



SEPTEMBER 2010
COUPON BOOK

DEALS THAT MAKE IT ALL BETTER

OFFERS VALID 8/29-9/25/10

over
\$325
in savings

Look for additional coupons at
Walgreens.com/coupons

Flip over for your answers
to cold and flu questions

Walgreens

iheartwags.com

FREE

Health Screenings!

- Blood Glucose
- Body Mass Index
- Blood Pressure
- Cholesterol
- Bone Density
- Waist Circumference

\$140
Value*



For more information,
call 1-866-484-TOUR
or visit aarpwalgreens.com/tour

*Actual value may vary

AARP | *Walgreens*
Wellness Tour
Smarter. Stronger. Healthier.

iheartwags.com



INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

(With purchase of 2)

**Nabisco® Crackers, 9.5 to 16 oz.
or Munchables Buttery Pretzel
Crisps, 12.25 oz.**

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.



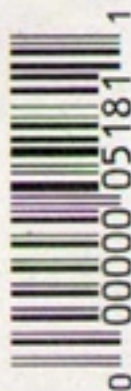
INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

**Nestlé® Lil' Drums, 10 pack,
2.25 oz. ea., The Skinny Cow
Chocolate Cone with Fudge,
4 pack, 4 oz. ea. or Vanilla
Sandwich, 6 pack, 4 oz. ea.**

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

(With purchase of 2)

**Family Time® Pre-Popped
Popcorn, 6 oz. or Jensen's
Finest Caramel Corn, 8 oz.**

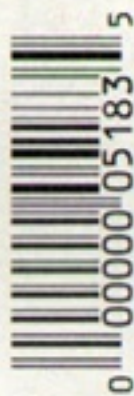
Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

Hershey's® Chocolate Candy,
13.9 to 36.5 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



50¢ off

Mars M&M's® Chocolate Candy,
9.9 to 12.6 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

Mars Original Starburst®
or Skittles® Candy, 14 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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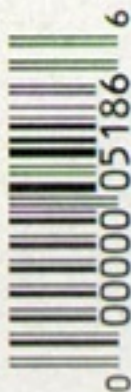
INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

**Nestlé® Minis or Fun Size
Candy, 18 to 32 oz.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



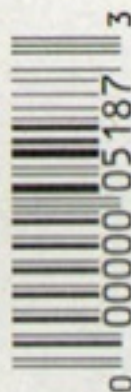
INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

**Mars® Minis or Fun Size
Candy, 17.5 to 22.55 oz.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



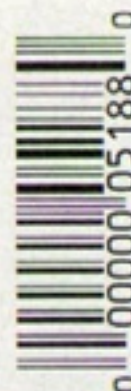
INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

**Wonka® MixUps, 32 oz.
or Kiddie Mix, 44 oz.**

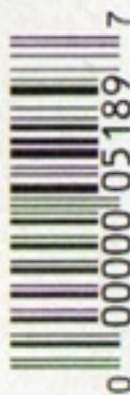
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INSTANT VALUE
Coupon
Good at Walgreens



50¢ off

Hershey's Candy®,
8.5 or 9.2 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



Look for more coupons at

Walgreens.com/coupons

Check back often!

INTRODUCING

de DR LISH

Premium taste without the premium price.

Whether it's our All Butter recipe, or loads of chocolate or raisins, you will taste the difference when you enjoy our new Delish brand of premium food products.

Now available at **Walgreens**

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2⁹⁹
Delish Classic
Cookies
12 oz.

SEE RECIPE

de
LISH

chocolate chip
CLASSICS

COOKIES MADE WITH
ALL BUTTER



2.99/12oz

Every
Nickel
Can Help
a Smile!



Purchase any package
of Trident® gum from
9/13 – 9/19/10
and Trident will donate
5¢ per purchase to
Smiles Across America.*

Trident

Trident is a proud sponsor of
SMILES
ACROSS AMERICA®
An Oral Health America Program

*Donation capped at \$600,000.
Includes single packs, multipacks,
bottles and club packs.
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trademark of Cadbury Adams USA LLC.
Smiles Across America® is a registered
trademark of Oral Health America.

W

INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

(With purchase of 2)

Trident® Gum, 18 pack.

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or with iheartwags.com





INSTANT VALUE
Coupon
Good at Walgreens



50¢ off

Florida's Natural® Orange Juice, 33.8 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

(With purchase of 2)

Welch's® Grape Juice, 64 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

(With purchase of 2)

Starbucks® Frappuccino, 4 pack, 9.5 oz. ea. or Double Shot, 4 pack, 6.5 oz. ea.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

Glad® Trash Bags, 25 to 80 pack,
13 or 30 gal.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Glade® Lasting Impressions
or Sense & Spray

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

Bic® Surestart
Multi-Purpose Lighter

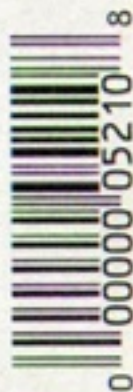
Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens



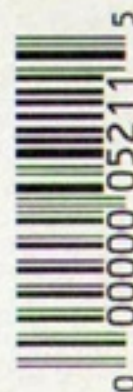
\$1 off
(With purchase of 2)

Purina Beneful®
Dog Food, 3.5 lbs.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



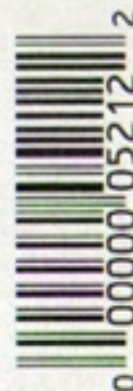
\$1 off
(With purchase of 2)

Purina Beneful® Snackin
Slices, 11 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



50¢ off
(With purchase of 5)

Purina Beneful®,
Prepared Meals, 10 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

Scan and Share® CD

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

SanDisk® 4GB Ultra HD SD Card

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$4 off

Kodak® Zoom
Single-Use Camera,
800 speed, 27 exp.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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more than
beautiful

If there's one thing you love more than getting a great deal on your favorite beauty products, it's getting practical tips from beauty magazines you've trusted for years.

