

Coupon Variations for the Post and Courier for 9/7 below. This weekend you will have (4) coupon insert in your newspaper! Be on the lookout for:

- (2) Redplum
- (2) Smart Source

Redplum 9/7

- \$10 off Allegra product, 70 ct. or (2) 30 ct. (exp 9/14)
- \$3 off Allegra Children's item (exp 10/4)
- \$5 off Allegra product, 30 ct.+ (exp 10/4)
- \$3 off Allegra-D allergy & congestion item (exp 10/4)
- \$2 off Centrum product, excl trial size (exp 10/4)
- \$2 off Garnier moisturizer or cleanser (exp 10/4)
- \$2 off Garnier Fructis shampoo, conditioner, treatment or styling (exp 10/4)
- \$2 off Garnier Nutrisse haircolor or color styler (exp 10/4)
- \$1/2 Gerber regular or Graduates food items (exp 9/30)
- \$3 off Gerber formula, 22 oz+ (exp 9/30)
- \$5 off Icy Hot Smart Relief pain therapy kit (exp 11/30)
- \$1 off Icy Hot, Aspercreme, Capzasin, Sportscreme, Flexall (exp 11/30)
- \$1 off Maybelline Color Show nail lacquer (exp 10/4)
- \$1 off Maybelline face item (exp 10/4)
- \$1 off Maybelline lip item (exp 10/4)
- \$1 off Maybelline mascara (exp 10/4)
- \$1 off Maybelline powder, concealer or blush (exp 10/4)
- \$5 off Nasacort 24 hour (exp 10/4)
- \$1.50 off New England Coffee Single Serve (exp 10/19)
- \$1 off Nexium 24 hour (exp 12/6)
- \$5 off Nexium 24 hour, 42 or 28 ct. (exp 9/21)
- \$2 off Phillips' probiotic supplement (exp 10/5)
- .50/1 Purex Crystals 28 oz + (DOLLAR GENERAL COUPON) exp 10/15
- .50/1 Purex Liquid detergent 50 oz +, Purex powder detergent 71 oz, UltraPacks 54 ct. + Purex Liquid Fabric Softener 100 oz DOLLAR GENERAL COUPON (exp 10/15)
- \$3 off Purina Pro Plan dry cat food, 3.5 lb+ (exp 12/7)
- \$3 off Purina Pro Plan dog food bag, 4 lb+ (exp 12/1)
- B1G1 Purina Pro Plan can, max 90¢ (exp 12/7)
- B1G1 Purina Pro Plan Savor Additions Natural Puree, max \$2.99 (exp 12/1)
- B3G3 Renuzit Adjustables DOLLAR GENERAL (exp 10/15)
- \$1 off Right Guard sport stick 1.8 oz DOLLAR GENERAL (exp 10/15)
- \$1 off Sensodyne Pronamel toothbrush (exp 10/19)
- \$1 off Sensodyne Pronamel toothpaste, excl trial size (exp 10/19)
- \$1 off Sensodyne toothbrush (exp 10/19)
- \$1 off Sensodyne toothpaste, excl trial size (exp 10/19)
- .50/1 Soft Scrub cream and spray cleaners 24 oz + or Soft Scrub 4 in 1 DOLLAR GENERAL COUPON (Exp 10/15)
- .55/1 State Fair products (Exp 11/2)
- \$1.50/2 Stouffer's single serve items, 6-20 oz (exp 12/6)
- \$1.25 off Tums Smoothies, 60 ct.+ (exp 9/27)

\$1 off Tums product, 32 ct.+ (exp 9/27)

Redplum 9/7

.55/1 Brawny paper towels (exp 10/7)

.40/1 C&H Organic sugar, 24 oz or washed raw sugar, 32 oz (exp 11/30)

.40/1 C&H sugar item, 2 lb+ (exp 11/30)

\$1 off C&H Organic blue agave nectar (exp 11/30)

\$1.50 off Community Coffee single serve cup pack or 12 oz bag (Exp 11/15)

\$4/2 Community Coffee Single Serve cup pack or 12 bag (exp 11/15)

.40/1 Domino Granulated Sugar 4 or 5 lb (Exp 11/30)

.50/2 Domino Brown or Confectioners Sugar 1 lb (Exp 11/30)

.35/1 Domino Organic sugar 24 oz or Demerara Sugar product (Exp 11/30)

\$1 off L'Oreal Elnett hairspray, 100 oz (exp 10/4)

\$2 off L'Oreal Oleotherapy, EverPure, EverStrong, EverSleek, EverCreme or EverCurl treatment (exp 10/4)

