

Super Savings

Super WINS!

That's why
we SHOP at
SPAR



BUY ME
TO WIN

Tastic
Long Grain
Parboiled Rice
2 kg

34⁹⁹ each

WITH RewardsCARD



BUY ME
TO WIN

SPAR
Sunflower Oil
2 litre

64⁹⁹ each

AS SEEN
ON TV

+100 MB
FREE DATA



BUY ME
TO WIN

Stork
Country Spread
40% Fat
Spread
Tub
1 kg

45⁹⁹ each

Save R12



BUY ME
TO WIN

SPAR
Long Life Milk
(excl. Lactose Free Range)
6 x 1 litre
Assorted

94⁹⁹ per pack

WITH RewardsCARD



Hulett's
White Sugar
2,5 kg

56⁹⁹ each

AS SEEN
ON TV

+100 MB
FREE DATA

SAVE
EXTRA
IN-STORE
ONLY



BUY ME
TO WIN

Coca Cola
Original
Only
2 litre

BUY
2
FOR

42⁰⁰

Save R14



AS SEEN
ON TV

+300 MB
FREE DATA

BUY ME
TO WIN

Baby Soft
Toilet Rolls
2 Ply
350 sheets
18s

124⁹⁹ per pack

Save R44



Goldi
IQF
Chicken
Mixed Portions
5 kg

199⁹⁹ per pack

WITH RewardsCARD



AS SEEN
ON TV

+50 MB
FREE DATA

SAVE
EXTRA
IN-STORE
ONLY

BUY ME
TO WIN

Koo
Baked Beans
in Tomato Sauce
400 g

BUY
2
FOR

30⁰⁰

Save R8

SUPER SPAR



SEC3262

Super Savings



Score
Energy Drink or
Immune Booster
500 ml
Assorted

BUY
ANY
2
FOR

22⁰⁰



Mr Orange
Orange
Squash
2 litre

28⁹⁹
each



Arooba
Flavoured Drink
Concentrate
5 litre
Assorted

34⁹⁹
each

AS SEEN
ON TV

+150 MB
FREE DATA mobile

SAVE
EXTRA
IN-STORE
ONLY



Red Bull
Energy Drink
4 x 250 ml
Assorted

54⁹⁹
per pack

Save R20



aQuellé
Viv
Ready to Drink
Sports Drink
6 x 500 ml
Assorted

59⁹⁹
per pack

WITH RewardsCARD

AS SEEN
ON TV

+100 MB
FREE DATA mobile

SAVE
EXTRA
IN-STORE
ONLY



BUY ME
TO WIN

Liqui Fruit
100% Fruit
Juice Blend
1 litre
Assorted

BUY
ANY
2
FOR

50⁰⁰

Save R26



Tsitsikama
Still Water
5 litre

BUY
2
FOR

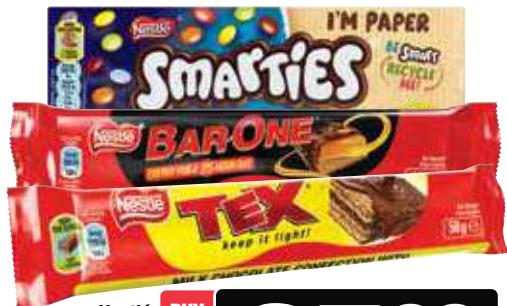
44⁰⁰

Snacks & Treats



Cadbury
Chocolate Slab
(excl. Bubbly & Festive Range)
150 g
Assorted

39⁹⁹
each



Nestlé
Bar-One 84 g,
Smarties 70 g or
Tex 58 g

BUY
ANY
2
FOR

35⁰⁰

WITH RewardsCARD



Bakers
Eet-Sum-Mor
Biscuits
200 g
Assorted

32⁹⁹
each

WITH RewardsCARD



SPAR
Gums,
Sweets or
Jellies
125 g
Assorted

19⁹⁹
each

WITH RewardsCARD



Simba
Potato Chips
120 g
Assorted

BUY
ANY
2
FOR

32⁰⁰

Save R12



Willards
Big Korn
Bites
Korn Chips
120 g
Assorted

BUY
ANY
2
FOR

32⁰⁰



Mister Sweet
Speckled
Eggs
100 g / 125 g
Assorted

32⁹⁹
each

WITH RewardsCARD



Manhattan or Mister Sweet
Sweets, Jellies, Rascals or Gums
125 g
Assorted

23⁹⁹
each



Orbit
Gums in Bottle
46s
Assorted

44⁹⁹
each

WITH RewardsCARD

Switch to **SPAR Mobile** now and get **FREE DATA** in-store on these great deals.
Ts & Cs apply. Visit www.sparmobile.co.za for more information.

LOVE IT? SPAR GETS IT DELIVERED



Download now!

Available on the
App Store

GET IT ON
Google Play

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Enjoy more super deals!



Dr Oetker
Ital
Classic
Pizza
305 g / 320 g / 335 g
Assorted

BUY
ANY
5
FOR

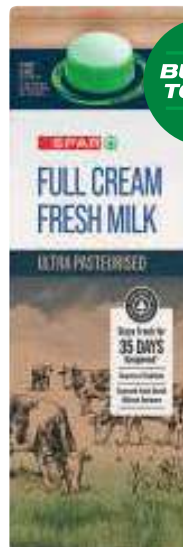
200⁰⁰



BUY ME
TO WIN

SPAR
Maas
2 kg

29⁹⁹
each



BUY ME
TO WIN

SPAR
Extra Shelf
Life Milk
Full Cream or Low Fat
2 litre

32⁹⁹
each

WITH RewardsCARD



I & J
Beefers Assorted or
Original Chicksters
800 g

99⁹⁹
per pack

WITH RewardsCARD



Nature's Garden
Country
or Garden Mix
900 g

45⁹⁹
each



McCain
Frozen
Skinny Fries
or Slap Chips
1 kg

49⁹⁹
each

WITH RewardsCARD



SPAR
Frozen Straight Cut
Potato Chips
1 kg

39⁹⁹
each

WITH RewardsCARD



Dine-In
Frozen
Meals
300 g
Assorted

56⁹⁹
each



Rainbow
Simply Chicken Crumbed
Chicken Nuggets Assorted,
Steaklets Assorted,
Burgers Assorted or Chips
350 g / 400 g / 403 g

49⁹⁹
each



I & J
Crispy Hake
Assorted or
Haddock
500 g

109⁹⁹
each

WITH RewardsCARD



SPAR
Prawn Tails
350 g

159⁹⁹
each



Eskort
Crumbed
Pork Strips
480 g

74⁹⁹
per pack



Eskort
Grillers
500 g
Assorted

69⁹⁹
per pack

WITH RewardsCARD



SPAR
Frozen
Pies Assorted or
Sausage Rolls
6s

109⁹⁹
per pack



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Super Savings



Canderel
Sweetener
Sticks
50s

41⁹⁹
each



Equal
Sweetener Sticks
100s

45⁹⁹
per pack



Fry's
Plant Based Burgers
Assorted 320 g,
Popcorn 300 g,
Nuggets 380 g,
Sausages 500 g or
Crumbed Schnitzels 320 g

