

Coupon Variation for the Post and Courier for 04/30 below. You will get (4) inserts in your paper.

(2) Red Plum

(1) Smart Source

(1) P&G

Note: Coupons for the two Red Plum inserts have been combined into one list

Red Plum 04/30

\$1.50 off ACT dry mouth item, excl trial size (exp 6/17)

\$1 off ACT product, excl trial size (exp 6/17)

\$3 off Advil allergy sinus, allergy & congestion relief, cold & sinus or sinus congestion & pain (exp 5/14)

\$1 off Advil regular or migraine 40-ct+, pm 20-ct+ or any ACS, AAS, AACR or ASCP item (exp 6/26)

\$3 off Advil regular or PM easy open arthritis cap, 120-ct.+ (exp 5/14)

\$4 off Allegra allergy 24HR, 5-15 ct. (exp 5/13)

\$5 off Allegra allergy 24HR, 24-ct.+ (exp 5/13)

\$3 off Allegra children's allergy (exp 5/13)

\$5 off Allegra children's allergy, 8 oz or 24-ct. (exp 5/6)

\$3 off Allegra-D allergy & congestion item (exp 5/13)

.55/1 Ball Park frozen item (exp 6/11)

.55/1 Ball Park Hot Dogs (exp 6/11)

.55/1 Barilla Pronto Pasta (Exp 6/25)

\$2 off Betadine first aid spray, solution or skin cleanser (exp 6/30)

\$4 off Centrum MultiGummies Beauty or Omega, 90-ct.+ (exp 5/15)

\$4 off Centrum MultiGummies or VitaMints, 70-ct.+ (exp 5/15)

\$1 off Centrum or Caltrate product, 40-ct.+ (exp 6/26)

\$4 off Centrum or Centrum Silver multivitamin, 60-ct.+ , excl MultiGummies and VitaMints (exp 5/15)

\$3 off Cesar dry dog food, 5 lb.+ (Tractor Supply coupon) (exp 6/11)

\$1 off ChapStick Total Hydration or 100% natural lip butter (exp 6/26)

\$2 off Clairol hair color, excl Age Defy, Balsam, and trial size (exp 5/13)

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

\$5 off Clear Care Solution 12 oz + (exp 5/6)

\$1 off Cortizone 10 product, 1 oz+ (exp 6/17)

\$3 off Culturelle Digestive Health item (exp 7/31)

\$3 off Culturelle Pro-Well 3-in-1 Complete Formula (exp 7/31)

\$2 off Depend product, 8-ct.+ (exp 6/3)

\$2 off Depend Real Fit or Silhouette item, 8-ct.+ (exp 6/3)

\$2 off Depend Shields or Guards for Men, or bed protectors, 8-ct.+ (exp 6/3)

\$1 off Dial or Tone body wash or bar soap 6-pk.+, excl trial size (exp 5/21)

\$1/2 Dial or Tone foaming hand wash, liquid hand soap refills, bar soap 3-pk.+, or Advanced bar soap 2-pk. + (exp 5/21)

\$1 off Emergen-C product, 8-ct.+ (exp 6/26)

\$3 off Everpro Back2Blonde item (exp 7/31)

\$1 off Everpro Gray Away item (exp 7/31)

\$1.50 off Finishing Touch Lumina personal hair remover (exp 5/31)

\$4 off Finishing Touch Yes! professional full body hair remover (exp 5/31)

\$4 off Flonase product, 120-spray+ (exp 5/28)

\$10 off Flonase product, 120-spray+ (exp 5/7)

\$2 off Flonase regular and children's, 60-spray + (exp 5/28)

\$15 off Flonase twin pack, 120-spray (exp 5/7)

\$2 off Garnier cleanser, excl masks and trial size (exp 5/27)

\$3 off Garnier moisturizer, excl masks and trial size (exp 5/27)

\$5 off Genteal or Naphcon-A Drops 5 ml (exp 5/6)

\$1 off Gold Bond product, excl 1 oz powder and healing lotion (exp 6/3)

.55/2 Hillshire Farm Link Sausage items (exp 6/11)

.55/2 Hillshire Farm Rope Smoked Sausages (exp 6/11)

\$5 off Hydroxycut product, \$17.88+, excl lean protein shakes or bars, and drops (exp 6/30)

\$1 off Icy Hot or Aspercreme, Capzasin, Sportscreme, Arthritis Hot, or Flexall product, excl patches 1-ct., and 1.25-1.75 oz creams (exp 6/17)

\$1.50 off Kaopectate product (exp 6/17)

\$2 off L'Oreal Hair Expert shampoo, conditioner or treatment, excl antidandruff items (exp 5/27)

