

Coupon Variation for the Post and Courier 7/28

(1) RetailMeNot and

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(2) SmartSource inserts.

Proctor & Gamble 07/28

(most exclude trial sizes)

\$2 off Align Probiotic supplement (exp 8/10)

\$3 off Always Discreet Boutique underwear (exp 8/24)

\$2 off Always Discreet Incontinence product (exp 8/24)

\$1 off Always liners 30-ct+, or wipes 20-ct+, excl Discreet (exp 8/24)

\$1 off Always Radiant, Infinity, Pure, Ultra or Maxi Pads 11-ct+, excl liners and Discreet (exp 8/24)

.25/1 Bounty Napkins (exp 8/10)

.25/1 Bounty Paper Towel product, excl napkins (exp 8/10)

\$1.50/2 Cascade Actionpacs, 20-29 ct (exp 8/10)

\$1 off Cascade Actionpacs, 30-ct+ (exp 8/10)

.25/1 Charmin toilet paper product, excl single rolls (exp 8/10)

\$10 off Crest 3D Whitestrips kit, excl Noticeably White, Classic White/Vivid, Vivid White/Gentle, Brilliance White/Gentle (exp 8/10)

\$2 off Crest Gum or 3D White Therapy Premium toothpaste variants (exp 8/10)

\$1 off Crest mouthwash 473ml/16 oz+ (exp 8/10)

\$2 off Crest Multipack toothpaste 3 oz+, excl Cavity, Baking Soda, Tartar Control/Protection, Kids (exp 8/10)

.50/1 Dawn Ultra, 16.2 oz+ (exp 8/10)

.25/1 Dawn Ultra, 7 oz (exp 8/10)

B1G1 Febreze One Product, up to \$5, excl car vent clip (exp 8/10)

\$1 off Gillette Deodorant 3.8 oz+ (exp 8/10)

\$3 off Gillette Disposable 2-ct+, excl Sensor 2-ct and Venus (exp 8/24)

\$2 off Gillette Razor, excl disposable, Venus (exp 8/24)

\$1 off Head & Shoulders Product 10 oz+, or Royal Oils (exp 8/10)

\$3/2 Head & Shoulders Products 10 oz+, or Royal Oils (exp 8/10)

\$4/2 Herbal Essences bio:renew shampoo, conditioner or styling products, excl masks, 100 mL shampoo and conditioners, color, body wash (exp 8/10)

\$1.50 off Luvs Diapers (exp 8/10)

Free Mr. Clean Clean Freak Spray refill, up to \$3, WYB (1) Clean Freak Spray (exp 8/10)

.50/1 Mr. Clean product (exp 8/10)

\$1/2 Olay bar 4-ct+, body wash, hand and body lotion or In-Shower Body Lotion (exp 8/10)

\$2 off Olay Eyes, excl Pro-X Restoration Complex (exp 8/24)

\$2 off Olay Regenerist Facial Moisturizer (exp 8/24)

\$1 off Olay Skin Care item (exp 8/24)

\$1/2 Old Spice deodorant, body wash or bar soap, excl twin packs, High Endurance (exp 8/10)

\$1 off Old Spice Hair item (exp 8/10)

\$2 off Oral-B Adult battery toothbrush (exp 8/10)

\$1 off Oral-B Adult Manual Toothbrush, excl Kids, Healthy Clean, Cavity Defense (exp 8/10)

\$10/2 Oral-B Replacement brush heads, 3-ct+ (exp 8/10)

\$3 off Pampers Diapers or Easy Ups, (2) bags or (1) box (exp 8/10)

\$3 off Pampers Easy Ups or Splashers, (2) bags or (1) box (exp 8/10)

.50/2 Pampers or Luvs wipes, 56-ct+ (exp 8/10)

\$1 off Pantene Product incl Gold Series Collection (exp 8/10)

\$5/3 Pantene Products incl Gold Series Collection (exp 8/10)

Free Pantene Shampoo or conditioner, up to \$3.99, WYB (1) Pantene Waterless product 2.2 oz+ (exp 8/10)

\$1 off Prilosec OTC product (exp 8/24)

.25/1 Puffs Facial Tissues incl multipacks, excl Puffs to Go singles (exp 8/10)

\$2 off Secret Clinical, 1.6 oz+ (exp 8/10)

\$1/2 Secret Outlast, Fresh or Aluminium Free, 2.4 oz+ (exp 8/10)