This fall you can find both at Walgreens.

We've teamed up with your favorite beauty magazines to provide you with smart and simple advice for looking great from head to toe!

Neutrogena

NEXXUS

FALCON HAIR CARE

REVLON

ROC

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Great Skin



- Wear SPF 30 or higher every day. Apply sunscreen, like Healthy Defense SPF 50 Daily Moisturizer, before makeup.
- Drink eight glasses of water a day and eat balanced meals.
- Apply face cream in a gentle upward motion.

Healthy Hair



- Alternate between a cleansing and a moisturizing shampoo, like NEXXUS THERAPPE Luxurious Moisturizing Shampoo.
- Use a heat protection spray before thermal tools to prevent breakage.
- Avoid the hottest setting on your hair dryer as it can damage your hair.

Flawless Face



- Blink onto the mascara brush to give ends an extra coat.
- Try foundation with light-reflecting photochromatic pigments, like Revlon PhotoReady Makeup, to look great in any light.
- Switch to a lip stain for quick application with long-lasting coverage.

Anti-Aging Secrets

- Store eye creams in the refrigerator.
- Use mascara and eyeliner to make aged, drooping eyes appear more youthful.

*Start your new
beauty routine today!*

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L'ORÉAL[®]
PARIS

the
color
of
hope

hope
begins with you

To learn more about the facts and signs of
Ovarian Cancer, visit lorealcolorofhope.com



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Coupon
Good at Walgreens



\$1 off

L'Oréal Cosmetics Line

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

L'Oréal Facial Skin Care

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.

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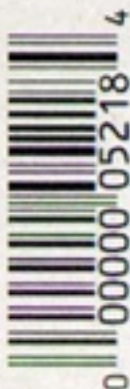
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Coupon
Good at Walgreens



\$1 off

L'Oréal Sublime Bronze®
Luminous Bronzer, 6.7 oz., Mist,
4.6 oz., Tint, 5 oz. or Towelettes,
6 pack.

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.



A pretty site

Shop our extensive
beauty selection at

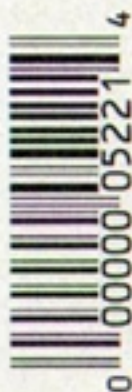
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Coupon
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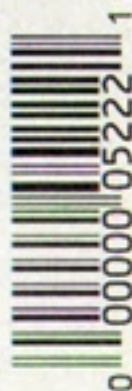
\$2 off

**Walgreens Exfoliating
Moisturizer, 1 oz.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



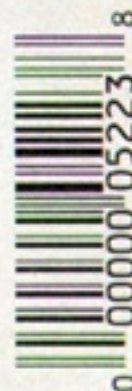
\$3 off

**Revlon® Pedi-Expert
or Pedi-Expert Shower Kit**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$3 off

**Orajel® Cold Sore Relief
Concealer**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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INSTANT VALUE
Coupon
Good at Walgreens

\$20 off

**Oral-B Triumph 4000®,
Pulsonic® or PC 1000
Professional Care® Power
Toothbrush**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

**Crest Glide® Floss,
32.8 to 55 yds.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

**Crest Pro-Health® Toothpaste
Clinical Gum Protection, 4 oz.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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Bigger messes, thicker wipes.

All HUGGIES® Baby Wipes are the thickest* to help you take on any mess.

*Versus other national brands

How the next leading brand wipes stack up to HUGGIES® Baby Wipes.



200 NEXT LEADING BRAND WIPES



200 HUGGIES® WIPES

HUGGIES® Baby Wipes are thicker than the next leading brand so you can clean your baby without getting the mess on you. Plus, they're gentle and soft on skin.

Learn more about HUGGIES® Baby Wipes at HUGGIES.com

Check out our new look.



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INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Huggies® Wipes, 184 or 216 pack.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Born Free® Trainer Cup

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

Walgreens Infant Formula
23.2 to 25.75 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

**Playtex GentleGlide®
or Sport® Tampons, 18 pack.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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Are you suffering from painful **burning** and **itching**?

Get **FAST RELIEF** with **AZO Itch Relief
Maximum Strength Cream** and
get on with your life!

- ▶ Non-irritating, alcohol and steroid free
- ▶ Ultra skin soothing
- ▶ Odor blocking
- ▶ Paraben preservative free

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INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

**AZO® Itch Relief Cream, 1 oz.,
Standard Urinary Pain Relief Tablets,
12 ct., Yeast Tablets, 60 ct. or Urinary
Tract Infection Test Strips, 3 pack.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

Simply Saline® Sterile Nasal Mist, 4.25 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

Allergy Buster® or Sinus Buster® Nasal Spray, .68 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Vicks Sinex® Nasal Spray, .5 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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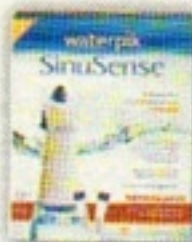
INSTANT VALUE
Coupon
Good at Walgreens



\$2 off

Walgreens Neti Pot Sinus Wash Kit

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$10 off

**Waterpik SinuSense®
Water Pulsator**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$2 off

**GenTeal® or Zaditor® Eye Drops,
Single or 2 pack.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

Wal-Zyr™ Allergy Relief, 300 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

Wal-Zyr™ Children's Chewable Allergy Relief Tablets, 12 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

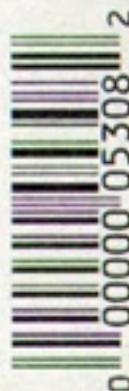


INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Wal-Zyr™ Itchy Eye Drops, .17 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

Wal-itin® Allergy Relief, 150 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Wal-dryl® Allergy Relief, 200 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

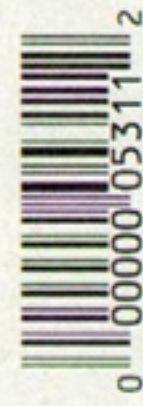


INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

Wal-dryl® Allergy Relief, 18 ct. RapidMelts.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

