



Health Pride

— EST. 1993 —

Scan here
to see our
full range
of products
online!



YOURS FREE WITH EVERY ORDER OVER \$60*
*(NOT INCL P&H)



GENUINE SAPPHIRE PENDANT NECKLACE

Stunning Genuine Sapphire Pendant Necklace features a gorgeous 2ct Genuine Sapphire stone encased in a beautiful setting. Also comes with a silver tone chain measuring 46cm in length. Yours **FREE** when you spend over \$60 (not incl P&H. Subject to availability. Limit of one free gift per order. We reserve the right to substitute with another gift of equal value if stock runs out). You can also purchase this stunning Genuine Sapphire Pendant Necklace for \$19.90.

LGP16 Genuine Sapphire Pendant Necklace \$19.90

COMFORT KNIT PANTS

Dress it up or down, our Comfort Knit Pants will be a favourite in your wardrobe. Featuring full elastic waist and side seam pockets. Cotton/ Poly knit. Machine wash. Approx inseam 74cm (29"). Available in Brown, Black and Light Burgundy in sizes S, M, L, 1X, 2X, 3X, 4X & 5X. (sorry no size S is available in Light Burgundy).

5277006 Brown \$44.90
5277012 Black \$44.90
5277037 Light \$44.90



EASY STEP SNEAKER

Perfect For Any Activity

**Lightweight
on your feet,
so you can go
all day!**

**Available
in sizes
6-11**

SALE

Black



Grey/Pink



**Features
adjustable
touch-close
straps**

Lightweight, comfortable and adjustable. Everything you want in a sneaker is here in one stylish package. Touch-close straps for the perfect fit and a lightweight sole to make walking a breeze. Available in Grey/Pink and Black in Ladies sizes 6-11 (sorry no size 11 is available in Grey/Pink). **Don't forget to include your size and colour on the order form.**

SHOE6G Easy Step Sneaker Grey/Pink WAS \$44.90 NOW \$34.90
SHOE6K Easy Step Sneaker Black WAS \$44.90 NOW \$34.90

HP148

ORDER TODAY!



02 9997 5400



www.healthpride.com.au

HANDS FREE MAGNIFICATION

Perfect for sewing, crafts, reading & much more!

40% OFF



When you need your hands free to sew, craft, read etc, this hands free magnifier is your ultimate companion. Simply adjust the neck lanyard to your required length, rest it on your chest, adjust the angle and you will be able to see like never before! Also features a built-in light for added visibility. Features 3x zoom lens. Requires 3 x AAA batteries (not included). Measures 22.5cm x 13.5cm. Durable plastic/acrylic/nylon. **MAGF7 Hands Free Magnifier WAS \$24.90 NOW \$14.90**

Free Standing



PROTECT YOUR FINGERS

Simply slide your finger into the ring on the back, and slice away! It still allows you to grip your fruit and vegetables while you slice but keeps your fingers free from harm. Made from durable stainless steel. Measures 6.7cm x 4.5cm.

Finger Ring To Keep Secure



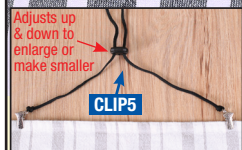
SLIC8 Slicing Finger Protector \$8.90

PROTECT YOUR CLOTHES FROM SPILLING FOOD...



CLIP4

CLIP5



Simply attach any napkin to the 2 clips and you're ready to tuck in without any fear of extra washing or ruining your clothes. Silver toned 46cm chain with large, easy to use clips or fully adjustable napkin clip adjusting to the length you want. Adjustable version features 2 metal clips and nylon rope with push clip to adjust to your desired length.

