

Super Savings

That's why
we SHOP at
SPAR 



BUY ME
TO WIN

SPAR
Super
Maize Meal
12.5 kg

114⁹⁹
each
WITH RewardsCARD



BUY ME
TO WIN

SPAR or Sunfoil
Sunflower Oil
2 litre

69⁹⁹
each
WITH RewardsCARD

BUY ME
TO WIN



SPAR
Frozen
Mixed
Chicken
Portions
5 kg

199⁹⁹
per pack
WITH RewardsCARD

AS SEEN
ON TV

+100 MB
FREE DATA
mobile

BUY ME
TO WIN



Stork
Country Spread
40% Medium
Fat Spread Tub
1 kg

45⁹⁹
each
Save R12

SAVE
EXTRA
IN-STORE
ONLY

+50 MB
FREE DATA
mobile



Koo
Baked
Beans
in Tomato
Sauce
400 g

30⁰⁰
WITH RewardsCARD

+100 MB
FREE DATA
mobile

SAVE
EXTRA
IN-STORE
ONLY

BUY ME
TO WIN



Coca-Cola
Regular
Only
2 litre

42⁰⁰
WITH RewardsCARD
Save R14

AS SEEN
ON TV

+200 MB
FREE DATA
mobile

BUY ME
TO WIN

Sunlight
5 in 1
Hand
Washing
Powder
3 kg



79⁹⁹
each
Save R25



SPAR
Long Life
Full Cream,
Low Fat or
Fat Free Milk
(Excl. Lactose
Free)
6 x 1 litre

93⁹⁹
WITH RewardsCARD



Bulk
Stewing
Beef

119⁹⁹
per kg

SPAR



Fresh value



SPAR
Country Value
Bananas
Mini Box
1.2 kg



28⁹⁹
per box



SPAR
Country Value
Potatoes
1 kg

14⁹⁹
per pack



SPAR
Country Value
Onions
1 kg

14⁹⁹
per pack



SPAR
Country Value
Tomatoes
1 kg

22⁹⁹
per pack

Baker's Choice



SPAR
Bakery
Black Forest
Cake

129⁹⁹
each



SPAR
Country
Value
Scones
10s

24⁹⁹
per pack



SPAR
Country
Value
Queenies
10s

BUY
2
FOR
50⁰⁰



SPAR
Bakery
Brown Bread
700 g

13⁹⁹
per loaf



Blue Ribbon
Classic
White Sliced
Bread
700 g

16⁹⁹
per loaf

Butcher's Best



SPAR
Country
Value
Farmhouse
Wors

99⁹⁹
per kg



Bulk
Chicken
Gizzards
(Previously
Frozen)

49⁹⁹
per kg



Bulk
Tilapia
(Frozen)

29⁹⁹
per kg

Meals on the go

Always **Good**



The **FOOD STALL**
at SPAR
2 x Viennas and
100 g Chips

19⁹⁹
per meal

The
FOOD STALL
at SPAR

Fresh & **Convenient**



The **FOOD STALL**
at SPAR
Sheep Head

79⁹⁹
each

The
FOOD STALL
at SPAR

Fridge Favourites



Parmalat
Processed
Cheese Slices
900 g
Assorted

119⁹⁹
per pack



Lancewood
Pre-Packaged
Cheese
Cheddar, Gouda,
White Cheddar or
White Gouda
900 g

129⁹⁹
each
Save R40



SPAR
Smoked Viennas
(Excl. Chicken)
500 g

44⁹⁹
each



SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products. **SAVE EXTRA** products are only available in-store and not on the SPAR2U App.

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Enjoy more
super deals!



Clover
Smooth Yoghurt,
Tropika or Nolak
6 x 100 g
Assorted

Breakfast Essentials

AS SEEN ON TV

BUY ME TO WIN

+50 MB FREE DATA

mobile

Rama

Original
70% Fat Spread

70% Original Fat Spread Brick 500 g

26⁹⁹ each

Save R8

AS SEEN ON TV

SPAR

eggs

48 LARGE

Grade 1 >51 g

SPAR Large Eggs 48s

119⁹⁹ per pack

Danone

Yogi Sip

500 g Assorted

19⁹⁹ each

18⁹⁹ per pack

WITH RewardsCARD

Clover

Bliss or Authentikos Yoghurt

1 kg Assorted

42⁹⁹ each

WITH RewardsCARD

SPAR

Low Fat or Fat Free Smooth or Fruit Yoghurt (Excl. Aloe & Seeded, Double Cream or Indulge Range)

1 kg Assorted

32⁹⁹ each

Parmalat

Steri Stumpie

350 ml Assorted

BUY ANY 2 FOR

30⁰⁰ each

AS SEEN ON TV

BUY ME TO WIN

+250 MB FREE DATA

mobile

Dairymaid

Country Fresh

Blueberry & Cheesecake Flavoured Ice Cream With Blueberry Flavoured Syrup

1.8 l

SPAR

Frozen Chicken Liver Tub

250 g

BUY 2 FOR

26⁰⁰

I&J

Beefers

10 BEEF BURGER PATTIES

500 g

69⁹⁹

SPAR

Crumbed Chicken Steaklets, Pops, Fries Coated, Nuggets, Strips or Burgers

750 g

59⁹⁹ each

I&J

FISH FINGERS

32 ORIGINAL CRISPY FISH FINGERS

800 g

94⁹⁹ each

Dairymaid

Country Fresh

Vanilla Flavoured Ice Cream

1.8 litre Assorted

BUY ANY 2 FOR

110⁰⁰

Save R44

McCain

Country Crop or Garden Mix

1 kg

43⁹⁹ each

McCain

Frozen Vegetables or Stir Fry

250 g Assorted

BUY ANY 2 FOR

29⁰⁰

SAVE

and WIN your share of R6 million in instant cash!