\$5/2 L'Oreal Hair Expert shampoo, conditioner or treatment items, excl antidandruff items (exp 5/27)

\$2 off L'Oreal Superior Preference haircolor (exp 5/27)

\$1 off Maybelline product (exp 6/27)

\$5 off Nasacort allergy 24HR, 120-spray+ (exp 5/13)

\$3 off Nasacort allergy 24HR or children's, 60-spray (exp 5/13)

\$2 off Nexium 24HR item, 14-ct.+ (exp 6/26)

\$3 off Nexxus product, excl sachets, 5.1 oz shampoos and conditioners, and trial size (exp 5/14)

\$1 off Nylabone Healthy Edibles (exp 7/31)

\$1 off Nylabone Nubz (exp 7/31)

\$2 off Nylabone Nutri Dent (exp 7/31)

\$1 off Nylabone Toys (exp 7/31)

\$5 off Opti-Free Solution 10 oz + or Renewing Drops 10 ml + (Exp 5/6)

.55/1 Pet Ice Cream 48 oz + (Exp 7/23)

.55/2 Pet Novelties (Exp 7/23)

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

\$2 off Poise Pads or liners, excl liners 14-26 ct. or pads 10-ct. (exp 6/3)

\$1 off Preparation H product (exp 6/26)

\$1 off Purity ice cream (exp 7/23)

\$1/2 Purity Novelties (exp 7/23)

\$1/2 Quaker Breakfast Flats (exp 6/11)

\$1 off Quaker Breakfast Squares (exp 6/11)

\$1.50 off Roloids bottle tablets or liquid (exp 6/17)

\$1 off Selsun Blue product (exp 10/30)

\$5 off Systane Eye Drops 5ml+ (Exp 5/6)

\$3 off Systane Eye Drops 5ml + (Exp 5/27)

\$1 off Thermacare Heat 2-ct., or cold wrap 1-ct. (exp 6/26)

\$1 off Unisom product (exp 6/17)

\$5 off Xyzal allergy 24HR, 35-ct.+ (exp 5/14)

\$3 Zaditor Eye Drops 5ml + (Exp 5/27)

\$5 off Zaditor Eye Drops 5ml + (Exp 5/6)

Smart Source 04/29

50% off Air Wick (1) Pure aerosol, up to \$2.75 (exp 5/28)

\$1.50 off Air Wick Freshmatic Ultra Pure refill (exp 5/28)

\$1.50 off Air Wick Freshmatic Ultra refill (exp 5/28)

\$2 off Air Wick Freshmatic Ultra starter kit (exp 5/28)

\$1.25 off Air Wick scented oil twin or triple refill (exp 5/28)

Free Air Wick scented oil warmer, up to \$1.50, WYB (1) scented oil twin refill, excl free item packs (exp 5/28)

.50/1 Ajax dish liquid, 28 oz+ (exp 5/13)

.50/1 Alberto VO5 family size shampoo or conditioner, 33 oz (exp 5/28)

.50/2 Alberto VO5 shampoos or conditioners, 11-12.5 oz (exp 5/28)

\$2 off Aleve product, 40-ct.+ , excl -D items (exp 5/28)

\$3 off Bausch+Lomb OcuVite item (exp 6/30)

\$3 off Blink lid wipes (exp 6/5)

\$3 off Blink Revitalens multi-purpose disinfecting solution 10 oz, or Complete multipurpose solution 12 oz+
(exp 6/5)

\$5 off Blink Revitalens multi-purpose disinfecting solution 20 oz, or Complete multipurpose solution 24 oz
(exp 6/5)

\$3 off Blink tears, tears preservative free, getears lubricating eye drops, -n-clean lens drops or contacts
lubricating eye drops (exp 6/5)

\$1 off Born Sweet Zing stevia sweetener (exp 7/9)

\$1/2 Bush's Cocina Latina, Variety or Organic Variety beans (exp 6/25)

\$2/2 Carnation Breakfast Essentials Nutritional items, excl 8 oz single serve bottles (exp 6/30)

\$3 off Cetaphil facial care item, excl makeup remover wipes (exp 6/25)

\$2 off Cetaphil product, excl single bars and trial size (exp 6/25)

\$10 off ClariSpray product, 120 spray (exp 5/7)

\$4 off Clarispray product (exp 5/28)

\$2 off Claritin children's non-drowsy item, 4 oz or 20-ct.+ (exp 5/28)

\$4 off Claritin children's non-drowsy item, 8 oz or 20-ct.+ (exp 5/7)

\$10 off Claritin Non-Drowsy item, 70-ct. (exp 5/7)

\$4 off Claritin regular or -D items, 15-ct.+ (exp 5/28)