**Chlor-Trimeton® 12-Hour
Allergy Relief, 24 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

**Walgreens Nasal Strips,
Large, 30 pack.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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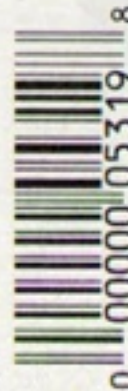


INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

**Wal-Finate®
4-Hour Allergy Relief, 50 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens



\$2 off

**Mucinex® Children's Liquid, 4 oz.
or Mini Melts, 12 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



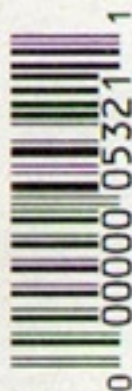
INSTANT VALUE
Coupon
Good at Walgreens



\$2 off

**Comtrex PE® Cough, Cold,
Day/Night Relief, 20 or 24 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



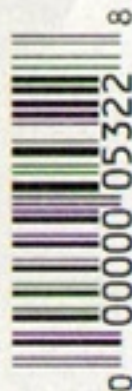
INSTANT VALUE
Coupon
Good at Walgreens



\$2 off

Vicks NyQuil Swirl®, 10 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

50¢ off

Ricola® Cough Drops, 50 ct.



Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2.50 off

HeadOn® Ultimate Headache Relief, .2 oz.



Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Bufferin® Pain Relief, 130 ct.



Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or

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INSTANT VALUE
Coupon
Good at Walgreens



\$3 off

**Walgreens High Potency
Capsaicin Cream, 1.5 oz.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$3 off

**Walgreens SmoothLax
30 Day**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

**Fleet Pedia-Lax® Fiber
Gummies, 60 ct. or Liquid
Glycerin Suppositories, 6 pack.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

**FiberCon® Fiber Laxative,
140 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Super Colon Cleanse, 120 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

**Benefiber®, 6.4 to 16.7 oz.,
100 ct. Chewable Tablets, 114 ct.
Caplets or 28 ct. Stick Packs.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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Richard Petty
As often as you
find headaches

Dale Earnhardt Jr.
Counts on
tough pain



SOME TABLETS CAN SIT
IN YOUR STOMACH
FOR UP TO AN HOUR.

Got tough pain? Think twice. Think powder.



INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

BC® or Goody's®, Powder Packets,
50 ct. or Ecotrin® Pain Relief,
125 or 150 ct.

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.

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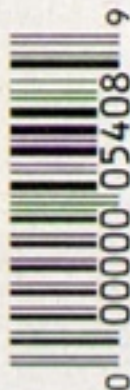


INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

**Walgreens First Aid
Antiseptic Spray, 5 oz. or Liquid
Bandage, 1 oz.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

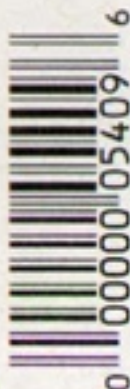


INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Walgreens Ice Blue Gel, 8 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

At Home® Drug Test

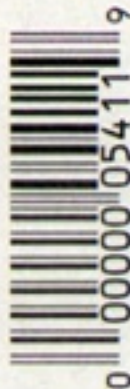
Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens



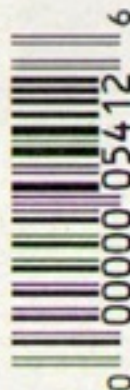
\$10 off

Walgreens Stop Smoking Products, 160 or 170 pack Gum or 108 count Lozenges.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



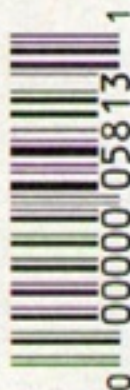
\$5 off

Walgreens Stop Smoking Products, 14 pack Patches, 100 or 110 pack Gum or 72 count Lozenges.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$2 off

Dulcolax Balance 7 Day, Suppositories, 4 pk. or Tablets, 25 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

**Walgreens A thru Z
Multivitamins, Original or
Select, 400 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

**Walgreens Calcium Soft
Chews, 60 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

**Walgreens Pharmacist's
Support® Prenatal Plus
DHA, 120 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens



\$3 off

Cystex® Liquid Cranberry Complex, 7.6 oz..

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$3 off

Celsius® Green Tea, Raspberry Acai, 4 pack, 12 oz. ea.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$2 off

Walgreens One Daily Multivitamins, Women's or Men's Formula, 200 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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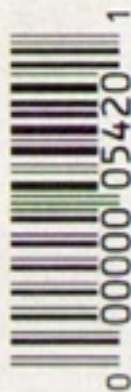
INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

Walgreens Glucosamine Chondroitin Complex, Triple Strength, 120 ct.

or Double Strength, 150 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

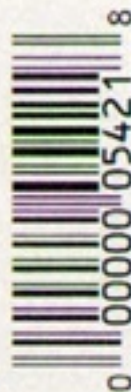


INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Walgreens Omega-3 Krill Oil, 60 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

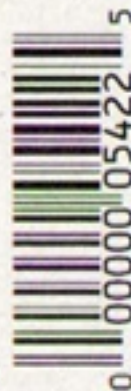


INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

Walgreens Bone Density Plus Calcium + Vitamin D, 80 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

Theragran-M Premier®
Multivitamins with Vitamin D,
250 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

Walgreens Ocutabs
with Lutein, 120 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

Omron® Hip Pedometer, HJ-150.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

W Work & Sport
Insoles, 1 pair.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

W Gel Cushion Insoles,
1 pair. Women's Open Toe
or Comfort or Men's.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

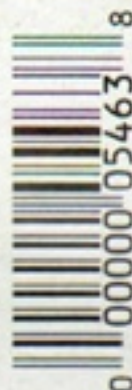


INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

W Foot Powder, 7 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

DiabetiDerm® Foot Cream, 4 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

Zostrix® Diabetic Foot Pain Relieving Cream, 2 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

Walgreens Cryogenic Wart Removal System, 7 pack.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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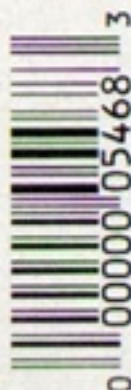


INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Rayovac® Hearing Aid Batteries,
10, 13, 312 or 675, 8 pack.

