

Coupon Variations for The Post and Courier for 6/03, you will have (3) inserts in your Sunday newspaper.

Be on the lookout for:

(1) Proctor & Gamble

(1) Red Plum

(1) Smart Source

Proctor & Gamble 6/03

(all exp 6/30)

\$3 off Align product, excl trial sizes

\$1 off Always Infinity, 12 ct. +

.50/1 Always pads, cleanor feminine cleansing cloths, excl trial sizes

.50/1 Always pantliners, 30 ct.+

.25/1 Bounty towels or napkins, excl trial sizes

\$5 off Braun CruZer, excl trial sizes

\$1 off Cascade Action pacs or Complete pacs, excl trial sizes

\$1 off Cascade rinse aid, excl trial sizes

.25/1 Charmin product, excl trial sizes

\$1 off Clairol hair color, excl trial sizes

\$3 off Clairol Nice 'n Easy color foam or Perfect 10 hair color

B1G1 CoverGirl LashBlast Volume mascara, max \$7.50

\$1 off CoverGirl product, excl trial sizes

.25/1 Crest rinse, 458 mL +

.25/1 Crest toothpaste, 4 oz + or liquid gel

.50/1 Duracell CopperTop, Ultra Power or Photo Lithium or Specialty

\$1 off Duracell rechargeable, charger or hearing aid batteries

\$2/2 Gillette body wash, excl trial sizes

\$2/2 Gillette deodorant, excl trial sizes

Free Gillette Fusion razor wyb cartridge 4 ct. +, max \$13.99, excl styler

\$1 off Gillette Fusion shave prep, excl trial sizes

\$1 off Gillette Fusion skin care, excl trial sizes

Free Gillette Mach3 razor wyb cartridge 5 ct. +, max \$11.99

B1G1 Gillette male disposable razor, max \$11.99, excl trial sizes

Free Gillette Sensor razor wyb cartridge 5 ct. +, max \$11.99

B1G1 Gillette Venus or Daisy disposable razor, max \$14.99

Free Gillette Venusrazor wyb cartridge, max\$12.99, excl disposables

\$1/2 Herbal Essences or Aussie product, excl trial sizes

.35/1 Ivory bar body wash or Safeguard bar, excl trial sizes

\$1 off Metamucil product, excl trial sizes

Free Olay bar, body wash or in shower lotion wyb Gillette Venus refill

\$1 off Olay facial cleanser or moisturizer, excl trial sizes

\$3 off Olay Regenerist moisturizer or cleanser or Smooth Finish duo

\$1 off Old Spice body spray, excl trial sizes

\$1/2 Old Spice body wash, excl trial sizes

.50/1 Oral-B Glide floss 35 m + or floss picks 30 ct. +, excl trial sizes

.25/1 Oral-B select toothbrushes or (2) Indicator or Cavity Defense
\$1 off Pampers diapers or pants box or (2) bags, excl trial sizes
\$1/2 Pantene product, excl trial sizes
.50/1 Pepto product, excl trial sizes
\$2 off Prilosec OTC product
.25/1 Puffs tissue, 3 pk. or (3) singles
.55/1 Satin Care shave gel, excl trial sizes
\$1 off Secret product, excl trial sizes
\$1 off Tampax Pearl Reg, Compak or Radiant, 16 ct. +
.50/1 Tampax product, 18 ct. +
.25/1 Tide detergent or Stain Release, Downy softener or Unstopables
.50/2 Tide detergent or Stain Release, Downy softener or Unstopables
\$1/3 Tide detergent or Stain Release, Downy softener or Unstopables
\$1.50 off Tide Stain Release 15-34 ct. duo pac or 36-68 oz liquid

