

Coupon Variations for the Post and Courier for 03/05. You will get (3) inserts in your paper.

Be on the lookout for:

(1) Smart Source

(2) Red Plum

Red Plum 03/05

\$3 off Advil (1) product 40-ct.+ AND (1) Thermacare product 2-ct.+ (exp 4/5)

\$1 off Advil regular 40-ct.+ or PM 20-ct.+ (exp 4/5)

\$2/2 All or Snuggle product, excl trial size (exp 4/22)

\$4 off Allegra allergy 24hr, 24-ct+ (exp 4/4)

\$2 off AXE dry spray deodorant (exp 4/2)

\$1 off Best Foods mayonnaise squeeze, 20 oz (exp 4/2)

\$3 off Boost nutritional product, canister or multipack (exp 5/7)

\$2 off Breathe Right product (exp 5/4)

\$4 off Caltrate calcium & vitamin D3 supplement (exp 3/19)

\$4 off Centrum MultiGummies or Vitamins, 60-ct.+ (exp 3/20)

\$4 off Centrum or Centrum Silver multivitamin, 60-ct.+ excl MultiGummies and VitaMints (exp 3/20)

\$2/2 Clairol Aussie shampoo, conditioner or styling products, excl trial size (exp 3/18)

\$3/3 Clairol Aussie shampoo, conditioner or styling products, excl trial size (exp 3/18)

\$4/2 Clairol Herbal Essences shampoo, conditioner or styling products, excl Color, Body Wash and trial size (exp 3/18)

\$2 off Colace capsules, clear soft gels, or peri tablets (exp 4/15)

\$3 off Dark And Lovely Au Naturelle, excl Curl Defining Creme Glaze 5.3 oz, Coil Moisturizing Souffle 5.3 oz and Super Softening Butter 4 oz (exp 4/1)

\$2 off Dark And Lovely haircolor or relazer (exp 4/1)

\$2 off Degree Men dry spray deodorant (exp 4/2)

\$2 off Degree Women dry spray deodorant (exp 4/2)

\$2 off Dove dry spray deodorant (exp 4/2)

\$2 off Dove Men+Care dry spray deodorant (exp 4/2)

\$3 off Flonase Sensimist, 60 or 120 ct. (exp 4/3)

\$7 off Flonase Sensimist, 60 or 120 ct. (exp 3/12)

\$5/3 Gain Flings, liquid or powder detergents, or Fireworks, dryer sheets or liquid fabric enhancer, must purchase detergent AND fabric enhancer, excl dryer sheets 40-ct. or less, Fireworks 6.4 oz, and trial size (exp 3/18)

\$1 off Garnier cleanser, excl trial size (exp 4/1)

\$2 off Garnier Fructis shampoo, conditioner or treatment, excl 2.9-3 oz (exp 4/1)

\$2 off Garnier Fructis style product, excl 2 oz (exp 4/1)

\$3 off Garnier moisturizers, excl trial size and masks (exp 4/1)

\$2 off Garnier Nutrisse product (exp 4/1)

\$3 off Garnier Olia oil-powered haircolor (exp 4/1)

\$2 off Garnier Whole Blends shampoo or conditioner (exp 4/1)

\$2 off Garnier Whole Blends treatment (exp 4/1)

\$1 off Gold Bond cream or lotion, 2 oz+ (exp 4/1)

\$1.50 off Gold Bond lotion, 13 oz+ (exp 4/1)

\$1.50 off Gold Bond Psoriasis, Diabetics', Eczema, Rough & Bumpy, Neck & Chest, Dark Spot Minimizing or 13oz Strength and Resilience, excl hand creams 1 oz (exp 4/1)

\$1 off Hellmann's mayonnaise squeeze, 20 oz (exp 4/2)

\$5 off Hydroxycut product \$17.88+, excl lean protein shakes, lean protein bars and drops (exp 5/5)

.55/1 Invisible Glass product (exp 5/14)

\$1.50 off Kroger floral item, \$10+ purchase (Kroger coupon), with Rewards card (exp 3/31)

