

Coupon Variation for the Post and Courier 7/31 below. You will get (3) inserts in your paper.

Be on the lookout for:

(1) Proctor & Gamble

(1) Red Plum (our paper did not have this insert)

(1) Smart Source

Proctor & Gamble 7/31

\$3 off Align product, excl trial size

\$2 off Always Discreet incontinence liner or pad, excl trial size

\$2 off Always Discreet underwear, excl trial size

.50/1 Always pads 12-ct.+, liners 30-ct.+, or feminine wipes, excl Discreet, and trial size (exp 8/13)

\$1.50/2 Always pads 12-ct.+, liners 30-ct.+, or feminine wipes, excl Discreet, and trial size (exp 8/13)

\$3/3 Always pads 12-ct.+, liners 30-ct.+, or feminine wipes, excl Discreet, and trial size (exp 8/13)

.25/1 Bounty napkins, excl trial size

.25/1 Bounty product, excl single rolls, napkins, and trial size

.25/1 Charmin product, excl trial size

\$2 off Clairol hair color, excl Age Defy, excl trial size (exp 8/13)

\$5/2 Clairol hair color, excl Age Defy, Balsam, Textures & Tones, excl trial size (exp 8/13)

\$1 off Covergirl product, excl accessories, and trial size

\$3/2 Covergirl products, excl accessories, and trial size

\$5 off Crest 3D White Glamorous White, 1 HR Express, Professional Effects, Flexfit, Gentle Routine or Monthly Touch Up whitestrips, excl trial size (exp 8/13)

.50/1 Crest kids toothpaste 4.2 oz +, or Pro-Health Jr mouthwash 458 mL +, excl trial size (exp 8/13)

\$1.25 off Crest mouthwash 237 mL/8 oz+, excl Pro-Health Jr, and trial size (exp 8/13)

\$2 off Crest toothpaste 3 oz +, excl Cavity, Regular, Baking Soda, Tartar Control, Kids, and trial size (exp 8/13)

\$1.25 off Crest twin toothpaste pack 3 oz +, excl Cavity, Regular, Baking Soda, Tartar Control, Kids, and trial size (exp 8/13)

.50/1 Downy Fresh Protect, Unstopables fabric care, or Bounce sheets or Bursts, or Dreft Blissfuls or Gain Fireworks; excl Downy Libre Enjuague, Liquid 12 load and dryer sheets 25-ct, or less, and trial size (exp 8/13)

\$1 off Febreze product, excl trial size

\$1 off Febreze Unstopables, excl in-wash scent booster, and trial size

\$2 off Gain detergent, excl fabric enhancer, Fireworks, Flings, and trial size (exp 8/13)

\$1 off Gillette deodorant 2.6 oz +, excl Clinical, and trial size (exp 8/13)

\$3 off Gillette razor or disposable 2-ct., excl Sensor2 2-ct., and trial size

\$3/2 Head & Shoulders full size products 380 mL/12.8 oz +, excl treatments, and trial size (exp 8/13)

\$2 off Luvs diapers, excl trial size (exp 8/13)

\$2 off Metamucil appetite control item, excl trial size

\$2 off Metamucil product, excl Meta Health Bar 1-ct., and trial size

.75/1 Mr. Clean liquid item, excl trial size

.50/1 Mr. Clean Magic Eraser, excl 1-ct., excl trial size

\$2 off Olay bar soap 4-ct.+, WYB body wash, excl trial size (exp 8/13)

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

\$2 off Olay Pro-X, Regenerist or Luminous facial moisturizer or eye item, excl trial size

\$1 off Olay Total Effects facial moisturizer, excl eyes, and trial size

\$1 off Old Spice deodorant, body wash or bar soap, excl trial size (exp 8/13)

\$1 off Old Spice shampoo or 2-in-1 styling item, excl trial size (exp 8/13)

\$2 off Oral-B adult battery toothbrush, excl trial size (exp 8/13)

\$1.25/2 Oral-B adult manual toothbrushes, excl Healthy-Clean, Pulsar, Stages, Pro-Health Jr., kids, and trial size (exp 8/13)

.50/1 Oral-B Pro-Health Stages, Pro-Health Jr or kids manual or power toothbrush, excl trial size (exp 8/13)

\$1.50 off Oral-B Pulsar toothbrush, excl trial size (exp 8/13)

\$3 off Oral-B replacement brush heads, 3-ct.+, excl trial size (exp 8/13)

\$3/2 Pampers bags, or (1) box diapers or pants, excl trial size (exp 8/13)

.50/1 Pampers wipes, 56-ct.+, excl trial size (exp 8/13)

\$1 off Pantene 3 Minute Miracle Deep Conditioner or Expert item, excl trial size (exp 8/13)