Red Plum 6/03

\$1 off 8th Continent soymilk, half gal (exp 12/31)
\$1 off 9Lives dry cat food 3.15lb + (exp 7/29)
\$2 off Adams Flea and Tick control product (exp 6/30)
\$1 off all Mighty pacs or liquid laundry detergent, 24 load + (exp 7/15)
\$1.50/2 Arrowhead mountain spring water, 750 mL multipk (exp 7/15)
\$1 off Arrowhead mountain spring water, 8 oz multipk (exp 7/15)
\$1 off Arrowhead sparkling mountain water, 0.5 L 6 pk. or (2) 1 L (exp 7/15)
\$.55/1 Ball Park buns (exp 6/30)
\$1.50 off Ball Park Flame Grilled patties (exp 7/15)
.75/2 Ball Park Franks (Exp 7/15)
.65/1 C&H Light or Amber Organic agave nectar (exp 7/29)
\$3 off Centrum ProNutrients ProBiotic supplement (exp 7/7)
\$3 off Centrum ProNutrients supplement (exp 7/7)
\$2 off Centrum Reg, Silver or Specialist multivitamin, 56 ct. + (exp 7/1)
.45/1 Daisy cottage cheese (exp 7/31)
\$3 off DermaSilk product, full size (exp 6/16)
.75/1 Domino Light or Amber Organic agave nectar (exp 7/29)
\$1 off Disney character shaped gummy vitamins, 60 ct. + (exp 7/17)
.50/1 Dove Beauty bar, 4 pk. +, excl Men+Care (exp 7/1)
.75/1 Dove body wash, 12 oz +, excl Men+Care (exp 7/1)
.75/1 Dove deodorant or body mist, excl trial sizes, multipks and Men (exp 7/1)
.75/1 Dove hair care, excl trial size (exp 7/1)
\$1 off Dove Men+Care body and face bar, 6 pk. + (exp 7/1)
\$1 off Dove Men+Care body and face wash or Active Clean shower tool (exp 7/1)
\$1 off Dove Men+Care deodorant, 2.7-3 oz (exp 7/1)
\$2 off FiberChoice product, 90 ct.+ (exp 8/31)
.50/1 Frigo cheese, excl Cheese Heads (exp 9/30)
\$1/2 Frush(Exp 9/3)
\$1 off Gaviscon antacid (exp 9/30)

.75/1 L'Oreal Kids item (exp 7/29)
\$1 off L'Oreal Preference (exp 7/15)
\$4/2 L'Oreal Preference (exp 7/15)
.75/1 Meow Mix dry cat food, 3 lb + (exp 7/28)
\$1 off Meow Mix wet cat food, variety pk. or (5) cups (exp 7/28)
\$2/2 Met-RX Big 100 bars (exp 7/15)
\$2 off Nature's Bounty Optimal Solutions (exp 7/3)
\$1 off Nature's Bounty vitamin or supplement (exp 7/3)
.50/1 Newman's Own salad dressing (exp 7/14)
.50/1 Newman's Own salsa (exp 7/14)
\$1 off Newman's Own Thin & Crispy pizza (exp 7/14)
\$1 off Organic Valley butter, 1 lb (exp 6/30)
\$1 off Paseo paper towels 8 roll or bath tissue 12 roll (exp 7/31)
.50/1 Paseo product, excl single roll bath tissue (exp 7/31)
.50/1 Pounce cat treats (exp 7/29)
\$2/2 Protein Plus bars (exp 7/15)
\$1 off Pup-Peroni dog snacks, 5.6 oz + (exp 8/15)
\$1.50/10 Purina Alpo cans (exp 7/16)
\$2 off Purina Alpo cans, 8 ct. + (exp 7/16)
\$1/2 Simply Potatoes product (exp 7/3)
\$1/2 Skittles, Starburst or LifeSavers gummies, 13-16.8 oz (exp 7/29)
\$1 off Welch's refrigerated juice cocktail 64 oz or Healthy Start juice (exp 8/31)

Smart Source 6/03

\$3/2 4C Totally Light Sticks (exp 7/15)
\$1 off 4C Beverage (Except 21-93 oz iced tea mix) exp 9/15
Free Air Wick Double Fresh Warmer unit wyb Scented Oil twin refill (exp 7/1)
.50/1 Almond Accents bag (exp 8/31)
\$2 off Aveeno hair care or body wash item, excl trial and 2.5 oz sizes (exp 7/31)
\$1 off Ball RealFruit Pectin or Food Mix Flex Batch (exp 7/29)
\$3/2 Ball or Kerr cases of jars (exp 7/29)
\$3 off Bausch+Lomb Ocuvite (exp 7/31)
.75/1 Belvita breakfast biscuits (exp 8/30)
.75/3 Betty Crocker Hamburger Helper (exp 7/28)
\$2 off Bic Hybrid Advance 3 or 4, or Soleil Savvy disposable razor (exp 7/1)
.55/1 Blue Diamond Almond Breeze almondmilk (exp 7/29)
.40/1 Campbell's V8 vegetable juice, 5.5 or 11.5oz can 6 pk. (exp 7/15)
.50/2 Campbell's V8 vegetable juice, 46 oz + (exp 7/15)
\$1/3 Campbell's V8 Splash, 64 oz + (exp 7/15)
\$2 off Chicago Cutlery (Exp 8/31)
\$1 off Chiquita bites, 10 oz+ (exp 7/31)
B1G1 Chiquita single serving bites (exp 7/31)
.75/1 Colgate manual toothbrush, excl Plus and Extra Clean (exp 6/23)
.75/1 Colgate toothpaste, 4 oz (exp 6/23)
\$1 off Damprid (exp 9/30)
\$1 off Delimex product (exp 7/1)