Competition valid from 23 Jun - 7 Oct 2025

Exclusive to SPAR Rewards customers.

HOW TO ENTER

Step 1:

Buy any 3 participating products and swipe your SPAR Rewards card.

Step 2:

Take your winning slip and till slip to the in-store kiosk to redeem your R1 000 INSTANT cash.

Ts & Cs apply.

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Priced to
make you feel
super!



SPAR
Super Maize
Meal 2.5 kg
+ SPAR
Sunflower Oil
750 ml
+ SPAR
Cake Wheat
Flour
2.5 kg
+ SPAR
White Sugar
2.5 kg

Pantry Savings

BUY ALL FOR

145⁰⁰

WITH Rewards CARD



Fatti's & Moni's
Spaghetti or
Macaroni Only
500 g

BUY ANY 2 FOR

32⁰⁰

WITH Rewards CARD



Kellogg's
Instant Noodles
5 x 70 g
Assorted

BUY ANY 4 FOR

95⁰⁰

WITH Rewards CARD



Knorr
Packet Soup
(Incl. Tasty
Range)
50 g
Assorted

BUY ANY 4 FOR

24⁰⁰

WITH Rewards CARD



Robertson's
Herbs and
Spices Medium
Refill
(Excl. Black
Pepper)
12 g - 100 g
Assorted

BUY ANY 2 FOR

27⁰⁰

WITH Rewards CARD



SPAR
Original or
Tangy
Mayonnaise
750 g

BUY ME TO WIN

31⁹⁹ each

AS SEEN ON TV

+100 MB FREE DATA

mobile



Nando's
Vusa
125 ml or
Peri-Peri
Sauce
250 ml
or
Perinaise
265 g
Assorted

39⁹⁹ each



Wellington's
Sweet Chilli
or Sweet
Jalapeno
Sauce
700 ml

41⁹⁹ each

WITH Rewards CARD



Hinds
Southern
Grill or
Coating
200 g
Assorted

16⁹⁹ each



Tastic
Long
Grain
Parboiled,
Brown or
Soft and
Absorbing
Rice
2 kg

BUY ME TO WIN

33⁹⁹ each

WITH Rewards CARD



Snowflake
Cake Wheat
Flour
10 kg

122⁹⁹ each

WITH Rewards CARD



Selati
White
Sugar
2.5 kg

58⁹⁹ each



Koo
Chakalaka
410 g
Assorted

22⁹⁹ each



Rhodes
Braai
Relish
410 g

15⁹⁹ each



SPAR
Shredded Tuna in
Oil or Water
170 g

18⁹⁹ each



Snowflake
Cake Wheat
Flour
2.5 kg

34⁹⁹ each



Danone
Ultramel Flavoured
Custard
1 kg
Assorted

27⁹⁹ each

WITH Rewards CARD



White Star
Super
Maize
Meal
5 kg

59⁹⁹ each

WITH Rewards CARD

LOVE IT? SPAR GETS IT DELIVERED 2U

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More for You!!



Morvite
Instant
Porridge
1 kg
Assorted

28⁹⁹

each

WITH RewardsCARD

Pantry Savings



Jungle
Oats
1 kg

BUY
2
FOR

70⁰⁰

WITH RewardsCARD



SPAR
Corn
Flakes
500 g

27⁹⁹

each

WITH RewardsCARD

BUY ME
TO WIN



Nescafé
Ricoffy
Pouch
800 g

119⁹⁹

each

WITH RewardsCARD



Yum Yum
Peanut Butter (Excl.
Choc Dreams &
Caramel Dreams)
400 g
Assorted

38⁹⁹

BUY ME
TO WIN

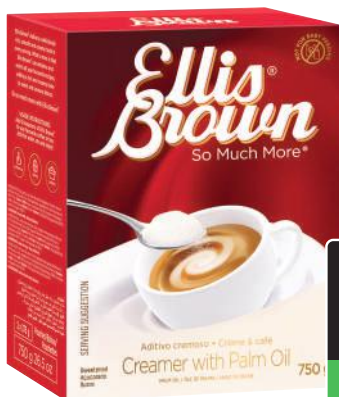


Five Roses
Ceylon Blend
Tagless Teabags
100s

63⁹⁹

per pack

WITH RewardsCARD



Ellis Brown
Coffee
Creamer
750 g

59⁹⁹

each

WITH RewardsCARD



Risi
Marie Biscuits
Multipack

24⁹⁹

per pack

BUY ME
TO WIN



Bakers
Eet-Sum-Mor
200 g
Assorted

26⁹⁹

each

WITH RewardsCARD



SPAR
Gums or Jellies
(Excl. Chocolate Malt
Balls, Speckled Eggs
and Candy Coated
Peanuts)
125 g
Assorted

