

Birmingham News coupon inserts

Redplum 8/3

\$.75/1 ACT product, excl trial size (exp 9/27)

\$2/2 all laundry product, excl trial size (exp 9/14)

\$2 off Allegra Allergy item, excl 2-5 ct. (exp 9/27)

\$2 off Allegra Allergy (exp 9/6)

\$6/1 Allegra 45 ct or larger (exp 8/10)

\$.45/1 Angel Soft bath tissue (exp 9/1)

\$1 off Angel Soft bath tissue with fresh lavender , 12 rolls+ (exp 9/1)

\$1 off Balance Bar multipack (exp 10/31)

\$1/2 Balance Bar singles (exp 10/31)

\$.55/1 Brawny paper towels (exp 9/3)

\$1 off Cortizone 10 product, excl trial size (exp 9/27)

\$1 off Disney or Marvel gummy vitamin item (exp 9/18)

.55/2 Dixie bath cup items (exp 9/3)

\$3 off Ester-C tablets (exp 9/3)

\$2 off Ester-C To Go or gummies (exp 9/3)

\$2 off Garnier Nutrisse haircolor or color styler) (exp 8/30)

\$3 off Garnier Olia oil powered haircolor (exp 8/30)

\$1 off Gold Bond product, excl 1 oz. (exp 9/27)

\$3 off Icy Hot Smart Relief or (2) Icy Hot, Aspercreme or Capzasin (exp 9/27)

\$5/3 L'Oreal Advanced haircare or hairstyle products , excl 1.7 oz (exp 8/30)

\$1 off Maybelline lip product (exp 8/30)

\$3 off Maybelline face product (exp 8/30)

\$2/\$6 Met-RX purchase (exp 11/11)

\$1/4 Muller yogurts (exp 9/14)

\$2 off Nasacaort product (exp 9/27)

\$1 off Nature's Bounty vitamin or supplement (exp 10/3)

\$2 off Nature's Bounty Dual Spectrum item (exp 10/3)

\$2 off Nature's Bounty Optimal Solutions hair, skin and nails item (exp 10/2)

\$2 off Nature's Bounty Optimal Solutions item (exp 10/2)

\$3 off Nature's Bounty fish oil or CO Q-10 (exp 10/3)

\$3 off Osteo Bi-Flex 30-60ct (exp 9/1)

\$3 off Osteo Bi-Flex Edge item (exp 9/1)

\$5 off Osteo Bi-Flex 70ct+ (exp 9/1)

\$3/1 Pedigree dry dog food 10 lb + (exp 9/27)

\$1/2 Pure Protein single bars (exp 10/3)

\$2 off Pure Protein value pack (exp 10/3)

\$.45/1 Quilted Northern bath tissue, 6 double roll+ (exp 9/3)

\$2/2 Roloids products, 72 ct.+ or 12 oz.+ (exp 9/27)

\$1.25 off Silk Protein+fiber or Almond-coconut blend , half gallon (exp 9/13)

\$1 off Silk half gallon (exp 9/13)

\$1/2 Snuggle products, excl trial size (exp 9/14)

\$.25/1 Sparkle paper towels, 3 roll pkg or smaller (exp 9/3)

\$1 off Sparkle paper towels, 6 roll+ pkg (exp 9/3)

\$1 off Sundown Naturals vitamin or supplement (exp 10/2)

\$2 off Sundown Naturals adult gummies (exp 10/2)

\$1 off Unisom product, excl trial size (exp 9/27)

Redplum 8/3

\$.55/1 Ball Park Finest franks (exp 9/14)

\$.55/1 any Ball Park product (exp 9/14)

\$1/2 Bryan products (exp 9/14)

\$1 off Caltrate tablets 120ct+, soft chews or gummy bites (exp 11/2)

\$1/2 Del Monte Fruit Burst Squeezers or fruit cup snacks, 4 pkg (exp 10/26)

\$1 off Dial Acne body wash, face wash or bar soap (exp 8/30)

\$1/2 Dial select soap (exp 8/30)

\$2/2 Dial body washes 6 oz.+ or bar soaps 6 bar+ (exp 8/30)

\$1 off Fiora bath tissue 12 roll+ or paper towels 8 roll+ (exp 8/31)

\$2 off got2b styling item (exp 9/14)

\$2.50 off got2b hairspray item (exp 9/14)

\$.75/1 Jimmy Dean pancakes & sausage (exp 8/31)

\$.55/1 Jimmy Dean product, excl pancakes and sausage (exp 8/31)

\$1/1 King Hawaiian sliced or round bread (exp 10/3)

\$1 off Nexium 24 Hr item (exp 11/1)

\$3 off Nexium 24 Hr item, 28-42 ct. (exp 11/1)

\$3 off Philips digestive health and support item, excl trial size (exp 9/14)

\$1.50 off Polident tablets, 84 ct.+ (exp 9/3)

\$1 off Purex Crystals laundry enhancer (exp 8/10)

\$1 off Purex liquid or Ultra Packs detergents (exp 8/10)

\$1 off Purex Crystals dryer sheets (exp 8/10)

\$1 off Purina ONE dry cat food, 3.5 lb.+ (exp 11/3)

B2G1 Purina ONE wet cat food up to \$.90, 3 oz. cans (exp 11/3)

\$2 off Rayovac hearing aid battery pack, excl size 675 (exp 9/30)

\$1 off Rayovac alkaline battery pack (exp 9/30)

\$.55/3 Renuzit Adjustables air fresheners, 7 oz. (exp 8/17)

\$1.50 off Right Guard Total Defense 5 or Xtreme item (exp 8/31)

\$1.50 off Right Guard Xtreme Clear or Clinical Clear item (exp 8/31)

