Foot powder
- Foot spray assorted

#### Happy feet

- Aerosol
- Feet powder

#### Homecare shoe deodorant

#### Karoo

- Foot powder
- Foot spray

#### Kroko

- Foot powder
- Foot spray

#### Mycota powder

#### New Season foot powder

#### PEDI-Relax deo spray

#### Scholl footcare assorted

#### Stepping Out

- Foot powder spray
- Foot powder assorted
- Foot spray assorted

#### Titania foot care assorted

#### Virata foot powder

### Supports and inserts

#### Carnation

- Anti-blister stick
- Bunion pads
- Corn caps
- Corn pads
- Corn shield
- Gel care bunion protector
- Hydrocolloid blister care
- Hydrocolloid corn care
- In-growing toe nail protector

#### Green Cross

- Blister care kit
- Chiropody plaster
- Curex bunion pads
- Curex callus pads
- Curex corn pads
- Chiropody plaster
- Felt callus pads
- Felt corn pads
- Moleskin adhesive plaster
- Softi foam pads
- Softi gel toe bands

#### Green Cross

- Half insoles assorted
- Polar fleece insoles assorted
- Softi insoles assorted

#### Kroko

- Blister plaster
- Corn protectors
- Medicated plasters

#### PediFix

- Arch bandage
- Ball of foot pads
- Bunion guard
- Callus pads
- Corn pads
- Corn protectors
- Felt callus protector
- Gel insole assorted



- Heel straights assorted
- Toe bandages assorted
- Toe protector
- Toe spacer
- Toe straightener

Stepping Out

- Aluminium foil insoles
- Ball of foot foam cushion
- Callus protection cushion
- Corn protect cushion
- Gel shoe insole
- Rubber shoe insole assorted



Over-the-counter (schedule 1 and 2) medicine

Schedule 1 medicine

Schedule 2 medicine



Products to Stop Smoking

Nicotine replacement therapy

- Beyond Nicotine spray
- Beyond Nicotine caps
- Nicorette Gum assorted
- Nicorette Patches Invisible
- Smoke screen filters
- Go SmokeFree Smoking Cessation Programme (Clinical Services)



Fitness Devices

Fitbit

- Fitbit Alta assorted
- Fitbit Aria assorted
- Fitbit Blaze assorted
- Fitbit Charge assorted
- Fitbit Flex assorted
- Fitbit Ionic Smartwatch
- Fitbit Surge assorted
- Fitbit Versa assorted

Garmin

- Garmin Edge Assorted
- Garmin Fenix Assorted
- Garmin Forerunner Assorted
- Garmin Heart Rate Monitor
- Garmin Vivo Assorted

Polar

- Polar A360
- Polar Loop
- Polar M400



Self Care

Condoms

- Contempo condoms assorted
- Cupid female condoms
- Dr Long condoms assorted
- Durex condoms assorted
- Intimate Touch condoms assorted
- LifeStyles condoms assorted
- Lovers+ condoms assorted
- Skyn condoms assorted

Ear and nose care

- Dis-Chem brand ear plugs assorted
- Ear plugs
  - Foam assorted
  - Silicone assorted
  - Wax assorted
- Flo nasal spray
- Hearing aid batteries
- Kuraflo nasal care assorted
- Nasal cannula adult and paediatric
- Nasal irrigation systems assorted
- Nose clips assorted
- Similasan
  - Children's earache relief drops
  - Ear drops assorted
  - Ear wax relief
  - Hayfever spray
  - Nasal spray



Stop snoring assorted

Vac Clear ear cleaner

## Feminine hygiene

Always

- Pads assorted
- Pantliners assorted

Comfitex

- Pads assorted
- Pantliners assorted
- Teeny pads assorted

Dis-Chem brand female wipes

Discreet pantliners assorted

Dr. White's

- Maternity pads
- Sanitary towels assorted

Femagene intimate soap

Femina travel kit

Feminiser intimate wash

Femfresh personal deo assorted

GynaGuard

- Essential wash
- Tampons
- Ultimate wash
- Vaginal caps
- Wipes

Intima liquid soap assorted

Kotex

- Coco pads assorted
- Maxipads assorted

- Pantliners assorted

- Tampons assorted

- Ultrapads assorted

Lactacyd vaginal wash assorted

Lifestyle pantliners assorted

Lil-lets

- Feminine care washes assorted

- Pantliners assorted

- Tampons assorted

Multi-Gyn feminine wash

My Time pads assorted

Protex intimate care assorted

Stayfree maxi pads assorted

Tampax tampons assorted

## Medicated hair care

Alkon conditioner

Alphasalp anti-dandruff treatment shampoo

Clear 2-in-1 shampoo assorted

Controlice

- Head rinse
- Shampoo assorted

Crème Classique

- Coal tar shampoo
- Zinc pyrithione shampoo

Denorex shampoo assorted

Dis-Chem brand

- Anti-dandruff conditioner assorted
- Anti-dandruff shampoo assorted

Gil 2-in-1 anti-dandruff shampoo assorted

Head & Shoulders

- Conditioner assorted
- Shampoo assorted
- 2-in-1

Linotar PSE conditioner

L.P.C. shampoo

Mediscalp anti-dandruff shampoo

Meditar shampoo

Nitcracker

- Lotion
- Shampoo

No Lice shampoo

Paranit shampoo

Picksan Lice Stop shampoo assorted

Selsun Blue shampoo assorted

Treet-It Tea Tree

- Anti-lice spray
- Anti-lice treatment gel
- Anti-lice Klt

Tritar shampoo

## Medicated skin care

Amilab lip balm

Aqua Aqueous Cream assorted

Atopiclair cream

Benzac

- AC 5 gel assorted
- Face wash assorted
- Zits starter pack

Blistex lip treatments assorted





Brunel vit-e cream  
Bye Mouth Ulcer! cream  
Carmex lip treatments assorted  
Cellskin lip balm  
Cetaphil