CLIP4 METAL NAPKIN CLIP \$12.90
CLIP5 ADJUSTABLE NAPKIN CLIP \$12.90

EASILY PUT ON SOCKS & STOCKINGS... Without Bending

ONE OF THE BEST SOCK AIDS AVAILABLE

Easy as... 1



2



3



The Sock Aid lets you put on socks or stockings without bending or back strain. Easy as 1,2,3! Ideal for people with limited mobility. Place the sock on the aid. The terry cloth on the outside will hold the sock firmly until it's on the foot. The nylon lining reduces friction as the aid is pulled up with the help of extra long straps. The washable sock aid is a simple & clever solution to a common problem. Perfect for travel.

SOCK2 Sock Aid \$19.90



ADJUSTABLE STRAPS FOR A BETTER FIT

Tourmaline, bamboo & charcoal increase natural body heat for pain relief

SELF HEATING MAGNETIC BACK SUPPORT



16 MAGNETS (400 gauss ea)

BACK2 Bamboo/Charcoal Self Heating Back Support \$44.90

- ✓ Provides lumbar and abdominal support to sufferers of back pain, muscle pain, muscle injury, abdominal strains & injury
- ✓ Completely adjustable with the removable/adjustable elastic outer straps so you can choose the right compression for you
- ✓ Suitable for all day wear
- ✓ Features a Tourmaline magnetic pad across the back with 16 x 400-gauss magnets, plus bamboo & charcoal nano powder, which is designed to increase natural heat and improve blood flow providing effective natural pain relief
- ✓ Neoprene/tourmaline/elastane
- ✓ One size fits most (measures 138cm L)

32 MAGNETS SET OF 2



SALE

MAGNETIC KNEE THERAPY



- ✓ Magnetic Knee Sleeve is suitable for pain relief and recovery
- ✓ Made with layers of polyester, cotton, elastane, and magnets
- ✓ Enhances joint support and stability
- ✓ 32 powerful x 400-gauss magnets in each sleeve target acupressure points
- ✓ Helps to reduce swelling, discomfort, and inflammation by improving blood flow
- ✓ Soft knit fabric allows freedom of movement
- ✓ Sold as a Set of 2 and available in two sizes: REG and LGE
- ✓ Magnetic therapy has not been medically proven although some people have claimed success with it. Not suitable for individuals with pacemakers or defibrillators

Please specify size on order form.

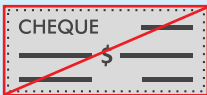
KNEE7/REG Regular Set of 2 WAS \$34.90 NOW \$29.90
KNEE7/LGE Large Set of 2 WAS \$34.90 NOW \$29.90

FREE HEALTH BOOKLET WITH PURCHASE

The Health Pride PRICE GUARANTEE

If you find an exact item advertised locally at a cheaper price, we will match it.*

*(Customer service operator will need to sight a copy of the ad to verify. Item must be exactly the same and in stock)



NO CHEQUE? NO WORRIES!

We understand change can be daunting, but worry not! As some of our valued customers may have heard, cheques are gradually becoming a thing of the past in the banking world. While this transition may seem challenging, we're here to make it seamless for you.

INTRODUCING A SMOOTH TRANSITION...

Did you know that even without a VISA or MASTERCARD credit or debit card, you can still complete your purchases hassle-free? That's right! Simply opt for direct deposit. Placing your order is as easy as ever, and we'll take care of the rest. Once your order is confirmed, we'll reach out with our banking details along with your unique order number.

A FEW SIMPLE STEPS...

To streamline the process, please remember to include your phone number on your order form and when making the direct deposit, remember to use your order number as the reference. If you prefer to order over the phone, just let us know you'll be paying via direct deposit before we begin.

With this straightforward alternative, you can continue to enjoy our products without missing a beat. We're here to help every step of the way, ensuring your shopping experience remains as smooth as possible.

FLEECE PRINT ZIP SWEATER

Perfectly printed, partial zip style sweatshirt with full length sleeves, fabric zip pull and ribbed cuffs. Full coverage tunic style with side split hem for all round comfort. Soft polyester/cotton knit. Machine wash. Approx lengths; S-5X 68-76cm (27-30"). Available in Aqua in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

9045602 Aqua Fleece Print Zip Sweater

\$44.90



Up to
Size
5X

Partial
Zip
Front

Never A Dull BLADE

Perfect for garden tools...