\$2 off Swiffer Refill or WetJet solution (exp 8/10)

\$2 off Swiffer Starter Kit, excl 1-ct, 2-ct Heavy Duty Dusters (exp 8/10)

\$1 off Tampax Pearl, Radiant or Pure Tampons, 16-ct+ (exp 8/24)

\$3 off Venus or Daisy Disposable 2-ct+, excl Daisy 2-ct (exp 8/24)

\$2 off Venus Razor, excl disposables (exp 8/24)

\$1 off Vicks DayQuil or NyQuil product, excl 8-ct DayQuil & NyQui (exp 8/24)

.50/1 Vicks VapoCool Drops, excl VapoRub, ZzzQuil, Pure Zzzs (exp 8/10)

\$1 off Vicks VapoRub, BabyRub or VapoInhaler, excl VapoCool Drops (exp 8/10)

\$1 off Vicks ZzzQuil or Pure Zzzs (exp 8/10)

Regional P&G coupons, may only be available online:

\$2 off Downy Liquid Fabric Conditioner 72-load+, Bounce or Downy sheets 160-ct+, or Downy or Dreft In-Wash Scent Boosters 8.6 oz+, incl Downy Unstopables, Fresh Protect, Infusions or Dreft Blissfuls; excl Downy Libre Enjuague, Downy or Bounce WrinkleGuard (exp 8/24)

\$1 off Downy Liquid Fabric Conditioner 60 load or less, Bounce or Downy sheets 120-ct or less, Downy or Dreft In-Wash Scent Boosters 5.7 oz. incl Downy Unstopables, Fresh Protect, Infusions or Dreft Blissfuls; excl Downy Libre Enjuague, Downy or Bounce WrinkleGuard (exp 8/24)

\$3 off Downy WrinkleGuard Liquid Fabric Conditioner 40 oz+, Downy or Bounce WrinkleGuard sheets 80-ct+, or Bounce Rapid Touch-up 3 in 1 Spray, excl Downy Infusions or Unstopables, Fresh Protect, Libre Enjuague, Downy In Wash Scent Boosters (exp 8/24)

\$2 off Downy WrinkleGuard Liquid Fabric Conditioner 25 oz+, Downy or Bounce WrinkleGuard sheets 40-60 ct, or Bounce Rapid Touch-up 3 in 1 Spray 9.7 oz, excl Downy Infusions, Downy Unstopables, Fresh Protect, Libre Enjuague, Downy In Wash Scent Boosters (exp 8/24)

\$3 off Dreft Newborn or Active Baby detergent or Purtouch, 50 oz+ (exp 8/24)

\$2 off Dreft Newborn, 40 oz or less (exp 8/24)

\$3 off Tide Detergent 92 oz+, or PurClean 75 oz+, or Heavy Duty 69 oz, excl PODS, Rescue, Simply and Simply PODS, detergent 10 oz, and Studio by Tide (exp 8/24)

\$2 off Tide Detergent 75 oz or less, or PurClean 50 oz. or less, or Antibacterial Spray, excl Heavy Duty 69 oz, PODS, Rescue, Simply and Simply PODS, and detergent 10 oz (exp 8/24)

\$3 off Tide PODS 32-ct+, excl liquid or powder laundry detergent, Simply and Simply PODS (exp 8/24)

\$2 off Tide PODS 10-31 ct, excl liquid or powder laundry detergent, Simply and Simply PODS (exp 8/24)

\$3 off Tide Studio 75 oz. +, excl PurClean, PODS, Rescue, Simply and Simply PODS (exp 8/24)

\$2 off Tide Studio 40 oz. +, excl PurClean, PODS, Rescue, Simply and Simply PODS (exp 8/24)

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\$3 off Advil PM, 40-ct+ (exp 8/4)

\$1 off Advil product 20-ct+ (exp 8/24)

\$3 off Advil product 80-ct+ (exp 8/4)

\$1 off Band-Aid brand Skin-Flex, Tough Strips, Flexible Fabric, Infection Defense, Hydroseal or Water Block item, excl trial (exp 8/31)

.50/1 Band-Aid brand Tru-Stay Sheer, Clear and Plastic or any decorated product, excl trial (exp 8/31)

\$1 off Barilla Ready Pasta pouch (exp 9/22)

\$1 off Benadryl children, excl trial (exp 8/31)

\$3 off CeraVe Cleanser, excl 4.5 oz bar soap and trial (exp 8/17)

