

Knoxville News Sentinel coupon inserts

Redplum 9/7

Free Accu-Chek FastClix lancing device, max \$10 wyb (1) Accu-Chek FastClix lancets 102ct. (exp 12/31)

\$5 MIR Allegra 30ct or higher & (1) Nasacort product (Mail in Rebate) (exp 10/4)

\$10 off Allegra 70 ct. or (2) Allegra 30 ct. (exp 9/14)

\$3/1 Allegra Children's Product (exp 10/4)

\$5/1 Allegra Product 30 ct.+ (exp 10/4)

\$3/1 Allegra-D Allergy & Congestion Product (exp 10/4)

\$2 off Centrum product, excl trial size (exp 10/4)

.50/1 Dial 6-bar+ or Dial body wash 11.75oz+ (Dollar General coupon) (exp 10/15)

\$2 off Garnier Fructis shampoo, conditioner, treatment or styling (exp 10/4)

\$2 off Garnier moisturizer or cleanser (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)

\$1/1 Icy Hot, Aspercreme, Capzasin, Sportscreme, Arthritis Hot or Flexall product (exp 11/30)

\$5/1 Icy Hot Smart Relief Pain Therapy Kit (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)

\$5/1 Nasacort Product (exp 10/4)

\$1.50/1 New England Coffee Single Serve Box (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 Product (exp 10/5)

.50 off Purex Crystals 28oz or larger (Dollar General coupon) (exp 10/15)

.50/1 Purex liquid detergent 50oz+, Purex powder detergent 71oz, Ultra Packs 54ct+ and Purex liquid fabric softener 100oz (Dollar General coupon) (exp 10/15)

B1G1 Purina Pro Plan can, max 90¢ (exp 12/7)

\$3 off Purina Pro Plan dog food bag, 4 lb+ (exp 12/1)

\$3 off Purina Pro Plan dry cat food, 3.5 lb+ (exp 12/7)

B1G1 Purina Pro Plan Savor Additions Natural Puree, max \$2.99 (exp 12/1)

B3G3 Renuzit Adjustables (Dollar General coupon) (exp 10/15)

\$1/1 Right Guard Sport stick 1.8oz (Dollar General coupon) (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 24oz+ or Soft Scrub 4-in-1 (Dollar General coupon) (exp 10/15)
.55/1 State Fair product (exp 11/2)
\$1.50/2 Stouffer's single serve items, 6-20 oz (exp 12/6)
\$1 off Tums product, 32 ct.+ (exp 9/27)
\$1.25 off Tums Smoothies, 60 ct.+ (exp 9/27)

Redplum 9/7

.55/1 Brawny Paper Towels Pack (exp 10/7)
\$1 off C&H Organic blue agave nectar (exp 11/30)
.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)
\$1.50 off Community Coffee Single-Serve Cup Pack or 12 oz Bag (exp 11/15)
\$4/2 Community Coffee Single-Serve Cup Packs or 12 oz Bags (exp 11/15)
.30/1 Domino Organic 24 oz or Domino Demerara Sugar product (exp 11/30)
.75/1 Domino Organic Blue Agave Nectar bottle (exp 11/30)
.65/2 Domino Sugar products 2 lbs or larger (exp 11/30)
\$1 off L'Oreal Elnett hairspray, 100 oz (exp 10/4)
\$3/2 L'Oreal Oleotherapy, EverPure, EverStrong, EverSleek, EverCreme or EverCurl shampoo or conditioner (exp 10/4)
\$2 off L'Oreal Oleotherapy, EverPure, EverStrong, EverSleek, EverCreme or EverCurl treatment (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)
\$2/1 Nivea Men Face Care, .33 oz - 5 oz, excl Shave Gels or Foams (exp 10/5)
\$1/1 Nivea Men Shave Gel or Foam, 7 oz - 8.7 oz (exp 10/5)
.25/1 Quilted Northern Ultra Plush, 6 double roll+ (exp 10/7)
\$1/1 Quilted Northern Ultra Soft & Strong, 6 double roll+ (exp 10/7)
\$2 off Sheba Premium Food for Cats (24) cans or (1) Multipack 12-ct or 24-ct (exp 10/19)
\$1/2 Skittles or Starburst laydown bags, 13-14 oz (exp 12/7)
\$1/4 Uncle Ben's products (exp 11/2)

Smart Source 9/7

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

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

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

\$1/1 Air Wick Freshmatic Ultra Starter Kit or Gadget Only Pack (exp 10/5)

\$1/1 Air Wick Scented Oil Twin Refill or (2) Single Refills (exp 10/5)

\$1/2 Arnold Sliced Bread or Sandwich Thins rolls (exp 12/31)

.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 OcuVite Lutein 25 (exp 11/30)

.50/2 Betty Crocker Potatoes Box or Pouch, excl Potato Buds (exp 11/1)

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

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

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

\$1/1 Chi-Chi's Frozen Item 16oz or larger (exp 10/5)

.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)

\$1/1 Energizer batteries or flashlight (exp 10/4)

\$3/1 Enzymatic Therapy Probiotic Pearls product (exp 12/31)

\$1/24 Friskies Canned Cat Food cans, (2) 12 ct variety packs or (1) 24 ct variety pack (exp 12/7)

