

Coupon Variation for the Post and Courier for 01/30, below. You will get up to three (3) inserts in your paper this weekend.

Be on the lookout for:

**(1) Procter & Gamble, (1) Save, and (1) SmartSource** inserts this weekend

## **Procter & Gamble 01/30**

**\$2 off** Align probiotic supplement excl trial (exp 2/12)

**\$1 off** Always Discreet Incontinence item, excl trial (exp 2/26)

**\$1 off** Always Pads 10-ct+, or Always ZZZs 4-ct+, excl liners and Discreet (exp 2/26)

**.25/1** Bounty paper towel, excl trial (exp 2/12)

**\$2 off** Burt's Bees toothpaste, excl trial (exp 2/12)

**.50/1** Cascade ActionPacs dishwasher detergent 4-ct+ bags, or dishwasher cleaner, excl ActionPacs tubs 30-ct+ & trial (exp 2/12)

**\$1 off** Cascade ActionPacs dishwasher detergent, 30 ct+ tubs (exp 2/12)

**\$1 off** Cascade rinse aid, excl trial (exp 2/12)

**.25/1** Charmin flushable wipes excl trial (exp 2/12)

**.25/1** Charmin toilet paper, excl trial (exp 2/12)

**\$1 off** Crest or Oral-B Mouthwash, 473 mL+/16 oz+ (exp 2/12)

**\$1 off** Crest toothpaste 2.7 oz+, excl Cavity, Regular, Base Baking Soda, Tartar Control/Protection, F&W Pep Gleem, Kids, multi-packs, Aligner Care paste, & trial (exp 2/12)

**\$1 off** Dawn powerwash spray, excl trial (exp 2/12)

**\$3 off** dermaGEEK facial moisturizer or serum, excl cleanser & trial (exp 2/26)

**\$2 off** Febreze Plug scented oil warmer, excl trial (exp 2/12)

**B1G1** Febreze Unstopables, heavy duty, ocean, wood or forest product, up to \$4, excl in-wash scent boosters & trial (exp 2/12)

**\$2 off** Fixodent adhesive twin or triple pack, 2 oz+ (exp 2/12)

**\$1 off** Fixodent product, 1.4 oz+, excl multipacks (exp 2/12)

**\$1/2** Gillette Clinical, Invisible Solid, or Clear Gel Deodorants, 1.6 oz+ (exp 2/12)

**\$3 off** Gillette razor or blade refill 4-ct+, excl disposables, Venus items & trial (exp 2/12)

**\$5 off** Gillette Labs exfoliating razor or cartridge, excl trial (exp 2/26)

**\$3/2** Head & Shoulders product, excl trial (exp 2/12)

**\$4/2** Herbal Essences bio:renew shampoo, conditioner or styling, excl masks, 100 ml shampoo or conditioner, color, body wash, & trial (exp 2/12)

**\$2 off** Metamucil product, excl trial (exp 2/12)

**\$2 off** Microban multipurpose or bathroom cleaner spray, excl trial (exp 2/12)

**\$2 off** Microban sanitizing spray, excl trial (exp 2/12)

**\$2.50 off** Nervive product, excl trial (exp 2/12)

**\$1 off** Olay bar 4-ct+, body wash, rinse off body conditioner, liquid hand soap or hand and body lotion, excl trial (exp 2/12)

**\$2 off** Olay Eyes or Serum, excl trial (exp 2/26)

**\$2 off** Olay facial moisturizer, excl Complete, Active Hydrating, & trial (exp 2/26)

**\$2 off** Olay facial skin care, excl trial (exp 2/26)

**\$5/3** Old Spice Deodorant or Body Wash, excl High Endurance & trial (exp 2/12)

**\$2 off** Oral-B adult or kids battery toothbrush, excl trial (exp 2/12)

**\$10/2** Oral-B Replacement brush heads, 3-ct+ (exp 2/12)

**\$5/2** Pantene Nutrient Blends, Non-Wash Day, Generation Beauty Collection, or Miracle Rescue Collection, excl single ct Intense Rescue Shot & trial (exp 2/12)

**\$1 off** Pantene product, incl Gold Series and Truly Collections, excl Nutrient Blends Collection, Non-Wash collection, Generation Beauty Collection, Miracle Rescue Collection, One Step Nourishing Mask, & trial (exp 2/12)

**\$5/3** Pantene products, incl Gold Series and Truly Collections, excl Nutrient Blends Collection, Non-Wash collection, Generation Beauty Collection, Miracle Rescue Collection, One Step Nourishing Mask, & trial (exp 2/12)