Sharpen Blades
in Just
10 Seconds!

...and kitchen
ones
too



Maintain razor sharp edges on an array of tools with the SuperSharp Edge Sharpener. Perfect for blades, axes, secateurs, shears, knives and much more! The tungsten carbide sharpening blades allow you to sharpen an edge in just 10 seconds, whilst the ergonomic handle makes it effortlessly easy. Measures 14cm x 6.5cm.

SHRP4 SuperSharp \$19.90

FASHION CLIPS To Mix & Match



SALE

NOW AS A
SET OF 3!

For the time you want a more tailored look in your jackets, sweaters and dresses you can't go past these elegant clips. The gold tone clasps accentuates the beauty of the simulated pearls to add a touch of class to your clothing.

DNUTA Fashion Clips Set of all 3 WAS \$29.85 NOW \$19.90



Simply wedge the lifters under the mattress and tuck the sheet underneath...no more heavy lifting!

SET
OF 2!

Easily holds the mattress up for you, so you don't have to!

NO MORE STRUGGLING TO MAKE THE BED!



Also great for tucking sheets and blankets under the mattress

Do you struggle to lift your mattress in order to change the sheets on your bed? These amazing Mattress Lifters allow you to wedge them under the mattress lifting it up to 8cm, allowing you to easily change the sheets without having to struggle with holding the mattress in the air as well. Also great to use to tuck the sheets in by pushing the sheets in under the mattress...saving your hands and your back! Set of 2. Made from durable plastic. Measures approx 37cm L x 7cm W x 12.5cm H.

LIFT4 Mattress Lifter S/2 \$19.90

RELIEF FROM SWOLLEN FEET & ANKLES



Ideal for
Diabetic
Sufferers

ANKLETS that will stay up all day! Thanks to extra height and a full, wideband, anklets stay up without pinching into skin or disrupting circulation. Put an end to constant bending over and tugging to keep anklets from settling down into insoles of shoes. Perfect with dress slacks, jeans, skirts! Made of 100% nylon. One size fits most. Incredible Value price for 5 pairs!

SOCK12N Nude Ankle High Socks \$15.90
SOCK12B Black Ankle High Socks \$15.90

STOP MISPLACING YOUR GLASSES



No need to search the entire house to find your glasses, these fleecy lined eyeglass holders keep your glasses safe & sound. They also help to keep your glasses scratch free.

GHOL2/TAP Tapestry Eyeglass Holder \$13.90
GHOL2/BLK Black Eyeglass Holder \$13.90

MULTIFUNCTION CLEANING BRUSH



TIGHT CORNERS & GROUT

DOOR & WINDOW TRACKS

SO MANY USES FOR AROUND THE HOME! USE JUST ABOUT ANYWHERE

SMALLER JOBS



GLASS & WET SPILLS



Side Bristles
Angled Bristles
Squeegee

Perfect for all those hard to reach places the Multifunction Cleaning Brush has just about everything you need. Measures 17cm x 11.5cm.
BRUS8 Multifunction Gap Cleaning Brush \$10.90

SHOP BY PHONE - (02) 9997 5400

PERFECT FIT S-T-R-E-T-C-H SANDALS

BLACK



TAN

Adjustable
buckle
strap

Lightweight

S-T-R-E-T-C-H

Stretch
to fit
elastic

In
Ladies
Sizes
6-11

Easy wear ladies sandals, with elastic crossover straps, are the perfect summer sandal. Not only are they lightweight, they feature an elastic crossover strap that helps them fit comfortably on your feet (front toe strap is not elasticised). They also come with an adjustable buckle strap to get the perfect fit. Available in Tan and Black in ladies sizes 6-11. **Please indicate size and colour on order form.**

SAND11T Gloria Sandal Tan \$39.90 SAND11K Gloria Sandal Black \$39.90

SLEEVELESS ZIP FRONT SHIFT

Zip front shift with roomy patch pockets and bow accent. Woven 100% cotton. Machine wash. Approx length 107cm. Available in Rainbow Plaid, Pink Floral, Blue/White Floral and Jade Border in sizes S, M, L, 1X, 2X, 3X & 4X.