\$2/2 Pantene products, must include shampoo and conditioner or styler, excl 6.7 oz, and trial size (exp 8/13)

\$5/3 Pantene products, must include shampoo and conditioner or styler, excl 6.7 oz, and trial size (exp 8/13)

\$1.50 off Pantene styler or treatment item, excl trial size (exp 8/13)

.50/1 Pepto-Bismol product, excl trial size

\$5 off Prilosec OTC item, 28-ct.+, excl trial size (exp 8/13)

.25/1 Puffs product, excl single Puffs to Go, and trial size

\$2 off Secret or Gillette Clinical, 1.6 oz +, excl trial size (exp 8/13)

\$1 off Secret Outlast, Scent Expressions or Destinations deodorant or body spray, 2.6 oz +, and trial size (exp 8/13)

.50/1 Swiffer refill, solution or Dust & Shine item, excl Steamboost starter kits and refills, and trial size

\$1.50/2 Swiffer refill, solution or Dust & Shine items, excl Steamboost starter kits and refills, and trial size

\$2/2 Tampax Pearl or Radiant tampons, 16-ct.+, excl trial size (exp 8/13)

\$2 off Tide detergent, excl PODs, Simply Clean & Fresh, Simply Clean & Sensitive, 10 oz, and trial size

(exp 8/13)

\$2 off Tide PODs or Gain Flings, excl 5-ct., and trial size (exp 8/13)

\$3 off Venus razor or Venus/Daisy disposable 2-ct.+, excl Daisy2 2-ct., and trial size

\$1 off Vicks product, excl Sinex, Vapodrops, Zzzquil, and trial size

\$3/2 Vicks products, excl Vapodrops, Zzzquil, and trial size

\$1 off Vicks ZzzQuil item, excl trial size

Red Plum 7/31

\$1 off ACT product, excl trial size (exp 9/17)

\$10 off Allegra 24HR item, regular 70-ct.or gelcaps 60-ct. (exp 8/6)

\$4 off Allegra 24HR item, 24-ct.+ (exp 8/27)

\$3 off Allegra D or children's item (exp 9/17)

\$2 off Aspercreme or Icy Hot lidocaine item, excl 1.75 oz (exp 9/30)

\$4/2 Cetaphil facial cleanser or moisturizing lotion 8-16 oz, or cloth 25-ct. (exp 9/11)

\$2 off Cetaphil product, excl trial size, single vars and baby (exp 9/11)

\$1 off Cortizone 10 product, 1 oz + (exp 9/17)

\$1 off Duracell coppertop aa or aaa 8-pk., c4, d4 or 9v2+, or Quantum aa or aaa 6-pk., c3, d3, or 9v2+,
excl trial size (exp 8/27)

.50/1 Duracell rechargeable batteries, charger or hearing aid batteries, 6-pk.+, excl 1-ct. and trial size (exp 8/27)

\$2 off Garnier Olia oil-powered haircolor (exp 8/27)

\$5/2 Garnier Olia oil-powered haircolor (exp 8/27)

\$1 off Gold Bond cream or lotion, 2 oz + (exp 8/28)

\$1.50 off Gold Bond Neck & Chest, Dark Spot, Strength & Resilience 13 oz, Rough & Bumpy, Eczema Relief, Diabetics' Dry Skin Relief or lotion 13 oz +, excl hand creams (exp 8/28)

\$1 off Gold Bond product, excl 1 oz (exp 9/17)

\$2 off Icy Hot or Aspercreme, Capzasin, ARthritis Hot, Flexall, or Sportscreme product, excl 1-ct. patch and 1.75-3 oz (exp 9/17)

\$6 off Icy Hot SmartRelief pain therapy kit, excl refill kit (exp 9/30)

\$2 off L'Oreal Advanced Haircare treatment item (exp 8/13)

\$2 off L'Oreal Advanced Hairstyle item, excl 1.7-3 oz (exp 8/13)

\$2 off L'Oreal Advanced Haircare shampoo or conditioner, excl 1.7-3 oz (exp 8/13)

\$2 off L'Oreal cosmetic face item, excl Magic Perfecting base .17 oz (exp 8/27)

\$2 off L'Oreal Everstrong, Oleotherapy, Everpure, Evercurl, Eversleek or Evercreme shampoo, conditioner or treatment item (exp 8/27)

\$10 off Nasacort Allergy 24HR, 2x120 spray multipack (exp 8/7)

\$2 off Nasacort product (exp 9/17)

\$1 off Nature's Truth aromatherapy item (exp 9/3)

\$1 off Nexium 24HR package (exp 9/25)

\$4 off Nexium 24HR package, 28 or 42-ct. (exp 8/14)