\$3/2 L'Oreal Oleotherapy, EverPure, EverStrong, EverSleek, EverCreme or EverCurl shampoo or conditioner (exp 10/4)

\$1 off Listerine adult mouthwash, 1 L+ or Smart Rinse, 500 mL+ (exp 10/31)

\$1 off Listerine floss or Access flosser, excl trial size (exp 10/31)

\$2 off Listerine Healthy White rinse, 16 oz+ (exp 10/31)

\$1 off Milk-Bone brushing chews (exp 11/2)

\$1 off Nivea Men shave gel or foam, 7-8.7 oz (exp 10/5)

\$2 off Nivea Men face care, .33-5 oz, excl shave gels and foams (exp 10/5)

.25/1 Quilted Northern Ultra Plush, 6 double roll+ (exp 10/7)

\$1 off Quilted Northern Ultra Soft & Strong, 6 double roll+ (exp 10/7)

B5G5 Sheba Premium Food for Cats (Exp 10/19)

\$1/2 Skittles or Starburst laydown bags, 13-14 oz (exp 12/7)

\$2.50 off Spice Island Pure Vanilla Extra 4 oz (Exp 10/5)

\$1/4 Uncle Ben's Products (exp 11/2)

Smart Source 9/7 (some are listed in this insert or the other SS. Check both)

\$1/2 Atkins bars, treats or shakes (exp 11/30)

\$1/2 Atkins frozen entrees (exp 11/30)

\$1/2 Aunt Jemima frozen waffles, pancakes or french toast (exp 10/31)

\$1 off Barber Foods product (exp 12/31)

\$2 off Claritin children's syrup 4 oz+, or Reditabs 10 ct+ (exp 10/5)

\$3 off Claritin children's syrup 4 oz+, or Reditabs 10 ct+ (exp 9/14)

\$4 off Claritin regular or children's chewables **PRINTABLE** (exp 10/5)

\$6 off Claritin regular or children's chewables **PRINTABLE** (exp 9/14)

\$4 off Claritin-D product **PRINTABLE** (exp 10/5)

\$8/2 Dr. Scholl's insoles purchase, \$7.95 + (exp 9/30)

\$3 off Dr. Scholl's Massaging Gel insoles, Odor-X Ultracool insoles, Active Series, P.R.O. pain relief orthotics or Dreamwalk insoles (exp 9/30)

\$3 off Ensure Active , 4-pk (exp 11/2)

\$3/2 Ensure multi-pk (exp 11/2)

\$3 off Enzymatic Therapy Probiotic Pearls (exp 12/31)

\$1 off Motrin IB or PM items, excl trial size (exp 10/4)

\$3/2 Motrin IB or PM items, excl trial size (exp 10/4)

\$1/2 Lysol Touch of Foam Hand Soaps (Exp 10/7)

\$3 off Lysol Automatic Hand Soap Dispenser (Exp 10/7)

\$2 off Nature's Way Allive! multivitamins (exp 12/31)

\$1/3 Oikos Chocolate or Caramel on Top cups, 5.3 oz (exp 11/7)

\$1 off OxiClean Extreme Power Crystals dishwasher detergent (exp 10/18)

.35/1 Palmer All Fruit or Sugar Free with Fiber products (Exp 10/31)

\$1 off Rachael Ray Nutrish dog treats (exp 12/7)

\$1.50 off Rachael Ray Nutrish dry cat food, 3 lb. + (exp 12/7)

\$2 off Rachael Ray Nutrish dry dog food, 4 lb. + (exp 12/7)

B2G1 Rachael Ray Nutrish wet cat food, 2.8 oz (exp 12/7)

\$2 off Schick Xtreme3, ST2 or ST3, Slim Twin or Quattro for men disposable razor, excl 2-ct, 10+2 ct, Hydro 5 and women's disposables (exp 10/5)

\$2 off Schick Xtreme3, ST2 or ST3, Slim Twin or Quattro for women disposable razor, excl 2-ct, 10+2 ct, Hydro Silk and men's disposables (exp 10/5)

\$5 TARGET giftcard Sharpie, PaperMate, Expo, Uniball, Mr Sketch purchase, \$25+ (Target coupon) (exp 9/30)

\$1/2 Spam products, 12 oz (exp 11/3)

\$1.50 off Starbucks K-Cup pack, 10-16 ct (exp 10/7)

\$1 off Starbucks VIA instant beverage, 4 ct + (exp 10/7)

Smart Source 9/7

\$1 off Afrin nasal spray (exp 10/4)

\$3 off Afrin nasal spray (exp 9/14)

.50/1 Air Wick Aroma Sphere (exp 10/5)

