

Coupon Variation for the Post and Courier for 08/06 below. You will get (3) inserts in your paper.

Be on the lookout for:

(3) Red Plum

(1) Smart Source

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

Red Plum 08/06

\$2 off Advil menstrual pain, 20-ct+ (exp 9/6)

\$1 off Advil PM product, 20-ct+ (exp 9/6)

\$4 off Allegra 24HR, 24-ct+ (exp 9/5)

\$1 off Aquafresh multi action or extreme clean toothpaste, 5.6 oz+ (exp 9/6)

.75/1 Aquafresh toothpaste, 4.6 oz+ (exp 9/6)

\$1 off AXE body wash product, excl twin packs and trial (exp 8/20)

\$1 off AXE deodorant stick, dry spray or Daily Fragrance, excl twin packs and trial (exp 9/3)

\$1 off AXE hair care, excl twin packs and trial (exp 9/3)

\$4 off Caltrate calcium & vitamin D3 supplement (exp 8/21)

\$1 off Caress body wash 12 oz+, or beauty bar 6-pk+ (exp 8/20)

\$4 off Centrum MultiGummies or VitaMints, 60-ct+ (exp 8/21)

\$4 off Centrum or Centrum Silver multivitamin, 60-ct+, excl MultiGummies and VitaMints (exp 8/21)

\$2/2 Clairol Aussie shampoo, conditioner or styling products, excl trial size (exp 8/19)

\$3/3 Clairol Aussie shampoo, conditioner or styling products, excl trial size (exp 8/19)

\$2/2 Clairol Herbal Essences shampoo, conditioner or styling products, excl bio:renew, color, body wash and trial size (exp 8/19)

\$3/3 Clairol Herbal Essences shampoo, conditioner or styling products, excl bio:renew, color, body wash and trial size (exp 8/19)

\$2 off Covergirl eye product, excl 1-kit eyeshadows, accessories and trial (exp 9/9)

\$1 off Covergirl product, excl accessories and trial (exp 9/9)

\$4/2 Covergirl products, excl Cheekers, 1-kit eyeshadows, accessories and trial (exp 9/9)

\$1/2 Dial foaming hand wash, liquid hand soap refill, bar soap 3-pk+ or advanced bar 2-pk+ (exp 8/27)

\$2/2 Dial for Men body wash, excl trial size (exp 8/27)

\$2/2 Dial or Tone body wash or bar soap 6pk+, excl trial size (exp 8/27)

\$1 off Dove Dermacare item, excl trial size (exp 8/20)

\$2/2 Dove hair care items, excl trial, Dermacare and Men+Care (exp 8/20)

\$2/2 Dove Men+Care hair care items, excl trial size (exp 8/20)

\$3 off Dove or Dove Men+Care, Degree or AXE products, buy (1) male and (1) female dry spray, excl trial size (exp 8/19)

\$3 off Ester-C product (exp 9/30)

\$3 off Flonase product, 60-ct+ (exp 9/3)

\$10 off Flonase product, 120-ct+ (exp 8/13)

\$15 off Flonase product, 2×120-ct twin pk (exp 8/13)

\$7 off Flonase Sensimist, 60-ct (exp 8/13)

\$1 off Garnier Nutrisse item (exp 9/2)

\$2 off got2b styling product, excl trial size (exp 9/9)

.50/2 I Can't Believe It's Not Butter products (exp 9/3)

.55/1 Jimmy Dean breakfast item, excl single serve sandwiches (exp 9/3)

.75/1 Jimmy Dean frozen breakfast item, excl single serve sandwiches (exp 9/3)

.50/1 Knorr Selects (exp 8/20)

\$1 off L'Oreal cosmetics product, excl trial size (exp 9/30)

\$1 off L'Oreal haircare product, excl trial size (exp 9/30)

\$2 off L'Oreal haircolor product (exp 9/30)

\$2 off L'Oreal skincare product, excl trial size (exp 9/30)

.55/1 Meow Mix cat treats (exp 10/1)

\$1 off Meow Mix dry cat food (exp 10/1)

.55/2 Meow Mix Simple Servings, (2) 2-pk, or (1) variety pack 12 or 24-ct (exp 10/1)

