

Life... Let us help you Live it!



Beat those Winter Blues!

**3 for
2**



Sukin

Purchase any 2 Sukin products and receive a third Sukin product of lesser or equal value FREE.

**3 for
2**



Comvita[†]

Purchase any 2 Comvita products and receive a third Comvita product of lesser or equal value FREE

† Always read the label. Use only as directed. If symptoms persist see your healthcare professional.

Winter Wellness



Blistex[¥]
Lip
Conditioner
SPF 15 7g

\$3.99



Buy any 2 Rescue Remedy[†]
products and receive a FREE
Rescue Remedy candle



BONUS

SICK AND TIRED OF THE SAME COLD AND FLU SEASON ROUTINE?

Ethical Nutrients exclusive Immune Defence may help reduce the severity and duration of cold and flu symptoms*, *naturally*.



ETHICAL NUTRIENTS
NUTRITION. NATURAL. MEDICINE.

ethicalnutrients.com.au

We can help you



Ki[†]

Immune Defence & Energy
30 Tablets **\$24.99**
Cold & Flu Attack Formula
30 Tablets **\$20.99**

The Pharmacist's Advice

Did you know that one in nine people in Australia have asthma?! It can affect people of all ages and it is something that we really should have some understanding about. Unfortunately, we are currently unable to 'cure' asthma; but we have many different management strategies in the pharmacy that can help manage our patients' symptoms.

So what type of symptoms would you notice in a person with asthma?

There are many different symptoms which may accompany the condition; however, the most common are:

- Breathlessness
- Wheezing
- A tight feeling in the chest
- Continuing cough.

Children can often show other signs such as:

- Not eating or drinking as much as usual
- Crying
- Having a stomach ache and/or vomiting
- Tiring quickly
- Getting more "puffed out" when exercising/running etc.

What is actually happening in the body of an asthmatic?

Muscles in the airways tighten and the lining of the airway then becomes swollen/inflamed; this in turn produces a sticky mucous. Over time these changes cause the airways to become narrow, making it difficult to breathe.

Asthma symptoms are often worsened by what we refer to as 'triggers.' A trigger is something that irritates the airways and may differ from person-to-person. Some of the more common triggers include dust mites, animal fur, pollen, tobacco smoke,

exercise, cold air and chest infections.

Asthma patients need to see their doctor regularly and will generally be given a management plan detailing their specific instructions for treatment/management of an attack. Depending on the severity of the condition, the patient may use a reliever medicine just when having an attack, or they may be using preventative medicine every day in more severe cases.

In any case, we are here to help and guide you through your individual treatment/management plans, so come in and speak with your LiveLife Pharmacist today! We will ensure you know exactly how and when to use your medications and help you to feel better sooner!



Brad, Port Douglas



[†] Always read the label. Use only as directed. If symptoms persist see your healthcare professional.
[¥] Always read the label. Use only as directed.

Helping your family



Flo⁺
Travel Nasal
Spray 20mL

\$11⁹⁹

Flo Travel

Prolonged exposure to cool air-conditioned aircraft cabins, luxury buses, or hotel rooms can result in your nose's cleansing and microbe fighting functions being adversely affected. This may mean catching colds more easily, so spoiling your holiday experience. FLO Travel with Carrageenan (extract of red seaweed) used regularly helps keep your nasal tissues moist throughout your travel. Flo Travel helps maintain the natural bug fighting and cleansing functions of your nose in tip top condition so you can enjoy your holiday.



Demazin⁺
Cold Relief
Colour Free
6 Years - Adult
200mL

\$19⁹⁹



Flo⁺
Baby Saline+ or Kids
Saline+ Nasal Spray
15mL

\$10⁹⁹
ea

Flo Baby and Kids

Babies and kids have very narrow nasal airways which can easily become congested with excess mucus from colds and/or allergies. Washing excess mucus away with a sterile, preservative-free isotonic saline solution helps clear their noses within 5 minutes to improve breathing and help the child feed and sleep restfully. FLO Baby Spray and FLO Kids Spray can both be used at any angle making the treatment of your child comfortable, quick and easy.



Voltaren^μ
Rapid 12.5
20 Tablets

\$10⁹⁹

μ Always read the label. Use only as directed. Incorrect use could be harmful. Consult your healthcare practitioner if pain or symptoms persist.



Difflam⁺
Sore Throat
Spray 30mL

\$14⁹⁹



Omron⁺
MC-246 Digital
Thermometer

\$8



Gastro-Stop Plus⁺
12 Chewable
Mint Tablets

\$11⁹⁹

Let us help you Live it!