\$.50/1 Soft Scrub 4-in-1 toilet care item (exp 8/31)

\$1 off Soft Scrub product, 20 oz.+ (exp 8/31)

Smart Source 8/3

\$2 off AcneFree product (exp 10/31)

\$4 off AcneFree 24 hour cleaning system or deep cleansing duo (exp 10/31)

\$.50/2 Alberto VO5 shampoo, conditioner or body wash (exp 9/14)

\$1 off Alberto VO5 Salon Series or hot oil items (exp 9/14)

\$1 off Alberto VO5 Salon Series shampoo or conditioner, 14.2 oz (exp 9/14)

\$.75/1 Ban deodorant (exp 9/15)

B1G1 Ban Total Refresh cooling body cloths, max \$3.99 (exp 9/15)

\$.75/1 Barilla Italian entree (exp 9/27)

\$1/2 Barilla Italian entrees (exp 9/27)

\$.50/2 Betty Crocker fruit flavored snacks (exp 9/27)

\$1/2 BIC stationary items (exp 9/15)

\$1 off Brita pitcher, excl Slim or (1) multi-pk. filters (exp 9/30)

\$2 off Brita on-the-go bottle (exp 9/30)

\$.50/4 Chef Boyardee canned pasta or microwave cups (exp 9/14)

\$.50/2 Chex Mix bags, 3.7 oz+ (exp 9/27)

\$10 off Claritin product, 70 ct. (exp 8/10)

\$4 off Claritin product, 30 ct.+ (exp 8/31)

\$.50/1 Coast bar soap, 3 ct.+ (exp 9/14)

\$.50/1 Coast body wash (exp 9/14)

\$.50/2 Dole fruit bowls in 100% juice, gels, parfaits or fruit crisps (exp 10/31)

\$1 off Efferdent product (exp 10/4)

\$3 off Ensure Active, 4 pk. (exp 9/28)

\$3/2 Ensure multipks. (exp 9/28)

.50/1 Fiber One chewy, 90 cal, protein chewy, streusel or meal bar (exp 9/27)

.50/1 Fiber One soft-baked cookies, 6 ct.+ (exp 9/27)

\$1/2 Five Star products (exp 9/30)

\$2 off Five Star binder (exp 9/30)

\$2/2 Five Star reinforced filler paper items (exp 9/30)

\$1 off Fresh Guard product (exp 10/4)

\$1 off General Mills Cheerios Protein cereal (exp 9/13)

\$1/2 General Mills Big G cereals (exp 9/13)

\$1.50/1 Glucerna bar multipack (exp 9/28)

\$3/2 Glucerna multipack shakes (exp 9/28)

\$1 off Gly-Oxide product (exp 10/4)

\$1 off GoGo SqueeZ product, 4 pk.+ (exp 10/31)

\$.55/1 any Gum oral care product (exp 9/30)

\$1/1 Gum squeeze a color toothpaste or power toothbrush (exp 9/30)

\$.75/3 Hamburger Helper product (exp 9/27)

\$1/2 Hershey's milk chocolate, w/ almonds or special dark, 6 pk. (exp 9/28)

\$1/3 Hershey's snack size packaged candy, 9-22 oz (exp 9/28)

\$.50/1 Lysol disinfectant (exp 9/4)

\$.50/2 Lysol disinfecting wipes (exp 9/4)

\$.50/2 Lysol toilet bowl cleaners (exp 9/4)

\$1 off Lysol No-Touch hand soap starter kit or Touch of Foam soap (exp 9/4)

\$.50/1 Nature Valley granola bars, oatmeal squares or biscuits (exp 9/27)

\$1/2 Nonni's biscotti items (exp 10/3)

\$3 off O-Cedar Promist microfiber spray mop (exp 10/31)

\$1/3 Old El Paso, excl refrigerated, frozen, salsa, dips and soup (exp 9/27)

\$2 off Phazyme 180 or 250 mg anti-gas softgels (exp 12/30)

\$2 off Phazyme 180 mg anti-gas softgels (exp 9/30)

\$3 off Phazyme 250 mg anti-gas softgels (exp 9/30)

\$10 off Philips Sonicare rechargeable toothbrush, excl Powerup (exp 9/13)

\$15 off Philips Sonicare Diamond, Platinum, Flexcare+, Airfloss (exp 9/13)

\$3 off Philips Sonicare Powerup brush or Powerup brush head (exp 9/13)

\$4 off Philips Sonicare brush head multi-pk., excl Powerup (exp 9/13)

\$.50/1 Rave hairspray, 11 oz (exp 9/14)

Free Rave 1.5 oz travel size, max \$1 (exp 8/31)

\$4 off RevitaLens Ocutech multi-purpose disinfecting solution, 10 oz (exp 9/8)

\$4 off RevitaLens Ocutech multi-purpose disinfecting solution, 20 oz (exp 9/8)

\$.75/2 Skippy peanut butter or spread (exp 9/29)

B1G1 Skippy singles item, max \$2.50 (exp 9/29)

\$.55/1 Splenda sweetener (exp 9/14)

\$2 off The Doctor's Nightguard Advanced Comfort (exp 10/4)

\$.75/2 Totino's rolls or bold rolls, 17.4 oz+ (exp 10/25)

\$.35/1 Yoplait select kids yogurt (exp 9/27)

\$.40/6 Yoplait cups (exp 9/27)

\$.50/8 Yoplait cups (exp 9/27)

\$.75/2 Yoplait select kids yogurt (exp 9/27)

\$.50/1 Zest bar soap, 3 ct.+ (exp 9/14)

\$.50/1 Zest body wash (exp 9/14)