\$6 off Claritin-D Non-Drowsy item, 15-ct.+ (exp 5/7)

\$1/2 Country Time or Tang drink mixes (exp 6/25)

\$1/2 Crystal Light liquid or powder drink mixes (exp 6/25)

\$1 off Duracell Coppertop or Quantum batteries, 6-pk.+ (exp 5/27)

\$3 off Ensure multipack (exp 6/25)

\$1 off Farmer John CA natural brand fresh pork (exp 6/30)

\$1 off Farmer John ground pork (exp 6/30)

\$3 off Glucerna product (exp 6/25)

\$1 off Go Organically fruit snacks, 8-ct. box (exp 6/24)

\$1 off Irish Spring body wash, excl 2.5 oz (exp 5/13)

\$1 off Irish Spring multi-bar soap packs, 6-bar+ (exp 5/13)

\$1 off Just for Men product (exp 6/30)

\$1/2 Kool-Aid liquid or powdered drink mixes, excl envelopes (exp 6/25)

.40/1 Land O'Frost Deli Snackers (exp 6/17)

.50/1 Land O'Frost Deli Snackers (exp 5/28)

.55/1 Land O'Frost Simply Delicious lunchmeat, 8 or 13 oz (exp 5/28)

\$1/2 MiO liquid water enhancers, 1.62 oz (exp 6/25)

.75/2 Nabisco Teddy Grahams graham snacks 10 oz+, or Soft Baked filled snacks 6-ct.+ (exp 6/10)

\$1 off Nestle Skinny Cow frozen treats, 4-6 ct. (exp 7/11)

\$2 off O-Cedar EasyWring Spin Mop refill (exp 6/30)

\$5 off O-Cedar EasyWring Spin Mop & Bucket System (Exp 6/30)

\$1 off Oscar Mayer Natural Sausage item (exp 6/10)

.55/1 Pace Salsa, Picante or Dip, 15 oz+ (exp 6/25)

\$3/2 Purina Beggin dog snacks, 23.5 oz+ (exp 5/30)

B1G1 Purina Beggin or Beneful dog snacks, up to \$3.99, 5.5 oz+ (exp 5/30)

\$2 off Purina Bella dry dog food (Target coupon) (exp 5/20)

B4G1 Purina Bella wet dog food singles 3.5 oz, up to \$0.90 (Target coupon) (exp 5/20)

\$2 off Purina Beneful dry dog food bag, excl Beneful Grain Free (exp 5/30)

\$2 off Purina Beneful dry dog food bag 15.5 lb.+ (Target coupon) (exp 5/20)

\$3 off Purina Beneful grain free dry dog food (exp 5/30)

\$1.50 off Purina Beneful wet dog food, (3) 10 oz tubs or (3) 3-ct. 3 oz sleeves (exp 5/30)

\$2 off Purina Dog or Cat Chow bag, 13 lb.+ (Target coupon) (exp 5/20)

B1G1 Purina Fancy Feast duos or Beyond grain free cat treats, up to \$2.29 (exp 5/30)

\$2 off Purina Fancy Feast Medleys gourmet cat food variety pack 12-ct. (Target coupon) (exp 5/20)

\$1 off Purina Friskies dry cat food, 3.15 lb. bag (exp 7/30)

\$1/3 Purina Friskies party mix, Dentalife or Whisker Lickins cat treats (exp 5/30)

\$2 off Purina ONE pet food bag 6-lb.+ (Target coupon) (exp 5/20)

\$2 off Purina ONE SmartBlend dry dog food (exp 7/31)

.75/4 Purina ONE SmartBlend wet dog food cans (exp 7/31)

\$2 off Purina Tidy Cats lightweight cat litter (exp 7/30)

\$1/2 Scotch-Brite scrubbing dish cloths or scrub sponge multi-packs (exp 6/5)

\$2 off St. Joseph aspirin, 90-ct+ (exp 5/29)

\$1 off St. Joseph low dose aspirin (exp 5/29)

\$1 off Tabasco family of flavors, 5 oz+ (exp 6/30)

\$2 off Tena product (exp 5/21)

\$1 off The Spice Hunter product (exp 5/28)

\$1 off Tillamook Farm Style cut shredded cheese, 8 oz+ (exp 6/25)

\$1 off Tropicana Essentials probiotics 100% Juice, 32 oz (exp 6/25)

\$1/2 Werther's Original Caramels bags (exp 6/30)

.75/1 Wet Ones product, excl 15-20 ct. travel packs (exp 6/30)

\$1/2 Wet Ones product, excl 15-20 ct. travel packs (exp 6/30)

P&G 04/30

\$3 off Align product, excl trial size (exp 5/27)

