

Coupon Variations for The Post and Courier for This Sunday, 7/08, you will have (2) inserts in your Sunday newspaper.

Be on the lookout for:

(1) Red Plum

(1) Smart Source

Red Plum 7/08

\$2 off Adams Flea & Tick Control item (exp 7/31)

\$2 off Centrum regular, Silver or Specialist multivitamin, 56 ct.+ (exp 8/18)

\$5 off Centrum ProNutrients supplement (exp 8/18)

\$5 off DermaSilk product, excl trial sizes (exp 7/21)

\$1/2 Dial regular or for Men body washes, 6 oz+ (exp 7/28)

\$1 off Garnier moisturizer (exp 10/8)

.35/1 Hillshire Farm Deli Select Lunchmeat 8 oz+ (exp 8/11)

.55/1 Hillshire Farm Smoked Sausage (exp 8/11)

.25/1 L'Oreal Vive Pro shampoo or conditioner (exp 9/2)

.75/1 L'Oreal Studio Line styling item (exp 9/2)

\$2 off L'Oreal Preference shade (exp 9/2)

\$1 off Lactaid Fast Act dietary supplement, 32 ct.+ (exp 11/15)

\$5 off Luster 1 Hour White (exp 8/5)

\$1 off Luster Power White 7 (exp 8/5)

.75/1 Meow Mix dry cat food, 3 lbs+ (exp 9/2)

\$1/6 Meow Mix single cat food cups or (1) cat food variety pk. (exp 9/2)

.80/1 Pure Silk shave cream, excl trial sizes (exp 9/30)

.50/2 Skittles, Starburst, Life Savers gummies, 2-4 oz (exp 9/30)

\$2 off Tucks product, excl Take Alongs (exp 10/30)

\$1 off Turkey Hill Premium Ice Cream, Light Recipe, stuff'd, Frozen Yogurt, or Sherbert (exp 10/15)

Smart Source 7/08

\$2 off BIC Soleil disposable razor, excl trial sizes (exp 8/5)

\$2 off Bio-Oil product (exp 9/30)

\$1 off Clairol Nice 'n Easy or Natural Instincts, excl trial sizes (exp 8/31)

\$5/2 Clairol Natural Instincts or Nice 'n Easy Non-Permanent color (exp 8/31)

.40/1 Colgate manual toothbrush, excl Plus & Extra Clean (exp 7/28)

.50/1 Colgate product, 4 oz+ (exp 7/28)

.50/2 Cottonelle toilet paper, 4 pk. or (1) 9 pk.+ (exp 8/12)

\$2 off Dulcolax stool softeners or tablets 25 ct.+ or suppositories (exp 10/31)

\$4/2 Dulcolax stool softeners or tablets 25 ct.+ or suppositories (exp 10/31)

\$2 off Ensure Multi-packs (exp 9/2)

.50/1 General Mills Cheerios cereal (exp 8/18)

.50/1 General Mills Ocean Spray, Mott's or Sunkist fruit snacks (exp 9/1)

\$3 off Hasbro Avengers or Spider-Man toy (Target), \$14.99+ (exp 7/29)

\$2 off Huggies Goodnites underwear, jumbo pk.+ (exp 8/4)

.50/1 Huggies baby wipes, 56 ct.+ (exp 8/4)

\$1.50 off Huggies diapers (exp 8/4)

\$2 off Huggies Little Movers slip-on diapers (exp 8/4)

\$1/2 Jolly Rancher bags (CVS), 8.1-17.6 oz (exp 8/15)

.50/3 Kleenex 50ct+ boxes or \$.50/1 bundle pack, excl trial sizes (exp 8/12)
\$1.50/2 Kotex U Natural Balance, excl trial sizes (exp 9/2)
\$1 off Kotex U liners, excl trial sizes (exp 9/2)
\$1 off Kotex U pads, excl trial sizes (exp 9/2)
\$1 off Kotex U tampons, excl trial sizes (exp 9/2)
\$1 off Nature's Bounty vitamin or supplement (exp 8/7)
\$2 off Nature's Bounty Optimal Solutions vitamin or supplement (exp 8/7)
\$3 off Nature's Bounty Flex-a-min item (exp 8/7)
.75/2 Nestle Crunch single or Crunch Girl Scout candy bars (exp 8/11)
\$1/2 Nestle Crunch Girl Scout fun size bars, 7.8 oz (exp 8/11)
\$1 off OPI Nicole nail lacquer (exp 9/30)
.75/1 Pull-Ups flushable moist wipes, excl trial sizes (exp 8/4)
\$2 off Pull-Ups training pants, jumbo pk.+ (exp 8/4)
\$2 off Purina Chef Michael's food for dogs bag (exp 8/5)
B6G2 Purina Chef Michael's food for dogs, max \$1.19 (exp 8/5)
\$2 off RevitaLens OcuTec multi-purpose disinfecting solution (exp 8/13)
.50/1 Scott Naturals flushable moist wipes, tubs or refills (exp 8/12)
.75/1 Scott towels, 4 rolls+ (exp 8/12)
.75/1 Scott bath tissue, 8 rolls+ (exp 8/12)
\$1 off So Delicious Dairy Free product (exp 10/31)
\$1 off Speed Stick regular or Lady, excl 2, 1.4 oz, and .5 oz (exp 7/28)
\$1 off Splenda calorie sweetener item, 200 ct. or 9.7 oz+ (exp 8/19)
\$3 off Splenda No Calorie Sweetener wyb Splenda Essentials (exp 8/19)
\$1/2 TrueLemon Product (exp 9/30)
.50/1 Total whole grain or Raisin Bran (exp 8/18)
.25/1 VIVA paper towels, big rolls (exp 9/2)
.40/6 Yoplait yogurt cups (exp 9/1)
.50/8 Yoplait yogurt cups (exp 9/1)
.75/2 Yoplait Go-Gurt, Kids Cup, Trix multipack or Splitz yogurt (exp 9/1)
.50/1 Zest bar, 3 bar+ (exp 8/12)
\$1 off Zest body wash (exp 8/12)