countdown

pharmacy

FREE* PRESCRIPTIONS

*$5 off standard patient co-payment for prescription is subsidised by Countdown Pharmacy. Other charges relating to patient co-payment for specialist's, dentist's prescription, funded, partially funded and non-funded items may apply.

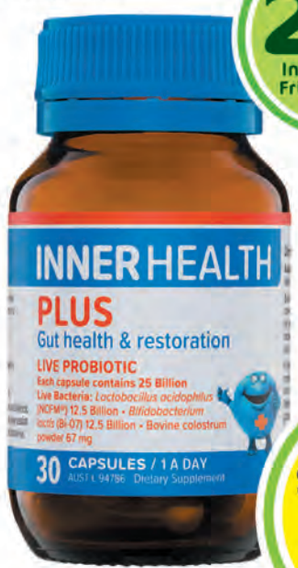
Nature's Kiss Anti-Flamme Crème
450g
Endeavor, Auckland

save $29.99

$40 each

Inner Health Plus Capsules
30s
Metagenics NZ, Auckland

25% off Inner Health Fridge Range



save $10.99

now $24 each

OUR SERVICES

- Ear Piercing
- Vaccinations
- Private Consultation Room
- FREE Zinc Testing
- Compliance Packaging
- FREE Blood Pressure Checks
- Emergency Contraception Pill
- Trimethoprim Dispensing
- Sildenafil dispensing for Erectile Dysfunction
- Funded Nicotine Replacement Therapy from Pharmacist
- Oral Contraceptive Supply from Pharmacist

Prices apply at Countdown Pharmacy from Monday 23 November 2020 to Sunday 20 December 2020

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Always read the label. Use as directed. If symptoms persist or you have side effects, please talk to your healthcare professional. Vitamins are supplementary to a balanced diet. Quantity of pharmacy-only or pharmacist-only medicines sold per transaction is limited to individual's need.

WHARE RONGOĀ - PHARMACY

Hay Fever

Aaa-choo! It's the time of year when sneezing, running or blocked nose, tickly throat and itchy eyes return for many.

Hay fever or allergy is a common problem for many people. An allergy is when your immune system overreacts to something harmless you have come into contact with.

Symptoms are usually itchy eyes, nose and throat, sneezing, and runny eyes and nose. It can also cause loss of smell, problems sleeping and tiredness.

Make sure to minimise exposure to allergens, but if you need a little extra help, there are three different ways to treat hay fever:

For mild symptoms an antihistamine nasal spray can be used as needed for rapid relief, or antihistamine tablets, which can also be taken as needed but work better if used throughout the pollen season.

For more severe hay fever a corticosteroid nasal is considered the most effective treatment. It usually starts working within 12 hours, but can take up to 2 weeks to reach maximum effect.

Come in and see us and take control of your hay fever this year.

Approx 1 in 3 kiwis suffer from hay fever

Commonly found 'problem plants' in New Zealand include:

PINES Jul-Sept
Widespread; major source of pollen.

OAKS Aug-Oct
Produce a lot of pollen, some people are very sensitive.

WATTLES Aug-Nov
Produce large quantities of pollen, most settles near the plants.

BIRCHES Oct-Nov
Produce lots of pollen, some people are very sensitive.

GRASSES Oct-Feb
Widespread; lots of pollens, carried by the wind.

PLANTAINS Oct-Feb
Widespread; moderate pollen producers but the pollen is strongly allergenic.

PRIVETS Oct-Mar
Produce lots of pollen, most of it setting on the ground.

