

Coupon Variation for the Post and Courier for 7/29 below. You will get (4) inserts in your paper this weekend!

Be on the lookout for:

(1) Proctor & Gamble and

(1) RetailMeNot and

(2) SmartSource inserts (combined into one preview list)

Proctor & Gamble 07/29

\$3 off Align probiotic supplement, excl trial size (exp 8/25)

\$2 off Always Discreet Incontinence liner or pad, excl trial size (exp 8/25)

\$2 off Always Discreet Underwear or Boutique Underwear, excl trial size (exp 8/25)

\$1 off Always Radiant, Infinity, Pure & Clean, Ultra or Maxi Pads, 11-ct+, excl liners and Discreet (exp 8/25)

\$1 off Bounty Essentials or Basic paper towels, 4-ct+, (exp 8/11)

.25/1 Bounty paper towel product, excl Essentials or Basic, and 2-double roll, and trial size (exp 8/11)

.25/1 Charmin toilet paper item, excl single roll (exp 8/11)

\$5 off Crest 3D White Whitestrips: Glamorous White, 1HR Express, Professional Effects, FlexFit, Gentle Routine, Monthly Whitening Boost, Vivid or Whitestrips with Light , excl Noticeably White and trial size (exp 8/11)

\$1 off Crest mouthwash 473 ml/16 oz+, excl trial size (exp 8/11)

\$1 off Downy Liquid Fabric Conditioner 40 load or less, or Bounce or Downy Sheets 60-ct or less, or In Wash Scent Boosters 4.9 oz or less (exp 8/25)

\$2 off Downy Liquid Fabric Conditioner 48 load+, or Bounce or Downy Sheets 70-ct+, or In Wash Scent Boosters 6.5 oz+ (incl Downy Unstopables, Fresh Protect, Infusions, or Bounce Bursts or Dreft Blissfuls), excl Downy Libre Enjuague, Gain Fireworks, and trial size (exp 8/25)

B1G1 Febreze ONE product, up to \$5, excl trial size (exp 8/25)

B1G1 Febreze Unstopables up to \$4, excl in wash scent boosters and trial size (exp 8/25)

\$3/3 Gain detergents (liquid, Flings or powder), or fabric enhancers (Fireworks, Dryer Sheets or Liquid Fabric Enhancer), or Botanicals; excl Flings 9-ct or less, dryer sheets 40-ct or less, and trial size (exp 8/25)

\$1 off Gillette 3 or Gillette5 razor, (exp 8/25)

\$1 off Gillette deodorant 1.6 oz+ (exp 8/11)

\$3 off Gillette disposable 2-ct+, excl Sensor2 2-ct (exp 8/25)

\$2 off Gillette razor, excl Gillette3, Gillette5 and disposables (exp 8/25)

\$3 off Head & Shoulders Clinical Solutions, 125 mL/4.2 oz+, excl trial size (exp 8/25)

\$4/2 Head & Shoulders products 380 mL/12.8 oz+, or Clinical Solutions, excl trial size (exp 8/11)

\$4/2 Herbal Essences bio:renew shampoo, conditioner or styling products, excl 100 ml shampoo and conditioner, Color, Body Wash, and trial size (exp 8/11)

\$2 off Luvs diapers, (2) bags or (1) box, excl trial size (exp 8/11)

\$1/2 Mr. Clean gloves, scrub brushes, bath & bowl brushes, or sponges; excl liquids (exp 8/31)

.25/1 Mr. Clean product, excl trial size (exp 8/25)

\$2 off Olay Bar Soap 4-ct+, WYB (1) Olay body wash, excl trial size (exp 8/11)

\$2 off Olay Whip foaming body wash, excl trial size (exp 8/11)

\$1 off Old Spice 2-in-1 or Styling item, excl trial size (exp 8/11)

\$1 off Old Spice deodorant, body wash or bar soap, excl Foam body wash, twin packs, and trial size (exp 8/11)

\$1 off Old Spice foam body wash, excl trial size (exp 8/11)

\$2 off Old Spice or Secret or Gillette Invisible Spray deodorant, excl trial size (exp 8/11)

\$2 off Oral B Adult Battery Toothbrush, excl trial size (exp 8/11)

\$1 off Oral B Adult Manual Toothbrush, excl Kids, Healthy Clean, Cavity Defense and trial size (exp 8/11)

\$3 off Oral B Replacement Brush Heads, 3-ct+, excl trial size (exp 8/11)