54⁹⁹
each



Canderel
Crispy Wafers
45 g
Assorted

28⁰⁰
BUY ANY 2 FOR



Slimsy
Squash or
Iced Tea
1 litre
Assorted

31⁹⁹
each

WITH RewardsCARD



Brookes
Low Cal
Concentrate
1 litre
Assorted

42⁹⁹
each



B Well
Canola
Mayonnaise
740 g / 750 g
Assorted

32⁹⁹
each

WITH RewardsCARD



Canderel
Chocolate Bar
27 g / 30 g
Assorted

38⁰⁰
BUY ANY 2 FOR



Parmalat
EasyGest
Lactose Free
or Full Cream
UHT Milk
6 x 1 litre

139⁹⁹
per pack

Cheese Selection



Fairview
White Rock
Cheese
100 g
Assorted

39⁹⁹
each



SPAR
Marksbury
Select
French Brie or
Camembert
200 g

79⁹⁹
each

WITH RewardsCARD



Fairview
Traditional Brie or
Camembert
125 g

39⁹⁹
each



Tuc
Savoury
Biscuits
100 g
Assorted

32⁰⁰
BUY ANY 2 FOR



Lancewood
Pre-Packed
Cheese
900 g
Assorted

129⁹⁹
each

Save R40



SPAR
Signature Selection
Cheese Slices
150 g
Assorted

56⁹⁹
per pack

WITH RewardsCARD



Clover
Feta
400 g
Assorted

59⁹⁹
each

WITH RewardsCARD



Lancewood
Medium Fat
Cream Cheese
230 g
Assorted

49⁹⁹
each

WITH RewardsCARD

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Be a Super shopper!

AS SEEN ON TV
+250 MB FREE DATA mobile



BUY ME TO WIN

Dairymaid Country Fresh Ice Cream 1.8 litre Assorted

BUY ANY 2 FOR

110⁰⁰
Save R44



Clover Bliss Double Cream Assorted or Authentikos Greek Style 750 g / 1 kg

42⁹⁹ each



Cappy 100% Fruit Juice Blend 1.5 litre Assorted

34⁹⁹ each
WITH RewardsCARD



Clover Krush Nectar 3 litre Assorted

49⁹⁹ each



Magnum Mini Ice Cream Sticks 5s / 6s Assorted

89⁹⁹ each
WITH RewardsCARD

Breakfast Favourites



Kellogg's All Bran Flakes 1 kg

79⁹⁹ each



Kellogg's Corn Flakes 1 kg

79⁹⁹ each
WITH RewardsCARD



White Star Instant Maize Porridge 1 kg Assorted

21⁹⁹ each



Bokomo Family Pack Weetbix 1,35 kg

79⁹⁹ per pack



SGI Cereal Bowl Assorted

29⁹⁹ each



Kellogg's Coco Pops Assorted, Froot Loops Assorted, Rice Krispies Assorted, Mash Ups, Crunchers, Frosties or Special K 340 g / 350 g / 375 g / 400 g

49⁹⁹ each
WITH RewardsCARD



Freshpak Rooibos Tagless Teabags 80s

49⁹⁹ per pack



Jacobs 3 in 1 Assorted or 2 in 1 Instant Coffee Sticks 10s / 20s

84⁹⁹ per pack
WITH RewardsCARD



Ouma Rusks Assorted (excl. Sliced Plain, Caramel Dreams & Choc Chip) 450 g / 500 g

46⁹⁹ each
WITH RewardsCARD

Hot Beverages



Nescafé Ricoffy Value Refill (excl. Decaf) 800 g

119⁹⁹ each



Five Roses Ceylon Blend Tagless Teabags 100s

59⁹⁹ per pack
WITH RewardsCARD



Nescafé Gold Coffee Jar 200 g Assorted or Refill Pack 220 g (excl. Decaf)

139⁹⁹ each
WITH RewardsCARD



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Super Savings



Parmalat
Steri Stumpie
Flavoured Milk
350 ml
Assorted

BUY ANY 2 FOR
32⁰⁰



Clover
Super M
Flavoured Milk
6 x 200 ml
Assorted

Clover
Tropika
Dairy Fruit
Mix
6 x 200 ml
Assorted

OR

Clover
Krush
Fruit Nectar
Blend Juice
6 x 200 ml
Assorted

39⁹⁹
per pack



Nestlé
Kit Kat Assorted,
Tex, Bar One or
Smarties Mini Bag
107 g / 110 g / 135 g /
180 g / 182 g / 189 g

BUY ANY 2 FOR

100⁰⁰
WITH **RewardsCARD**



Truda
Pretzels
200 g / 240 g
Assorted

BUY ANY 2 FOR

48⁰⁰
WITH **RewardsCARD**



aQuelle
Sparkling
Flavoured Water
6 x 500 ml
Assorted

49⁹⁹
per pack



Clover
Low Fat
Smooth
Dairy Snack
6s
Assorted

19⁹⁹
per pack
WITH **RewardsCARD**

Lunch Box Favourites



All Gold
Smooth
Apricot or Peach
Jam
900 g

39⁹⁹
each



Melrose
Full Cream
Cheese Spread
or Wedges
200 g / 250 g
Assorted

46⁹⁹
each
WITH **RewardsCARD**



Yum Yum
Peanut Butter
400 g
Assorted

39⁹⁹
each
WITH **RewardsCARD**



Clover
Butro Butter Tub
500 g

84⁹⁹
each
WITH **RewardsCARD**



Rama
Original
70% Fat Spread
Brick
500 g

26⁹⁹
Save **R8**



Clover
Processed Cheese Slices
950 g
Assorted

109⁹⁹
per pack



Rainbow
Simply Chicken
Polony
1 kg
Assorted

72⁹⁹
each
WITH **RewardsCARD**



SPAR
Viennas
Red or Smoked
Only
500 g

49⁹⁹
per pack

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Load up on these super deals!



BUY BOTH FOR

52⁰⁰ per combo
WITH RewardsCARD

Bull Brand Mince Assorted 400 g
PLUS Fatti's & Moni's Pasta Shells, Screws, Curved Shells or Spirals 500 g



Golden Cloud Cake Wheat Flour 2,5 kg

34⁹⁹ each



Tastic Basmati Rice 1 kg

69⁹⁹ each



Kellogg's Instant Noodles 5s Assorted

29⁹⁹ per pack



B Well Blended Canola & Extra Virgin Olive Oil 1 litre

74⁹⁹ each



BUY ME TO WIN

SPAR Light Meat Shredded Tuna in Water or Oil 170 g

BUY ANY 2 FOR

36⁰⁰

WITH RewardsCARD



Fatti's & Moni's Spaghetti or Macaroni 500 g

BUY ANY 2 FOR

30⁰⁰

WITH RewardsCARD



SPAR Beetroot Grated or Sliced 780 g

32⁹⁹ each



BUY ME TO WIN

Crosse & Blackwell Tangy Mayonnaise Only 750 g

37⁹⁹ each



All Gold Tomato Sauce 700 ml

32⁹⁹ each

Save R7



Mrs Ball's Chutney 450 g / 470 g Assorted

34⁹⁹ each

WITH RewardsCARD



Wellington Sweet Chilli or Jalapeno Sauce 700 ml

41⁹⁹ each



Lazenby Worcestershire Sauce 250 ml Assorted

27⁹⁹ each

WITH RewardsCARD

YOU CAN DO IT ALL, RIGHT HERE, AT SPAR



Experience a world of easy top-up options. Now available in-store only at SPAR Ts & Cs apply. For updated terms and conditions, please go to www.spar.co.za



SPAR Rewards deals available while stocks last.