Vitamins supplements may be of assistance if dietary intake is inadequate
† Always read the label. Use only as directed.
If symptoms persist see your healthcare professional.
ASMI 27657 - 0517

this Winter



Vicks†
VapoDrops Honey Lemon Menthol,
Orange Menthol or Berry Menthol 36 Lozenges

\$8.99
ea



Vicks†
VapoRub
50g

\$7.99



Vicks†
V188
Warm Steam Vaporizer

\$59.99



Vicks†
Vapo Steam
Double Strength
100mL

\$9.99



Vicks†
Vapo Steam
100mL

\$8.99



ETHICAL NUTRIENTS
PROFESSIONAL NATURAL MEDICINES

A NATURAL PAIN RELIEF ALTERNATIVE

Ethical Nutrients Pain Relief Triple Strength* contains high strength curcumin from BCM-95® Turmeric and BosPure® Boswellia which helps **reduce joint pain** and **inflammation** in mild arthritis.

ethicalnutrients.com.au

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional.
*Compared to Ethical Nutrients Pain Relief

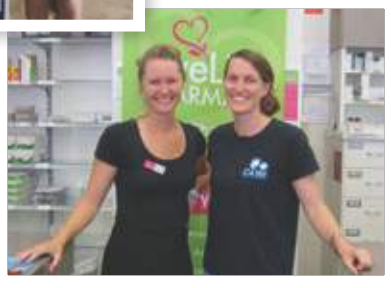
We can help you

LiveLife have donated over \$70,000 as part of the Community Support Program



Meals on Wheels
\$500 - LiveLife
Coolum Park

**CAWI Dog
Adoptions \$300**
- LiveLife Byron West



MyTime Group \$800
- LiveLife Yeppoon &
Gracemere

Sailability Capricornia
\$250
- LiveLife Yeppoon



\$279 ea

Palmolive
Foaming Hand Wash
Assorted Range 250mL

Palmolive
Hand Sanitiser
Assorted range 48mL

your gift

receive your **BONUS** umbrella with any
Natio purchase of \$38 or more*

choose
from lilac or
sky blue
while stocks last



*In one transaction. Excludes gift sets. Not in conjunction with any other offer. While stocks last.

NATIO
NATURAL AUSTRALIAN BEAUTY

\$129

Omron±
HEM 7130 Blood
Pressure Monitor



- ♥ Enhanced IntelliSense™ technology
- ♥ Cuff wrapping guide indicator
- ♥ Hypertension, irregular heartbeat and body movement indicator
- ♥ Stores 30 sets of readings in memory
- ♥ Medium / Large cuff
- ♥ 4 year extended warranty when registered online at www.omronhealth.com.au

Ego QV¥
FREE Skin Lotion 250mL with any
Ego QV Body 1 Lite product purchased

BONUS

At your LiveLife Pharmacy



Clinically tested by CSIRO

The Weight is Over

Join Australia's most effective health and weight loss program

Independent University Studies show*:



1.8 kg average weight loss in the first week



up to **47%** more effective than other weight loss programs



7.2% average cholesterol reduction over 12 weeks



7% average total weight loss over 12 weeks

*Griffith University Report 2015: Leveraging online and in-pharmacy support to enhance weight loss: a population based analysis

Lose the fat, not the fun.

NEW



Enjoy your favourite foods while losing weight with Flexi

CSIRO clinical trials averaging 11% total weight loss over 16 weeks

This innovative new flexible weight loss program helps you lose the extra kilos, but not the pleasure. Every day includes free foods as well as Flexi shakes and one day a week devoted to eating your favourite foods. The program is flexible, simple to follow and instantly rewarding to ensure you lose the fat, not the fun.

Pick up your Flexi starter pack* in store today!
For more information, visit impromy.com

PARTICIPATING PHARMACIES ONLY
– speak to your local LiveLife Pharmacist



*Flexi starter pack contains: Flexi Recipe Book, Getting Started guide, shaker bottle and digital portal access to weight loss tools online with virtual consults and weight loss tracking.