.35/1 Dole can juice, 46 oz or 6 oz 6 pk. (exp 7/29)
\$2 off Ensure Clear 4 pk (exp 7/31)
\$3/2 Ensure MultiPacks (exp 7/31)
\$1.50 off Farmer John lunchmeat package (exp 7/3)
\$2 off Fresh Beef wyb (3) Kikkoman sauces (exp 8/31)
.55/1 Frigo Cheese Heads, 10 oz+ (exp 7/31)
.50/2 General Mills Bugles, Chex Mix, Baguette Chips or Gardetto's (exp 7/28)
\$1/3 General Mills cereals (exp 7/14)
\$1 off Gold Bond anti-itch lotion or cream (exp 7/31)
\$1 off Gold Bond foot powder, foot cream or pain relief cream (exp 7/31)
\$1 off Gold Bond Friction Defense (exp 7/31)
\$1 off Gold Bond original or extra strength body powders (exp 7/31)
\$2 off Goodnites Jumbo Pack + (exp 6/30)
.75/3 Hamburger Helper, Tuna Helper or Chicken Helper (exp 7/28)
\$2 off Hartz UltraGuard Pro Flea & Tick Treatment (exp 7/31)
\$1 off Hartz UltraGuard Flea & tick Product (exp 7/31)
\$1 off Hartz Crunch'n Clean dog or cat treat (exp 7/31)
\$1 off Hartz Oinkies or Hearty Stuffers (exp 7/31)
\$1.50 off Kerasal Ointment 15g or 30g (exp 7/31)
\$2.50 off Kerasal Nail Product (exp 7/31)
\$5 off Kerasal Ointment and Kerasal Nail (exp 7/31)
.55/1 Kikkoman sauce (exp 8/31)
\$2/3 Kikkoman sauces (exp 8/31)
\$1/2 Mentos bottles, 45 pc. + (exp 7/31)
\$1/2 Mentos UP2U packs (exp 7/31)
\$1/3 Mentos bottles, 15 pc. + (exp 7/31) (exp 7/31)
\$1 off MiraLax product, 10 ct. or 14 dose (exp 7/14)
\$3 off MiraLax product, 30 dose (exp 7/14)
\$1 off Nature Made vitamin B (exp 7/8)
\$1 off Nature Made product (exp 7/8)
\$1 off Nature Made vitamin D (exp 7/8)
\$2 off Nature Made fish oil (exp 7/8)
\$2 off Nature Made Melatonin + (exp 7/8)
\$3 off Nature Made Astaxanthin (exp 7/8)
\$3 off Nature Made Digestive Health probiotic (exp 7/8)
\$4 off Nature Made CoQ10 (exp 7/8)
.55/1 Nexcare product (exp 7/31)
.55/1 Off! personal insect repellent (exp 7/28)
.75/1 Off! Botanicals item (exp 7/28)
\$1/3 Reese's King or standard candy bars (CVS mfr coupon) (exp 7/15)
.75/2 Scotch-Brite scrub sponges, scour pads, dishwands or refills (exp 7/9)
\$1.50 off Smart Balance enhanced milk (exp 7/18)
\$1 off Smart Balance spreadable butter & canola oil blend (exp 7/18)
\$1/2 Sticky Fingers barbecue Sauce (Exp 7/15)
\$1 off Woolite carpet or upholstery item (exp 8/15)
\$1 off Woolite Pet Stain & Odor remover+ Oxy w/ Blossoms scent (exp 8/15)