Maximum 10 deals per customer on all SAVE EXTRA products.

Specials only available at selected SUPERSPAR stores in the Eastern Cape from 23 September up to and including 7 October 2025 while stocks last. We reserve the right to limit quantities. Prices include VAT.

Super Savings



Whiskas
Cat Food
Pouches
85 g
Assorted

BUY ANY
2 FOR
26⁰⁰



Pamper
Cat Food
Pouches
12 x 85 g
Assorted

119⁹⁹
per pack



SPAR
Purr-fect
Dry Pellets
Cat Food
4 kg
Assorted

159⁹⁹
each

WITH RewardsCARD



Bobtail
Dog Food
5,5 kg / 6,5 kg /
7 kg / 8 kg
Assorted

199⁹⁹
per pack



Husky
Canned
Dog Food
775 g
Assorted

33⁹⁹
each

WITH RewardsCARD



Marltons
Dog
Treats
120 g
Assorted

22⁹⁹
each



Beeno
Biscuits or
Mallows
500 g / 800 g
Assorted

69⁹⁹
each

WITH RewardsCARD



Canine Cuisine
Dog Food
5,5 kg / 6 kg
Assorted

299⁹⁹
per pack



Bob Martin
Tick & Flea
Collar or Spot On
Assorted

89⁹⁹
each

Household Essentials



SPAR
goodliving
Grater with Box
Storage

99⁹⁹
each



Energizer
Max
AA or AAA
Alkaline Batteries
8s

119⁹⁹
per pack



Pinaware
Steam Spray Iron
1400 W

209⁹⁹
each



Defy
Kettle
Black

399⁹⁹
each

Pool Care



hth
Sparkle It
Cube

49⁹⁹
each



hth
Floater +
1,6 kg

149⁹⁹
each

WITH RewardsCARD



hth
Granular+
Chlorine
Mineralsoft
8 kg

399⁹⁹
each

LOVE IT? SPAR GETS IT DELIVERED 2U



Download now!

Available on the
App Store

GET IT ON
Google Play

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Combo saver



BUY ALL FOR

120⁰⁰ per combo

Nestlé
Caramel Treat
360 g
PLUS
Evaporated
Ideal Cream
Whip
250 ml
PLUS
Condensmilk
385 g
PLUS
Peppermint Crisp
49 g



Snowflake
Easy Mix
1 kg
Assorted

29⁹⁹ each



Danone
Ultramel
Custard
1 kg / 1 litre
Assorted

29⁹⁹ each

WITH RewardsCARD



SPAR
Vanilla Custard
500 ml
PLUS
SPAR
Jelly
Assorted
40 g

BUY ALL 3 FOR

36⁰⁰ per combo

Pantry Essentials



SPAR
Iodated
Salt
1 kg

15⁹⁹ each



Knorr
Aromat
Refill
Trio Pack
200 g
Assorted

24⁹⁹ per pack



Robertson's
Herbs or Spice
Bottle
(excl. Grinders)
14 g / 100 ml
Assorted

23⁹⁹ each



Knorr
Packet Soup
50 g
Assorted

BUY ANY 4 FOR

25⁰⁰

WITH RewardsCARD



Hinds
Southern
Coating
200 g
Assorted

23⁹⁹ each

WITH RewardsCARD

SPAR supports Outeniqua Eggs, produced in the Garden Route.

Every time you choose **super-local**, you choose to **support local communities** and **help** to ensure **local employment**.

For more, visit www.facebook.co.za/spareasterncape



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SWIPE TO SAVE MORE

Exclusive to SPAR Rewards customers.



Manhattan or Mister Sweet Pink and White Marshmallows or Yumallows 400 g

39⁹⁹ each

WITH RewardsCARD



SPAR Dip 175 g Assorted

24⁹⁹ each

WITH RewardsCARD



Pringles Potato Chips 165 g Assorted

BUY ANY 2 FOR **100⁰⁰**

SPAR Carbonated Soft Drink Cola 3 litre

BUY 2 FOR

32⁰⁰

WITH RewardsCARD



Pantry Favourites



All Gold Tomato & Onion Mix 410 g

19⁹⁹ each

WITH RewardsCARD



All Gold Tomato & Onion Braai Relish 410 g

19⁹⁹ each

WITH RewardsCARD



Koo Chakalaka 410 g Assorted

21⁹⁹ each



Hinds Southern Grill Seasoning 200 g Assorted

19⁹⁹ each

WITH RewardsCARD



Royco Gravy, Sauce or Marinade 32 g / 37 g / 38 g / 39 g / 40 g / 48 g Assorted

BUY ANY 2 FOR

32⁰⁰



Ina Paarmann's Salad Dressing 300 ml Assorted

39⁹⁹ each

WITH RewardsCARD



Steers Salad Dressing Assorted, Sauce Assorted or Burger Relish 375 ml

34⁹⁹ each



Jan Braai Basting Sauce 750 ml Assorted

37⁹⁹ each

WITH RewardsCARD

Braai Essentials



BUY ME TO WIN

SPAR Charcoal Briquettes 5 kg

89⁹⁹ each



SPAR Poly Cups 10s

14⁹⁹ per pack

WITH RewardsCARD



SPAR Paper Plates 50s

39⁹⁹ per pack



SPAR Heavy Foil 5m

34⁹⁹ each

WITH RewardsCARD



SPAR White Serviettes 100s

16⁹⁹ per pack

WITH RewardsCARD



BUY ME TO WIN

SPAR Firelighters 12s

21⁹⁹ per pack



SPAR goodliving Cooler Box 26 litre Assorted

199⁹⁹ each



SPAR goodliving Large Portable Braai

299⁹⁹ each

LOVE IT? SPAR GETS IT DELIVERED 2U



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Load up on these super deals!