\$3 off CeraVe Skin Renewing product (exp 8/17)

\$3 off CeraVe Sun, excl Baby Sunscreen (exp 8/17)

\$2 off Everpro Gray Away temporary Root Concealer Spray, Root Touch-Up Magnetic Powder or Root Touch-Up Quick Stick (exp 10/28)

.50/2 Extra or Orbit or 5 Gum, 14-15 stick (exp 10/6)

\$1/2 Extra or Orbit or 5 Gum, multipacks 3-pk (exp 10/6)

\$8 off Flonase brand product, 120-ct+ (exp 8/3)

\$4 off Flonase brand product, 60-ct+ (exp 8/24)

\$1/2 Keebler Club Crackers, 8 oz (exp 9/22)

\$1/3 Kellogg's Cereals, 9 oz+ (exp 9/22)

\$1/2 Kellogg's Fruit Flavored Snacks, 10-ct+ (exp 9/22)

\$1/3 Kellogg's Pop-Tarts toaster pastries, 6-ct+ (exp 9/22)

\$1 off Nature's Truth aromatherapy products (exp 9/28)

\$2 off Nature's Truth vitamin or supplement (exp 9/28)

\$1 off Neosporin first aid product, excl trial (exp 8/31)

\$1/2 Nestle Pure Life Purified Water 6-ct+ 8 oz (exp 8/28)

\$1/2 Nestle Pure Life Purified Water, DC Collection, 6-ct 11.15 oz (exp 8/28)

\$1.50 off Polident denture cleanser tablets, 40-ct+ (exp 8/21)

\$3 off Prevacid product (exp 8/24)

\$5 off Prevacid product, 42-ct (exp 8/24)

\$1.50 off RXBAR bar, 4-pk, excl Banana Chocolate Walnut, Chocolate Cherry & Lemon (exp 9/30)

\$1/2 RXBAR protein bars, excl Banana Chocolate Walnut, Chocolate Cherry & Lemon (exp 9/30)

\$1/2 Suave body wash, excl twin packs and trial (exp 8/17)

.50/1 Suave deodorant excl twin packs and trial (exp 8/11)

\$1 off Suave Kids hair care, excl trial (exp 8/18)

.75/1 Suave lotion, excl trial (exp 8/11)

\$1 off Suave Men hair care, excl trial (exp 8/11)

\$1 off Suave Professionals shampoo or conditioner, excl twin packs and trial (exp 8/18)

\$2/2 Suave Professionals shampoo or conditioner, excl twin packs and trial (exp 8/18)

\$1 off Suave styling product, excl twin packs and trial (exp 8/18)

\$1.50 off Super Poligrip product, 2 oz+ (exp 8/21)

\$2.50 off Super Poligrip twin or triple value pack (exp 8/11)

Free Target \$5 Giftcard with Mars pet food purchase of \$25+, incl Iams, Pedigree, Cesar, Nutro, Temptations and Sheba brands (Target coupon) (exp 9/21)

\$2 off Tylenol Children's Cold, or Sudafed Children's product (exp 8/31)

\$2 off Tylenol or Motrin Children's or infants product, excl Tylenol Cold & Flu, and trial (exp 8/31)

\$4 off Zyrtec children's product, excl trial (exp 8/31)

SmartSource combined list 07/28

\$1 off ACT product, excl trial (exp 8/24)

\$1 off Airborne product (exp 10/28)

\$4 off Allegra Allergy 24HR 24-ct+, or Allegra-D product (exp 8/17)

\$8 off Allegra Allergy 60 ct GelCap or 70 ct tablets (exp 8/4)

\$4 off Allegra Children's (exp 8/17)

\$1 off Arm & Hammer Spinbrush Battery-Powered toothbrush or refill (exp 9/3)

\$2 off Bayer Aspirin, 200 ct (exp 8/11)

\$3 off Blink Contacts lubricating eye drops, or Blink-N-Clean lens drops (exp 9/3)

\$3 off Blink or Acuvue Revitalens solution, 10 oz (exp 9/3)

\$5 off Blink or Acuvue Revitalens solution, 20 oz (exp 9/3)

\$3 off Blink Tears or Tears Preservative Free Lubricating Eye Drops or GelTears (exp 9/3)

.75/1 Butterfinger or Crunch, Baby Ruth or 100 Grand bars, Fun size or Minis, 10 oz+ (exp 8/31)