18⁹⁹

each

WITH RewardsCARD



Rhodes
100 % Fruit Juice
6 x 200 ml
Assorted

39⁹⁹

per pack

WITH RewardsCARD



Grapetiser
or
Appletiser
Juice
6 x 300 ml

99⁹⁹

per pack

WITH RewardsCARD

BUY ME
TO WIN



Red Bull
Energy Drink
(Incl. Sugar Free)
4 x 250 ml
Assorted

54⁹⁹

per pack

WITH RewardsCARD



Sparletta or
Twist
Soft Drink
1.5 litre
Assorted

BUY
ANY
2
FOR

24⁰⁰

WITH RewardsCARD

BUY ME
TO WIN



Liqui-Fruit
100% Fruit
Juice Blend
1 litre
Assorted

50⁰⁰

Save R26

BUY
ANY
2
FOR



aQuellè
Natural Still
or Sparkling
Water
1.5 litre

20⁰⁰

each

BUY
ANY
2
FOR



Manhattan or
Mister Sweet
Mallows
400 g / 440 g
Assorted

38⁹⁹

each

WITH RewardsCARD

BUY ME
TO WIN



Nestlé
Kit Kat, Aero, Bar-one,
Smarties or Tex
Chocolate Bars
(Excl. Milkybar)
40 g / 41.5 g / 42 g / 52 g

36⁰⁰

WITH RewardsCARD

BUY ME
TO WIN



Simba
Nik Naks
135 g
Assorted

25⁰⁰

WITH RewardsCARD

BUY ME
TO WIN



Simba
Potato Chips
120 g
Assorted

BUY
ANY
2
FOR

32⁰⁰

each

WITH RewardsCARD

Save R12



Flyers
Puffs or
Spookies
100 g
Assorted

BUY
ANY
2
FOR

18⁰⁰

each

WITH RewardsCARD



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Priced to make you feel super!



Purity Puree
110 ml
or Baby Food Jars
125 ml
110 ml
Assorted

BUY ANY
2
FOR

28⁰⁰

WITH RewardsCARD

Everyday Care



Dettol
Antiseptic Liquid
750 ml

89⁹⁹

each



Libresse
Pantyliners
40's

29⁹⁹

per pack



Libresse
Maxi Pads
16s / 20s
Assorted

39⁹⁹

per pack



Laxador
Bisacodyl
Tablets
30s

32⁹⁹

per pack



Nestlé
Nestum Baby Cereal
Just Add Milk
200 g
Assorted

24⁹⁹

each

WITH RewardsCARD



Nestlé
Cerelac Baby Cereal
Just Add Water
200 g
Assorted

33⁹⁹

each

WITH RewardsCARD



Telament
Gripe Water
Alcohol Free
150 ml

38⁹⁹

each



Nestlé
Nido 3+
Powdered Drink
900 g

169⁹⁹

each

WITH RewardsCARD



Pampers
Active Baby
Jumbo Pack
Diapers or
Pants
Assorted

229⁹⁹

per pack

WITH RewardsCARD



Glade
Air Freshener
180 ml
Assorted

20⁹⁹

each

WITH RewardsCARD



Doom
Multi Insects
300 ml
Assorted

37⁹⁹

each



Jeyes
Homeguard Thick Bleach
750 ml
Assorted

21⁹⁹

each



Sta Soft
Fabric Softener
Refill Pouch (excl. Ultra)
500 ml
Assorted
Excl. Ultra

29⁹⁹

each

WITH RewardsCARD



SaveMor
Multi-Purpose Soap
500 g

11⁹⁹

per pack



Sunlight
Original Dishwashing Liquid
Bottle
750 ml
(Incl. Platinum Range)

60⁰⁰

Save R14



Bobtail
Dog Food
(includes Specialised Diet)
5.5 kg / 6.5 kg / 7 kg / 8 kg

209⁹⁹

each

WITH RewardsCARD



Scotch Brite
Jumbo, Heavy Duty
or Multi-Coloured
Sponger
3s / 4s / 5s

25⁹⁹

per pack



Sunlight
Laundry Bar
400 g / 500 g
Assorted

22⁹⁹

each

WITH RewardsCARD



Koopman
Spaghetti,
Skimmer,
Serving Spoon or
Soup Ladle

29⁹⁹

each



SPAR
goodliving
Vacuum Bullet
Flask
1s
Assorted Colours

99⁹⁹

each



Husky
Wet Dog Food
775 g
Assorted

BUY ANY
2
FOR

62⁰⁰

WITH RewardsCARD



Brennco
Garden Bird
Seeds
2 kg

29⁹⁹

each



SPAR
goodliving
Cooler Box
(Blue, Red or Silver)
26 litre

199⁹⁹

each

WITH RewardsCARD

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Pamper your family for less

with
SPAR 



Explore your favourite **personal care brands**.

Bright smiles

September is
Oral Health & Heart Disease
awareness month

Only at
SPAR



23⁹⁹
per pack
WITH Rewards CARD

Colgate
Maximum Protect,
Herbal White, Winterfresh White,
Herbal 100 ml or Triple Action 150 ml
Toothpaste



31⁹⁹
per pack
WITH Rewards CARD

Colgate
Double Action
Toothbrush
1s/2s
Assorted



44⁹⁹
each
WITH Rewards CARD

Sensodyne
Toothpaste,
Clean & Fresh,
Fresh Mint,
Multicare or
Gentle Whitening
75 ml

79⁹⁹
each
WITH Rewards CARD

Sensodyne
Sensitivity &
Gum Soft
Toothbrush
1s

**#1 DENTIST
RECOMMENDED
BRAND***

Aquafresh



Aquafresh
Kids Milk Teeth
0-2 Years
Toothpaste
50 ml

26⁹⁹
each
WITH Rewards CARD

Aquafresh
Advance Mint
Boost 9-12 Years
Toothpaste
75 ml

34⁹⁹
each
WITH Rewards CARD

Aquafresh
Kids
Toothbrush
1s
Assorted

36⁹⁹
each
WITH Rewards CARD

Oral health is directly
linked to heart disease,
strokes and other
systemic conditions.
Poor oral hygiene can
allow infection to enter
the bloodstream.