Robertsons
Bicarbonate of Soda
500 g
PLUS
Safari
White Vinegar
1 litre

BUY BOTH FOR

40⁰⁰ per combo

WITH RewardsCARD



Robertsons
Epsom
Salt
500 g

23⁹⁹ each

WITH RewardsCARD



SPAR
Mega
Roller Towels
2s
Assorted

42⁹⁹ per roll



Finish
Auto
Dishwashing
Tablets
45s / 50s / 56s
Assorted

254⁹⁹ per pack



Tuffy
Budget
Refuse Bags
20s

36⁹⁹ per roll

WITH RewardsCARD



AS SEEN ON TV
+150 MB FREE DATA mobile

BUY ME TO WIN

Sunlight
Original
Dishwashing
Liquid Bottle
750 ml
incl.
Platinum Range

BUY ANY 2 FOR

60⁰⁰

Save R14



Sta-Soft
Concentrated
Fabric Conditioner
Refill Pouch
500 ml
Assorted

39⁹⁹ each

WITH RewardsCARD



Albex
Bleach
1,5 litre
Assorted

24⁹⁹ each

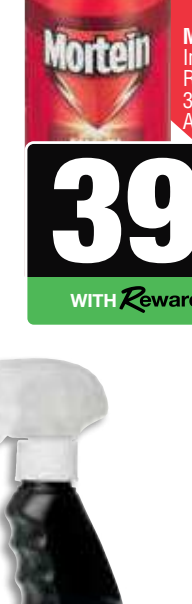
WITH RewardsCARD



Glade
Air Freshener
180 ml
Assorted

22⁹⁹ each

WITH RewardsCARD



Mortein
Insect
Repellent
300 ml
Assorted

39⁹⁹ each

WITH RewardsCARD



AS SEEN ON TV
+200 MB FREE DATA mobile

BUY ME TO WIN

Sunlight
5 in 1
Hand Wash
Powder
3 kg
Assorted

79⁹⁹ each

Save R25



Mr Muscle
Tile Cleaner
750 ml
Assorted

49⁹⁹ each



Albex
No Stain Remover
Pre-Wash Spray
500 ml

39⁹⁹ each

WITH RewardsCARD



Albex
Bleach Spray
750 ml
Assorted

49⁹⁹ each

WITH RewardsCARD



Omo
Auto Washing Powder
3 kg
Assorted or
Liquid 2 litre
Assorted or
Capsules 14s

119⁹⁹ each

WITH RewardsCARD



SPAR mobile
Brought to you by

MOVE WITH MORE!

1GB
R38

VALID FOR 30 DAYS

TERMS & CONDITIONS APPLY

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Super Savings

BUY ME TO WIN



Johnson's
Baby Wipes
Gentle All Over
72s or
Extra Sensitive
56s

34⁹⁹
per pack



Johnson's
Body Wash
500 ml
Assorted

79⁹⁹
each
WITH RewardsCARD



Pampers
Baby Dry Disposable Nappies
or Pants Jumbo Pack
incl. Premium Care Value Pack
Nappies or Pants
Assorted

239⁹⁹
per pack
WITH RewardsCARD



Johnson's
Baby
Aqueous Cream
350 ml
Assorted

38⁹⁹
each
WITH RewardsCARD



Johnson's
Baby Jelly
500 ml
Assorted

49⁹⁹
each



Johnson's
Regular
Baby Powder
200 g

47⁹⁹
each
WITH RewardsCARD



Johnson's
Baby Oil
125 ml

47⁹⁹
each
WITH RewardsCARD



Nestle
Nido 3+
Powdered
Milk Drink
900 g

169⁹⁹
each
WITH RewardsCARD



Parmalat
3+ Low Fat
Dairy Blend
1 litre

27⁹⁹
each



Purity
Baby Foods
Jar or
Puree Pouches
110 ml / 125 ml
Assorted

BUY ANY
2
FOR
26⁰⁰



Nestle
Nestum
Baby Cereal
200 g
Assorted

23⁹⁹
each



Nestle
Cerelac
Baby Cereal
200 g
Assorted

32⁹⁹
each

Family Essentials



Laxa-Dor
Laxative Tablets
30s

35⁹⁹
each



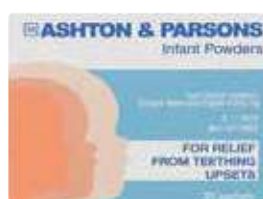
Band-Aid
Strip
Tough
20s

36⁹⁹
per pack
WITH RewardsCARD



Savlon
Antiseptic
Liquid
750 ml

99⁹⁹
each
WITH RewardsCARD



Ashton & Parsons
Teething Powder
20s

46⁹⁹
each



Himalaya
Diaper
Rash Cream
100 ml

64⁹⁹
each



Woodward's
Gripe Water
150 ml

44⁹⁹
each
WITH RewardsCARD



L'Oréal
Elvive
Shampoo or
Conditioner
300 ml / 400 ml
Assorted

89⁹⁹
each



Brut
Roll On
for Men
50 ml
Assorted

26⁹⁹
each



Lil-Lets
Dry Lock
Sanitary Pads
Regular Only
12s

42⁹⁹
per pack



Gillette
Mach 3 Plus
Razor Blades
2s

139⁹⁹
per pack

LOVE IT? SPAR GETS IT DELIVERED 2U



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App Store

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Google Play

Maximum 10 deals per customer on all **SAVE EXTRA** products.

Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **23 September** up to and including **7 October 2025** while stocks last.

We reserve the right to limit quantities. Prices include VAT.

Fire up your heritage celebrations



Super ideas for making the most of traditional **favourites for less.**

**Flame-braaied
spatchcock
chicken in an
atchar & chutney
marinade**



34⁹⁹
each

SPAR
Bakery
Garlic Bread



25⁹⁹
per pack

SPAR
Bakery
Braai Rolls
4s
Assorted



54⁹⁹
per kg

Your Butcher
By SPAR
Whole Chicken in a Bag
(Without Giblets)

BUTCHERY SPECIALS AVAILABLE FROM 23 - 28 SEPTEMBER 2025

PORK PRODUCTS AVAILABLE AT SELECTED STORES

The **SPAR & TOPS** you love, now online! **2U** DOWNLOAD NOW ON



Maximum 10 deals per customer on all **SAVE EXTRA** products.

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We reserve the right to limit quantities. Prices include VAT.



199⁹⁹
per kg

**Your Butcher
By SPAR**
Beef Rump or
Sirloin Steak



89⁹⁹
per kg

**Your Butcher
By SPAR**
Beef or Pork
Sausage



79⁹⁹
per kg

**Your Butcher
By SPAR**
SPAR Fresh Star Pack Chicken
(4 Drumsticks & 4 Thighs)
or Fillets



115⁹⁹
per kg

**Your Butcher
By SPAR**
Pork Belly Roast
or Braai Rashers
(Bone-In)



109⁹⁹
per kg

**Your Butcher
By SPAR**
Grabouw
or Rooiberg
Boerewors



89⁹⁹
per kg

**SPAR
Tender & Tasty**
Pork Texan Steak



99⁹⁹
per kg

**Your Butcher
By SPAR**
Beef Burger Patties
Original, Cheese
Flavoured or
Chargrill Flavoured



89⁹⁹
per kg

**SPAR
Tender & Tasty**
Deboned Chicken Thigh
Espetada Peri-Peri, BBQ,
Roasted Garlic Butter or
Sweet Chilli BBQ



34⁹⁹
per pack

**SPAR
freshline**
Onions
2 kg



399⁹⁹
per kg

**SPAR
Steak Co.**
Beef Ribeye
Steak



Flaming delicious
meals on a budget

**Cape Malay-style
lamb tjops with
tomato smootjie**

189⁹⁹
per kg

**Your Butcher
By SPAR**
Lamb Braai Shoulder
or Best End Chops

19⁹⁹
per pack

**SPAR
freshline**
Long Life
Tomatoes
750 g



BUTCHERY SPECIALS AVAILABLE FROM 23 - 28 SEPTEMBER 2025

PORK PRODUCTS AVAILABLE AT SELECTED STORES



SPAR Rewards deals. While stocks last.

