

Cookeville Citizen-Herald 9/18/16

Smart Source 9/18 *(last coupon for this insert expires 12/31/2016, OK to discard after that date)*

.75¢ off Atkins bar, treat or shake (exp 11/30)

\$1 off Atkins frozen meal (exp 11/30)

\$1/2 Belvita breakfast biscuits, 8.8 oz + box (exp 10/29)

\$1/3 Capri Sun product, 10-ct. (exp 10/29)

\$2 off Cetaphil item, excl trial size, single bars & Cetaphil Baby (exp 10/16)

\$1 off Cetaphil Baby item (exp 10/16)

\$1.50 off Classico Riserva (exp 10/30)

\$1/2 Classico white sauces (exp 10/30)

\$3 off Colgate adult or kid's battery powered toothbrush (exp 10/8)

.75¢ off Dole Fruit in Gel (exp 12/11)

\$5 off Dr. Scholl's Dreamwalk insole \$7.95+ (exp 10/15)

\$2 off Dr. Scholl's Dreamwalk item (exp 10/15)

\$2 off Dr. Scholl's insole \$7.95+ (exp 10/15)

\$1/2 Duncan Hines perfect size or decadent cake mixes (exp 11/30)

\$1 off Everpro Gray Away item (exp 10/9)

\$1 off Frigo cheese heads cheese & meal kits, 8-ct.+ (exp 10/31)

\$1 off General Electric GE lighting item, excl Reveal (exp 11/16)

\$2 off General Electric GE Reveal lighting item (exp 11/16)

.75/2 General Mills Cheerios cereals (exp 10/29)

\$1 off Go Organically fruit snacks, 8-ct. box (exp 11/12)

\$1 off Irish Spring body wash, excl 2.5 oz trial size (exp 10/8)

.50/1 Irish Spring multi-bar soap packs, 6-pk.+ (exp 10/8)

.50¢ off Marzetti Caramel Dip, 12oz+ (exp 11/13)

\$1 off Mazola Oil or Spray (exp 10/30)

.25/1 Palmolive dish liquid, 10 oz + (exp 10/8)

.50/1 Palmolive dish liquid, 22 oz + (exp 10/8)

\$4/2 Pantene products, excl 6.7 oz and trial size (exp 10/1)

\$1.50 off Pantene Styler or treatment item, excl trial size (exp 10/1)

\$3 off PeroxiClear product, 12 oz+ (exp 11/30)

\$1/3 Pillsbury refrigerated baked goods (exp 12/10)

\$1/2 Premier Protein 30g or fiber bars (exp 12/18)

\$3 off Premier Protein shake, 4-pk. (exp 12/18)

\$2/2 Purina Beneful dog snacks (Target coupon) (exp 10/8)

\$3 off Purina Beneful dry dog food 6.3 lb.+ (Target coupon) (exp 10/8)

\$2 off Purina wet dog or cat food variety pack, excl Beneful and Friskies (Target coupon) (exp 10/8)

\$3 off Purina Waggin' Train dog treats, 11oz+ (exp 12/18)

\$4 off Rhinocort Allergy Spray item (exp 10/16)

\$10 off Rhinocort item (exp 10/2)

\$15 Mail-in-Rebate Rhinocort Allergy Spray, 60-120 spray, purchase period 9/18-10/2, void in RI & CT (exp 11/4)

\$3 off Schick disposable razor pack, excl 2-ct. and 10+2-ct. (exp 10/9)

.75/1 Softsoap body wash, 15 oz + (exp 10/8)

.50/1 Softsoap liquid hand soap premium pump 8-10 oz, or refill 28 oz+ (exp 10/8)

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.50/1 Speed Stick Lady deodorant , 2.3 oz + (exp 10/8)

.50/1 Speed Stick Men's deodorant, 2.7 oz + (exp 10/8)

\$1 off Speed Stick men's or lady deodorant twin pack (exp 10/8)

\$1.50 off Starbucks K-cup pods, 6-ct.+ (exp 3/31/2017)

\$1 off St Joseph low dose aspirin, any size (exp 11/17)

\$2 off St Joseph low dose aspirin, 90ct+ (exp 11/17)

Free Target \$5 GiftCard with hair care purchase \$15+ of Axe, Clear,Dove, Dove Men+Care, Nexxus, Suave, Toni&Guy, Tresemme or Tigi (Target coupon), excl trial size (exp 9/24)

\$1.50 off Tazo chai latte k-cup pods, 6-ct.+ (exp 12/31)

\$1 off Theraflu severe Cold item (exp 10/15)

\$2 off Theraflu Severe Cold item (exp 9/24)

\$3 off Thera Tears, excl trial size (exp 11/30)

\$1 off Tillamook cheese slices, 7 oz + (exp 11/13)

\$1 off Tillamook ice cream 56 oz, extra creamy ice cream 15.5 oz, frozen custard or farmstyle gelato (exp 11/13)

\$1/2 Tombstone pizzas (exp 10/31)

\$1 off Tombstone Roadhouse pizza (exp 10/31)

\$1 off Triaminic product (exp 10/15)

\$5 off Viviscal Extra Strength or Man or Healthy Hair, 60ct+ (exp 12/31)

\$2 off Viviscal Gorgeous Growth Densifying Shampoo or Conditioner or Elixir or Volumizing Fibers (exp 12/31)

.75/1 Weber BBQ sauce, seasoning or rub, or (2) marinades (exp 11/6)

\$1/2 Werther's Original caramels (exp 11/30)

\$1/2 Wet N Wild items (exp 10/1)

\$10 off Zyrtec item, 70ct+ (exp 9/25)

\$4 off Zyrtec item, 24-30ct (exp 10/16)