\$2 off L'Oreal Advanced hairstyle product, excl 3 oz (exp 3/18)

\$2 off L'Oreal cosmetic face item, excl magic perfecting base .17 oz (exp 4/1)

\$2 off L'Oreal eyeliner, shadow or brow product (exp 4/1)

\$2 off L'Oreal Hair Expert Ever shampoo, conditioner or treatment, excl antidandruff items (exp 4/1)

\$4/2 L'Oreal Hair Expert shampoo, conditioner or treatment products, excl 3 oz (exp 3/18)

\$3 off L'Oreal Revitalift or Age Perfect skincare product, excl trial size (exp 4/1)

\$2 off L'Oreal skincare item, excl trial size (exp 4/1)

\$2 off L'Oreal Superior Preference item (exp 4/1)

\$2.50 off L'Oreal Voluminous original mascara (exp 4/1)

\$1 off Let's Jam or Magic, Dark & Natural or Optimum item (exp 4/1)

\$2.50 off Lubriderm product, 13 oz+ (exp 4/30)

\$2 off Maybelline brow, shadow or liner product (exp 4/1)

\$1 off Maybelline lip product (exp 4/1)

\$3 off Maybelline mascara (exp 4/1)

\$2 off Maybelline Master Camo or Face Studio product (exp 4/1)

.50/1 Minute ready to serve product (exp 5/27)

\$4 off Nasacort allergy 24hr, 120 spray+ (exp 4/4)

\$1/2 Nestle Pure Life Purified Water, 12-ct.+ 8 oz bottles (exp 4/16)

\$1/2 Nestle Pure Life Purified Water, 15-ct.+ .5 L bottles (exp 4/16)

\$3 off Neutrogena light therapy acne mask, or (1) light therapy acne mask activator (exp 4/30)

\$3 off Purina Pro Plan Prime Plus dry formula (exp 4/30)

B3G1 Purina Pro Plan Prime Plus wet cat food, up to \$1.29 (exp 4/30)

\$1/2 Quaker Breakfast Flats, box (exp 4/16)

\$1 off Quaker Breakfast Squares, box (exp 4/16)

B3G1 Renuzit Adjustables (exp 3/19)

.50/1 Roloids 3pk roll or softchew multi-pack (exp 4/30)

\$1.50 off Roloids tablets or liquid, bottle (exp 4/30)

\$1 off Sally Hansen Miracle Gel product, \$7.45+ (exp 4/5)

\$1 off Sally Hansen Miracle Gel top coat or value pack, \$7.45+ (exp 4/5)

\$7/2 Schwarzkopf Color Ultime or Keratin color hair color product (exp 3/31)

\$2 off Schwarzkopf Gliss hair repair, Essence Ultime or Styliste Ultime hair care or styling product (exp 3/31)

\$4/2 Schwarzkopf Gliss hair repair, Essence Ultime or Styliste Ultime hair care or styling products (exp 3/31)

\$1.50/2 Seeds of Change certified organic food items (exp 4/30)

\$1 off Selsun Blue product, excl trial size (exp 6/4)

\$1 off Silk protein nutmilk (exp 5/5)

.75/1 Zatarain's frozen entree (exp 4/16)

Smart Source 03/05

50% off Air Wick (1) Pure aerosol, up to \$2.75 (exp 4/2)

\$2 off Air Wick Freshmatic ultra pure refill (exp 4/2)

\$1.50/1 Air Wick Freshmatic ultra refill (exp 4/2)

\$1 off Air Wick scented oil, twin or triple refill (exp 4/2)

.50/1 Ajax dish liquid, 28 oz+ (exp 3/18)

\$1 off Arm & Hammer cat litter (exp 5/14)

\$2 off Arm & Hammer Slide cat litter (exp 5/14)

.55/1 Arnold bread, 16 oz (exp 6/30)

\$2.50 off Aveeno baby eczema product, excl trial size (exp 4/30)