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.

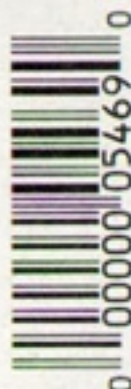


INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Energizer EZ Change®
Hearing Aid Batteries,
10, 13 or 312, 8 pack.

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.



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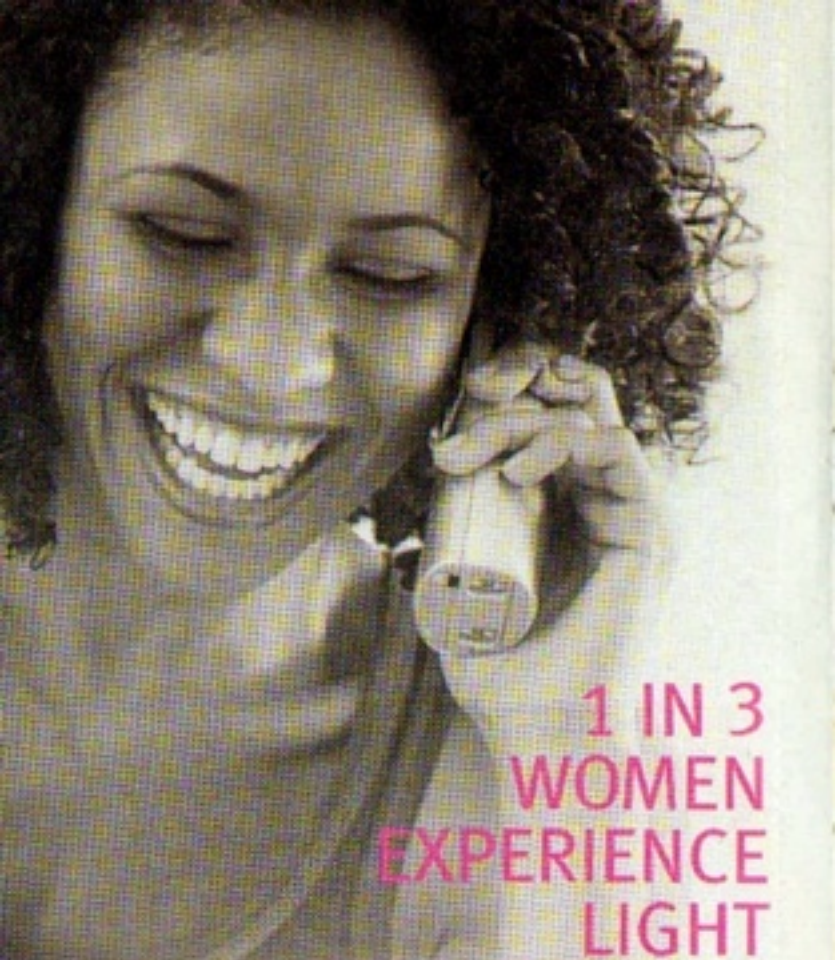
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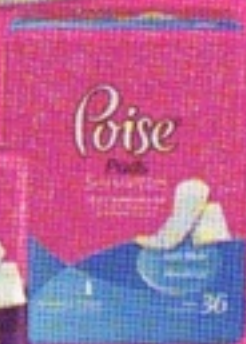


1 IN 3
WOMEN
EXPERIENCE
LIGHT
BLADDER
LEAKAGE
(LBL).



Specifically
designed for LBL:

- NEUTRALIZE odor
- LOCK AWAY wetness



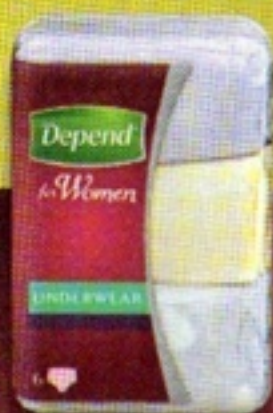
Talk to your doctor about bladder control solutions.

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THE REVEAL™

at *Walgreens*

Upcoming
Health News

New Products

Alternate
Delivery Forms



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WOMEN'S HEALTH



Caltrate Soft Chews

1200mg Calcium &
1000IU Vitamin D

- Offers an alternative format for people who have difficulty swallowing tablets
- Great tasting chocolate truffle soft chews



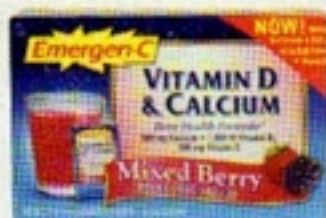
I-Cool

- Hormone free relief for menopause*
- Clinically proven to reduce hot flashes by 85%*
- One pill a day takes the heat away™ *



Irwin Hair & Nails

- Superior levels of silica and biotin
- Nutrient rich formula for longer and stronger hair and nails
- Advanced strength & protection with Collagen and Horsetail*



Emergen-C Vitamin D & Calcium

Vitamin D 1000IU,
Calcium 500mg &
Vitamin C 500mg

- Twice the calcium & 250% of the daily value of Vitamin D
- Bone health formula*

Walgreens **NEW**
WELLNESS SOLUTIONS

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IMMUNE HEALTH



Finest Natural® Liquid Super Fruits

- Optimal blend including acai and pomegranate
- Provides optimum antioxidant benefits*
- Great tasting berry flavor



Nature Made Immuni-C Fizzy Vitamin Drink Mix

- Vitamin C 1,000 mg., 7 B Vitamins, Zinc and Antioxidants
- Supports immune system health and energy production*