5540113 Rainbow Plaid	\$39.90
5540114 Pink Floral	\$39.90
5540115 Blue/White Floral	\$39.90
5540116 Jade Border	\$39.90



Rainbow
Plaid 13

Blue/White
Floral 15

Pink Floral 14

Jade Border 16

TRAPS DUST LIKE A MAGNET

LIGHTWEIGHT TELESCOPIC
HANDLE THAT EXTENDS
TO 90CM

CEILING FAN DUST TRAPPER

- ✓ Easily clean those hard to reach fan blades - No more ladders!
- ✓ Special design traps dust inside, preventing it from falling on you and polluting the air
- ✓ Has multiple uses including cleaning ceiling lights, fan bulbs, skirting boards and much more
- ✓ Telescopic handle reaches those hard to reach areas

CONTAINS DUST & DIRT TO AVOID ANY AIRBORNE NASTIES AROUND THE HOUSE

REUSABLE & WASHABLE
SCRATCH FREE
MICROFIBRE PADS

TELESCOPIC

CLEANS WITH EASE!

CAN ALSO BE
OPENED AND USED
ON SKIRTING
BOARDS, CEILING
LIGHTS & MORE!

DUST6 Ceiling Fan Dust Trapper \$29.90

Perfect for Gold Cuts, Cheese & more!



KEEP BACON FRESH

No more struggling with plastic bags and twist ties. This clear plastic container holds a kilo of bacon neatly, fresh and ready to use. It also means that meat won't dry out or pick up other food odours. Perfect for Bacon, as well as cold cuts and cheese. Measures 28cm x 17.5cm x 4cm.

BACN2 Bacon Keeper \$12.90

NO BATTERIES REQUIRED

Weights less
than 70gms

eco



Perfect for
Emergencies...

Camping & more

This Emergency Flashlight automatically recharges itself every time you use it - You squeeze, you don't have to 'pump', and the LED technology lights up! Nothing to wear out or break! From blackout to breakdown to camping... you will always have light & never run the risk of dead batteries.

M2901
Emergency Flashlight
\$11.90

ELEGANT FLOOR RUGS FOR YOUR HOME

Gorgeous Roses for a Touch of Elegance

RUNNER

MEDIUM

Beautiful colors and an elegant design make this braided rug the perfect addition to your home. Features beautiful roses and leaves on a white background and surrounded by a burgundy and white braided border. Spot and vacuum clean. Available in Medium size; approx 78cm x 51cm, and Runner; approx 122cm x 51cm.

RUGS2	Rose Braided Medium Rug	\$34.90
RUGS3	Rose Braided Runner	\$39.90

Be Prepared For Winter



Stretch Fit
Knit Upper and
Cushioned insole

Non Skid Sole
indoor/outdoor

Plush Fleece Lining

- ✓ Fully fleece lined knit boots
- ✓ These will keep your feet warm & toasty
- ✓ Extra thick cushioned comfort on the insole
- ✓ Cotton knit upper with added piping all around
- ✓ High collar designed to keep your ankles warm
- ✓ Non skid sole for indoor and outdoor wear
- ✓ Available in sizes SML – 3XL
- ✓ Made for both men & women

PLEASE INDICATE SIZE ON ORDER

BOOT6 Norwegian Styled Knit Boot \$22.90

	LADIES	MENS
SML	5-6	n/a
MED	7-8	6-7
LGE	9-10	7 1/2-8 1/2
XL	10-11	8 1/2-9 1/2
2XL	11+	10-11
3XL	n/a	12-13

WARM, SOOTHING RELIEF FOR STIFF, ACHING JOINTS

Joint Warmers help combat those nagging aches and pains of stiff joints and strained muscles.