\$3/2 Aveeno baby items, excl trial size (exp 4/30)

\$2/2 Aveeno baby products, excl trial size (exp 4/30)

\$1 off Ban roll-on deodorant, excl 1.5 oz roll-on (exp 4/2)

\$1 off Ban solid deodorant (exp 4/2)

\$3 off BIC disposable razor pack, excl trial size (exp 3/26)

\$2 off Biore cleanser or scrub, excl trial size and Pore Strips (exp 4/16)

\$1 off Biore pore strip, excl trial size and cleansers (exp 4/16)

.50/1 Borden Cheese (exp 4/30)

\$2 off Brita On the Go bottle (exp 4/5)

\$4 off Brita pitcher, excl slim (exp 4/5)

\$4 off Brita pitcher filter or faucet mount filter multi-pack or longlast 1pk (exp 4/5)

\$2 off Bufferin product (exp 4/30)

\$1/2 Butterfinger or Crunch Easter Laydown Bags, 8-11 oz (exp 4/17)

\$3 off Clear Care regular, Plus or Rinse & Go Solution, 12 oz+ (exp 4/1)

\$1.50/2 Clorox or Pine-Sol products, excl pens and trial (exp 4/3)

\$2 off Colgate adult or kids manual toothbrush, excl plus, extra clean or classic clean (exp 3/11)

\$2 off Colgate mouthwash, 400 ml+ (exp 3/18)

\$2 off Colgate optic white radiant, optic white platinum, total advanced, enamel health or sensitive toothpaste, 3 oz+ (exp 3/18)

\$3 off Curel Hydra Therapy Wetskin moisturizer, 8 or 12 oz, excl trial size (exp 4/2)

\$3/2 Curel Moisturizers, 13 oz+, excl trial size (exp 4/2)

\$1 off Curel product, 6 oz+, excl trial size (exp 4/2)

.75/1 DenTek Easy Brush interdental (exp 4/30)

.50/1 DenTek floss picks, 75-ct+ (exp 4/30)

\$3 off DenTek mouth guard (exp 4/30)

\$2/2 DenTek products, \$2.49+ (exp 4/30)

\$1/2 Dinty Moore products, \$2.49+ (exp 5/1)

\$2 off Doan's extra strength pain relief caplets (exp 4/30)

\$5 off Doan's pain relieving cream with 4% lidocaine (exp 4/30)

\$5 off Dr. Scholl's Dreamwalk insole, \$7.95+ (exp 4/2)

\$3 off Dr. Scholl's massaging gel insole, \$7.95+ (exp 4/2)

\$3 off Dr. Scholl's pain relief orthotics, \$7.95+ (exp 4/2)

\$1 off Duracell Coppertop or Quantum, 6-pk+ (exp 4/1)

\$1 off Efferdent product, 24-ct+ (exp 3/31)

\$2 off Efferdent product, 48-ct+ (exp 3/12)

\$1 off Eight O'Clock coffee, 10 oz+ (exp 4/16)

.50/2 Fiber One Chewy Bars, 90 Calorie Bars or Brownies, Protein Chewy Bars, Streusel Bars, Cheesecake Bars, Cookies or Layered Chewy Bars (exp 4/29)

.50/2 General Mills Betty Crocker Fruit Shapes, Fruit by the Foot, Fruit Gushers or Fruit Roll-Ups, or Mott's, Sunkist or Fiber One Fruit Flavored Snacks (exp 4/29)

\$1/3 General Mills Big G cereals (exp 4/15)

\$3 off Glucerna multipack (exp 3/19)

.50/1 GoGo squeeZ YogurtZ or regular 4-pk (exp 4/30)

.75/1 Gwaltney bacon or sausage (exp 4/30)

\$5 off ICaps eye vitamins (exp 4/1)

\$1.50 off Jergens Moisturizer, 8 oz+, excl soap and Wet Skin Moisturizer (exp 4/1)

\$2 off Jergens Natural Glow item, excl trial size (exp 4/1)