LiveLife Pharmacies



Put our pharmacy in your phone!
Scan the QR code now



LiveLife Airlie Beach Day & Night Chemist

366 Shute Harbour Rd, Airlie Beach, QLD, 4802.
Phone: (07) 4946 7000

LiveLife Airlie Beach Pharmacy

277 Shute Harbour Rd, Airlie Beach, QLD, 4802. Phone: (07) 4098 1282

LiveLife Anich's Mossman Pharmacy

10 Front St, Mossman, QLD, 4873.
Phone: (07) 4098 1282

LiveLife Pharmacy Bowen Healthcare

16 Gregory Street Bowen QLD 4805
Ph 07 47861045

LiveLife Pharmacy Bowen Plaza

Centrepoint Shopping Centre
16 Richmond Road, Bowen QLD 4805
Ph 07 47861143

LiveLife Pharmacy Byron Bay

31 Jonson St, Byron Bay, NSW, 2481.
Phone: (02) 6685 6274

LiveLife Pharmacy Byron Bay Plaza

Byron Bay Plaza, Jonson Street, NSW, 2481.
Phone: (02) 6685 7401

LiveLife Pharmacy Byron Bay West

Shopping Fair Bayshore Drive, Byron West, NSW, 2481. Phone: (02) 6680 7725

LiveLife Pharmacy Cannonvale

Shop MM003, Centro Whitsunday
Shopping Centre, 8 Galbraith Park Drive,
Cannonvale, QLD, 4802. Phone: (07) 4948 3288

LiveLife Pharmacy Coolum Beach

Coolum Beach Retail 1776-1784,
David Low Way, Coolum Beach, QLD, 4573.
Phone: (07) 5446 1462

LiveLife Pharmacy Coolum Park

Shopping Centre South Coolum Road,
Coolum Beach, QLD, 4573. Phone: (07) 5446 3100

LiveLife Pharmacy Coolum Village

Shopping Centre 10 Birtwell Street, Coolum Beach,
QLD, 4573. Phone: (07) 5446 2111

LiveLife Pharmacy Cooroy

26 Maple Street, Cooroy, QLD, 4563
Phone: (07) 5447 6028

LiveLife Pharmacy Goodchap Street

Noosaville Medical and Professional Centre,
Noosaville, QLD, 4566. Phone: (07) 5449 4444

LiveLife Pharmacy Gracemere Shoppingworld

Gracemere Shoppingworld, 1-19 McLaughlin Street,
Gracemere, QLD, 4702. Phone: (07) 4933 1261

LiveLife Pharmacy Keppel Bay Plaza

Shop 25 Keppel Bay Plaza, James Street,
Yeppoon, QLD, 4703. Phone: (07) 4939 1680

LiveLife Pharmacy Lawrie Street

Shop 2, 17 Lawrie Street, Gracemere, QLD, 4702.
Phone: (07) 4933 3654

LiveLife Pharmacy Macrossan Street

Port Village Shopping Centre, Macrossan Street,
Port Douglas, QLD, 4877. Phone: (07) 4099 5223

LiveLife Pharmacy Mission Beach

Mission Beach Market Place, Cnr Dickinson Street
& Tully - Mission Beach Road, Mission Beach,
QLD, 4852. Phone: (07) 4068 8588

LiveLife Pharmacy Mossman

Town and Country Shopping Centre,
Front Street Mossman, QLD, 4873.
Phone: (07) 4098 1242

LiveLife Pharmacy Noosa Fair

Noosa Fair Shopping Centre, Lanyana Way,
Noosa Heads, QLD, 4567. Phone: (07) 5447 4044

LiveLife Pharmacy Noosa Heads

32 Hastings Street, Noosa Heads, QLD, 4567.
Phone: (07) 5447 3298

LiveLife Pharmacy Noosa Junction

22 Sunshine Beach Road, Noosa Heads, QLD, 4567.
Phone: (07) 5447 3478

LiveLife Pharmacy Noosaville

Noosa Village Shopping Centre, Cnr Gibson Road
& Mary Street, Noosaville, QLD, 4566.
Phone: (07) 5449 9049

LiveLife Pharmacy Peregrin Springs

Peregrin Springs Shopping Centre,
Ridgeview Dr, Peregrin Springs (next to Coles),
QLD, 4573. Phone: (07) 5471 2011

LiveLife Pharmacy Pomona

6 Memorial Ave, Pomona, QLD, 4568.
Phone: (07) 5485 1270

LiveLife Pharmacy Port Douglas

21 Macrossan Street, Port Douglas, QLD, 4877.
Phone: (07) 4099 5651

LiveLife Pharmacy Sunrise Beach

Shop 2, Sunrise Neighbourhood
Shopping Centre, Grasstree Coast,
Sunshine Beach, QLD, 4567. Phone: (07) 5447 2469

LiveLife Pharmacy The Habitat

Cnr Captain Cook Highway & Port Douglas Road,
Port Douglas, QLD, 4877. Phone: (07) 4099 1633

LiveLife Pharmacy Tully

8 Butler Street, Tully, QLD,
4854. Phone: (07) 4068 1373

LiveLife Pharmacy Yeppoon Central

Rockhampton Rd, Yeppoon, QLD, 4703.
Phone: (07) 4925 0088