Replace toothbrushes
every 3 months and
especially after illness.

HELP
LITTLE
TEETH
GROW
STRONG



Oral-Pro
SPAR
Oral-Pro
Little Teeth
Kiddies
Toothbrush
1s

7⁹⁹
each
WITH Rewards CARD

SPAR
Oral-Pro Junior Toothbrush
1s

13⁹⁹
each
WITH Rewards CARD

LISTERINE

Brush  Floss  Rinse 

59⁹⁹
each
WITH Rewards CARD

Listerine
Cool Mint or Milder Taste,
Fresh Burst, Smart Rinse Mint or
Smart Rinse Berry, Base Range
Mouthwash(Excl. Total Care & Advanced)
500 ml
Assorted



Oral-Pro



33⁹⁹
each
WITH Rewards CARD

SPAR
Oral Pro
Mouth Wash
250 ml
Assorted

12⁹⁹
each
WITH Rewards CARD

SPAR
Oral-Pro
Toothbrush
Everyday Clean
Soft
1s

Stand a chance to

WIN
YOUR SHARE OF
R100 000
Mastercard vouchers
Valued at R500 each



How to enter:

Buy any x4 products
of Protex, Colgate or Sta-Soft

Scan the QR code
to enter the competition by
providing your contact details

Competition runs from 1 August to 30 September 2025. T&C's Apply.

Protex

Colgate

Sta-Soft

Not all products or variants are available in all stores.



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Bath bliss



72⁹⁹
each

Mousson
Foam Bath
2 litre
Assorted



Protex
Hygiene Soap
175 g
Assorted

28⁰⁰
WITH Rewards CARD



BUY ANY 2 FOR

28⁰⁰
WITH Rewards CARD

Lifebuoy
Hygiene Soap
(Incl. The Naturals)
175 g
Assorted



Care By SPAR
Terry Adults
Face Cloth
2s

32⁹⁹
per pack



Care By SPAR
Terry Kids
Face Cloth
2s

32⁹⁹
per pack



Care By SPAR
Nail Brush
31 g

19⁹⁹
each



Care By SPAR
Guest Towel
1s

19⁹⁹
each



Radiant beauty

IS FOR SKIN

Nivea Face Care Range FROM

89⁹⁹ each
WITH Rewards CARD

Nivea Perfect & Radiant Range FROM

124⁹⁹ each
WITH Rewards CARD

Nivea Body Lotion or Cream for Female (Incl. Radiant & Beauty) 400 ml Assorted

69⁹⁹ each
WITH Rewards CARD

Nivea Shower Gel for Female 500 ml Assorted

69⁹⁹ each
WITH Rewards CARD

Nivea Deodorant for Women 90 ml Assorted

41⁹⁹ each
WITH Rewards CARD

Nivea Roll-On for Women 50 ml Assorted

25⁹⁹ each
WITH Rewards CARD

THE HERBAL EXPERT

Himalaya Facecare Range 100 ml / 150 ml Assorted

FROM 79⁹⁹ each

Himalaya Brightening Vitamin C Face Wash

25⁹⁹ each
WITH Rewards CARD

Not all products or variants are available in all stores.

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Nourished skin

BUY ME TO ENTER



36⁹⁹ each
WITH Rewards CARD

Vaseline Blue Seal Petroleum Jelly 250 ml Assorted



49⁹⁹ each
WITH Rewards CARD

Vaseline Body Lotion or Cream for Male or Female (Excl. Q10 Range) 400 ml Assorted

Vaseline



25⁹⁹ each

Bramley Tissue Oil 100 ml Assorted



47⁹⁹ each
WITH Rewards CARD

Ingram's Body Lotion or Cream For Male or Female (Excl. Tissue Oil 450 ml only) 300 ml / 400 ml / 450 ml Assorted

INGRAM'S THE SKIN DOCTOR



99⁹⁹ each

Epimax Original or Junior Moisturiser 400 g Assorted

epiMax for every body

Fresh defence



36⁹⁹ each
WITH Rewards CARD

Mitchum Roll On for Female 50 ml Assorted

25⁹⁹ each
WITH Rewards CARD

Revlon Deodorant for Female 90 ml Assorted

34⁰⁰ each
WITH Rewards CARD

Playgirl Roll On 50 ml Assorted

31⁹⁹ each
WITH Rewards CARD

Playgirl Aerosol Deodorant 90 ml Assorted

35⁰⁰ each
WITH Rewards CARD

Shower to Shower Roll On for Women 50 ml Assorted

68⁰⁰ each
WITH Rewards CARD

Shield Anti-Perspirant Deodorant for Female 150 ml Assorted

40⁰⁰ each
WITH Rewards CARD

Shield Anti-Perspirant Roll On for Women 50 ml Assorted

39⁹⁹ each
WITH Rewards CARD

Yardley Body Spray for Women 90 ml Assorted

Not all products or variants are available in all stores.