ONE A DAY VitaCraves

- Complete adult multivitamin gummies contain high levels of 17 key vitamins and minerals
- Supports energy and immunity*
- Supports heart and eye health*



Super Fruit Antioxidants plus Cranberry Extract

- Antioxidant protection, bladder and urinary tract health*
- Contains nine exotic fruits
- Liquid soft-gels

Walgreens NEW

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Breakthrough News on Super Fruits the Healthy Solution

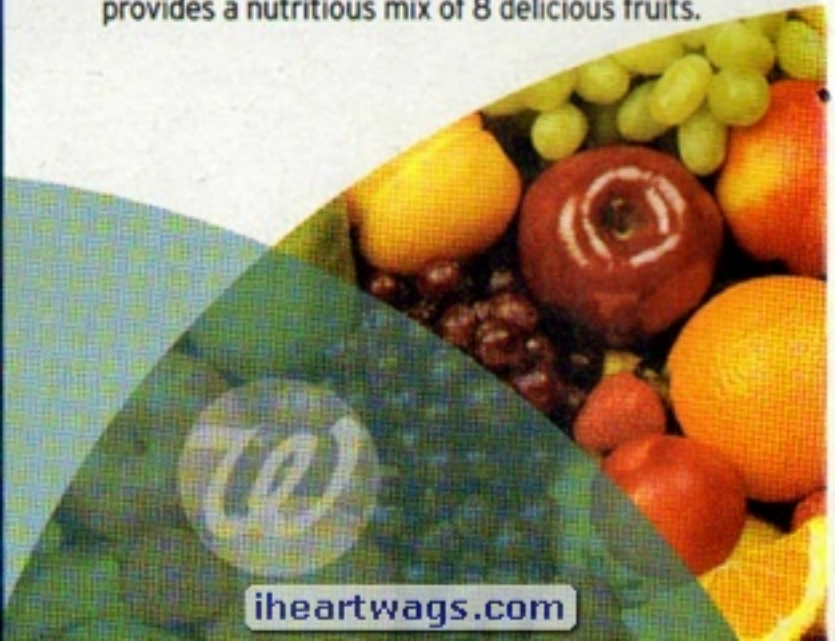
The more we know about antioxidants, the more we realize that a diet rich in fruits and vegetables provides the oxidative benefits which inspire healthy living. Antioxidants are important because they wage the battle against "free radicals." Free radicals are unstable oxygen molecules that cause health and wellness challenges. As scientists have discovered the oxidative process in the body, they have also come to understand that those people who eat lots of fruits and vegetables, which provide these crucial antioxidants, tend to live longer and be healthier.



Liquid Super Fruits features
an exclusive antioxidant rich formula that
provides a nutritious mix of 8 delicious fruits.



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HEART HEALTH



Finest Natural® Liquid Resveratrol

320 mg. Per Serving

- Superior antioxidant and nutritionally supports heart health*
- Offers an alternative format for people who have difficulty swallowing pills
- Great tasting grape flavor



NATURE'S BOUNTY

Krill Oil 1,000 mg. & Omega-3

- May reduce the risk of coronary heart disease*
- Promotes circulatory, brain and joint health*



Walgreens Omega-3 Krill Oil, 300 mg. Softgels

- May reduce the risk of coronary heart disease*
- Fast absorption
- Small, easy to swallow softgels

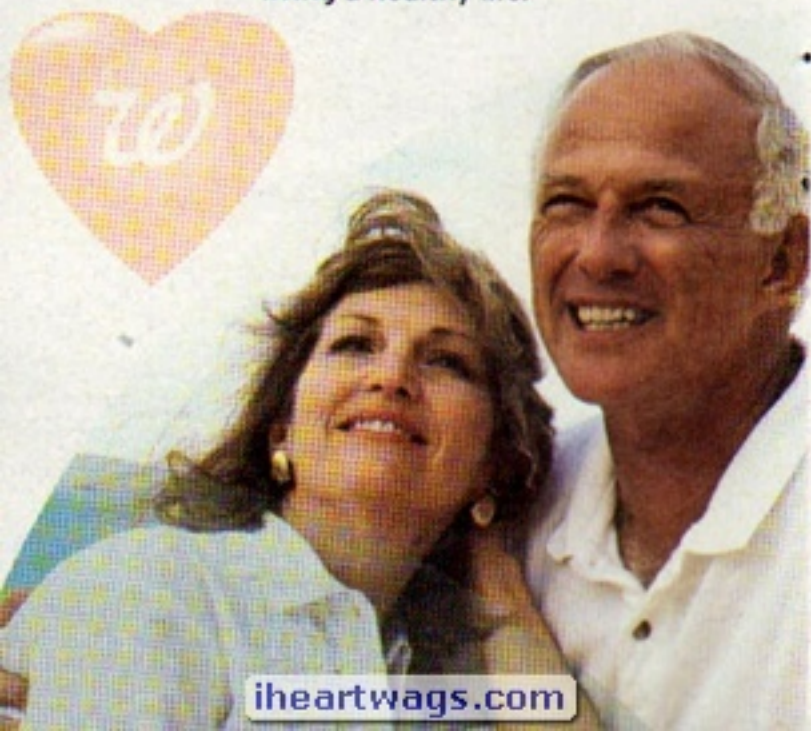
Walgreens **NEW**

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September is National Cholesterol Education Month

National Cholesterol Education Month is a great time to get you blood cholesterol tested. High blood cholesterol affects over 65 million Americans. It is a serious condition that increases your risk for heart disease (the higher your cholesterol level, the greater your risk). Lowering the levels improves your heart health and lowers your risk for serious heart health problems. Steps you can take are heart smart shopping, healthy cooking, targeted nutrition plans, eating a healthy diet, an exercise program, and important healthy lifestyle choices like Krill Oil a dietary supplement that is being studied as a natural remedy for high cholesterol. In addition, a compound naturally occurring in grapes and red wine, Resveratrol, that provides a powerful antioxidant which can promote cardiovascular health by supporting healthy blood vessels. *

Taking small steps like getting you blood cholesterol check is a great start to taking control of your health. Each small step can lead to big rewards in living a healthy life.