\$2 off Jergens Natural Glow Wet Skin Moisturizer, 7.5 oz+ (exp 4/1)

\$2 off Jergens Wet Skin moisturizer, 10 oz+ (exp 4/1)

\$3/2 John Frieda Products (Exp 4/1)

.60/1 Jolly Time microwave popcorn (exp 4/30)

.50/1 Jolly Time Microwave popcorn (exp 4/30)

\$1 off Juicy Juice Splashers , carton (exp 4/17)

\$2 off Just for Men product (exp 5/4)

.75/1 Ken's Dressing, 24 oz+ (exp 3/31)

\$1/2 Ken's dressings, 16 oz+ (exp 3/31)

\$1/2 Ken's Dressings, 9 oz (exp 3/31)

.50/1 Ken's ranch or italian dressing, 16 oz+ (exp 3/31)

\$1 off Krispy Kreme Original Glazed Doughnuts, at your favorite grocery outlet only, 1 dozen (exp 4/6)

50/1 Krispy Kreme Variety Pack at your favorite grocery outlet only, 6-ct. (exp 4/6)

.35/1 Morton all-purpose sea salt (exp 4/28)

\$2 off Nature Made Adult Gummies (exp 4/5)

\$2/2 Nature Made products (exp 4/5)

.50/1 Nature Valley granola cups, roasted nut brittle bars, protein bars, crunchy nut and seed bars or simple nut bars (exp 4/29)

.40/1 New York Bakery garlic bread (exp 4/30)

\$3/2 Nivea women's or men's body wash, 16.9-25.4 oz (exp 3/18)

\$3 off Opti-Free multipurpose solution, 10 oz+ (exp 4/1)

.55/1 Oroweat bread, 16 oz (exp 6/30)

.55/1 Paper Mate product, 2-ct+ (exp 4/30)

\$3 off Rachael Ray Nutrish Dry Cat Food (exp 4/30)

B3G1 Rachael RAY Nutrish Wet Cat Food (Exp 4/30)

\$3 off Rachael Ray Nutrish dry dog food (exp 4/30)

\$4 off Rachael Ray Nutrish PEAK dry dog food (exp 4/30)

\$1/2 Ragu pasta sauces, 16 oz+ (exp 4/2)

\$10 off Rhinocort adult allergy spray, 120 spray (exp 3/19)

\$4 off Rhinocort adult or children allergy spray (exp 4/2)

\$10 off Rhinocort children's allergy spray, 120 spray (exp 3/19)

.55/1 Sharpie product, 2-ct+ (exp 4/30)

\$1 off Sheila G's Brownie Brittle bag, 4 oz+ (exp 4/30)

\$2/2 Sheila G's Brownie Brittle bag, 4 oz + (exp 4/30)

\$1/2 Sweetarts Easter Laydown Bags, 11-14 oz (exp 4/17)

\$3 off Systane eye drops, 5 mL+ (exp 4/1)

\$5/2 Tena products, excl 48-ct. (exp 3/26)

.55/1 Texas Pete Sabor Mexican-Style Hot Sauce, 5 oz (exp 4/29)

.75/2 Texas Pete sauces, 12 oz (exp 4/29)

\$1 off Theraflu product (exp 4/2)

\$3 off Theravent product (Exp 4/16)

.50/2 Totino's pizza rolls, blasted crust rolls, pizza sticks or stuffed nachos, 12.3 oz+ (exp 4/29)

\$1 off Triaminic product (exp 4/2)

.50/1 Velveeta dip cups (exp 4/5)

.50/1 Velveeta mini blocks, 20 oz (exp 4/5)

\$1 off Wet n Wild face product (exp 3/18)

\$1 off Wet n Wild mascara (exp 3/18)

.50/1 Wet n Wild product (exp 3/18)

\$3 off Zaditor eye drops, 5 mL+ (exp 4/1)

\$10 off Zyrtec product, 70-ct. (exp 3/12)

\$4 off Zyrtec product, 24-30 ct. (exp 4/2)