.50/2 Butterfinger or Crunch, Baby Ruth or 100 Grand Single bars or share packs (exp 8/31)

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

\$2/2 Carnation Breakfast Essentials Powder Drink Mix (exp 9/22)

\$1.50 off Carnation Breakfast Essentials Ready to Drink, multipack (exp 9/22)

\$1 off Cetaphil baby product, excl trial (exp 8/31)

\$2.50 off Cetaphil product, excl 4 oz or less Daily Facial Cleanser, Gentle Skin Cleanser, or Moisturizing Lotion or Cream, or Single bars and Baby items (exp 8/31)

\$7/2 Cetaphil products, excl 4 oz or less Daily Facial Cleanser, Gentle Skin Cleanser, or Moisturizing Lotion or Cream, or Single bars and Baby items (exp 8/11)

\$2 off Clairol Nice N Easy, Permanent Root Touch-Up or Natural Instincts hair color, excl Crema Keratina (exp 8/10)

\$6/2 Clairol Nice N Easy, Permanent Root Touch-Up or Natural Instincts hair color, excl Crema Keratina (exp 8/10)

\$1/2 Clorox Clean-up, Disinfecting Wipes, 35 ct+ , Liquid Bleach 55 oz+, Manual Toilet Bowl Cleaner, or Clorox 2 or Pine Sol products, excl trial size & pens (exp 9/1)

\$1.50/2 Clorox Disinfecting Wipes, 75-ct+ (exp 9/1)

.25/1 Clorox Fraganzia product, excl trial and \$1 products (exp 8/28)

\$1 off Cortizone-10 product, 1 oz+ (exp 9/30)

.50/1 Cottonelle flushable wipes, 42-ct+ (exp 8/25)

\$1 off Cottonelle Toilet paper, 6-roll+ (exp 8/25)

\$2 off Covergirl Face product, excl Cheekers, accessories and trial (exp 8/24)

\$1 off Covergirl Lip product, excl accessories & trial (exp 8/24)

\$2 off Covergirl Mascara, excl accessories & trial (exp 8/24)

\$1 off Crayola Take Note Highlighters, Markers or Pens, \$2+ (exp 9/15)

\$2 off Depend Products, 8 ct+ (exp 8/24)

\$1 off Digestive Advantage product (exp 10/28)

\$1/2 Dole Fruit Bowls (exp 9/22)

.50/2 Dole Fruit Bowls (exp 9/22)

\$2 off Dulcolax product, excl 10-ct or less (exp 8/23)

\$2 off Efferdent product, 90-ct+ (exp 8/30)

\$1.25 off Energizer Batteries or Flashlight (exp 9/7)

\$1.50 off Five Star binder, incl Flex and Sewn Zipper binders (exp 9/29)

\$1/2 Five Star products, incl Student Planning (exp 9/29)

\$2/2 Five Star Reinforced Filler Paper (exp 9/29)

\$1/2 General Mills cereals: Chex, Fiber One, Multi Grain Cheerios, Wheaties, Basic 4, Raisin Nut Bran, Oatmeal Crisp, or Total, or Nature Valley Granola pouches in the cereal aisle (exp 9/7)

\$1/2 General Mills cereals: Cinnamon Toast Crunch, Lucky Charms, Reese's Puffs, Cocoa Puffs, Trix, Cookie Crisp, Golden Grahams, Kix, Cinnamon Toast Crunch Churros (exp 9/7)

\$1/2 General Mills Cheerios cereal, any flavor (exp 9/7)

\$1 off Gold Bond Products, excl .5 oz (exp 8/25)

.50/1 Hidden Valley Original Ranch 16 or 24 oz, or Blasted Creamy Dipping Sauce 12 oz (exp 8/28)

\$1 off Icy Hot or Aspercreme, Capzasin, SportsCreme, Arthritis Hot or Flexall product (exp 8/25)

\$5 off Icy Hot Smart Relief Starter Kit Product (exp 8/25)

\$1.50 off Kaopectate product (exp 8/23)

.75/3 Kleenex Tissues, 30-ct+, or (1) Kleenex wet wipes 20-ct+ (exp 8/25)

\$1/2 Lance Sandwich Crackers, 8 oz+ (exp 9/30)

.75/1 Land O Lakes Soft Squeeze Spread (exp 9/8)

\$2 off MegaRed Product (exp 10/28)