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Specials only available at listed **SUPERSPAR** stores in the Eastern Cape from **23 September** up to and including **7 October 2025** while stocks last.

We reserve the right to limit quantities. Prices include VAT.

139⁹⁹ each

SPAR
Braai Snoek with
Apricot Marinade
1.1 kg

Chef's tip:
Try **SPAR**
Prawn tails
on the braai

**Celebrate SA's
great seafood
tradition, the
affordable way**

**Succulent ostrich
steak-filled
roosterkoek**

96⁹⁹ each

**Your Butcher
By SPAR**
Ostrich Fillets
400 g

35⁹⁹ each

SPAR Bakery
White Ciabatta
450 g

189⁹⁹ per kg

SPAR Tender & Tasty
Mini Texan
Beef Steak

24⁹⁹ per pack

SPAR Bakery
Roosterkoek
4s

59⁹⁹ each

**Your Butcher
By SPAR**
Ostrich
Burgers
400 g

69⁹⁹ each

**Your Butcher
By SPAR**
Ostrich
Prime Steak
400 g

BUTCHERY SPECIALS AVAILABLE FROM 23 - 28 SEPTEMBER 2025

PORK PRODUCTS AVAILABLE AT SELECTED STORES

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Maximum 10 deals per customer on all **SAVE EXTRA** products.
 Specials only available at listed **SUPERSPAR** stores in the Eastern Cape from **23 September** up to and including **7 October 2025** while stocks last.
 We reserve the right to limit quantities. Prices include VAT.

26⁹⁹ each

SPAR freshline Golden Delicious and Red Apples 1.5 kg

62⁹⁹ each

SPAR Bakery Swiss Roll 5s Assorted

14⁹⁹ each

SPAR Bakery Brown Bread 700 g

Save R1

15⁹⁹ each

SPAR Bakery White Bread 700 g

Save R1

29⁹⁹ per pack

SPAR freshline Mixed Mushrooms 350 g

44⁹⁹ per pack

SPAR freshline Potjie Pack 1 kg

129⁹⁹ each

SPAR Tender & Tasty Pork Belly Ribs Sweet & Sticky or BBQ 1 kg

129⁹⁹ each

SPAR Tender & Tasty Pork Belly Ribs Barbeque 1 kg

Pork belly ribs with tangy and sweet slaw

Meatless braai potjie pie

Roasted tomato and guacamole salad

Sticky upside down banana cake and blueberry ice cream

BUTCHERY SPECIALS AVAILABLE FROM 23 - 28 SEPTEMBER 2025
PORK PRODUCTS AVAILABLE AT SELECTED STORES

29⁹⁹ per box

SPAR freshline Banana Mini Box 1.2 kg

26⁹⁹ each

SPAR freshline Blueberries 125 g

19⁹⁹ per pack

SPAR freshline Crisp Lettuce 300 g

19⁹⁹ per pack

SPAR freshline Italian Salad or Season's Value 220 g

29⁹⁹ each

SPAR freshline Guacamole 200 g Assorted

SPAR Rewards deals. While stocks last.

Maximum 10 deals per customer on all **SAVE EXTRA** products.

Specials only available at listed **SUPERSPAR** stores in the Eastern Cape from **23 September** up to and including **7 October 2025** while stocks last.

We reserve the right to limit quantities. Prices include VAT.

Pamper your family for less

with

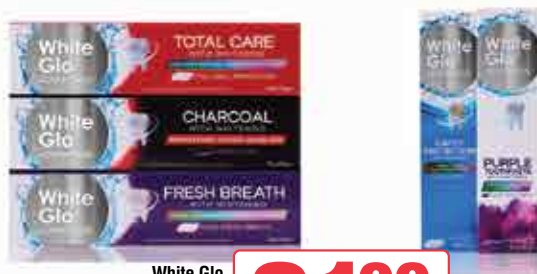
SPAR 



Explore your favourite **personal care brands**.

Bright smiles

September is
**Oral Health &
Heart Disease**
awareness
month



White Glo
Toothpaste
75 ml
Assorted

21⁹⁹
each

Only at
SPAR

**BUY ME
TO WIN**

59⁹⁹
each

WITH Rewards CARD

Colgate
Double Action
Herbal or
Charcoal
Toothbrush
2s

42⁰⁰

WITH Rewards CARD

Colgate
Maximum Protection,
Gel, Herbal, Herbal White
Toothpaste
100 ml or
Triple Action 150 ml

39⁹⁹
each

WITH Rewards CARD

Colgate
Double Action
Toothbrush
Value Pack
2s



Sensodyne
Clean & Fresh, Fresh Mint, Gentle Whitening,
Natural White, Multi Care Original or Herbal
Toothpaste
(incl. Parodontax Range)
75 ml

54⁹⁹
each

WITH Rewards CARD

SENSODYNE

**#1 DENTIST
RECOMMENDED
BRAND**



Aquafresh
Milk or Big Teeth
Toothpaste
50 ml

27⁹⁹
each

WITH Rewards CARD

34⁹⁹
each

WITH Rewards CARD

Aquafresh
Kids
Advance
Toothpaste
75 ml

Aquafresh
Kids
Toothbrush
Assorted

39⁹⁹
each

WITH Rewards CARD

Oral health is directly
linked to heart disease,
strokes and other
systemic conditions.
Poor oral hygiene can
allow infection to enter
the bloodstream.

Replace toothbrushes
every 3 months and
especially after illness.



Colgate
Barbie or Batman
Toothbrush

38⁹⁹
each

WITH Rewards CARD

HELP
LITTLE
TEETH
GROW
STRONG

Oral-Pro

SPAR
Oral Pro
Junior
Soft Toothbrush

15⁹⁹
each

WITH Rewards CARD



LISTERINE
Brush  Floss  Rinse 

32⁹⁹
each

SPAR
Oral Pro
Mouth Wash
250 ml
Assorted

Listerine
Mouthwash
incl. Kids
500 ml
Assorted

64⁹⁹
each



12⁹⁹
each

WITH Rewards CARD

SPAR
Oral-Pro
Everyday Clean
Toothbrush
(incl. Kiddies)
Assorted

22⁹⁹
each

WITH Rewards CARD

SPAR
Oral Pro
Hard
Earth Smile
Toothbrush
Value Pack
2s

Stand a chance to

WIN
YOUR SHARE OF
R100 000
Mastercard vouchers
Valued at R500 each

Competition runs from 1 August to 30 September 2025. T&C's Apply.



How to enter:

Buy any x4 products
of Protex, Colgate or Sta-Soft

Scan the QR code
to enter the competition by
providing your contact details

Protex

Colgate

Sta-Soft

Not all products or variants are available in all stores.

The **SPAR** you love, now online!



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App Store



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We reserve the right to limit quantities. Prices include VAT.