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Dove
Beauty Soap
for Women
4 x 90 g
Assorted

69⁹⁹
each

WITH Rewards CARD

Dove
Body Lotion or
Cream for Female
400 ml
Assorted

69⁹⁹
each

WITH Rewards CARD

Dove
Cotton Wool
50 g

15⁹⁹
each

WITH Rewards CARD

Dove
Earbuds Value
Pack
200s

15⁹⁹
per pack

BUY ME
TO ENTER

Crowning glory

Head & Shoulders
Shampoo or Conditioner
360 ml / 400 ml
Assorted

69⁹⁹
each

WITH Rewards CARD

Perfect curls

the perfect hair

FROM

39⁹⁹
each

WITH Rewards CARD

The Perfect Hair
Treatment
Spray or
Lotion
125 ml
Assorted

SOFT & Smooth
SOOTHING BRAID SPRAY

SOFT & Smooth
MOISTURISING OIL SPRAY

SOFT & Smooth
MOISTURISING OIL LOTION

SOFT & Smooth
DEEP PROTEIN TREATMENT

SOFT & Smooth
5-IN-1 HAIR GROWTH TREATMENT

SOFT & Smooth
REPAIR & GROWTH TREATMENT

SOFT & Smooth
MOISTURISING HAIR BUTTER

the perfect hair

FROM

19⁹⁹
each

WITH Rewards CARD

The Perfect Hair
Repair & Growth
Treatment Sachet
50 ml

SAVE EXTRA
IN-STORE ONLY

+100 MB
FREE DATA

mobile

Pantene
Shampoo and
Conditioner 400 ml
Assorted
(Incl. Treatments
360 ml)

BUY ANY
2
FOR

100⁰⁰
Save R90

Organics
Shampoo or
Conditioner
1 litre

79⁹⁹
each

WITH Rewards CARD

Dark & Lovely
Beautiful Beginnings
250 ml
Assorted

FROM

49⁹⁹
each

WITH Rewards CARD

Dark & Lovely
Beautiful Beginnings
2 in 1 Easy
Shampoo
250 ml

Dark & Lovely
Beautiful Beginnings
2 in 1 Easy
Shampoo
250 ml

Dark & Lovely
Hair Care Range
(Excl. Relaxer Kit)
250 ml
Assorted

FROM

49⁹⁹
each

WITH Rewards CARD

Perfect Touch
Hair Spray, Mousse, Gel
or Heat Defence
350 ml / 500 ml
Assorted

79⁹⁹
each

WITH Rewards CARD

PERFECT TOUCH

VOLUME & LIFT
MOUSSE

ULTRA HOLD
HAIRSPRAY

HEAT DEFENCE
SPRAY

PERFECT TOUCH
WAX

Not all products or variants are available in all stores.

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Available on the App Store

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Smooth sensation



Care by
SPAR
Advanced 3
Razors
Swivel
4s

59⁹⁹
per pack
WITH Rewards CARD



SPAR
Fixed Head
Twin Blade
Disposable
Razors
for Men or
Women
5s

25⁹⁹
per pack
WITH Rewards CARD



Bic
Pure lady
Razors
6s

54⁹⁹
per pack



21⁹⁹
per pack

Bic
1 lady Disposable
Razors
5s



14⁹⁹
each
WITH Rewards CARD

Care by
SPAR
Roll-On
50 ml
Assorted

Care by
SPAR
Aerosol
150 ml
Assorted

21⁹⁹
each
WITH Rewards CARD



Care by
SPAR
Body Lotion
400 ml
Assorted

29⁹⁹
each
WITH Rewards CARD



Care by
SPAR
Body Wash
500 ml
Assorted

75⁰⁰
WITH Rewards CARD



Intimate protection



Scan to break the
cycle together.
CHOOSE CHANGE.



Lil-lets
Essentials
Scented or
Unscented
Pantliners
100s

39⁹⁹
per pack

Lil-lets
Regular, Super
or Super Plus
Tampons
32s

39⁹⁹
per pack



Lil-lets
Maxi Regular
Sanitary Pads
7s / 8s / 10s
Assorted

19⁹⁹
per pack

BUY ME
TO ENTER



Lil-lets
Drylock
Liners
34s

49⁹⁹
per pack

32⁹⁹
per pack

Lil-lets
Drylock
Liners
14s

lil-lets

Kotex

Kotex
Tampons
32s
Assorted

54⁹⁹
per pack
WITH Rewards CARD



Kotex
Maxi
Duo or Overnight
Sanitary Pads
16s

37⁹⁹
per pack
WITH Rewards CARD



Kotex
Maxi Singles
Pads 8s / 10s
or Pantliners 20s
Assorted

19⁹⁹
per pack
WITH Rewards CARD



SPAR
Petals
Tampons
16s

24⁹⁹
per pack
WITH Rewards CARD



SPAR
Petals
Pantliners
100s

49⁹⁹
per pack
WITH Rewards CARD



always

Always
Panty Liners
16s / 20s

34⁰⁰
WITH Rewards CARD



Always
Maxi
Sanitary Pads
8s / 10s
Assorted

45⁰⁰
WITH Rewards CARD



Always
Ultra Singles
Pads
8s / 10s

45⁰⁰
WITH Rewards CARD



Not all products or variants are available in all stores.



SPAR Rewards deals available while stocks last.