\$1/1 Friskies Grillers (exp 12/7)

\$1/5 Helper or Ultimate Helper Home Cooked Skillet Dishes (exp 11/1)

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

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

\$2/1 Mucinex Allergy Product (exp 10/19)

\$7/1 Mucinex Allergy Product, 30 ct + (exp 9/14)

.50/2 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)

\$2/1 Nature's Way Alive! multi-vitamin product (exp 12/31)

.40/1 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 products (exp 11/1)
\$1 off Pedia Care Product (exp 11/1)
.75/1 Progresso Chili Pouch (exp 11/1)
.50/2 Progresso products, excl Progresso 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)
\$1/2 Reese's Pieces, Reese's 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 or larger (exp 11/2)
\$2/1 Resolve Carpet Cleaner Machine Solution, 60 oz product (exp 10/19)
\$1/1 Resolve Deep Clean Powder product (exp 10/19)
.50/1 Resolve Stain Remover or High Traffic Foam product (exp 10/19)
Free Revlon Bold Lacquer Mascara wyb (1) Revlon Colorstay Eye Liner (exp 9/21)
\$2 off Revlon foundation, powder, concealer, primer, blush, BB or CC cream (exp 10/12)
\$1/2 Spam products, 12 oz (exp 11/3)
\$2/1 Stopain product (exp 11/30)
\$1.50/1 Starbucks K-C pack, 10 ct or 16 ct (exp 10/7)
\$1/1 Starbucks VIA Instant Beverage, 4 ct or greater (exp 10/7)
\$5/1 Tena Product (exp 9/21)
\$1/2 Twizzlers Bites or Jolly Rancher Bites, 10 oz bags (exp 11/2)
.75/1 Tyson Any'tizers bone-in wings bag (exp 12/7)
\$1/2 Valley Fresh products (exp 11/3)
\$4/1 Zantac product, 24 ct+ (exp 11/30)

Smart Source 9/7

\$1 off Afrin nasal spray (exp 10/4)
\$3 off Afrin nasal spray (exp 9/14)
\$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)
\$1/4 Campbell's Chunky Soups, Chilis and Bowls (exp 10/31)
.40/4 Campbell's Condensed Chicken Noodle, Tomato or Cream of Mushroom soups (exp 10/31)
.40/2 Campbell's Condensed soups, excl Chicken Noodle, Tomato and Cream of Mushroom soups (exp 10/31)
\$2 off Claritin Children's Non-Drowsy Syrup 4 oz+, or Claritin Reditabs 10-count or larger (exp 10/5)

\$3 off Claritin Children's Non-Drowsy Syrup 4 oz+, or Claritin Reditabs 10-count or larger (exp 9/14)

\$4 off Claritin Non-Drowsy 30-count or larger or Non-Drowsy Children's Claritin Chewables 30-count+ (exp 10/5)

\$6 off Claritin Non-Drowsy 30-count or larger or Non-Drowsy Children's Claritin Chewables 30-count+ (exp 9/14)

\$4 off Claritin-D Non-Drowsy 15-count or larger (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)

\$3/1 Ensure Active, 4-pack (exp 11/2)

\$3/2 Ensure multipacks (exp 11/2)

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

\$1.50/1 Glucerna Bar multipack (exp 11/2)

\$3/2 Glucerna multipack shakes (exp 11/2)

\$1 off MiraLAX 10 count or 14 dose (exp 10/19)

\$3 off MiraLAX 30 dose or larger (exp 10/19)

\$1 off Mitchum, excl trial sizes and multipacks (exp 10/12)

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

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

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

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

\$1/1 OxiClean Extreme Power Crystals Dishwasher Detergent (exp 10/18)

\$3 off Oxytrol For Women (exp 10/18)

.50/1 Pepperidge Farm frozen bread or rolls (exp 11/2)

.50/1 Pepperidge Farm frozen bread or rolls (exp 11/30)

\$1/1 Poise Liners, excl trial size (exp 12/7)

.40/2 Prego Italian Sauces (exp 10/31)

\$1/1 Rachael Ray Nutrish Dog Treat (exp 12/7)

\$1.50/1 Rachael Ray Nutrish Dry Cat Food, 3 lb bag or larger (exp 12/7)

\$2/1 Rachael Ray Nutrish Dry Dog Food, 4 lb bag or larger (exp 12/7)

B2G1 Rachael Ray Nutrish Wet Cat Food 2.8 oz, max \$1.29 (exp 12/7)

\$2/1 Schick Xtreme3, ST2 or ST3, Slim Twin or Quattro for Men Disposable Razor, excl 2 ct, 10+2 ct, Hydro 5 Disposables and Women's Disposables (exp 10/5)

\$2/1 Schick Xtreme3, ST2 or ST3, Slim Twin or Quattro for Women Disposable Razor, excl 2 ct, 10+2 ct, Hydro Silk Disposables and Men's Disposables (exp 10/5)

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

40/2 SpaghettiOs Pasta products (exp 11/15)

\$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)

.55 off Sunbelt Bakery Product (exp 10/31)

.50/1 V8 V-Fusion 46 oz bottle (exp 11/16)