**\$1 off** Prilosec OTC product (exp 2/26)

**.25/1** Puffs box or cubes, excl Puffs To Go 10-ct & trial (exp 2/12)

**\$2 off** Secret Clinical deodorant, excl trial (exp 2/12)

**\$1/2** Secret Fresh, or Outlast or aluminum free Deodorant, excl trial (exp 2/12)

**\$1.75 off** Stressballs product, excl trial (exp 2/12)

**\$1 off** Swiffer product, excl 1 or 2-ct duster & trial (exp 2/12)

**\$1 off** Tampax Tampons 14-ct+, or Cups, excl trial (exp 2/26)

**\$2 off** Vicks DayQuil, NyQuil, or Formula 44 product, excl DayQuil & NyQuil 8-ct, & trial (exp 2/26)

**\$1 off** Vicks Vapo product, excl DayQuil, NyQuil, Sinex, Formula 44 & trial (exp 2/12)

**These coupons may only be available online, and not within the insert**

**\$2 off** Downy liquid fabric conditioner 105 Id+ (incl Infusions liquid fabric enhancer 83 Id+, odor protect 56 oz+, WrinkleGuard 48 oz+, Intense 48 oz+, or nature blends 103 oz) or Bounce/Downy sheets 180 ct + (incl Bounce/Downy WrinkleGuard 120-ct+, Bounce pet hair and lint guard sheets 120-ct+), Downy in wash scent boosters 10 oz+ (incl Unstopables, Fresh Protect, Odor Protect, Infusions, and Dreft Blissfuls) or Bounce/Downy spray bundle pk, excl Downy Fresh 50 and 125 oz, and trial (exp 2/26)

**\$1 off** Downy liquid fabric conditioner 60-90 Id incl Infusions liquid fabric enhancer 48-72 Id, Odor Protect 32-42 oz, Intense 25-40 oz, WrinkleGuard 25-40 oz, Nature Blends 44-67 oz, or Bounce/Downy sheets 90-160 ct or WrinkleGuard sheets 50-80 ct or Bounce pet hair and lint guard sheets 50-80 ct, or Downy in- wash scent boosters 5.7-8.8 oz (incl Unstopables, Fresh Protect, Odor Protect, Infusions and Dreft Blissfuls) or Bounce rapid touch up 3 in 1 spray 9.7 oz, or Downy wrinkle releaser spray 9.7 oz, excl trial (exp 2/26)

**\$3 off** Dreft Newborn or Active Baby or Pure Gentleness laundry detergent 46 oz+ (exp 2/26)

**\$1 off** Tide Laundry Detergent 37 or 46 oz, or Purclean 34 oz, excl Rescue, Studio by Tide, Simply, & trial (exp 2/26)

**\$2 off** Tide Laundry Detergent 69 oz+, Purclean Laundry detergent 46 oz+, Antibacterial Spray, or TIDE To Go Instant Stain Remover Wipes 10-ct or Pen 3-ct, excl Rescue, Studio by Tide, Simply, & trial (exp 2/26)