WHARE RONGOĀ - PHARMACY

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Levoclear 5mg Tablets
30s
ATF Pharmaceuticals, Auckland

GREAT PRICE $20 each

Levrix 5Mg Tablets
60s
Pharmabroker, Auckland

$35 each

Loraclear or Hayfever Relief
30s
AFT Pharmaceuticals, Auckland

GREAT PRICE $14 each

Zyrtec 10mg Tablets
30s
GSK, Auckland

$30 each

SteroClear 50mcg
200 Sprays
AFT Pharmaceuticals, Auckland

$8 each

Sudafed Nasal Spray Twin Pack 2 x 20ml
Johnson & Johnson, Auckland

$24 each

BecloClear Nasal Spray
200 Dose
AFT Pharmaceuticals, Auckland

GREAT PRICE $10 each

Naphcon-A Eye Drops
15ml
Alcon, Auckland

$9 each

Maxiclear Cold & Nasal Hayfever Sinus Tablets
30s
Contains Paracetamol. Incorrect use may be harmful.
AFT Pharmaceuticals, Auckland

$13 each

Stingose Gel
25g
Aspen Pharmacare, Auckland

$11 each

Fess Eucalyptus Nasal Spray 30ml or Fess Children's Saline Nasal Spray 20ml
Care Pharmaceuticals, Auckland

$14 each

WHARE RONGOĀ - PHARMACY

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Panadol Optizorb Tablets
100s
Contains Paracetamol. Incorrect use may be harmful.
GSK, Auckland

$15 each

Nuromol Tablets
72s
Contains Paracetamol and Ibuprofen. Incorrect use may be harmful. Do not take if you have stomach ulcers.
Reckitt Benckiser, Auckland

$35 each

Maxigesic Double Action Tablets
100s
Contains Paracetamol and Ibuprofen. Incorrect use may be Harmful. Do not take if you have stomach ulcers.
AFT Pharmaceuticals, Auckland

GREAT PRICE $29 each

Eulactol Heel Balm Gold
120ml
Reckitt Benckiser, Auckland

$26 each

Viratac Cold Sore Cream
5g
Multichem, Auckland

$14 each

Mack's Dreamgirl Soft Foam Earplugs
5 Pair
USL Consumer Health, Auckland

$13 each

Scholl Verruca & Wart Remover Kit
80ml
Reckitt Benckiser, Auckland

$32 each

Deep Heat Cream Regular
50g
Endeavour, Auckland

$8 each

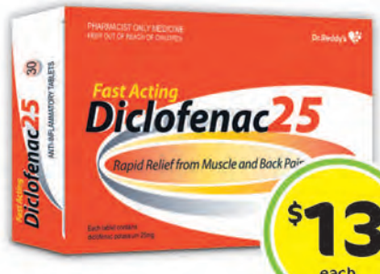
Sea-Band Travel Lozenge Ginger
USL Consumer Health, Auckland

$13 each

Nexcare Paper Dressing
6cm x 1m
Douglas, Auckland

$9 each

Diclofenac 25mg Fast Acting Tablets
30s
Contains Diclofenac Potassium. incorrect use may be harmful. Do not take if you have stomach ulcers.
Dr Reddy, Auckland.



$13 each

WHARE RONGOĀ - PHARMACY

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Sanderson Ester-plex Vitamin C Orange Chews 600mg
220s
Real Vitamins, Auckland

GREAT PRICE $15 each

Sanderson High Absorption Magnesium 1000 Tablets
60s
Real Vitamins, Auckland

GREAT PRICE $12 each

Nutralife Ester-C 500mg Echinacea Chew
60s
Vitaco, Auckland

save $1.99 $16 each

Sanderson Ester-plex 1300mg Vitamin C
200s
Real Vitamins, Auckland

$28 each

Sanderson Colon Cleanse FX
60s
Real Vitamins, Auckland

$19 each

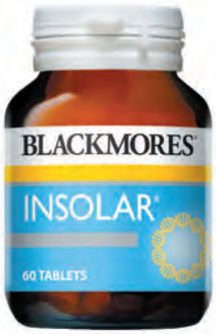
Sanderson Garcinia MAX Tablets
60s
Real Vitamins, Auckland

$23 each

Good Health Magnesium Cream
90g
Good Health, Auckland

$17 each

Blackmores Insolar
60s
Blackmores, Auckland



$15 each

Clinicians AllerStop Chew Tablets
30s
Douglas, Auckland

$18 each

Crampeze Night Cramps
30s
USL Consumer Healthcare, Auckland

$13 each

Radiance Kids Multi-Vitamin 60s or Probiotics 45s Gummies
Pharmacare, Auckland

$14 each

WHARE RONGOĀ - PHARMACY

Always read the label. Use as directed. If symptoms persist or you have side effects, please talk to your healthcare professional. Vitamins are supplementary to a balanced diet.