\$1 off MET-Rx (2) bars, (1) bar value pack or (1) protein shakes 4-pk (exp 9/30)

\$4 off Nasacort allergy 24hr, 120 spray+ (exp 9/5)

\$3 off Nature's Bounty Cardio-Health (exp 9/30)

\$2 off Nature's Bounty gummy product (exp 9/30)

\$2 off Nature's Bounty Optimal Solutions dark chocolate probiotic (exp 9/30)

\$1 off Nature's Bounty Optimal Solutions product (exp 9/30)

\$1 off Nature's Bounty vitamin or supplement (exp 9/30)

\$1/2 Nature's Origin Aromatherapy items (exp 9/30)

\$2 off Nexium 24HR product, 42-ct (exp 10/1)

\$7 off Nexium 24HR product, 42-ct (exp 8/13)

\$1.50 off Nudges dog treats , 10 oz+ bag (exp 9/30)

\$1/2 Orbit gum, 3-pk multipacks (exp 10/28)

.50/2 Orbit gum packs, 14-piece (exp 10/28)

\$5 off Osteo Bi-Flex Ease, 28-ct+ (exp 9/30)

\$5 off Osteo Bi-Flex product (exp 9/30)

\$1 off Pure Protein (2) bars or (1) shake or bar multipack (exp 9/30)

\$3 off Pure Protein powder, 1-lb+ (exp 9/30)

B2G1 Purex Crystals in-wash fragrance booster, up to \$3.99, 18 oz (exp 8/14)

\$2/2 Purex liquid 128 oz+ or powder 50 oz+ detergent (exp 9/3)

\$3 off Purina Beyond dry cat food (exp 9/6)

\$3 off Purina Beyond dry dog food (exp 9/6)

B4G1 Purina Beyond wet cat food cans, up to \$1.15 (exp 11/30)

B3G1 Purina Beyond wet dog food cans, up to \$2.49 (exp 11/30)

\$1/2 Quaker overnight oats cups (exp 9/17)

B4G2 Renuzit Adjustables air freshener cones, up to \$2.20 (exp 8/20)

\$1 off Renuzit Pearl Scents air freshener (exp 8/20)

\$1 off Right Guard Xtreme deodorant, excl Sport (exp 8/27)

\$1 off Right Guard Xtreme Precision dry spray, excl Sport (exp 8/27)

\$3 off Rohto dry-aid eye drops (exp 9/10)

\$1.50 off Rohto eye drops (exp 9/10)

\$2 off Schwarzkopf Gliss hair repair treatment (exp 9/9)

\$5/2 Schwarzkopf Gliss hair repair treatment (exp 9/9)

\$3 off Schwarzkopf Keratin color or Color Ultime (exp 9/9)

\$1 off Seventh Generation baby personal care item (exp 10/31)

\$2 off Seventh Generation diaper product (exp 10/31)

\$1 off Seventh Generation disinfectant spray (exp 10/31)

\$1 off Seventh Generation laundry product (exp 10/31)

\$1 off SheaMoisture bar soap (exp 9/30)

\$2 off SheaMoisture bath & body item, excl bar soap, single-use packet and trial size (exp 9/30)

\$2 off SheaMoisture hair care item, excl single-use packet and trial (exp 9/30)

\$3/2 Simple or St. Ives, POND's or Noxzema face care products, excl trial size (exp 8/20)

\$1 off Soft Scrub 4-in-1 product (exp 8/26)

\$1 off Soft Scrub product, 20 oz+ (exp 8/26)

.50/1 Stainmaster carpet pet stain remover or high traffic cleaner , 13 oz (exp 9/6)

\$1 off Stainmaster carpet stain remover, pet stain remover or high traffic cleaner, 22 oz+ (exp 9/6)

\$1 off Stainmaster Hardwood Floor Cleaner, 22 or 27 oz (exp 9/6)

\$1 off Stainmaster Multi-surface floor cleaner, 22 or 27 oz (exp 9/6)

.75/1 Suave body wash product (exp 8/20)

