



Personal Service & Professional Care

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



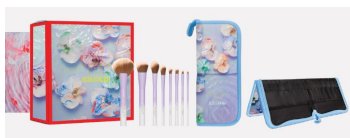
38 Albury Street
ASHFORD 2361
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napoleon
PERDIS

Napoleon Perdis WRAP-TURE! Holiday 2022 Collection

The Expressionist 8 piece brush set \$129

**Technicolour Rebel Eye & Cheek
Palette \$65**



**Hyper Gaze
Eye & Cheek
Palette
\$65**



Utopia Bloom Cheek Switch Crème

Highlight Stick \$49

Hypnotic Shine Lip Glaze Trio

\$39



**Colour Odyssey Lip Colour &
Polish**

\$75



Swept Away Makeup Duo \$49

Opulent Mirage Prep Trio \$105

Call in and see Brendon, Emma, Justine, Annie Jane, Erica, Logan, Lisa, Suzanne, Liz, Cassie, Trista, Renae, Jane, Kelly F, Sue, Sarah T, Sarah M, Kellie Mc, Montana, Gabby, Fiona, Shannon, Karen, Debbie, Mikayla, Paige, Annalisa, Sonia, Greg, Johnle, Phoebe, Heidi, Bindu, Charlotte D, Matilda, Mia, Amber, Simone Tiarna, and Trudy.

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



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Merry Christmas



38 Albury Street
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December 2022

Merry Christmas and Healthy Wishes for a Bright New Year, from our CFC family to yours.

We are the Duty Chemist over Christmas and our Opening Hours are on Page 3.

We offer free gift wrapping and Gift Vouchers to help with your Christmas Gifts.

As well as gorgeous giftwares we can help with gifts to promote good health for your family & friends

Our current Catalogue runs from 1st-24th December. Purchase any item from the catalogue and enter online to WIN an Apple Prize Pack valued at \$5081.00 including a Watch Series 7, iPhone 13, AirPods, Apple TV, Macbook & Mouse!

Healthy regards, **Brendon, Emma & Justine**

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DONATIONS in November

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

- Pathfinders Inverell Refuge
- Building Tingha Community Spirit
- Bonshaw School P&C
- Ashford Lion's Club

Thank you for supporting our 100% **locally owned** and operated Pharmacy!
Open 8.30am to 6pm Monday to Friday and every Saturday 8.30am to 12.30pm



Fragrance



For Her: Calvin Klein 4 x Minis
\$80.00

Marc Jacobs Daisy Love 50ml \$137.00
Coach New York 50ml \$85.00
CK One Summer 100ml \$73.95
CK Eternity Women 100ml \$48.95

For Him: CK Defy 50ml \$74.00 100ml \$95.00
Abercrombie & Fitch Away Tonight 30ml \$40.00
Abercrombie & Fitch Authentic Moment 100ml \$63.00
David Beckham Classic 90ml \$19.00

Food and Heart Health Myths

Myth: Saturated fat is healthy now....

Meat, chicken, dairy products and palm and coconut oil are all sources of saturated fats. It is also in processed foods like biscuits, pastries and take away foods.

Saturated fats are healthier than unsaturated fats, but preferable to trans-fats. Evidence shows that removing saturated fats and including unsaturated fats will reduce your heart disease risk. (Swapping out saturated fat with wholegrains also reduces your heart disease risk, but not to the same extent as unsaturated fats) Replacing saturated fats with refined carbohydrates does NOT reduce your heart disease risk.

Can saturated fats be a part of a heart healthy diet?

No. Junk food and drinks are the leading contributors to saturated fat intake. Cut these out by replacing them with heart healthy choices; nuts, seeds, avocados, olives.



Christmas & New Year Trading Hours

Saturday 24th Dec: 8.30am-12.30pm & 6-7pm

Sunday 25th Dec (Christmas Day): CLOSED

**Monday 26th Dec (Boxing Day Public Holiday):
10.30am-11.30am &
6.00pm-7.00pm**

**Tuesday 27th Dec (Christmas Public Holiday):
10.30am-11.30am &
6.00pm-7.00pm**

**Monday 2nd January (New Years Day Holiday):
CLOSED**

ETHICAL NUTRIENTS
PROFESSIONAL NATURAL MEDICINES



Ethical Nutrients CLINICAL—Nervalgesic Muscle

Nervalgesic Muscle combines high strength and bioavailable PEA, an innovative ingredient that assists relieves mild nerve pain, with highly absorbable magnesium to help relieve muscle spasms, pain and cramping and replenish magnesium stores. A great-tasting raspberry powder that when mixed with water, changes colour from blue to pink.

Directions: Adults 18+: To relieve pain and inflammation: Take 1 scoop (5g) twice daily. To support muscle relaxation: Take 1 scoop (5g) daily. Or as advised by your pharmacist or healthcare practitioner. Mixing directions: Add 1 scoop (5g) to 200mL water and stir until colour changes from deep blue to pink. The natural black carrot interacts when mixed with water, to cause this colour change. 100g \$49.95