\$3 off Pampers diapers or Easy Ups training underwear, (2) bags or (1) box , excl trial size (exp 8/11)

\$4 off Pampers Easy Ups or UnderJams, (2) bags or (1) box , excl trial size (exp 8/11)

\$1/2 Pampers or Luvs Wipes 56 ct+, (exp 8/11)

Free Pantene 3 Minute Miracle or foam conditioner, up to \$5.99, WYB (1) Pantene shampoo 20.1 oz+, (exp 8/11)

\$1 off Pantene Gold Series or Expert item, excl trial size (exp 8/11)

\$1 off Pantene product, excl trial size (exp 8/11)

\$5/3 Pantene products, excl trial size (exp 8/11)

\$1 off Pepto Bismol liquid 8 oz+, or chewables/caplets 40-ct+ (exp 8/25)

\$3 off Prilosec OTC product, 28-ct+ (exp 8/25)

.25/1 Puffs Facial Tissues, excl Puffs to Go singles (exp 8/11)

\$1 off Secret Fresh or Active, 2.6 oz+, excl trial size (exp 8/11)

\$2 off Swiffer refill or WetJet solution, excl Heavy Duty Dry & Wet 10 or 20 or 32-ct, and trial size (exp 8/25)

\$2 off Swiffer starter kit, excl 1-ct, 2-ct heavy duty duster, duster super extended handle, Steamboost and Sweep & Vac, (exp 8/25)

\$1 off Tampax Pearl or Radiant or Pure & Clean Tampons, 16-ct+ (exp 8/25)

\$2 off Tide liquid detergent 75 oz or less, excl PODS, Rescue, Simply and Simply PODS (exp 8/25)

\$3 off Tide liquid detergent 92 oz+, or PODS 10-ct+, excl Rescue, Simply and Simply PODS and trial size (exp 8/25)

\$1.50 off Tide Rescue, 18-ct+, excl laundry detergent, PODS and trial size (exp 8/25)

\$3 off Venus or Daisy disposable 2-ct+ , excl Daisy 2-ct, Bikini Precision, and Face Perfection (exp 8/25)

\$3 off Venus razor, excl disposables, (exp 8/25)

\$1 off Vicks product, excl VapoRub, VapoCool Drops, ZzzQuil, Pure Zzzs, inhaler, and trial size (exp 8/11)

\$1 off Vicks VapoRub, excl Cool Drops, and trial size (exp 8/11)

\$1 off Vicks ZzzQuil/Pure Zzzs product, (exp 8/11)

RetailMeNot 07/29

\$1 off Advil PM, 20-ct+ (exp 8/26)

\$1 off Advil product, 20-ct+ (exp 8/29)

\$1 off Band-Aid hydro seal bandage (exp 9/23)

.50/1 Band-Aid sheer, clear, plastic, or decorated bandages (exp 9/23)

\$1 off Band-Aid skin-flex, tough-strips, flexible fabric, antibiotic, or water block bandages (exp 9/23)

.35/1 Bunny bread, buns, rolls or English Muffins (exp 10/31)

\$6 off Flonase or Flonase Sensimist, 120-ct+ (exp 8/26)

\$4 off Flonase or Flonase Sensimist, 60-ct+ (exp 8/26)

\$5/2 Garnier Olia hair colors (exp 8/25)

\$2 off Garnier Olia haircolor (exp 8/25)

\$1/2 Keebler Club Crackers, 18 oz+ (exp 9/23)

\$2/4 Kellogg's cereals, 8.7 oz+ (exp 9/23)

\$1/2 Kellogg's Fruit Flavored Snacks, 10-ct+ (exp 9/23)

\$1/2 Kellogg's Nutri-Grain Soft Baked Breakfast Bars, 8-ct+ (exp 9/23)

\$2/4 Kellogg's Pop-Tarts toaster pastries, 6-ct+ (exp 9/23)

\$1 off Nature's Truth Aromatherapy or Beauty Product (exp 9/29)

\$1 off Neosporin first aid product (exp 9/23)

.75/1 Perdue Fresh Cuts pre-cut chicken breast items, diced, strips and thin-slices (exp 9/9)

\$1/2 Perdue or Perdue Harvestland or Harvestland Organic Fresh Chicken products (exp 9/9)

.75/1 Polident denture cleanser tablets, 28-ct+ (exp 8/29)