Bath bliss



Mousson
Foam Bath
2 litre
Assorted

74⁹⁹
each

BUY ME
TO WIN



Lifebuoy
Hygiene
Soap
175 g
Assorted

26⁰⁰
WITH Rewards CARD



SPAR
Germex
Hand Wash Assorted
or Sanitiser
250 ml

35⁹⁹
each

WITH Rewards CARD



Protex
Soap
150 g / 175 g
Assorted

26⁰⁰
BUY ANY 2 FOR



29⁹⁹
each

Sponge
Bath
Loofah
Assorted



21⁹⁹
each

Bath
Sponge
Loofah
Assorted



19⁹⁹
each

Sponge
Bath
with Cord
Assorted



19⁹⁹
each

Round Sponge
Bath
Assorted



14⁹⁹
each

Care by SPAR
Terry Face Cloth
Adult
Assorted



14⁹⁹
each

Care by SPAR
Kids Face Cloth
Assorted



Care by SPAR
Guest
Towel
Assorted

19⁹⁹
each



34⁹⁹
each

Care by SPAR
Terry Face Cloth
for Adults
2s
Assorted



34⁹⁹
each

Hanging
Basket
Assorted



19⁹⁹
each

Care by SPAR
Nail
Brush



Radiant beauty

139⁹⁹
each

Himalaya
Dark Spot
Clearing
Turmeric Face
Serum
30 ml



74⁹⁹
each

Himalaya
Scrub or Face Wash
Assorted
150 ml or
Neem Mask
75 ml

179⁹⁹
each

Himalaya
Vitamin C
Face Serum
30 ml

119⁹⁹
each

Himalaya
Vitamin C
Orange
Serum
Cream
50 g

69⁹⁹
each

Himalaya
Turmeric
Dark Spot Cleaning
Scrub 75 ml or
Face Wash 100 ml

79⁹⁹
each

Himalaya
Charcoal Scrub or
Face Wash
Assorted
150 ml

69⁹⁹
each

Himalaya
Vitamin C
Orange
Face Wash
100 ml



NIVEA

IS FOR SKIN

AVAILABLE AT
SELECTED
STORES

AVAILABLE AT
SELECTED
STORES

129⁹⁹
each

Nivea
Refreshing or
Nourishing
Day or Night Cream
SPF 15
50 ml

79⁹⁹
each

Neutrogena
Fast Absorbing or
Ultra Nourishing Balm
300 ml or
Fast Absorbing or Hypoallergenic
Lotion
400 ml



AVAILABLE AT
SELECTED
STORES

149⁹⁹
each

Neutrogena
Hydro Boost
Hyaluronic Acid
Water Gel
or Gel Cream or
Hydrating
Lotion SPF 25
50 ml



AVAILABLE AT
SELECTED
STORES

Nivea
Shower
Creme Care
500 ml
Assorted

79⁹⁹
each

Nivea
Body
Lotion or
Cream
400 ml
Assorted

59⁹⁹
each

44⁹⁹
each

Nivea
Aerosol
Deodorant
for Women
150 ml
Assorted

Nivea
Roll On
for Women
50 ml
Assorted



BUY ME
TO WIN

73⁹⁹
each

Nivea
Deodorant
Stick
50 ml
Assorted

29⁹⁹
each

Not all products or variants are available in all stores.



SPAR Rewards deals available while stocks last.

Specials only available at selected SUPERSPAR stores in the Eastern Cape from 23 September up to and including 7 October 2025 while stocks last.

We reserve the right to limit quantities. Prices include VAT.

Nourished skin

epi-max
for every body

Epi-max
Cream
400 g

109⁹⁹
each

Epi-max
Baby & Junior Cream
400 g

109⁹⁹
each



AVAILABLE AT
SELECTED
STORES



Nivea
Sun
SPF 50
Sunscreen
Lotion
200 ml / 270 ml

269⁹⁹
each
WITH Rewards CARD

Vaseline
Petroleum
Jelly
250 ml
Assorted

36⁹⁹
each
WITH Rewards CARD

**BUY ME
TO WIN**

Vaseline
Body Cream
or Lotion
400 ml
Assorted

59⁹⁹
each
WITH Rewards CARD

**BUY ME
TO ENTER**

SPAR
Sola
SPF 50
Kids or Adult
Sunscreen Spray
200 ml

149⁹⁹
each

BRAMLEY

Bramley
Tissue Oil
100 ml
Assorted

26⁹⁹
each

INGRAMS
THE SKIN DOCTOR

Ingrams
Body Cream
Assorted
450 ml or
Tissue Oil
300 ml

49⁹⁹
each

AVAILABLE AT
SELECTED
STORES

Fresh defence

Mitchum
Roll On
for Women
50 ml
Assorted

42⁹⁹
each

Revlon
Body Spray
for Women
90 ml
Assorted

34⁹⁹
each
WITH Rewards CARD

Playgirl
Roll On
50 ml
Assorted

17⁹⁹
each

Playgirl
Aerosol
Deodorant
90 ml / 150 ml
Assorted

32⁹⁹
each

Shower to Shower
Roll On
for Women
50 ml
Assorted

17⁹⁹
each

Shield
Deodorant
for Women
150 ml
Assorted

60⁰⁰
each
WITH Rewards CARD

**BUY ANY
2
FOR**

Shield
Roll On
for Women
50 ml
Assorted

21⁹⁹
each
WITH Rewards CARD

**BUY ME
TO WIN**

Yardley
Body Spray
for Women
90 ml
Assorted

39⁹⁹
each
WITH Rewards CARD

Not all products or variants are available in all stores.

The **SPAR** you love, now online!



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Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **23 September** up to and including **7 October 2025** while stocks last.
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Dove
Shampoo Assorted,
Conditioner Assorted or
2 in 1
350 ml / 400 ml

89⁹⁹
each
WITH RewardsCARD

Dove
Bar Soap
Value Pack
4 x 90 g
Assorted

69⁹⁹
per pack

28⁹⁹
each
WITH RewardsCARD

Dove
Cotton Rounds
80'S

15⁹⁹
each

Dove
Cotton Roll
50 g

Dove
Cotton Buds
200s

15⁹⁹
each

79⁹⁹
each

Dove
Body Cream or Lotion for Women 400 ml
Assorted

Crowning glory



BUY ME
TO WIN

84⁹⁹
each
WITH RewardsCARD

Head & Shoulders
2 in 1 or
Shampoo
300 ml / 360 ml / 400 ml
Assorted

Perfect curls



79⁹⁹
each
WITH RewardsCARD

The Perfect hair
Braiding Spray,
Oil Moisturizer
Spray or Lotion
250 ml



Soft & Smooth
Repair & Growth
Hair Treatment
125 ml
Assorted

32⁹⁹
each
WITH RewardsCARD



The Perfect hair
Repair & Growth
Hair Treatment
Sachet
50 ml
Assorted

16⁹⁹
each
WITH RewardsCARD

AS SEEN
ON TV

+250 MB
FREE DATA

SAVE
EXTRA
IN-STORE
ONLY

BUY
ANY
2
FOR

100⁰⁰
Save R90

Pantene
Shampoo or
Conditioner
400 ml
Assorted
(incl. Treatment 360 ml)



Organics
Shampoo, 2 in 1 or
Conditioner
1 litre
Assorted

79⁹⁹
each



Dark & Lovely
Ouchless
Detangle
Hair Spray
250 ml

47⁹⁹
each

Dark & Lovely
2 in 1
Easy Shampoo
250 ml

47⁹⁹
each



Dark & Lovely
Fat Protein
Hair Relaxer
250 ml
Assorted

49⁹⁹
each
WITH RewardsCARD



49⁹⁹
each
WITH RewardsCARD

Dark n Lovely
Oil
Moisturizing
Spray
250 ml
Assorted

Dark & Lovely
Precise
Relaxer
250 ml
Assorted

49⁹⁹
each
WITH RewardsCARD

Not all products or variants are available in all stores.