Try me

$35 each

Telfast 180mg Tablets
30s

$11 each

Telfast 120mg Tablets
10s

FAST* NON-DROWSY HAYFEVER RELIEF

*Works in 1 hour. Always read the label & follow the directions for use. If symptoms persist, talk to your healthcare professional. Sanofi, Auckland.

MAT-NZ-2000134 Oct 2020. TAPS PP6429

OUR PHARMACIES
OPEN 7 DAYS

Countdown Pharmacy Whangarei
Countdown Pharmacy Auckland City
Countdown Pharmacy Botany Auckland
Countdown Pharmacy Browns Bay Auckland
Countdown Pharmacy Greenlane Auckland
Countdown Pharmacy Lincoln Rd Auckland
Countdown Pharmacy Lynfield Auckland
Countdown Pharmacy Mt Eden Auckland
Countdown Pharmacy Mt Roskill Auckland
Countdown Pharmacy Ponsonby Auckland
Countdown Pharmacy Pukekohe South
Countdown Pharmacy Takapuna
Countdown Pharmacy Claudelands Hamilton
Countdown Pharmacy Cambridge
Countdown Pharmacy Rotorua
Countdown Pharmacy Rototuna
Countdown Pharmacy Fraser Cove Tauranga
Countdown Pharmacy Bayfair Tauranga
Countdown Pharmacy Rangitikei St Palmerston North
Countdown Pharmacy The Valley
Countdown Pharmacy Spotswood
Countdown Pharmacy Victoria Avenue
Countdown Pharmacy Porirua
Countdown Pharmacy Lower Hutt
Countdown Pharmacy Petone Wellington
Countdown Pharmacy Newtown Wellington
Countdown Pharmacy Northlands Christchurch
Countdown Pharmacy Church Corner Christchurch
Countdown Pharmacy Eastgate Christchurch
Countdown Pharmacy Ferrymead Christchurch
Countdown Pharmacy Rolleston
Countdown Pharmacy Ashburton South
Countdown Pharmacy Dunedin
Countdown Pharmacy Invercargill

For more store information,
visit www.countdown.co.nz/pharmacy

Sea-Legs Tablets
12s
May cause drowsiness. Avoid alcohol and driving.
Radiant Health, Auckland

$17 each

Pronail Nail Pen
4ml
ANZ Pharma, Auckland

save $6.99
$33 each

Opti-Free Replenish Economy Pack
420ml
Alcon Auckland

GREAT PRICE $20 each

Thermoskin Elastic Support

save $4.99
$20 each

Kinesiology Tape 5cm x 5m Range
USL Consumer Health, Auckland

save $2.99
$15 each

Fexaclear 180mg Tablets
30s
AFT Pharmaceuticals, Auckland

GREAT PRICE $25 each

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Prices shown with a saving or discount already include the saving or discount and are based on the non-promotional price (which excludes multibuy offers and Onecard Club Prices) that may vary between stores. Onecard Club Prices only apply when you use your Onecard. Onecard terms and conditions apply. We reserve the right to limit quantities. Offers available while stocks last. For customer support visit countdown.co.nz. Always read the label. Use only as directed. If symptoms persist or you have side effects please talk to your healthcare professional. TAPS PP6888 Countdown Pharmacy is operated by the registered pharmacy companies GDL Rx No1 Ltd., GDL Rx No2 Ltd., GDL Rx No3 Ltd., GDL Rx No4 Ltd., GDL Rx No5 Ltd. and GDL Rx No6 Ltd. 80 Favona Road, Mangere, Auckland 2024, New Zealand.

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