JOINT HEALTH



Finest Natural® Liquid Formula

Glucosamine & Chondroitin

- ONLY one serving per day for healthy and flexible joints*
- Offers an alternative format for people who have difficulty swallowing pills
- Great tasting strawberry flavor



Trigosamine

Glucosamine, Chondroitin & Hyaluronate

- Promoting convenient and effective joint health*
- Great tasting drink



Osteo Bi-Flex Omega Joint Shield

Glucosamine HCl 1,500 mg.
& Fish Oil 1,200 mg.

- Joint comfort within 7 days*
- Good source of Omega-3
- Rapid release liquid softgels

Walgreens NEW

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INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

Finest Natural® Super Fruits, 8 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

Finest Natural® Resveratrol, 8 oz.

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INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

Finest Natural® Glucosamine Chondroitin MSM, Liquid, 8 oz.

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INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

i-cool® Menopause Relief, 30 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

Irwin® Prostate Defense, 50 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$5 off

Super Fruit Antioxidants, 40 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



0 00000 05989 3

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INSTANT VALUE
Coupon
Good at Walgreens



\$2 off

Nature's Bounty® Krill Oil, 30 ct.

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INSTANT VALUE
Coupon
Good at Walgreens



\$5 off

**Osteo Bi-Flex®
Omega Joint Relief with
Glucosamine/Omega-3, 120 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

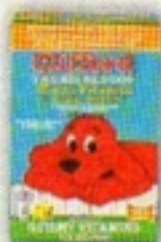


\$1 off

**Ester C® Vitamin C Gummies,
60 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

**Clifford The Big Red Dog®
Multivitamin Gummies, 50 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

**One A Day VitaCraves®
Immunity Gummies, 50 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

**Finest Natural® Triple Strength
Cranberry, 100 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



iheartwags.com

SEPTEMBER 2010



**BE PREPARED
FOR THE UPCOMING
COLD & FLU
SEASON**



- Cold and flu symptoms, treatment and prevention
- Children and medicine
- Prepare your medicine cabinet for the season

iheartwags.com

Dear Walgreens Customer,

In addition to filling prescriptions, Walgreens pharmacists are a great source for health information.

Anytime you have questions about prescriptions or over-the-counter medications, as well as illnesses, just ask.

Here we've compiled some of the most common questions we get asked during the cold and flu season. You'll also find valuable wellness coupons to help you save on the prevention and treatment items your family needs.

Thank you for choosing Walgreens.

Sincerely,

Your Walgreens Pharmacy Staff



Arm yourself®
for the ones you love



I got a
flu shot for
him or her

The CDC
now recommends
a flu shot for
everyone age
6 months
and over.


Flu shots*
\$29⁹⁹ every day.

Walk-ins welcome.

We bill insurance plans directly,
including Medicare.

*Shots are given during regular pharmacy hours.
Vaccines subject to availability. State, age
and health condition-related restrictions
may apply. See pharmacy for details.

Family
flu shots
for patients
ages 2+ at

 **take care clinic™**
at select *Wagons*

Take Care Clinic™ patient
services provided by Take Care
Health Services, an independently
owned professional corporation.

iheartwags.com

What is influenza or "the flu"?

According to the Centers for Disease Control and Prevention (CDC) website:

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, including the elderly, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

How does the flu spread?

The most common way to catch the flu is by breathing in droplets from coughs or sneezes.

Adults with the flu typically spread it to someone else from one day before symptoms start to about five days after they develop. Children can spread the infection for more than 10 days after symptoms begin.

What are symptoms of the flu?

The flu usually begins abruptly with a fever. Other symptoms include:

- Body aches
- Chill
- Dizziness
- Flushed face
- Headache
- Lack of energy
- Nausea
- Vomiting

Children may experience vomiting and diarrhea. Within a few days these symptoms begin to subside and respiratory symptoms begin, which may include:

- Dry, hacking cough
- Sore throat
- Nasal Discharge
- Sneezing

What can I do to protect myself against the flu?

The CDC website recommends:

...a yearly flu vaccine as the first and most important step in protecting against flu viruses. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

In addition, avoiding people who are sick with the flu and washing your hands frequently are good prevention tactics.

How do flu vaccines work?

There are two types of flu vaccines:

Flu shots use inactivated (not live) viruses designed to provoke the immune system to attack antigens (foreign molecules) contained on the surface of the virus. Vaccines are redesigned annually to match the current strain.

Intranasal (inside the nose) vaccines use a live but weakened virus. It boosts the specific immune factors in the mucous membranes of the nose that fight off the actual viral infections.

Antibodies to the influenza virus usually develop within two weeks of vaccination. In healthy adults, immunization typically reduces the chance of illness by about 70% to 90%.

The information in this section is meant to act as a guide. It is not a substitute for medical advice.

What is the difference between a cold and the flu?

According to the Centers for Disease Control and Prevention website:

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. ...it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections or hospitalizations.

What are the signs and symptoms of the common cold?

Symptoms usually develop one to three days after being exposed to the virus. A cold nearly always starts rapidly with throat irritation and stuffiness in the nose. Within hours, full-blown cold symptoms usually develop, which can include:

- Sneezing
- Low-grade or no fever
- Muscle aches
- Nasal discharge
- Mild sore throat
- Minor headaches
- Coughing

What can I do to avoid getting a cold?

- Everyone should always wash their hands before eating and after going outside.
- Waterless hand cleaners that contain an alcohol-based gel are also effective for everyday use and may even kill cold viruses.
- Wiping surfaces with a solution that contains one part bleach to 10 parts water is very effective in killing viruses.

If I have a cold, what can I do to feel better?

- **Drink** fluids.
- **Get** plenty of sleep.
- **Provide** symptomatic relief with over-the-counter (OTC) medicines. Because colds and the flu are viral infections, antibiotics will not work.