\$2 off Purina Bella dry dog food bag (exp 9/23)

\$3 off Purina Bella wet dog food 3.5 oz (12) single trays or (1) 12-ct variety pack (exp 9/23)

.50/1 Suave Antiperspirant or Clinical Protection deodorant, excl trial size (exp 8/25)

.75/1 Suave body wash, excl trial size (exp 8/25)

\$2/2 Suave Kids hair care products, excl trial size (exp 8/25)

.75/1 Suave lotion, excl trial size (exp 8/25)

\$2/2 Suave Men hair care products, excl trial size (exp 8/25)

\$1 off Suave Professionals hair care product, excl 2 oz trial size and twin packs (exp 8/26)

\$3/2 Suave Professionals hair care products, excl 2 oz trial size and twin packs (exp 8/26)

\$1 off Suave styling product, excl 2 oz trial size and twin packs (exp 8/26)

\$3/2 Suave styling products, excl 2 oz trial size and twin packs (exp 8/26)

Free Super Poligrip product 0.75 oz, up to \$2.50, WYB (1) Polident tablets, any size, excl DentuCreme (exp 8/29)

Free Target \$10 GiftCard with Purina cat food or treats purchase, \$40+ (exp 8/18)

Free Target \$10 GiftCard with Purina dog food or treats purchase, \$40+ (exp 8/18)

Free Target \$10 GiftCard with Purina Tidy Cats litter purchase, \$40+ (exp 8/18)

SmartSource 07/29

\$1 off ACT product, excl trial size (exp 8/26)

\$4 off Aleve regular or PM 80-ct+, or Back & Muscle Pain 100-ct, excl D (exp 8/5)

\$1 off Alka-Seltzer product (exp 8/26)

\$4 off Allegra Allergy 24HR 24-ct+, or Allegra-D product (exp 8/25)

\$4 off Allegra children's product (exp 8/25)

\$8 off Allegra gelcap 60-ct, or tablets 70-ct (exp 8/4)

\$1 off Aspercreme product, excl 1-ct patches and 1.25-1.75 oz creams (exp 8/25)

\$2 off Bausch+Lomb Biotrue multi-purpose solution, 10 oz (exp 8/26)

\$5 off Bausch+Lomb Biotrue multi-purpose solution, 10 oz twin pack (exp 8/26)

\$2 off Bausch+Lomb Renu multiplus lubricating and rewetting drops (exp 9/29)

\$5 off Bausch+Lomb Renu product, 12 oz+ (exp 9/29)

\$2 off Bausch+Lomb Soothe lubricant eye drops (exp 9/29)

\$5/2 Bausch+Lomb Soothe lubricant eye drops (exp 9/29)

\$2 off Bayer aspirin, 200-ct+ (exp 8/31)

\$1 off Bayer aspirin, 50-ct+ (exp 8/31)

\$3 off Blink Contacts Lubricating Eye Drops or Blink-N-Clean Lens Drops (exp 9/3)

\$5/2 Blink RevitaLens Disinfecting Solution, 10 or 12 oz (exp 9/3)

\$3 off Blink RevitaLens Multi-Purpose Disinfecting Solution, 10 oz (exp 9/3)

\$3 off Blink Tears, Geltears, or Tears Preservative Free lubricating eye drops (exp 9/3)

\$2/2 Broo thickening, moisturizing, or invigorating shampoos or conditioners (exp 12/31)

\$1 off Brut classic fragrance 3.5-7 oz, or deodorant 2-10 oz, excl Revolution deodorant, razors, or soap, and trial size (exp 8/26)

.75/4 Buddig packs, 2 oz (exp 9/9)

.75/1 Buddig product, 8 oz+ (exp 9/9)

\$1 off Cacique cheese or cream, 10 oz+ (exp 9/12)

\$2 off Capzasin product (exp 8/25)

\$4 off CeraVe baby product (exp 8/29)

\$3 off CeraVe cleanser or body wash, excl trial and bar soap (exp 8/29)

\$2 off Cetaphil bar 3-pk (exp 9/30)

\$3 off Cetaphil eye gel-cream (exp 9/30)

\$1.50 off Cetaphil product, excl trial sizes and single bars (exp 9/30)

\$3/2 Cetaphil products, excl trial size and single bars (exp 9/30)

\$4 off Citracal product, 70-ct+ (exp 8/18)