.40/1 Suave invisible solid stick 2.6 oz or clinical protection 1.7 oz, excl twin packs, aerosols and roll-on (exp 8/19)

.75/1 Suave Men hair care product, excl trial size (exp 8/20)

\$1/2 Suave Professionals gold hair care products, excl luxe styling and 2 oz (exp 8/20)

\$1/2 Suave Professionals shampoos or conditioners 28 oz, dry shampoo or treatment products, excl trial size (exp 8/20)

\$2 off Sundown Naturals adult gummies (exp 9/30)

\$1 off Sundown Naturals kids gummy vitamin item (exp 9/30)

\$1 off Sundown Naturals vitamin or supplement (exp 9/30)

\$1 off Superpretzel soft pretzel product (exp 9/21)

\$2 off Thermacare heatwraps 2-ct+ or cold wrap 1-ct (exp 8/19)

Free TRESemme Expert conditioner, up to \$5.99, WYB (1) Expert shampoo, excl trial size (exp 8/20)

\$4 off Xyzal 24hr, 35-ct+ (exp 9/5)

Smart Source 08/06

\$1 off Alka-Seltzer product, 12-ct+ (exp 9/2)

\$3 off Almay cosmetics product, excl value packs, deodorant, Intense I-Color Shadow Softies and eye makeup remover pads 15-ct (exp 8/20)

\$1 off Arm & Hammer in-wash scent booster (exp 9/6)

\$1 off Arm & Hammer liquid detergent (exp 9/6)

\$1 off Arm & Hammer sensitive skin detergent (exp 9/6)

\$1 off Arm & Hammer single-dose detergent (exp 9/6)

\$1 off Ball and McCormick starter mix (exp 9/30)

\$3 off Ball or Kerr glass jars, 12-pk case (exp 9/30)

\$3 off Ball sharing jars, 4-pk (exp 9/30)

\$1 off Ban roll-on deodorant, excl trial size (exp 9/3)

\$1 off Ban solid deodorant (exp 9/3)

\$1.50 off Bertoli rustic cut pasta sauce (exp 9/3)

.50/2 Betty Crocker or Mott's or Sunkist fruit flavored snacks (exp 9/30)

\$3 off BIC disposable razor pack, excl Silky Touch and Twin Select razors, and trial size (exp 9/2)

\$1/2 BIC stationery products (exp 9/2)

\$1 off BIC xtra-fun pencil product (exp 9/16)

\$2 off Biore cleanser, excl pore strips and trial size (exp 9/18)

\$1 off Biore pore strip, excl cleansers and trial size (exp 9/18)

\$1 off Blue Plate Mayonnaise, 12 oz+ (exp 9/30)

\$4 off Brita Longlast filters, or (1) pitcher or faucet mounted filters multi-pack 3-ct+ (exp 9/6)

\$2 off Brita On the Go bottle (exp 9/6)

\$4 off Brita pitcher (exp 9/6)

\$4 off ClariSpray product (exp 9/3)

\$4 off Claritin children's, 8 oz or 20-ct+ (exp 9/3)

\$10 off Claritin Non-Drowsy item, 70-ct+ (exp 8/13)

\$4 off Claritin Non-Drowsy item, 30-ct+ (exp 9/3)

\$4 off Claritin-D Non-Drowsy item, 15-ct+ (exp 9/3)

\$3 off Clear Care product, twin size (exp 9/2)

.50/1 Colgate toothpaste, 3 oz+, excl trial size (exp 8/19)

\$1.50 off Cooked Perfect Meatballs, frozen bag (exp 12/1)

\$1 off Coppertone product, excl trial size, stick and lip balm (exp 8/31)

\$1 off Dannon Oikos Triple Zero or Light & Fit yogurt drink, 4-pk. (exp 9/30)

\$1.50/2 Del Monte fruit cup, 2 or 4-pks (exp 10/14)

\$1 off Duracell Coppertop or Quantum, 6-pk+ (exp 9/2)

\$1.50 off Eight O'Clock Coffee, 10-12 oz (exp 9/17)

\$3 off Eight O'Clock Coffee, 32 oz+ (exp 9/17)

\$1.50 off Excedrin product, 100-ct+ (exp 9/24)

