

July SPECIALS



Cold Power **\$5⁹⁹** 1.5ltr

Cold Power normally \$6.79



Dynamo **\$5⁹⁹** 1.5ltr

Dynamo normally \$6.33



2⁹⁹ 9 rolls
normally \$4.09



Local Avocados - in season

Avocados are such a treasure trove of healthy nutrients that the Guinness Book of Records lists it as the most nutritious fruit in the world. They contain more than 14 essential vitamins and minerals, making them a vegetarian powerhouse, and contain vitamins A,B (including B6, niacin and riboflavin), C and E, Copper, potassium and magnesium. They are cholesterol free and sodium free.

Avocados are one of the few fruits that have monosaturated (good) fats, making them an excellent part of a low to moderate fat diet, when they are consumed in place of foods containing saturated fats. Use them instead of butter or mayonnaise on sandwiches or toast.

Use avocados in your diet to maintain good heart health as they are very rich in folate and vitamin E which helps prevent dangerous LDL cholesterol from being oxidised and deposited on artery walls. Folate, taken in the first three months of pregnancy will reduce the risk of foetal abnormality.

Don't forget avocados play an important role in beauty and are used extensively in skin care and hair care.

DUO Fresh Fragrance **\$2⁸⁹** 1kg
normally \$3.86



Panadol Rapid **\$2⁵⁹** 10 caplets
normally \$3.12

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