\$3 off Clairol Age Defy, Vidal Sassoon, or Natural Instincts Crema Keratina hair color, excl VS shampoo, conditioner and styler (exp 8/11)

\$2 off Clairol hair color, excl Color Crave, Temporary Root Touch-Up, Age Defy, Balsam, and Textures & Tones (exp 8/11)

\$6/2 Clairol hair color, excl Color Crave, Temporary Root Touch-Up, Age Defy, Balsam, and Textures & Tones (exp 8/11)

\$4 off Claritin non-drowsy children's 4 oz or 20-ct+, or Reditabs for Juniors 30-ct (exp 8/26)

\$4 off Claritin non-drowsy product, 30-ct+ (exp 8/26)

\$10 off Claritin non-drowsy product, 70-ct+ (exp 8/5)

\$4 off Claritin-D non-drowsy product, 15-ct+ (exp 8/26)

\$1/2 Clorox or Pine-Sol items listed, excl trial sizes and pens. Incl Clorox Clean-Up, Bleach 55 oz+, Disinfecting Wipes 31-ct+, Tilex, Disinfecting Bathroom Cleaner Spray, Bleach Foamer Spray, Bleach Gel Cleaner Spray, Automatic Toilet Bowl Cleaner, Manual Toilet Bowl Cleaner, ToiletWand, Scentiva, or Free & Clear items, or Pine-Sol 40 oz+ (exp 8/29)

\$2.50 off Clorox toiletwand starter kit, excl refills (exp 9/15)

\$1.50 off Clorox 2 product, excl pen (exp 8/29)

\$1 off Cortizone 10 product, 1 oz+ (exp 8/25)

.50/1 Cottonelle flushable cleansing cloths 42-ct, or Scott flushable cleansing cloths (exp 9/8)

.50/1 Cottonelle toilet paper, 6-roll+ (exp 9/8)

\$2 off Covergirl Exhibitionist lip product, excl accessories and trial (exp 8/25)

\$2 off Covergirl eye product, excl 1-kit shadows, accessories, and trial (exp 8/25)

\$1 off Covergirl product, excl Cheekers, 1-kit shadows, trial, and accessories (exp 8/25)

\$2 off Covergirl Trublend product, excl accessories and trial (exp 8/25)

\$2 off Depend product, 8-ct+ (exp 8/25)

\$2 off Depend Real Fit or Silhouette product, 8-ct+ (exp 8/25)

.50/2 Dole Fruit Bowls (exp 10/31)

.50/2 Dole No Sugar Added Fruit Bowls (exp 10/31)

\$3 off Dr. Scholl's Comfort & Energy, Pain Relief Orthotic, Athletic Series, Stylish Step, or Freeze Away wart remover product, \$7.95+ (exp 8/12)

\$2 off Dulcolax product 25-ct+, or suppositories 4-ct+ (exp 8/26)

\$2 off Efferdent product, 78-ct+ (exp 8/31)

\$1 off Efferdent product, 78-ct+ (exp 8/31)

\$2/2 Ensure multipacks (exp 9/23)

\$2 off Finish JetDry automatic dishwasher detergent (exp 8/29)

\$3 off Finish Quantum automatic dishwasher detergent (exp 8/29)

\$1.50 off Five Star binder, incl Flex and Sewn Zipper Binder items (exp 9/30)

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

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

\$4 off Flintstones chewable tablets (exp 8/11)

B1G1 Fruit to Go or FruitSource bar, up to \$1.79 (exp 11/30)

.75/2 General Mills Cheerios boxed cereal, any flavor (exp 9/8)

.75/2 General Mills Lucky Charms, Lucky Charms Frosted Flakes, Reese's Puffs, Cinnamon or French or Apple Cinnamon Toast Crunch, Cocoa Puffs, Trix, Cookie Crisp, Golden Grahams, Kix, or Peanut Butter Blasted Shreds cereal (exp 9/8)

\$2/2 Glucerna products, not valid if reimbursed by govt or private insurance (exp 9/23)

\$1 off Gold Bond product, excl 1 oz (exp 8/25)

.50/1 Hidden Valley ranch bottled or simply ranch dressing (exp 9/9)

.50/1 Hidden Valley ranch dip cups (exp 9/9)

\$1 off Hidden Valley ranch seasoning shaker (exp 9/9)

.50/1 Hidden Valley ranch simply dinners breading prep kit or seasoning packet (exp 9/9)