Common over-the-counter cold or flu medicines

Antihistamines	Help with sneezing/runny nose
Decongestants	Help relieve nasal/sinus congestion
Cough Suppressants	Help decrease coughing
Analgesics	Help decrease fever/pain

Before selecting an OTC remedy, be sure to talk to your doctor or pharmacist first as certain ingredients in OTC medicines may interact with prescription medications you also may be taking, or worsen certain medical conditions.

The information in this section is meant to act as a guide. It is not a substitute for medical advice.

Children & Medicine

How do I know which medicines to give to my child and when to use them?

Talk to your doctor before your child takes any type of over-the-counter medicine, even if it is labeled for children. Under no circumstances should children be given adult medicines, including over-the-counter medications.

How can I help relieve my child's cough?

- Use a vaporizer to increase the moisture in the air.
- Encourage your child to drink plenty of fluids to help thin mucus, which makes it easier to cough up.
- Never give cough drops to a child under age 3, because they can cause choking.

If your child has a "barking" cough or the cough is severe or persistent, call your child's healthcare provider.

What pain relievers can I give my child?

Acetaminophen and ibuprofen are the typical pain relievers parents give their children. Most pediatricians advise such medications for children who run fevers over 101° F. Aspirin and aspirin-containing products should never be given to children or adolescents.

The information in this section is meant to act as a guide. It is not a substitute for medical advice.

Children & Medicine

Never give your child (especially those under 2) medication without first contacting your child's health care provider. After speaking with your doctor, parents can help by following these tips:

- Read all directions thoroughly and use only as directed.
- Only administer medicine that's formulated specifically for children – trying to adjust an adult dosage for a child can be dangerous.
- Always use the dosing device that comes with the medicine (dropper, plastic cup, etc.)
- Do not call medicine "candy."
- Buy medicines in childproof containers and store away from the reach of children.
- Contact your child's doctor immediately and discontinue use if your child develops any side effects.
- If you plan to use more than one medicine, check to make sure they do not share active ingredients.



The information in this section is meant to act as a guide. It is not a substitute for medical advice.

Children & Medicine

How can I help prevent my child from getting sick?

Here are proven ways to reduce exposure to germs:

- Wash hands after nose-wiping, after diapering or toileting, before eating and before preparing food.
- Disinfect commonly touched surfaces with an EPA-approved disinfectant.
- Use a day care where there are six or fewer children.
- Use paper towels instead of shared cloth towels.

What if my child is too young or the doctor doesn't recommend taking medications?

Parents should consider the following:

- Use an infant nasal bulb (aspirator) to help remove the mucus.
- Increase the humidity in the air with a vaporizer or humidifier.
- Encourage the child to drink plenty of fluids.
- Keep the head elevated because congestion is often worse when lying down.

According to the Centers for Disease Control and Prevention:

"Nearly 22 million school days are lost annually due to the common cold alone."

Children & Medicine

What medicines are currently available over the counter that I can give my child?

Should you need medicine for your child, we invite you to try Walgreens brand.

All Walgreens brand over-the-counter medications are FDA-approved and safe to use. Plus, our products come with a 100% quality guarantee.

If you have any questions regarding infants' or children's over-the-counter medications, please:

- Speak with your neighborhood Walgreens pharmacist.
- Browse our list of common questions and answers at Walgreens.com
- Chat live with a Walgreens pharmacist from the comfort of your home at Walgreens.com




Prepare your medicine cabinet

Did you know that over 45 million households have at least one expired over-the-counter bottle or package in their homes¹?

In fact, the most common expired medications in homes are children's medications, over-the-counter medications for flu and fever-reducing products¹.

Additionally, 72% of our customers admit to shopping for cough, cold and flu medicines when they're already sick¹.

Wouldn't you rather stay in bed?



**Make sure your
medicine cabinet
is prepared by
replacing expired
cold and flu
medicine.**

¹Walgreens OTC Household Inventory and Consumer Attitude Study, May 2010.

iheartwags.com

You can protect your family and maintain the effectiveness of medicines, personal care products and first-aid supplies at home.

Just make sure these products are stored properly, secure from children and not used past their expiration date.

Here's how:

- Keep all medicines closed in their original containers and do not expose them to moisture or sunlight.
- Discard medicines that have reached the expiration date noted on the label.
- Buy medicines in child-proof containers and store all medicines away from the reach of children.
- Store droppers and cups with the product for correct dosing.
- Do not combine medicines into one bottle.



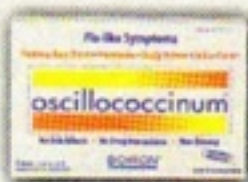


INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Diabetic Tussin DM®
Maximum Strength, 8 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Oscillococcinum®
Natural Flu Relief, 6 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Sambucol®
Cold & Flu Relief, 30 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

Tylenol® Cold, Flu or Sore Throat Relief, Liquid, 8 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

(With purchase of 2)

Theraflu® Vapor Patches, Packets or Liquid

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

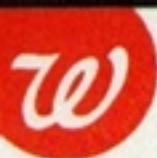
Robitussin® Liquid, 8 oz. or To Go, 10 ct. or Dimetapp® Cold Allergy, 8 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

50¢ off

Wal-Flu®, 6 packets.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Walgreens Cold/Flu Relief,
2 pack, 10 oz. ea.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



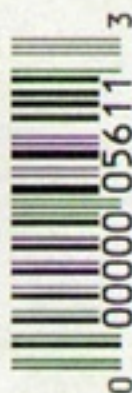
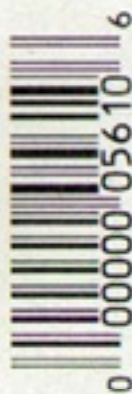
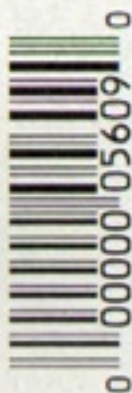
INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

Walgreens Fast Relief
Cold Sore Treatment,
2 pack, .6 ml. ea.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

cc. iheartwags.com /100¢.