\$2 off Excedrin product, 20-ct+ (exp 8/20)

\$1 off Farmer John dinner sausage (exp 10/6)

\$1/2 Farmer John hot dogs (exp 10/6)

\$1/2 Farmer John lunch meat (exp 10/6)

.50/2 Fiber One Chewy Bars, 90 Calorie Bars or Brownies, Protein Chewy Bars, Streusel Bars, Cheesecake Bars, Cookies, Layered Chewy Bars or Protein Nut Bars (exp 9/30)

\$4 off Flintstones multivitamins (exp 8/20)

\$1/3 General Mills Cheerios, Cinnamon Toast crunch, Chex, Lucky Charms, Cocoa Puffs, Trix, Reese's Puffs, Fiber One, Cookie Crisp, Golden Grahams, Kix, Total, Wheaties, Dora the Explorer, Oatmeal Crisp, Raisin Nut Bran, Basic 4, Girl Scouts or Nature Valley boxed cereal (exp 9/16)

.50/1 GoGo squeeZ applesauce, 4-pk+ (exp 10/5)

.50/1 GoGo SqueeZ yogurtz, 4-pk+ (exp 10/5)

\$1 off Hershey's Cookie Layer Crunch, 6.3 oz bag (exp 10/1)

\$1/2 Hershey's snack size candy, 9-22 oz (exp 10/1)

\$1/2 Hershey's syrup, 17 oz+ (exp 10/1)

\$1/2 Kraft String Cheese or Twists, 12-ct+ (exp 9/6)

.55/1 Land O Frost Simply Delicious Lunchmeat 8 oz or 13 oz (Exp 9/30)

\$2 off MiraLAX product (exp 9/2)

.50/2 Nature Valley granola bars, biscuits or granola cups, 5-ct+ (exp 9/30)

\$2 off Nivea body in-shower lotion (exp 8/20)

\$2 off Nivea body lotion, creme or oil product 2.6 oz+, excl sun kissed (exp 8/20)

\$1.50 off Nivea Men creme product (exp 8/20)

\$2 off Nivea Men face and aftershave product (exp 8/20)

\$1 off Nivea Men shaving product (exp 8/20)

\$3/2 Nivea or Nivea Men body wash (exp 8/19)

\$2 off Nivea silk mousse (exp 8/19)

\$4 off One A Day kids product (exp 8/20)

\$4 off One A Day product, excl 60-ct (exp 8/20)

\$3 off Opti-Free Puremoist or Replenish, twin size (exp 9/2)

\$10 off Philips Sonicare 2 Series Plaque Control, 3 Series Gum Health or HealthyWhite+ rechargeable toothbrush (exp 9/17)

\$10 off Philips Sonicare AirFloss or Essence+ rechargeable toothbrush (exp 9/17)

\$20/2 Philips Sonicare brush head packs, excl powerup and eseries (exp 9/17)

\$5 off Philips Sonicare for kids rechargeable toothbrush (exp 9/17)

\$2 off Phillips colon health or fiber good gummies product (exp 9/2)

\$1 off Purina Friskies dry cat food, 3.15 lb+ (exp 11/6)

\$5 off REMfresh product, 12 or 36-ct (exp 8/6)

\$2 off Revlon colorsilk buttercream (exp 8/20)

\$1/2 Revlon hair color (exp 8/20)

.50/3 Scotties facial tissue, (3) boxes or (1) multipack (exp 9/25)

\$1/2 Spam products, 12 oz (exp 10/2)

\$3 off Systane eye drops 5 mL+, or Genteal Tears (exp 9/2)

\$5 off Systane ICAPS eye vitamins (exp 9/2)

\$5 off TruBiotics product (exp 8/20)

\$1 off White Castle microwavable sliders 16-ct+ (exp 10/9)

.55/1 White Castle microwavable sliders 4-6 ct (exp 10/9)

.25/1 Yoplait Custard Yogurt (Exp 9/30)

.25/1 Yoplait Mix-ins (Exp 9/30)

.50/5 Yoplait Yogurt (Exp 9/30)

\$6 off Zegerid OTC product 42-ct (exp 9/2)