\$1 off Icy Hot product, excl 1-ct patches and 1.25-1.75 oz creams (exp 8/25)

\$5 off Icy Hot Smart Relief starter product (exp 8/25)

\$1.50 off Kaopectate product (exp 8/26)

.50/3 Kleenex boxes 50-ct+ or (1) bundle pack, excl trial size (exp 9/8)

.50/1 Kleenex Wet Wipes, 20-ct+ (exp 9/8)

\$½ Lance Sandwich Cracker or Peanut Multipack 8 oz (exp 9/30)

\$1 off Liquid-Plumr product (exp 10/29)

\$2 off MiraLAX product, 20 dose+ (exp 8/26)

\$1/2 Mott's juice or applesauce (exp 9/23)

.75/1 Motts Sensibles Juice, 64 oz or 6-pk 8 oz bottles, or 8-pk 6 oz pouches (exp 9/23)

\$4 off Nasacort Allergy 24HR, 120 spray (exp 8/18)

\$8 off Nasacort Allergy 24HR, 240 sprays (exp 8/18)

\$2 off Nature Made Adult Gummies (exp 8/29)

\$2/2 Nature Made products (exp 8/29)

\$4 off One A Day 50+ multivitamin tablets (exp 8/11)

\$4 off One A Day multivitamin tablets, excl 60-ct (exp 8/11)

\$1 off OXY acne treatment (exp 9/1)

\$3/2 Oxy acne treatments (exp 9/1)

\$8 off Phillips' Colon Health gummies or capsules (exp 8/12)

\$1 off Phillips' product (exp 8/26)

\$1 off Pilot Frixion pens, 2-pk+ (exp 10/15)

.75/1 Pilot G2 pens, 4-pk+ (exp 10/15)

.75/1 Pilot Precise pens, 2-pk+ (exp 10/15)

\$2 off Poise pads, liners, or Impressa bladder supports, excl 14-26 ct liners (exp 8/25)

.50/1 Protein One 90 calorie bars (exp 9/22)

\$1.50 off Roloids bottle, 60-ct+ (exp 8/26)

\$1 off Rubbermaid beverage product (exp 9/9)

\$1 off Rubbermaid lunchbox product, NOT VALID at Dollar General, Dollar Tree and Family Dollar (exp 9/9)

\$1/2 Rubbermaid takealongs on-the-go, NOT VALID at Dollar General, Dollar Tree and Family Dollar (exp 9/9)

.50/1 Scott bath tissue, 6-roll+ (exp 9/8)

.50/1 Scott towels, 6-roll+ (exp 9/8)

\$1 off Seattle's Best Coffee ground or whole bean, 12 or 20 oz (exp 9/29)

\$1 off Seattle's Best Coffee k-cup pack, 10 or 18-ct (exp 9/29)

\$1 off Simply Summer's Eve product (exp 9/15)

\$1 off Sistema product, NOT VALID at Dollar General, Dollar Tree and Family Dollar (exp 9/9)

\$2/2 Sistema products, NOT VALID at Dollar General, Dollar Tree and Family Dollar (exp 9/9)

\$½ Snyder of Hanover products 6 oz + (Exp 9/30)

\$1.50/2 Summer's Eve external products (exp 9/15)

\$1 off Sure product, 2.6, 2.7, or 6 oz, excl trial size (exp 8/26)

\$4 off Tena product (exp 8/12)

\$8 off TruBiotics Daily Probiotic product, 30-ct (exp 8/12)

\$1 off Unisom product (exp 8/26)

.50/1 Viva or Viva Vantage paper towels, 6-pk+ (exp 9/8)

.50/1 Viva Pop-Ups (exp 9/8)

.75/1 Weber seasoning products (exp 10/31)

.50/1 Wet n Wild Color Icon eyeshadow quad & 10 pan (exp 8/11)

\$1 off Wet n Wild face product (exp 8/11)

\$1 off Wet n Wild Mega Last Liquid Catsuit lipstick (exp 8/11)

\$1 off White Castle microwaveable sliders, 16-ct+ (exp 9/23)

.55/1 White Castle microwaveable sliders, 4-6 ct (exp 9/23)

\$4 off XYZAL 24hr or children's product (exp 8/18)

.30/1 Yoplait Oui french-style yogurt product (exp 9/22)

\$3 off Zantac product, 24-ct+ (exp 8/26)

\$8 off Zegerid OTC product, 42-ct (exp 8/26)