.75/1 Mott's Apple Sauce clear pouches, (1) 12-pk or (2) 4-pk (exp 9/15)

\$1/2 Mott's Apple Sauce or Juice packs, single serve (exp 9/15)

\$1 off Motts Apple Sauce CLEAR pouches, (2) 12-pk or (3) 4-pk (exp 9/15)

\$2 off Move Free product (exp 10/28)

\$2 off Nature Made Adult Gummies (exp 8/28)

\$2 off Nature Made products (exp 8/28)

\$1.50 off Olly Bar, 4-pk (exp 9/30)

\$4 off Olly Plant Protein, excl single serve (exp 9/30)

.50/1 Olly single bar (exp 9/30)

\$3 off Olly Vitamin (exp 9/30)

\$1 off Pilot Frixion pens, 2-pk+ (exp 9/30)

.75/1 Pilot G2 Pens, 4-pk+ (exp 9/30)

\$1 off Pilot Precise Pens, 2 pk+ (exp 9/30)

\$1 off Pirate's Booty product, bag (exp 10/31)

\$3 off Poise Active Collection 12-26 ct, or Ultra Thin Pads 11-ct+ (exp 8/24)

\$2 off Poise products – pads, liners or Impressa bladder supports, excl 14-26 ct liners and 10-ct pads (exp 8/24)

\$2 off Purina Beneful Dry Dog Food, 3 lb+ bag or carton (exp 8/28)

\$2 off Purina Beneful wet dog food variety pack, 6 or 12-ct (exp 8/28)

\$2 off Purina Beyond dry cat food, 3 lb+ (exp 10/28)

\$3 off Purina Beyond dry dog food, 3 lb+ (exp 10/28)

\$3/6 Purina Beyond wet cat food, 3 oz+ cans (exp 10/28)

\$3/6 Purina Beyond wet dog food, 12.5 oz+ cans (exp 10/28)

\$2 off Purina Cat Chow dry cat food, 13 lb+ (exp 10/27)

\$2 off Purina Dog Chow Complete Adult with real Beef dry dog food, 14 lb+ (exp 9/30)

B1G1 Purina Dog Chow High Protein Wet dog food, 13 oz can, up to \$1.20 (exp 9/30)

\$2 off Purina Fancy Feast Gourmet Naturals Dry Cat food, 3 lb+ (exp 9/28)

\$1/6 Purina Fancy Feast Gourmet Naturals wet cat food. 3 oz cans (exp 9/28)

B3G1 Purina One Smartblend wet dog food, 13 oz cans, up to \$1.69 (exp 10/28)

B3G1 Purina One wet cat food, 3 oz can, up to \$1.10 (exp 10/28)

\$2 off Roloids Soothers or bottles, 36-ct+ (exp 8/23)

.50/1 Scott bath tissue, 6-roll+ (exp 8/25)

.50/1 Scott Towels, 6 rolls+ (exp 8/25)

\$1 off SkinnyPop product, bag (exp 10/31)

\$1/2 Snyder's of Hanover Pretzels, 5 oz + (exp 9/30)

\$1 off Spray n' Wash Laundry Stain Remover (exp 9/28)

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

\$1.25 off Summer's Eve Freshcycle or Fragrance Free product (exp 9/15)

\$1/2 Sunstar GUM Crayola products (exp 8/17)

\$1 off Sunstar GUM Soft-Picks 40-ct+, Flosser 90-ct+, or Proxabrush Go-Betweens Cleaners (exp 8/17)

Free Target \$5 Giftcard with Purina pet food, treats or litter purchase of \$25+, excl Waggin Train, TBONZ, and Yesterday's News (Target Coupon (exp 8/10)

\$3 off TheraTears product (exp 10/20)

\$4 off TheraTears SteriLid Antimicrobial eyelid cleanser and facial wash (exp 10/20)

\$4/2 U by Kotex Liners, excl 14-22 ct and trial (exp 8/10)

\$4/2 U by Kotex Pads, excl trial (exp 8/10)

\$4/2 U by Kotex Tampons, excl trial (exp 8/10)

.50/1 Viva paper towels, 6-pk+ (exp 8/25)

.50/1 Viva Pop-Ups (exp 8/25)

\$4 off XYZAL Allergy 24HR or Chlldren XYZAL (exp 8/17)

\$3 off Zantac product, 24-ct+ (exp 8/23)

\$1/2 Ziploc brand bags or containers (exp 9/7)