- Acne treatments assorted
- Lotion assorted

Crème Classique medicated skin products assorted  
Dermopal

- Facial cleanser
- Moisturiser

Dis-Chem brand aqueous cream assorted  
Dis-Chem brand lip balm sun protection  
E45

- Cream
- Lotions assorted

Eabs lotion  
Epicure

- Cleanser
- Moisturiser
- Repair Cream

Epi-max

- Cream assorted
- Lotion

Epizone creams assorted  
Epy Derm skin treatments assorted  
Eucerin

- Creams and lotions assorted
- Lip balm

Eulactol cream

Fithealth Lysine lip cream  
Hydra

- Cream and lotion assorted
- Lip balm

Labello medicated and sun lip balm  
Lip Ice sunblock  
Lipsano lip balm  
Mediderm cream and ointment assorted  
Menthol camphor ointment  
Metholatum lip balm assorted  
Nutra Derm cream and lotion assorted  
Nutra Plus cream  
Oilatum emollient assorted  
Physiogel creams and lotions assorted  
Primaderm cream assorted  
Pure cream assorted  
R-Lactin cream and lotion  
Simply Aloe

- Body lotion
- Lip balm

Skinsano lip balm  
Sorbolene cream  
Treet-It lip balm  
Xeroderm

- Cream
- Lip balm

**Self cleansing products**

Dettol

- Health soap assorted
- Liquid hand wash assorted

- No-Touch hand wash

Dis-Chem brand health soap assorted  
DisMed hand wash assorted  
Lifebuoy

- Hand wash assorted
- Health soap assorted

No Germs toilet seat spray  
Protex health soap assorted  
Safeguard

- Health soap assorted
- Liquid hand soap assorted
- Wipes assorted

Sanex

- Hand wash
- Liquid soap assorted

Savlon

- Hand wash assorted
- Health soap assorted

### Self medication

A.Vogel sore throat spray  
BioBalance cold and flu tabs  
Cetralin cough syrup  
Crèche Guard Cough, Cold and Allergy syrup  
Dis-Chem lifestyle arnica massage oil  
FLEXISEQ gel  
Flora Force herbal cough mixture  
Flugon

- Caps
- Fizzy tabs assorted



- Spray
- Syrup
- Healthy Living
  - CoughAway syrup
  - Lozenges
  - VirAway caps
  - VirAway junior syrup
- Hot & Icy
  - Balm
  - Cream assorted
  - Spray
- Hot Toddy
  - Cold and flu relief effervescent tablets
  - Fast recovery caps
- Iberogast oral liquid
- Linctagon
  - Caps
  - Cough syrup
  - Effervescent tablets assorted
  - Forte tablets
  - Lozenges assorted
  - Nasal spray
  - Syrup alcohol and sugar free
  - Syrup
  - Throat lollies
  - Viral defence syrup
- Linctomed
  - Alcohol and sugar free syrup
  - Throat lozenges
- Linctomed-C effervescent tablets
- Marshal toothache drops
- Miracle Comfrey
  - All in one balm
  - Healing oil
  - Ointment
- Nelson's Arnicare
  - Bath and massage oil
  - Cooling gel
  - Cream
  - Kids stik
- Phyto-Force
  - St John's wort
  - Wormwood
- Plussz cold and flu tablets
- Promune caps
- Prospan
  - Cough syrup
  - Effervescent tablets
- PUREFRESH herbal lozenges
- Sambucol throat lozenges
- Silence 2nd Gen throat spray
- Silverlab
  - Colloidal Silver cream
  - Colloidal Silver gel
  - Colloidal Silver liquid
  - Colloidal Silver nasal spray
- Similasan
  - Insect bite roll-on
- Throat spray
- Sinupret syrup
- Snoreeze throat rinse
- Stodal syrup
- Stop cough
  - Caps
  - spray
- Tibb
  - Asthma syrup
  - Chest-Eeze syrup
  - Flu Relief syrup
  - Flu Relief caps
  - Kofcare syrup
  - Laxotabs tablets
  - Piloherb ointment
  - Sinugraine tablets
  - Throat and Cough lozenges
- Ultima Kan Jang cold and flu tablets
- ViralChoice
  - Cold and flu tablets
  - Cough syrup
  - Junior syrup
  - Lozenges
- Viral Guard
  - Children's cold and flu remedy
  - Diabetic syrup
  - Junior syrup
  - Throat spray



## Sun Care

### After sun

BioNike

- After sun refresh balm
- After sun refresh lotion

Dis-Chem after sun gel

Everysun after sun cooling gel

Sensai sun care products assorted

Super freeze spray

Techniblock after sun spray

Tropitone after sun gel

Uriage Bariésun sun protection range assorted

### Sun cream

Ambre Solaire sunmilk

Annique Baby sunscreen

Bald Guyz sunscreen

Bennetts baby sunblock

Bioderma Photoderm sun care protection range

BioNike sun protection range

Cetaphil sun protection

Chresy sunstick

Clarins sun protection range

Coverderm sun protection range

Dermopal sunscreen

Dis-Chem brand sunscreen range

Eucerin sunscreen

Everysun sunscreen range assorted

IQ sunscreen range

Island Tribe sunscreen range

Nivea sunscreen range assorted

P10 sunscreen lotion

P20 sunscreen range

Piz Buin sun products range

Soltan sun care range

Sunlab express sunscreen range


Techniblock sun spray range assorted

Tropitone sunscreen range assorted

Vichy sun protection range assorted

Xeroderm sunscreen range assorted





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