\$1.50 off Polident denture cleanser tablets, 84-ct.+ (exp 8/31)

\$1 off Purina Alpo dry dog food bag, 4 lb.+ (exp 10/31)

B5G1 Purina Alpo Tbonz dog treats 4.5 oz, up to \$1 (exp 9/30)

\$1.25/8 Purina Alpo wet dog food cans, or (1) variety pack 12-ct. (exp 10/31)

\$2 off Purina DentaLife daily oral care dog treats, 17 oz + (exp 10/1)

B1G1 Purina DentaLife daily oral care dog treats 7.8 oz, up to \$4.29 (exp 9/30)

\$1/2 Purina DentaLife dental treats for cats (exp 10/1)

\$3 off Purina Dog or Puppy Chow, 15.5 lb. bag+ (exp 10/30)

\$1/10 Purina Fancy Feast broths complement (exp 10/31)

\$1 off Purina Fancy Feast gourmet dry cat food (exp 10/31)

\$1/10 Purina Fancy Feast Medleys cans (exp 10/31)

\$1/4 Purina Fancy Feast Purely wet cat food trays, 2 oz (exp 10/31)

\$3 off Purina Natural Dog or Puppy Chow, 3.8 lb. bag+ (exp 10/31)

\$2 off Purina Tidy Cats clumping cat litter (exp 10/31)

\$3/2 Roloids bottles, 60-ct.+ or 12 oz + (exp 9/17)

\$1 off Super Poligrip product, 2 oz + (exp 8/31)

\$1 off Unisom product (exp 9/17)

Smart Source 7/31

.50/1 Alberto VO5 oil, Salon Series shampoo, conditioner or styling item (exp 9/4)

.50/2 Alberto VO5 shampoos or conditioners 12.5-26 oz, or body washes 15 oz (exp 9/4)

.50/2 Alberto VO5 Solutions shampoos or conditioners, 11 oz (exp 9/4)

\$1.50/2 Apple & Eve juice boxes, 8-pk. (exp 10/31)

\$2 off Bausch+Lomb PeroxiClear, 12 oz + (exp 9/30)

\$4 off Bausch+Lomb PeroxiClear, twin pack (exp 9/30)

\$2 off Bausch+Lomb Soothe lubricant eye drops (exp 9/30)

\$1.50/2 Betty Crocker decorating items (exp 9/30)

\$2 off Bio-Oil product (exp 10/2)

\$2 off Biotrue contact lens solution, 10 oz + (exp 9/30)

\$4 off Biotrue contact lens solution, twin pack (exp 9/30)

\$1/5 Buddig Original items, 2 oz (exp 11/30)

.75/1 Buddig Original or Premium deli item, 8 oz + (exp 11/30)

\$1/2 Cascadian Farm granola bars, protein bars or soft-baked oatmeal squares (exp 9/24)

\$2.50 off Clorox toilet wand starter kit, excl refills (exp 8/31)

.50/1 Cottonelle flushable cleansing cloths, 42-ct.+ (exp 9/10)

.50/1 Cottonelle toilet paper, 6+ rolls (exp 9/10)

\$1/3 Dannon Oikos single serve cups or drinks, 4-pk. or 1-qt. (exp 9/30)

\$2 off Depend product, 8-ct.+ (exp 8/27)

\$2 off Depend Real Fit or Silhouette items, 8-ct.+ (exp 8/27)

\$2 off Depend Shields, Guards for men or Bed Protectors, 8-ct.+ (exp 8/27)

.50/2 Dole Fruit Bowls in 100% Juice, Dole Gel Fruit Bowls or Dole PARfaits (Exp 10/23)

.50/2 Dole No Sugar Added Fruit Bowls (Exp 10/23)

\$2 off Efferdent product, 78-ct.+ (exp 9/30)

75/1 Energizer batteries or flashlight (exp 8/27)

\$1.25 off Energizer EcoAdvanced, Ultimate Lithium, Advanced Lithium, Recharge Power Plus or Recharge Universal batteries, AA or AAA 4-pk.+ (exp 8/27)

\$1.50 off Energizer EZ Turn & Lock hearing aid batteries (exp 8/27)

\$2/2 Ensure multipacks (exp 9/25)

\$2 off Five Star binder, incl Flex and Sewn Zipper varieties (exp 9/30)

\$1/2 Five Star products, incl student planning (exp 9/30)

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

\$3 off Glade Automatic Spray starter kit (exp 9/10)

\$1/2 Glade PlugIns scented oil twin or triple refill, Wax Melt 6-ct. refills or automatic spray refills, excl warmer (exp 9/10)

\$1/2 Glade PlugIns scented oil warmers (exp 9/10)