Just slip this amazing double layered, stretch fabric garment over the knees, elbows, wrists, ankles or back - wherever aches may occur. Immediately, you begin to feel the penetrating heat produced by your own body - warmth that brings blessed relief. The soothing heat soon brings comfort and the aches and pains seem to float away. Wear Joint Warmers 24 hours a day safely and comfortably. One size fits most and they are washable too.

THROW AWAY YOUR OINTMENTS AND HEATING PADS

JOINT WARMERS - SINGLES		
GJWM1	Knee Style Regular	\$14.90
GJWM1L	Knee Style Large	\$15.90
GJWM2	Elbow Style	\$14.90
GJWM3	Shoulder Style	\$14.90
GJWM4	Back Style	\$19.90



Back



Shoulder

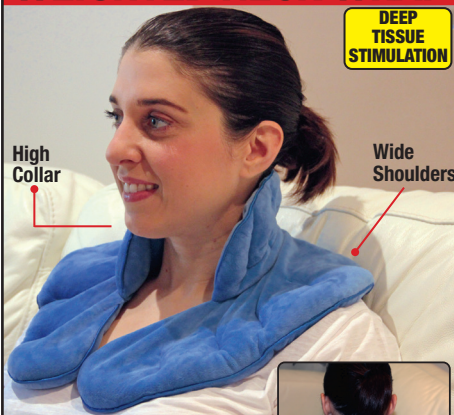


Elbow



HOT / COLD WEIGHTED NECK WRAP

DEEP TISSUE STIMULATION



- ✓ Use Hot or Cold
- ✓ Help relieve muscle aches & stiffness
- ✓ Subtle fragrance for aromatherapy
- ✓ Perfect for men & women

Relieve the days aches and pains with this luxurious Weighted Neck Wrap. Weighing 1.6kg, it can be used hot or cold depending on your ailments. The weighted clay beads provide deep tissue stimulation which helps relieve tension, soothe pain, relax sore muscles, joints, back/neck, and relax. Also features a slight lavender scent for aromatherapy relaxation.

NRAP2 Weighted Neck Wrap \$29.90



COMFORT-FIT DESIGN High collar and wide shoulder spread is designed to sit comfortably and stay in place on your shoulders

HELP RELIEVE SHOULDER PAIN



- ✓ Bamboo Charcoal fibres for added heat therapy
- ✓ Anti-bacterial bamboo charcoal and 15 powerful magnets
- ✓ Lightweight neoprene support that you can wear on the go
- ✓ Wear on either shoulder with touch-fastening

Encircle your sore shoulder with this lightweight neoprene support to maintain your mobility throughout the day. It provides stability without impeding movement, enhancing blood circulation while allowing excess heat to escape. Infused with anti-bacterial bamboo charcoal, anti-odour and heat-generating copper threads, and 15 potent magnets, all strategically placed to enhance its therapeutic qualities. Wear on either shoulder - with touch-fastening for a perfect fit. Outer: neoprene/elastane. Inner: bamboo charcoal fibre, copper thread, elastane, 15 magnets. Machine wash. One unisex size fits most with touch close adjustable shoulder strap. Shoulder pad measures approx 43cm x 27cm with touch close tab around arm. Not suitable for people with a pacemaker.