\$2 off Air Wick Candles or Wax Melts (exp 10/5)

\$1.50/2 Air Wick Freshmatic Ultra refills (exp 10/5)

\$1 off Air Wick Freshmatic Ultra starter kit or Gadget only pack (exp 10/5)

\$1 off Air Wick Scented Oil twin refill or (2) single refills (exp 10/5)

.55/2 Barilla blue box pasta (exp 11/1)

.75/1 Barilla pasta sauce jar (exp 11/1)

\$3 off Bausch+Lomb Ocuvite (exp 11/30)

\$3 off Bausch+Lomb Ocuville Lutein 25 (exp 11/30)

\$1/5 Betty Crocker Helper or Ultimate home cooked skillet dishes (exp 11/1)

.50/2 Betty Crocker potatoes box or pouch, excl Buds (exp 11/1)

\$2 off Bio-Oil product (exp 12/31)

\$1 off California Olive Ranch extra virgin olive oil (exp 11/30)

.60/1 Daisy cottage cheese (exp 11/30)

\$1 off DulcoGas product, 18 ct+ (exp 11/30)

\$1 off Dulcolax or Dulcoease 25 ct+ or Dulcolax suppository 4 ct + (exp 11/30)

.50/1 Energizer brand batteries or flashlight (Exp 10/4)

.75/1 General Mills Cheerios Protein cereal (exp 10/18)

.50/2 General Mills Nature Valley Granola Bars 5 ct, Granola Thins, Soft-Baked Oatmeal Squares or breakfast biscuits, OR Fiber One Chewy Bars, 90 Calorie products, Protein Chewy Bars or Streusel bars (exp 11/1)

\$1/2 Hershey's Reese's Pieces or Peanut Butter Cup minis, Hershey Milk Chocolate or Cookies 'N Creme Drops, York, Kit Kat or Rolo Minis stand-up bags, 8-10.5 oz + (exp 11/2)

\$1 off MiraLax 10 ct. or 14 ct. (Exp 10/19)

\$3 off MiraLax 30 dose + (exp 10/19)

\$1 off Mitchum products (Exp 10/12)

\$2 off Mucinex Allergy item (exp 10/19)

\$7 off Mucinex Allergy item, 30 ct + (exp 9/14)

.50/1 New York Brand garlic bread (exp 11/5)

.50/1 Old El Paso Bold Nacho Cheese Flavored Stand 'N Stuff Tach Shells or dinner kit (exp 11/1)

\$1 off Old El Paso frozen entrees (exp 11/29)

\$1/3 Old El Paso products, excl refrigerated, frozen or soup items (exp 11/1)

\$3 off Oxytrol (Exp 10/18)

\$1 off Pedia Care product (exp 11/1)

.40/1 Pepperidge Farm Frozen bread or rolls (Exp 11/2)

.40/1 Pepperidge Farm Frozen bread or rolls (Exp 11/30)

\$1 off Poise Liners (not valid on trial size) Exp 12/7

\$4 off Premier Protein shake 4 pk. Or Premier Protein Smoothie 4 pk. (exp 12/7)

\$1/2 Premier Protein Bars, Crisp Bars or Fiber Bars (Exp 12/7)

.75/1 Progresso chili pouch (exp 11/1)

.50/2 Progresso products, excl pasta bowl (exp 11/1)

\$2 off Purina Beggin' Party Poppers pig head cannister or refill (exp 12/7)

B1G1 Purina Beneful dog snack, up to \$4.49 (exp 12/7)

\$1/24 Purina Friskies cat food cans, (2) 12 ct or (1) 24 ct variety pk. (exp 12/7)

\$1 off Purina Friskies grillers (exp 12/7)

\$2 off Resolve Carpet Cleaner Machine Colution, 60 oz (exp 10/19)

\$1 off Resolve Deep Clean Power item (exp 10/19)

.50/1 Resolve Stain Remover or High Traffic Foam item (exp 10/19)

\$2 off Revlon foundation, powder, concealer, primer, blush, BB or CC cream (exp 10/12)

Free Revlon Bold Lacquer mascara WYB Revlon Colorstay Eye Liner (Exp 9/21)

\$2 off Schiff Move Free item (exp 12/6)

\$4 off Schiff Move Free Ultra Triple Action (exp 12/6)

\$5 off Tena product (exp 9/21)

.75/1 Tyson Any'tizer bone in wings (exp 12/7)

\$1/2 Twizzlers or Jolly Rancher Bites, 10 oz bags (exp 11/2)

\$1/2 Valley Fresh products (Exp 11/03)

\$4/1 Zantac product, 24 ct+ (exp 11/30)