\$2 off Glade Wax Melt warmer (exp 9/10)

\$1.50/2 Kemp's Frozen Yogurt or Kemps Frozen Yogurt Shop (Exp 9/10)

\$4 off Kerasal Fungal Nail Renewal (exp 9/18)

\$3 off Kerasal Intensive Foot Repair (exp 9/18)

.50/3 Kleenex boxes 5-ct.+ , or (1) bundle pack facial tissue, excl trial size (exp 9/10)

\$1/2 Kleenex facial tissue 4-pk.+ , Viva paper towels 8-pk.+ , Cottonelle bath tissue 9-pk.+ , Scott bath tissue 15-pk.+ , or Cottonelle Moist Wipes 42-ct.+ , excl trial size (Target coupon) (exp 8/27)

\$3/4 Kleenex facial tissue 4-pk.+ , Viva paper towels 8-pk.+ , Cottonelle bath tissue 9-pk.+ , Scott bath tissue 15-pk.+ , or Cottonelle Moist Wipes 42-ct.+ , excl trial size (Target coupon) (exp 8/27)

\$1/2 Lance sandwich cracker, 8 oz + (exp 9/10)

.50/1 Lysol disinfectant spray, 12.5 oz (exp 9/20)

.50/2 Lysol disinfectant wipes, 35-ct.+ (exp 9/20)

\$1 off Lysol No-Touch hand soap system or refill (exp 9/20)

.50/2 Lysol toilet bowl cleaners, 24 oz+ (exp 9/20)

\$1 off Meow Mix Bistro Recipes cat food, 3 lb.+ (exp 9/25)

.55/1 Meow Mix brushing bites treats (exp 9/25)

\$1/4 Meow Mix wet cups, or (1) variety pack (exp 9/25)

\$1 off Mr. Sketch crayons, 6-ct.+ (exp 9/24)

\$1 off Mr. Sketch product, 4-ct.+ (exp 9/24)

\$5 off MyCharge product (exp 9/30)

\$1.50 off Nutella hazelnut 13 oz jar, or mini cups 10-ct. (exp 9/25)

\$5 off O'Cedar EasyWring Spin Mop & Bucket System (Exp 9/30)

\$2 off O'Cedar Power Corner Broom (Exp 9/30)

\$1 off Odom's Tennessee Pride breakfast sandwich box or bag (Exp 9/11)

.75/1 PaperMate Inkjoy, 2-ct.+ (exp 9/24)

.55/1 PaperMate pen or pencil pack, 2-ct.+ (exp 9/24)

\$2 off Poise Impressa bladder supports sizing kit, or size 1-3 6-ct. (exp 8/27)

\$2 off Poise pads or liners, excl liners 14-26 ct., and pads 10-ct. (exp 8/27)

.50/1 Rave hairspray, 7 oz +, excl trial size (exp 9/4)

\$1/2 Revlon haircolor (exp 9/4)

\$2 off Revlon Luxurious Buttercream item (exp 9/4)

\$1 off Rubbermaid beverage item (exp 9/18)

\$1 off Rubbermaid food storage container, excl TakeAlongs (exp 9/18)

.75/1 Scott Naturals flushable cleansing cloths (exp 8/28)

.75/1 Scott bath tissue, 8+ rolls (exp 8/28)

.65/1 Scott towels, 6+ rolls (exp 8/28)

\$1 off Scott tube-free bath tissue, 9+ rolls (exp 8/28)

\$1 off Sharpie Clear View highlighter pack, 2-ct.+ (exp 10/8)

.75/2 Skippy products (exp 9/26)

.45/3 Snack Pack Pudding, Naturals, SUper snack pack pudding or juicy gels (Exp 9/11)

\$1/2 Snyder's of Hanover pretzels, 7 oz + (exp 9/10)

\$1.50 off Tyson chicken strips or Any'Tizers item (exp 9/4)

\$2.50/2 Tyson chicken strips or Any'Tizers items (exp 10/2)

.75/1 Viva regular or Vantage paper towels, 6-pk.+ (exp 9/11)

\$2 off Wet 'n Wild 1 Step Wondergel nail color (exp 8/13)

\$1 off Wet 'n Wild Max Mascara (exp 8/13)

\$1/2 Wet 'n Wild products (exp 8/13)

\$3 off Zantac Duo Fusion 20-ct.+, or regular Zantac 24-ct.+ (exp 8/31)

\$6 off Zantac Duo Fusion 34-ct.+, or regular Zantac 50-ct.+ (exp 8/7)

\$1 off Zest Fruitboost shower gel or body scrub (exp 9/10)

\$1 off Zest or Coast body wash, or bar soap 3-pk.+ (exp 9/10)