**\$1 off** Tide PODS 10-20 ct, or Hygienic Clean Power PODS 8-ct, excl Simply PODS, & trial (exp 2/26)

**\$2 off** Tide PODS 23-ct+, or Hygienic Clean Power Pods 25-ct+, excl Simply PODS & trial) (exp 2/26)

## **Save 01/30**

**\$3 off** 9 Elements laundry detergent, excl trial (exp 2/26)

**\$2 off** 9 Elements Liquid Dish Soap (exp 2/26)

**\$2 off** 9 Elements multi-purpose or bathroom cleaner, excl trial (exp 2/26)

**\$3 off** 9 Elements Purifying Softener excl trial (exp 2/26)

**\$3 off** Advil Children's product (exp 2/6)

**\$2 off** Advil or Advil PM, 36-ct+ (exp 2/20)

**\$2/2** Aquaphor Lip products (exp 2/26)

**\$3 off** Aquaphor product 1.75 oz+, or baby product, excl trial (exp 2/26)

**\$1.50 off** Biotene product, excl trial (exp 3/1)

**\$3 off** Boiron Oscillococcinum 6 or 12 dose, or Coldcalm or Throatcalm item (exp 4/1)

**\$3 off** ColdEEXE product, 24-ct + (exp 3/27)

**\$10 off** Cosamin ASU or DS product (exp 2/2)

**\$5 off** Cosequin Joint Health Supplement For Dogs (exp 2/2)

**\$3 off** Eucerin Body Product 5 oz+, or Baby product, excl trial (exp 2/26)

**\$4/2** Garnier Nutrisse or Color Reviver haircolor (exp 2/12)

**\$3 off** Geritol liquid or tablet (exp 4/3)

**\$2 off** Nivea Body lotion, in shower body lotion, or creme, excl trial (exp 2/26)

**\$2/2** Nivea lip care product (exp 2/26)

**\$2 off** Nivea Men Face or after shave, or (2) Nivea Men shave items, excl trial (exp 2/26)

**\$3/2** Nivea women or men body wash items, excl trial (exp 2/26)

**\$2 off** Polident product 84-ct+, or Pro Guard & Retainer item (exp 3/1)

**\$1 off Purex Crystals In-Wash fragrance booster, any (exp 2/13)**

**\$1 off Purex laundry detergent, 50 oz or less (exp 2/13)**

**\$2 off Purex laundry detergent, 65 oz+ or 46 ct+ (exp 2/13)**

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

**\$2 off Quantum Health Lip Clear or TheraZinc lozenges (exp 4/3)**

**\$3 off Remfresh product, 12 or 36-ct (exp 3/29)**

**\$3 off RoC Multi Correxion Hydrate+Plump Skincare item, excl 10-ct serum capsule (exp 3/31)**

**\$3 off RoC Retinol Correxion Line Smoothing Skincare item, excl 10-ct serum capsule (exp 3/31)**

**\$3 off RoC Skincare item, excl cleansers and 10-ct serum capsule (exp 3/31)**

**\$3 off Sambucol product, excl 10-ct (exp 3/6)**

**\$1/2 Suave body wash, excl trial (exp 2/12)**

**\$1/2 Suave Hand Soap or Hand Sanitizer, excl trial (exp 2/12)**

**\$2.50 off Super Poligrip product, 2 or 3-ct (exp 3/1)**

**\$1.50 off Super Poligrip product, 2.2 oz+ (exp 3/1)**

**\$5 off Systane Lubricant Eye Drops, 8 mL+ (exp 2/26)**

**.75/1 Tums product, 28-ct+ (exp 2/27)**

**\$1.50/2 Tums products, 28-ct+ (exp 2/27)**

**\$1 off Viactiv product (exp 4/3)**

**.55/1 Wright brand bacon (exp 3/13)**

## **SmartSource 01/30**

**\$1 off ACT Dry Mouth, excl trial (exp 2/26)**

**\$1 off ACT Kids, excl trial (exp 2/26)**

**\$1 off ACT Product, excl trial (exp 2/26)**

**\$1.50 off** Air Wick Essential Mist or Freshmatic refill (exp 2/26)

**\$3 off** Air Wick Essential Mist starter kit (exp 2/26)

**Free** Air Wick Scented Oil Warmer 1 or 2-ct, up to \$3.99 (exp 2/26)

**\$5 off** Allegra Allergy 24HR, 24 ct + (exp 2/19)

**\$10 off** Allegra Allergy 90-ct, 70-ct or 60 ct Gelcaps (exp 2/5)

**\$4 off** Allegra children's or Allegra Allergy 12 HR product (exp 2/19)

**\$5 off** Allegra children's, 8 oz liquid or 24-ct Orally Disintegrating tablet (exp 2/19)

**\$8 off** Allegra-D 12hr or 24 HR, 15-ct+ (exp 2/5)

**\$5 off** Allegra-D 12HR or 24HR product (exp 2/19)

**\$4/2** Boost Drink, Multipacks or Canisters (exp 3/27)

**\$1 off** Chobani coffee cold brew (exp 2/26)

**\$1 off** Chobani coffee creamer, dairy or non dairy (exp 2/26)

**\$1 off** Chobani non dairy oatmilk or ultra filtered milk (exp 2/26)

**\$3 off** Citracal product, 70-ct+, excl gummies and 100-ct Petites (exp 2/13)

**\$2 off** Depend Products, 8-ct+ (exp 2/26)

**\$3 off** Flintstones or One A Day Kids Multivitamin (exp 2/13)

**\$2 off** Gold Bond lotion or creme, excl trial & 3 oz healing hand creme (exp 2/19)

**\$3/2** Gold Bond product, excl trial (exp 2/19)

**\$3 off** Manuka Doctor Manuka Honey Multifloral (exp 2/27)

**\$4 off** Manuka Doctor Manuka Honey Multifloral (exp 2/6)

**\$10 off** Nasacort product, 120 spray+ (exp 2/12)

**\$5 off** Nasacort product, 60 Sprays (exp 2/19)

**\$3 off** One A Day multivitamin product 65 ct+ or any One A Day Prenatal (exp 2/13)

**\$4 off** Penetrex Joint & Muscle Therapy, 2 oz (exp 3/1)

**\$2 off** Poise or One by Poise pads or liners, excl liners 14-26 ct (exp 2/26)

**\$2 off** St. Joseph's aspirin, 90-ct+ (exp 3/30)

**\$1 off** St. Joseph's low dose aspirin, any (exp 3/30)

**\$5/2** Tena products (exp 2/13)

**\$10 off** Xyzal product, 80-ct (exp 2/5)