\$4 off Align product, 49 or 56-ct., excl trial size (exp 5/09)

\$2 off Always Discreet incontinence liner or pad, excl trial size (exp 5/27)

\$2 off Always Discreet underwear, excl trial size (exp 5/27)

.50/1 Always liners 30-ct.+, or wipes 20-ct.+, excl Discreet (exp 5/13)

.50/1 Always pads 11-ct.+, excl Discreet (exp 5/13)

\$3/2 Always pads 11-ct.+, excl Discreet (exp 5/13)

.50/1 Bounty Basic or Charmin Essentials item, excl single roll and trial size (exp 5/27)

.25/1 Bounty product, excl trial size (exp 5/27)

.25/1 Charmin product, excl trial size (exp 5/27)

\$5 off Crest 3D white glamorous white, 1hr express, professional effects, flexfit, gentle routine, monthly whitening boost or whitestrips with light, excl trial size (exp 5/13)

.25/1 Dawn product, excl trial size (exp 5/27)

B1G1 Febreze product, up to \$3.29, excl Unstopables and trial size (exp 5/13)

\$1 off Febreze Unstopables, excl in-wash scent booster and trial size (exp 5/27)

\$1/2 Gillette deodorant, 1.6 oz+, excl trial size (exp 5/13)

\$3 off Gillette razor or disposable 2-ct.+, excl Sensor2 2-ct. (exp 5/27)

\$4/2 Head & Shoulders 380 ml/12.8 oz+, or clinical solutions, excl trial size (exp 5/13)

\$2 off Luvs diapers, excl trial size (exp 5/13)

\$3 off Metamucil Free Fiber supplement (exp 5/27)

\$2 off Metamucil product, excl Meta Health Bar 1-ct. (exp 5/27)

.75/1 Mr. Clean liquid, excl trial size (exp 5/27)

.50/1 Mr. Clean Magic Eraser, excl trial size (exp 5/27)

\$1 off Olay facial moisturizer or facial cleanser, excl trial size (exp 5/13)

\$2 off Olay ProX, Regenerist or Luminous facial moisturizer or Eyes, excl trial size (exp 5/13)

\$3/2 Olay Total Effects facial moisturizers, excl Olay Eyes and trial size (exp 5/13)

\$1/2 Old Spice deodorants, body washes or bar soaps, excl trial size (exp 5/13)

\$1 off Old Spice shampoo, 2-in-1 or styling item, excl trial size (exp 5/13)

\$3 off Pampers easy ups training underwear or underjams absorbent night wear, (2) bags or (1) box, excl trial size (exp 5/13)

Free Pampers wipes, 72-ct. or less, up to \$3.99, WYB (1) Pampers diapers or Easy Ups training underwear, excl trial size (exp 5/13)

\$1 off Pantene Expert or Gold Series item, excl trial size (exp 5/13)

\$2/2 Pantene products, excl 6.7 oz and trial size (exp 5/13)

\$5/3 Pantene products, excl 6.7 oz and trial size (exp 5/13)

\$1.50 off Pantene styler or treatment, excl trial size (exp 5/13)

.50/1 Pepto-Bismol product (exp 5/27)

\$3 off Prilosec OTC item, 28-ct.+ (exp 5/27)

.25/1 Puffs product, excl single To-Go packs and trial size (exp 5/27)

\$1/2 Secret deodorants, excl 1.6-1.7 oz and trial size (exp 5/13)

.50/1 Swiffer refill, solution or dust & shine, excl trial size (exp 5/27)

\$3/2 Tampax Pearl or Radiant tampons, 16-ct.+ (exp 5/13)

\$3 off Venus razor or Venus/Daisy disposable 2-ct.+, excl Daisy2 2-ct. (exp 5/27)

Free Venus razor, up to \$13, WYB Venus cartridge 4-ct.+, excl trial size (exp 5/27)

\$1 off Vicks Sinex item, excl trial size (exp 5/27)

\$1 off Vicks ZzzQuil item, excl trial size (exp 5/27)

Note: The following P&G coupons may be listed in the insert or only available online from P&G site

\$1 off Downy fabric softener, Unstopables fabric care, Bounce sheets, Downy Fresh Protect, Downy Infusions, Bounce Burst, Dreft Blissfuls or Gain Fireworks, excl Libre Enjuague, liquid 12 load, dryer sheets 25-ct. or less, and trial size (exp 5/13)

\$2 off Gain detergent, excl Flings and trial size (exp 5/13)

\$1 off Olay bar 4-ct.+, or body wash, excl trial size (exp 5/13)

\$2 off Tide detergents, excl PODs, Simply, 10 oz, and trial size (exp 5/13)

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