- ☐ SHORTEN YOUR COLD.
- ☐ BE ON COUCH ARREST FOR THE NEXT TEN DAYS.

At the first sign of a cold, the choice is yours.
Get rid of your cold faster with Zicam.[®]



ZICAM=I CAN

zicam.com



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Zicam[®] Tablets, Chews,
Lozenges, Swabs, Gel, Mist,
Syrup or Spray

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or with iheartwags.com



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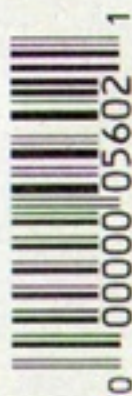
\$2 off

NeilMed® Sinus Rinse Refill,
100 ct. or Nasaflo Neti Pot, 50 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



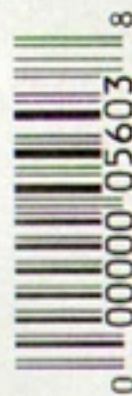
\$2 off

Walgreens Sinus Wash Refills,
100 pack.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
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\$2 off

Walgreens Nasal Strips,
30 pack.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if
iheartwags.com 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

50¢ off

Kleenex® Facial Tissue, 4 pack Upright Bundle, 60 sheets ea.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$3 off

Walgreens Mucus Relief DM, 60 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

ThermalOn® Sinus Mask

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

Cold-Eeze® Lozenges, 18 ct.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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Coupon
Good at Walgreens



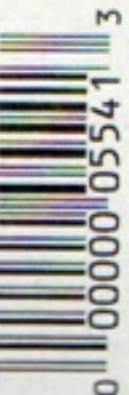
\$1 off

**Walgreens Zinc Lozenges,
18 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$2 off

**Walgreens Zinc Tablets or Quick
Melts, 25 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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WINSTANT VALUE
Coupon
Good at Walgreens**\$1 off****Walgreens Saline Nasal
Spray, 3 oz.**

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.



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WINSTANT VALUE
Coupon
Good at Walgreens**\$1 off****Walgreens Oral Relief Spray,
6 oz.**

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.



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WINSTANT VALUE
Coupon
Good at Walgreens**50¢ off****Ricola® Cough Drops,
19 to 24 ct.**

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
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INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

**Gold Bond® Hand Sanitizer
Moisturizer, 12 oz.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

\$4 off

**Walgreens Immune Support
Plus Probiotic, 30 ct.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

50¢ off

**Walgreens Chap-Aid Lip Balm,
.15 oz.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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HELP PREVENT THE SPREAD OF THE FLU VIRUS



WASH OFF GERMS AND WASH ON PROTECTION

Viruses can live on surfaces (like a doorknob) for hours¹. Since you cannot wash your hands after every contact with a surface, catching the flu can start with opening a door, then touching your eyes, nose or mouth.



HIBICLENS OUTLASTS OTHER ANTISEPTIC SKIN CLEANSERS

- Bonds to skin and continues to kill germs for up to 6 hours after washing¹
- Effective against flu viruses including H1N1¹
- Helps reduce bacteria that can potentially cause disease

HIBICLENS[®]

MOLNLYCKE[®] HEALTHCARE

1. American Association of University and College Health Centers. Flu and the Common Cold. Health Care News Today. June 1, 2009. www.aaucho.org.
2. CDC. The Flu. www.cdc.gov/flu.
3. CDC. The Common Cold. www.cdc.gov/flu/other_viruses/.
4. CDC. The Common Cold. www.cdc.gov/flu/other_viruses/.
5. CDC. The Common Cold. www.cdc.gov/flu/other_viruses/.



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

Hibiclens[®] Skin Cleanser, 8 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or www.iheartwags.com





INSTANT VALUE
Coupon
Good at Walgreens

50¢ off

Simply Juice
Apple, Lemonade or Orange,
13.5 or 59 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

50¢ off

Pedialyte® Electrolyte
Maintenance, 4 or 8 Powder Packs,
4 pack Singles, 16 pack Freezer
Pops or Liquid, 33.8 oz.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

50¢ off

Pampers® Sensitive Wipes, 60 or
64 pack.

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



Visit iheartwags.com



INSTANT VALUE
Coupon
Good at Walgreens

\$2 off

**Walgreens Vapor Steam
Liquid, 8 oz.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

**Walgreens Vapor Chest Rub,
3.53 oz.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



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INSTANT VALUE
Coupon
Good at Walgreens

50¢ off

Walgreens Vapor Inhaler

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or

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INSTANT VALUE
Coupon
Good at Walgreens



\$10 off

**Walgreens Temple Touch
or Instant Ear Thermometer**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$1 off

**Walgreens TrueTrack Blood
Glucose Meter**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens



\$5 off

**Walgreens TrueTrack Test
Strips, 25 pack.**

Limit one coupon per customer per offer. Expires 9/25/10. Manufacturer coupon good only at Walgreens. Not valid with any other offer. Customer pays any sales tax. Void if copied or where prohibited. Cash value 1/100¢.

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**Be Prepared
for
Cough and
Cold Season**



COLGATE-PALMOLIVE COMPANY



INSTANT VALUE
Coupon
Good at Walgreens

\$1 off

**Colgate Total Whitening®
Toothpaste, 2 pack, 6 oz. ea. or
360° Clean® Toothbrush, 2 pack.**

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
copied or where prohibited. Cash value 1/100¢.



INSTANT VALUE
Coupon
Good at Walgreens

50¢ off

(With purchase of 2)
**Colgate Total® Toothbrush or
Softsoap® Liquid Hand Soap
Refill, 56 oz.**

Limit one coupon per customer per offer. Expires 9/25/10.
Manufacturer coupon good only at Walgreens. Not valid
with any other offer. Customer pays any sales tax. Void if
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