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Real men care station



Nivea
Deodorant Stick
50 ml
Assorted

69⁹⁹
each

WITH Rewards CARD

Nivea
Deodorant
for Men
150 ml
Assorted

41⁹⁹
each

WITH Rewards CARD

Nivea
Body Lotion
or Cream for Men
400 ml
Assorted

57⁹⁹
each

WITH Rewards CARD

Nivea
Shower Gel for Men
500 ml
Assorted

69⁹⁹
each

WITH Rewards CARD

Nivea
Anti-perspirant
Roll On for
Men
50 ml
Assorted

25⁹⁹
each

WITH Rewards CARD

Nivea Mens Face Care Range
Assorted
Available at Selected Stores





Dove
Body Lotion or
Cream for Men
400 ml
Assorted

140⁰⁰

WITH Rewards CARD





YOU COULD TOUR
MOROCCO
WITH
BAFANA BAFANA

TERMS AND CONDITIONS: COMPETITION RUNS UNTIL 30 NOVEMBER 2025. STANDARD DATA RATES APPLY.
FOR FULL T'S & C'S VISIT <https://competition3sandocs.co.za/shield-vaseline.pdf>



BUY
ANY SHIELD
+ VASELINE
PRODUCTS

WHATSAPP
YOUR TILL
SLIP TO
060 019 8931

WIN
A VIP MOROCCAN
EXPERIENCE OR YOUR
SHARE OF R1 MILLION
IN PRIZES

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Real men care station

Care by SPAR Roll-On 50 ml Assorted

14⁹⁹ each
WITH Rewards CARD

Care By SPAR Aerosol for Men 150 ml Assorted

60⁰⁰ each
WITH Rewards CARD

Care by SPAR Body Wash 500 ml Assorted

75⁰⁰ each
WITH Rewards CARD

BUY ME TO ENTER

Vaseline Lotion or Cream for Men 400 ml Assorted

49⁹⁹ each
WITH Rewards CARD

Vaseline Blue Seal Petroleum Jelly 250 ml Assorted

36⁹⁹ each
WITH Rewards CARD

Ingram's Body Lotion or Cream For Male or Female (Excl. Tissue Oil 450 ml only) 300 ml / 400 ml / 450 ml Assorted