SPAR Rewards deals available while stocks last.

Specials only available at selected SUPERSPAR stores in the Eastern Cape from 23 September up to and including 7 October 2025 while stocks last.
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Smooth sensation



Care by SPAR
Swivel Head
Triple Blade
for Ladies
4s

59⁹⁹
per pack
WITH Rewards CARD



SPAR
Fixed Head
Disposable
Razors
for Ladies
5s

25⁹⁹
per pack
WITH Rewards CARD



Bic
1 Lady Disposable
Razors
5s

22⁹⁹
per pack



Bic
Pure Lady
4 + 2 Free

62⁹⁹
per pack



Bic
Lady Disposable
Razors
4 + 2 Free

62⁹⁹
per pack



Bic
Soleil Escape
3 Blade
Disposable Shavers
3s

62⁹⁹
per pack



Bic
Soleil Escape 5 Blade
Disposable Razors
2s

81⁹⁹
per pack



**VOTED
PRODUCT
OF
THE YEAR**
Consumer Survey of
Product Innovation
2024



Care By SPAR
Roll On
for Women
50 ml
Assorted

15⁹⁹
each
WITH Rewards CARD



Care By SPAR
Body Spray
for Women
90 ml
Assorted

23⁹⁹
each
WITH Rewards CARD



Care By SPAR
Body Lotion
for Women
400 ml
Assorted

39⁹⁹
each



Care By SPAR
Body Wash for Women
500 ml
Assorted

35⁹⁹
each



care
by SPAR
Soap
175 g
Assorted

24⁰⁰
BUY ANY 2 FOR

Intimate protection



Lil-Lets
Pantyliners
100s
Assorted

42⁹⁹
per pack



Lil-Lets
Tampons
32s
Assorted

42⁹⁹
per pack



Lil-Lets
Maxi
Sanitary Pads
7s / 8s / 10s
Assorted

19⁹⁹
per pack



Lil-Lets
Dry Lock
Pantyliners
34s

46⁹⁹
per pack



Lil-Lets
Intimate Care
Gel or Crème
Wash
150 ml

69⁹⁹
each



Lil-Lets
Dry Lock
Pantyliners
14s

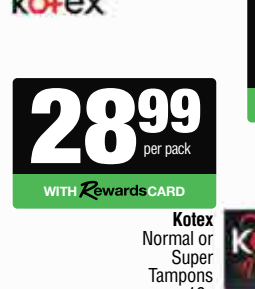
32⁹⁹
per pack



Assure
Adult
Incontinence
Slips or Pants
10s
Assorted

149⁹⁹
per pack

NAPPI CODES:
Assure Slips (M) 1076490
Assure Slips (L) 1076491
Assure Slips (XL) 1076492
Assure Pants (M) 1076487
Assure Pants (L) 1076488
Assure Pants (XL) 1076489



Kotex
Normal or
Super
Tampons
16s

28⁹⁹
per pack
WITH Rewards CARD



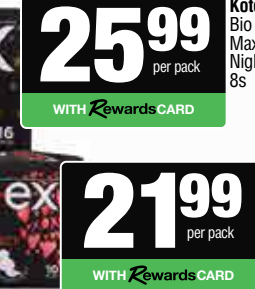
Kotex
Normal or
Super
Tampons
32s

54⁹⁹
per pack
WITH Rewards CARD



Kotex
Bio Care
Maxi Super or
Night Sanitary Pads
8s

25⁹⁹
per pack
WITH Rewards CARD



Kotex
Maxi
Sanitary Pads
8s / 10s
Assorted

21⁹⁹
per pack
WITH Rewards CARD



Always
Pantyliners
20s
Assorted

19⁹⁹
per pack
WITH Rewards CARD



Always
Maxi or Ultra
Sanitary Pads
7s / 8s / 9s / 10s
Assorted

21⁹⁹
per pack
WITH Rewards CARD



SPAR
Petals
Classic
Sanitary Pads
8s

5⁰⁰
per pack
WITH Rewards CARD



SPAR
Petals
Ultra Thin
Pantyliners
100s

59⁹⁹
per pack
WITH Rewards CARD



SPAR
Petals
Multi Pack
Sanitary Pads &
Pantyliners
18s

29⁹⁹
per pack
WITH Rewards CARD



SPAR
Petals
Tampons
16s
Assorted

24⁹⁹
per pack
WITH Rewards CARD

Not all products or variants are available in all stores.

The **SPAR** you love, now online!



DOWNLOAD NOW ON



Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **23 September** up to and including **7 October 2025** while stocks last.
We reserve the right to limit quantities. Prices include VAT.

Real men care station



BUY ME TO WIN

Nivea Men Deodorant Stick 50 ml Assorted **73⁹⁹** each

Nivea Aerosol Deodorant for Men 150 ml Assorted **44⁹⁹** each

Nivea Men Body Lotion or Cream 400 ml Assorted **59⁹⁹** each WITH RewardsCARD

Nivea Men Shower Gel 500 ml Assorted **79⁹⁹** each

Nivea Men Roll On 50 ml Assorted **29⁹⁹** each

AVAILABLE AT SELECTED STORES

AVAILABLE AT SELECTED STORES

AVAILABLE AT SELECTED STORES

AVAILABLE AT SELECTED STORES



Dove

Dove Men Body Cream 400 ml Assorted **79⁹⁹** each

AVAILABLE AT SELECTED STORES

AVAILABLE AT SELECTED STORES

AVAILABLE AT SELECTED STORES

21⁹⁹ each WITH RewardsCARD

Dove Men Comfort or Extra Fresh Bar Soap 100 g



YOU COULD TOUR MOROCCO WITH BAFANA BAFANA

TERMS AND CONDITIONS: COMPETITION RUNS UNTIL 30 NOVEMBER 2023. STANDARD DATA RATES APPLY. FOR FULL TS & CS VISIT <https://www.competitionterms.co.za/shield-vaseline> FOR.

BUY ANY SHIELD + VASELINE PRODUCTS

WHATSAPP YOUR TILL SLIP TO 060 019 8931

WIN A VIP MOROCCAN EXPERIENCE OR YOUR SHARE OF R1 MILLION IN PRIZES

Not all products or variants are available in all stores.

SPAR Rewards deals available while stocks last.

