



*Personal Service & Professional Care*

66 Otho Street  
INVERELL 2360  
Ph: 02 6722 3089  
www.campbellandfreebairn.com.au



38 Albury Street  
ASHFORD 2361  
Ph: 02 6725 4013



**Napoleon Perdis**  
**SUPER SALE ON GIFT SETS**  
**Only while stocks last!!!**

**Happy Holla Days 10 Piece \$77.50**

**Glossip Queen Gloss Trio \$24.00**

**Loves a Lippy matte lipstick wardrobe \$59.50**

**On the Tools 8 piece Brush Set \$77.50**

**Water Baby Hydrate & Prime Pack \$71.50**

**Eye Palette \$45.00**

**4 in 1 Cheek Palette \$45.00**

**What a Beaut Mask Trio \$41.50**

*Call in and see Brendon, Emma, Justine, Clare, Annie Jane, Erica, Logan, Lisa, Suzanne, Liz, Sonia, Tiarna, Cassie, Trista, Renae, Jane, Kelly F, Sue, Sarah T, Sarah M, Kellie Mc, Emi, Phillipa, Montana, Teagan, Greg, Johnle, Phoebe, Gabby, Fiona, Paige, Charlotte D, Matilda, Shannon, Kathy, Charlotte, Simone and Trudy.*

**Free Home Delivery**  
**Monday to Friday**  
**Free delivery to Delungra**



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**June 2022**

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Breaking News: NSW Health are providing FREE flu vaccines for NSW residents during June. Our pharmacy will offer this service for patients aged 10 years old to 64 years old. We can provide vaccinations between 9:30am and 5pm on week days. We don't require appointments but appreciate your patience if the vaccinating pharmacist is busy.

Our Catalogue runs from 9th June–1st July. Purchase any item from the catalogue and enter online to WIN Miele Complete C3 Turbo Vacuum Cleaner valued at \$699

Healthy regards,

**Brendon, Emma & Justine**

**DONATIONS in May**

We were pleased to donate to the following organizations last month:

- Pathfinders Clothesline Project

Thank you for supporting our **locally owned** and operated Pharmacy!  
Open 8.30am to 6pm Monday to Friday and every Saturday 8.30am to 12.30pm

## Fragrance



**Michael Bubl  "Love Note"**  
100ml Eau de Parfum \$63

**Cristiano Ronaldo CR7 "Game On"**

100 ml EDT \$50  
50ml EDT \$40



## **Food and heart health myths.....busted!**

There are lots of myths around food and heart health. Heart healthy eating is the holistic combination of food you eat over time. No single nutrient or food will cause or prevent heart disease on its own.

### **Myth- Butter is healthy for your heart....?**

It's versatile and beloved around the world but butter is not a health food and it should be limited in a heart healthy diet. Although evidence shows only a small risk between butter and mortality and heart disease, it's the effect butter has on your cholesterol levels that makes it a no no.

Butter raises both good (HDL) and bad (LDL) cholesterol levels. The rise in bad outweighs the benefit of the rise in good cholesterol.

If you already have high cholesterol, butter can raise bad cholesterol levels even further.

Can butter be part of a heart healthy diet? Only a little and sometimes. Swap butter for foods that reduce heart disease risk like avocado, olive oil, nut butters and spreads made from canola or olive oil.

## **NEW PRODUCTS!**

- Sudox Cream Original Pain 100g \$24.00
- Sudox Cream Pain Relief for Women 75g \$24.00
- Sudox Cream Active 50g \$25.85
- Wicked Sista Reusable Cleansing Pads 6 Pads \$9.95
- GlucoHit Chewable tablets Pack 10 \$7.00
- Arthro-Aid Pain Ease Cream 114g \$26.95
- Marc Daniels Hydraplex Shampoo, Conditioner, Leave in Cream and Intensive Treatment \$15.00 each
- Dermaveen Calmexa– buy 250ml soap free wash and receive 250g moisturiser FREE
- Adult and Children heat packs



- Hemp Worx body range gift sets
  - Rejuvenate Set \$19.95
  - Beautylicious Set \$29.95

Hemp Worx products are Australian Owned and Manufactured, 100% vegan, contain no parabens, SLS or synthetic fragrance.

# THE HEMP WORX