47⁹⁹ each
WITH Rewards CARD

Protex Hygiene Soap for Men 175g Assorted

28⁰⁰ each
WITH Rewards CARD

Vaseline Men Even Tone 400 ml

49⁹⁹ each
WITH Rewards CARD

Vaseline Men Extra Hydration 400 ml

49⁹⁹ each
WITH Rewards CARD

Vaseline Blue Seal Petroleum Jelly 250 ml Assorted

36⁹⁹ each
WITH Rewards CARD

Ingram's Aqueous Cream 450 ml

47⁹⁹ each
WITH Rewards CARD

Ingram's Men Ultra Cool 400 ml

47⁹⁹ each
WITH Rewards CARD

Protex Men 3x1 175g Assorted

28⁰⁰ each
WITH Rewards CARD

Vaseline Men Even Tone 400 ml

49⁹⁹ each
WITH Rewards CARD

Vaseline Men Extra Hydration 400 ml

49⁹⁹ each
WITH Rewards CARD

Vaseline Blue Seal Petroleum Jelly 250 ml Assorted

36⁹⁹ each
WITH Rewards CARD

Ingram's Aqueous Cream 450 ml

47⁹⁹ each
WITH Rewards CARD

Ingram's Men Ultra Cool 400 ml

47⁹⁹ each
WITH Rewards CARD

Protex Men 3x1 175g Assorted

28⁰⁰ each
WITH Rewards CARD

Vaseline Men Even Tone 400 ml

49⁹⁹ each
WITH Rewards CARD

Vaseline Men Extra Hydration 400 ml

49⁹⁹ each
WITH Rewards CARD

Vaseline Blue Seal Petroleum Jelly 250 ml Assorted

36⁹⁹ each
WITH Rewards CARD

Ingram's Aqueous Cream 450 ml

47⁹⁹ each
WITH Rewards CARD

Ingram's Men Ultra Cool 400 ml

47⁹⁹ each
WITH Rewards CARD

Protex Men 3x1 175g Assorted

28⁰⁰ each
WITH Rewards CARD

Axe Roll On for Men 50 ml Assorted

40⁰⁰ each
WITH Rewards CARD

Axe Deodorant for Men 150 ml Assorted

66⁰⁰ each
WITH Rewards CARD

Yardley Body Spray for Men 125 ml Assorted

39⁹⁹ each
WITH Rewards CARD

Axe Apollo 48 Hrs Non Stop Fresh 150 ml

40⁰⁰ each
WITH Rewards CARD

Axe Dark Temptation 48 Hrs Non Stop Fresh 150 ml

40⁰⁰ each
WITH Rewards CARD

Axe Gold 48 Hrs Anti Sweat 150 ml

66⁰⁰ each
WITH Rewards CARD

Yardley Body Spray for Men 125 ml Assorted

39⁹⁹ each
WITH Rewards CARD

Axe Ice Chill 48 Hrs Anti Sweat 150 ml

40⁰⁰ each
WITH Rewards CARD

Axe Black 48 Hrs Anti Sweat 150 ml

40⁰⁰ each
WITH Rewards CARD

Axe Apollo 48 Hrs Non Stop Fresh 150 ml

40⁰⁰ each
WITH Rewards CARD

Axe Dark Temptation 48 Hrs Non Stop Fresh 150 ml

40⁰⁰ each
WITH Rewards CARD

Axe Gold 48 Hrs Anti Sweat 150 ml

66⁰⁰ each
WITH Rewards CARD

Yardley Body Spray for Men 125 ml Assorted

39⁹⁹ each
WITH Rewards CARD

Axe Ice Chill 48 Hrs Anti Sweat 150 ml

40⁰⁰ each
WITH Rewards CARD

Axe Black 48 Hrs Anti Sweat 150 ml

40⁰⁰ each
WITH Rewards CARD

Axe Apollo 48 Hrs Non Stop Fresh 150 ml

40⁰⁰ each
WITH Rewards CARD

Axe Dark Temptation 48 Hrs Non Stop Fresh 150 ml

40⁰⁰ each
WITH Rewards CARD

Axe Gold 48 Hrs Anti Sweat 150 ml

66⁰⁰ each
WITH Rewards CARD

Yardley Body Spray for Men 125 ml Assorted

39⁹⁹ each
WITH Rewards CARD

Bic Normal Pouch 5s

21⁹⁹ per pack

Bic 3 Sensitive Pouch 4 + 2 6s

54⁹⁹ per pack

Care by SPAR Advanced 3 Razors Swivel for Men 4s

59⁹⁹ each
WITH Rewards CARD

SPAR Fixed Head Twin Blade Disposable Razors for Men 5s

25⁹⁹ each
WITH Rewards CARD

Not all products or variants are available in all stores.

SPAR Rewards deals available while stocks last.

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Treat and prevent

Grandpa
Powder Sachets
38s

89⁹⁹
each
WITH Rewards CARD



Grand Pa
Tablets
76s

89⁹⁹
each
WITH Rewards CARD

Vicks
Honey & Ginger
or Wet & Dry
Cough Syrup
100 ml

59⁹⁹
each
WITH Rewards CARD

64⁹⁹
each
WITH Rewards CARD

Vicks
Acta Plus
Extra Strong
Cough Syrup
100 ml



Vicks
Vapo Rub Original
50 g

59⁹⁹
each
WITH Rewards CARD



Panado
Paracetamol
Tablets
24s

29⁹⁹
each
WITH Rewards CARD



Panado
Pediatic Syrup
100 ml
Assorted

59⁹⁹
each



Benylin
Cough
Syrup Kids
100 ml

52⁹⁹
each
WITH Rewards CARD

Benylin
Wet & Dry
Cough Syrup
100 ml

59⁹⁹
each
WITH Rewards CARD



Powder room



SPAR
Rainbow
Facial Tissues
200s

50⁰⁰
WITH Rewards CARD

STAND A CHANCE TO
WIN 1 OF 5
SPA VOUCHERS
with Lil-Let's & Dove Cotton

Break the Cycle with Lil-Lets and live the soft life with Dove Cotton and you could WIN!

Purchase any **3 Lil-Lets or Dove Cotton products** between 23 September and 7 October for a chance to WIN 1 of 5 spa vouchers worth R1 000 each.

To enter, simply email your till slip to lil-letsSA@lil-lets.com and you could be one of our lucky winners.

Ts&Cs Apply.



Learn more about Lil-Lets
at Lil-Lets.com

[f @lilletsSA](https://www.facebook.com/lilletsSA) [@lilletsSA](https://www.instagram.com/lilletsSA) [@lilletsSA](https://www.tiktok.com/@lilletsSA) [@lilletsSA](https://www.youtube.com/lilletsSA)

Not all products or variants are available in all stores.

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tops!

at SPAR

EVERYONE WINS

when you buy any one of these products



499⁹⁹
WITH Rewards CARD

Jameson
Select Reserve
Blended
Irish Whiskey
750ml



219⁹⁹
WITH Rewards CARD

Bell's
Extra Special
Blended Scotch
Whisky
750ml



269⁹⁹
WITH Rewards CARD

Johnnie Walker
Red Label
Blended Scotch Whisky
750ml



359⁹⁹
WITH Rewards CARD

Jameson
Triple Distilled
Irish Whiskey
750ml



179⁹⁹
WITH Rewards CARD

KVV
3 Year Old
Brandy
750ml



449⁹⁹
WITH Rewards CARD

Martell
VS
Cognac
750ml



179⁰⁰
per combo
WITH Rewards CARD

Captain Morgan
Original
Spiced Gold
750ml and
Coca-Cola
(Incl. Variants)
1L



149⁹⁹
each
WITH Rewards CARD

Russian Bear
Triple Distilled
Vodka
(Incl. Flavours)
750ml



129⁹⁹
each
WITH Rewards CARD

Wild Africa
Premium
Cream Liqueur
(Incl. Variants)
750ml



169⁹⁹
each
WITH Rewards CARD

Gordon's
London Dry Gin
(Incl. Flavours)
750ml



299⁹⁹
WITH Rewards CARD

Jägermeister
The Herbal Liqueur
750ml



169⁹⁹
each
WITH Rewards CARD

4th Street
Sweet Red,
Sweet White,
Sweet Rosé or
Sweet Late Harvest
5L



89⁹⁹
each
WITH Rewards CARD

Annabelle
Cuvée
Sparkling Wine
(Incl. Non-Alcoholic)
750ml



159⁹⁹
each
WITH Rewards CARD

Du Toitskloof
Sauvignon Blanc,
Pinotage/Merlot/Ruby
Cabernet, Pinotage Rosé,
Chenin Blanc or
Cabernet Shiraz
3L