Real men care station

care MEN by SPAR

23⁹⁹ each
WITH Rewards CARD
Care By SPAR Body Spray for Men 150 ml Assorted

15⁹⁹ each
WITH Rewards CARD
Care by SPAR Roll On for Men 50 ml Assorted

39⁹⁹ each
Care by SPAR Body Lotion for Men 400 ml Assorted

35⁹⁹ each
Care by Spar Shower Gel for Men 500 ml Assorted

BIOMIMETICALLY TESTED
GENTLE ON SKIN
PARABEN FREE
RECYCLED PACKAGING

Oral-B
Medium Toothbrushes 2s
52⁹⁹ per pack

Old Spice
Aerosol Deodorant for Men 150 ml Assorted
52⁹⁹ each

Gillette Blue3
Disposable Razors 4 + 1 Free
52⁹⁹ per pack

BUY ME TO ENTER

59⁹⁹ each
WITH Rewards CARD
Vaseline Men Body Lotion or Cream 400 ml Assorted

36⁹⁹ each
WITH Rewards CARD
Vaseline Petroleum Jelly for Men 250 ml Assorted

49⁹⁹ each
Ingram's Men Body Cream 500 ml Assorted

26⁰⁰
BUY ANY 2 FOR
Protex Men Soap 175 g Assorted

32⁹⁹ each
Playboy Aerosol Deodorant 125 ml / 150 ml Assorted

34⁹⁹ each
WITH Rewards CARD
Revlon Body Spray for Men 120 ml Assorted

21⁹⁹ each
WITH Rewards CARD
Shield Roll On for Men 50 ml Assorted

60⁰⁰
BUY ANY 2 FOR
WITH Rewards CARD
Shield Anti-Perspirant Deodorant for Men 150 ml Assorted

17⁹⁹ each
Shower to Shower Men Body Lotion or Cream 400 ml Assorted

42⁹⁹ each
Miltchum Roll On for Men 50 ml Assorted

17⁹⁹ each
Playboy Roll On 50 ml Assorted

21⁹⁹ each
Axe Roll On for Men 50 ml Assorted

21⁹⁹ each
Axe Deodorant for Men 150 ml Assorted

39⁹⁹ each
WITH Rewards CARD
Yardley Body Spray for Men 125 ml Assorted

29⁹⁹ each
WITH Rewards CARD
Care by SPAR Shaving Foam 250 ml Assorted

60⁰⁰
BUY ANY 2 FOR
Axe Deodorant for Men 150 ml Assorted

21⁹⁹ each
Axe Roll On for Men 50 ml Assorted

42⁹⁹ each
Miltchum Roll On for Men 50 ml Assorted

17⁹⁹ each
Playboy Roll On 50 ml Assorted

32⁹⁹ each
Playboy Aerosol Deodorant 125 ml / 150 ml Assorted

34⁹⁹ each
WITH Rewards CARD
Revlon Body Spray for Men 120 ml Assorted

49⁹⁹ each
Ingram's Men Body Cream 500 ml Assorted

59⁹⁹ each
WITH Rewards CARD
Protex Men Soap 175 g Assorted

60⁰⁰
BUY ANY 2 FOR
Protex Men Soap 175 g Assorted

60⁰⁰
BUY ANY 2 FOR
Shield Anti-Perspirant Deodorant for Men 150 ml Assorted

60⁰⁰
BUY ANY 2 FOR
Axe Deodorant for Men 150 ml Assorted

82⁹⁹ per pack
Bic Flex 5 Disposable Razors 2s

99⁹⁹ per pack
Bic 3 Hybrid Disposable Razors 8s

22⁹⁹ per pack
Bic 1 Disposable Razors for Men 5s

62⁹⁹ per pack
Bic Disposable Razors for Men 4 + 2 Free

59⁹⁹ per pack
WITH Rewards CARD
Care by SPAR Swivel Head Triple Blade for Men 4s

25⁹⁹ per pack
WITH Rewards CARD
SPAR Fixed Head Disposable Razors for Men 5s

Not all products or variants are available in all stores.

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Specials only available at selected **SUPERSPAR** stores in the Eastern Cape from **23 September** up to and including **7 October 2025** while stocks last. We reserve the right to limit quantities. Prices include VAT.

Treat and prevent



Grandpa
Powder
Sticks 38s
or
Tablets 76s

99⁹⁹
each

Vicks
Active Plus
Wet & Dry
Cough Syrup
100 ml

65⁹⁹
each



65⁹⁹
each

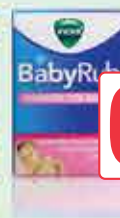
Vicks
VapoRub
Ointment
50 g

AVAILABLE AT
SELECTED
STORES



Vicks
BabyRub
45 g

65⁹⁹
each



AVAILABLE AT
SELECTED
STORES



Benylin
Cough
Syrup
100 ml
Assorted

59⁹⁹
each



Benylin
All In One
Cough Syrup
100 ml

94⁹⁹
each



Benylin
Wet & Dry
Cough Syrup
100 ml

69⁹⁹
each

35⁹⁹
each
WITH RewardsCARD

Panado
Securitaine or
Blister Box
24s



RANGE FROM
R29.99
EACH

AVAILABLE AT
SELECTED
STORES



BUY
ANY
4
FOR

20⁰⁰
WITH RewardsCARD

BioPlus
Syrup
Booster
Sachet
10 ml
Assorted

Vital.

Vital
Multitime
50+
Women Capsules or
Men Tablets
30s

149⁹⁹
each



129⁹⁹
each

Vital
Multitime
Men or Women
Multivit & Mineral Tablets
30s

Powder room



Care by SPAR
Facial Tissues
200s
Assorted

26⁹⁹
per pack

WITH RewardsCARD

AS SEEN
ON TV

+300 MB
FREE DATA

BUY ME
TO WIN

124⁹⁹
per pack

Save R44

Baby Soft
Toilet Rolls
2 Ply
350 sheets
18s

Not all products or variants are available in all stores.

STAND A CHANCE TO
WIN 1 OF 5
SPA VOUCHERS
with Lil-Let's & Dove Cotton

Break the Cycle with Lil-Lets and live the soft life with Dove Cotton and you could WIN!

Purchase any 3 Lil-Lets or Dove Cotton products between 23 September and 7 October for a chance to WIN 1 of 5 spa vouchers worth R1 000 each.

To enter, simply email your till slip to lil-letsSA@lil-lets.com and you could be one of our lucky winners.

lil-lets.com



Scan more to win 1 of 5
R1 000 spa vouchers

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Rewards
More for You



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Maximum 10 SPAR Rewards deals per product, per customer on all **SAVE EXTRA** products. While stocks last. Ts & Cs apply.

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· PORT ELIZABETH SUPERSPARS: Bluewater Bay, Despatch, Gelvandale, Hunters Retreat, Mount Pleasant, Newton Park, Our, Summerbreezz, Sunridge, Waterfront

· EAST LONDON SUPERSPARS: Amalinda, Crossways, Debi Lee, Gonubie, Nahoon, Nick's Food Berea, Southernwood, Spargs Beacon Bay, Vincent · KNYSNA SUPERSPAR: Knysna

· GEORGE SUPERSPAR: Heather Park, Outeniqua · JEFFREY'S BAY SUPERSPAR: Jeffrey's Bay · ST. FRANCIS BAY SUPERSPAR: Village Square · PORT ALFRED SUPERSPAR: Rosehill · PLETTENBERG BAY: Melville's · UITENHAGE SUPERSPAR: Levyvale, QUEENSTOWN SUPERSPAR: Queenstown · SEDGEFIELD SUPERSPAR: Sedgfield · GRAAF REINET SUPERSPAR: Spandau · HUMANSDORP SUPERSPAR: Village On Main.

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