200⁰⁰
WITH Rewards CARD

Absolut
Spirit Cooler
(Incl. Variants)
Cans
4 x 300ml



220⁰⁰
WITH Rewards CARD

Smirnoff
Pine or Berry Twist
Spirit Cooler
Cans
6 x 440ml



140⁰⁰
WITH Rewards CARD

Brutal Fruit
Sparkling Spritzer
(Incl. Variants)
Handies
6 x 275ml



89⁹⁹
per pack
WITH Rewards CARD

Annabelle
Cuvée
Rosé Petillant
Lightly Sparkling
(Incl. Variants)
Cans
6 x 250ml



240⁰⁰
WITH Rewards CARD

Gordon's
Spirit Cooler
(Incl. Variants)
Cans
6 x 440ml



200⁰⁰
WITH Rewards CARD

Bernini
Sparkling Spritzer
(Excl. Mimosa)
Cans
6 x 500ml



200⁰⁰
WITH Rewards CARD

Corona
Extra
Cans
6 x 410ml



160⁰⁰
WITH Rewards CARD

Castle Lite
Cans
6 x 410ml



200⁰⁰
WITH Rewards CARD

Windhoek
Draught
or Lager
Handies
6 x 440ml or
Cans
6 x 500ml



80⁰⁰
WITH Rewards CARD

**Appletiser or
Grapetiser**
100% Sparkling
Juice
(Incl. Variants)
1.25L



48⁰⁰
WITH Rewards CARD

**Coca-Cola
or Schweppes**
(Incl. Variants)
1L



180⁰⁰
WITH Rewards CARD

**Carling
Black Label**
Cans
6 x 500ml



190⁰⁰
WITH Rewards CARD

Flying Fish
Pressed Lemon
(Excl. Dry Apple)
Flavoured Beer
Cans
6 x 500ml

Competition excludes Flying Fish and Carling Black Label products.

R300 MILLION

in **GUARANTEED** prices

Now that's **UNBELIEVABLE!**

BUY

any
participating
products for
R100 or more.

SWIPE

your SPAR
Rewards card
at the till.

REDEEM

Scan here
and upload
your till slip.



SWIPE WIN!



Competition valid from 7 August 2025 - 7 October 2025.
Ts & Cs apply. While stocks last. We reserve the right to
limit quantities. For more details visit www.topsatspar.co.za.
One entry per till slip.

FREE DELIVERY



TOPSatSPAR

#NO18

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

Super Savings

AS SEEN ON TV

+300 MB FREE DATA

BUY ME TO WIN

Baby Soft
Fresh White
2 ply (Incl. Quilts) 18s

124⁹⁹ per pack

Save R44

SPAR French Polony or Chicken 2 kg

65⁹⁹ each

WITH RewardsCARD

Bull Brand Corned Meat 300 g

24⁹⁹ each

BUY ME TO WIN

SA Champion

SPAR Full Cream Maas 2 kg

31⁹⁹ each

WITH RewardsCARD

BUY ME TO WIN

Kellogg's
The Original
CORN FLAKES
TOASTED GOLDEN CEREAL FLAKES

ACTIVE ALERT

Kellogg's Corn Flakes 1 kg

69⁹⁹ each

WITH RewardsCARD

COMBO DEAL

SPAR French, Chilli, Garlic or Chicken Polony 1 kg

+ SPAR Yoghurt Assorted 6 x 75 g

+ SPAR Bakery Brown Bread 700 g

+ SPAR Individually Wrapped Cheddar or Gouda Cheese Slices 200 g

+ SPAR 40% Daily Spread Tub 500 g

110⁰⁰

BUY ALL FOR

COMBO DEAL

SPAR SUPER MAIZE MEAL

+ SPAR Excella Sunflower Oil

+ SPAR FROZEN CHICKEN MIXED PORTIONS WITH BRINE BASED MIXTURE 2 kg

+ SPAR LONG GRAIN WHITE PARBOILED RICE

SPAR Parboiled Rice 5 kg

+ SPAR Super Maize Meal 10 kg

+ Excella Sunflower Oil 4 litre

+ SPAR Frozen Mixed Portions 2 kg

299⁰⁰

BUY ALL FOR

SPAR Rewards
More for You



SIGN UP FOR MORE! MORE SAVINGS. MORE WINS. MORE FOR YOU.
SPAR Rewards deals available while stocks last.

Let's chat 0860 313 141

Say "hello" to get specials, store details, SPAR Rewards & more!
For more info: www.spar.co.za or Find us on [f /myspar](https://www.facebook.com/myspar)

SPAR



SUPERSPAR



SPAR: • BARCLAY SQUARE • BON ACCORD • DOBSONVILLE • DIEPKLOOF • EAST LYNNE • EMALAHLENI • JACOBSDAL • MAFIKENG • MATHAMBO/SPRUITVIEW • MALULEKE • MNANDI • MODJADJISKLOOF • MODIMOLLE • NABOOMSPRUIT • NZHELELE • OGIES • ROSSLYN • SANTINHOS • SESALAMANI • SIBASA • SOSHANGUVE • THOHYANDOU • TSHAKUMA • VRYSTAAT • VUWANI

SUPERSPAR: • BLOED STREET • BOTSHABELO • BRONKHORSPRUIT • CITY CENTRE • CLAYVILLE • DENLYN • EBONY PARK • ELIM • ELIM MALL • EVATON • FICKSBURG • FORO • GIYANI • HEBRON • JUBILEE • KATHORUS • KENWORTH • KOPANONG • KRIEL • LEBOWAGOMO • LOUIS TRICHARDT • MALVERN • MAMS MALL • MARAPONG • MESSINA • MOPANI • NKUNA KRAAL • PALEDI • PHOLA PARK • RENBRO • SOSHANGUVE CROSSINGS • STAR HYPER (CARLETONVILLE) • TASBET • TEMBISA • THAVANI • TSAKANE MALL • TZANEEN • WESTPARK • WITFIELD

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