SHLD2 COPPER THERAPY SHOULDER SUPPORT \$39.90

Find us on www.facebook.com/healthpride

EFFORTLESSLY DRAWS WATER FROM A BUCKET, TAP, POOL OR ANY OTHER WATER SOURCE

SPRAYJET MAXX DELUXE

Powerful, Rechargeable Cordless Washer

Powered by **Li-Ion** technology



Power Wash Anywhere, Anytime



50* MINUTE RUN TIME IN ONE CHARGE

No more clunky pressure washers that are heavy and cumbersome. The Sprayjet Maxx is handheld, small, lightweight and portable and can work anywhere you have a water source. Simply attach the water filter to the siphon hose and drop it into whatever source of water you have...Bucket, pool, sink etc. Or just connect it straight to your tap for direct access. Simply attach the on/off valve to control the flow of water. Great for all kinds of jobs around the home. Rechargeable with the powerful Li-Ion battery. Comes in a handy hard shell carry case with 2 nozzles; including a bonus 6 in 1 nozzle, a 5m siphoning hose, a soap and foam dispenser bottle, water filter, hose connector, bottle connector, charging adapter, 1800mAh rechargeable battery and bonus on/off valve for the garden hose.

PERFECT FOR:

**CLEANING CARS
DRIVEWAYS
WINDOWS
BICYCLES
CAMPER
PAVERS
BBQ'S AND MORE!**

WASH6 SprayJet Maxx \$99.90

TALKING TEACHING TEDDY

Hug Your Way To Fun & Easy Learning!



Squeeze My Hand & I say my ABC's!

Button

Squeeze for ABC's

Buckle

Snap

Zipper

Lace Tie

- ✓ Educational and fun!
- ✓ Improve motor skills
- ✓ Language development
- ✓ Sensory development



This adorable teddy will teach children how to button, zipper, buckle, snap and tie laces. They'll love learning the alphabet, numbers and how to dress themselves from this friendly chap. His multi-coloured outfit will help teach colours too! Stands 31cm tall and is perfect for 3 years and up. Takes 2 x AAA batteries (Batteries not included).

TEDY2 Talking Teddy \$29.90

ENLARGES A FULL PAGE!



Ideal for reading newspapers, legal documents, telephone books etc. It magnifies up to 4 times, reducing eyestrain and squinting. Unbreakable frame with wafer-thin lens. 19x30cms (7.5"x 11.75").

AFPM1 Full Page Magnifier \$10.90

NO MORE WASTAGE



SET OF 2

This great little gadget allows you to get every last drop of toothpaste in the tube. No more wastage or endless squeezing. In a set of 2 and fits all toothpaste tubes.

TUBE4 TOOTHPASTE SAVER S/2 \$9.90

Helps Increase Circulation

Easy Zip Access

RELIEF AT LAST

Easy on/off Compression Socks

Gentle Compression Helps:

- Increase Circulation
- Support Aching Tired Muscles
- Reduce Swelling/Fluid Retention
- Ease Varicose Vein Discomfort
- Washable Nylon & Elastane
- Great For Men & Women

Size	Calf Circum. (cm)
Reg	30-34
L	35-38
XL	39-42

Compression socks are so easy to put on! Convenient zips ensure the benefits of 20-30 mmHg compression by making it ultra-easy to put on and take off...without frustration, time-consuming wrestling and straining.

INDICATE SIZE ON ORDER FORM

ZIPS2 Beige Zipper Compression Socks \$29.90 pr

Up to size 5X

Stunning Prints

White 02

Blue 03



PRINT V-NECK TSHIRTS

An elegant twist to a wardrobe essential. Our V-Neck Tshirts have been beautifully printed with a wildflower garden to add a pop of colour and elegance. Longer length and side split hem with a rolled cuff sleeve finish off the look. Cotton/polyester knit. Machine wash delicate (do not iron print). Approx lengths from S-5X; 74-81cm (29-32"). Available in White and Light Blue in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

5122702 White Floral Print Tshirt \$39.90

5122703 Light Blue Floral Print Tshirt \$39.90

PERFECT FOR HOME, OFFICE OR TRAVEL



COOLS, PURIFIES & HUMIDIFIES



MAXX COOLING POWER



ADD ICE FOR EXTRA CHILL



DESKTOP CHILL MAXX

Your own portable air cooling unit. Simply fill the water tank with cold water and add optional ice cubes for extra chill! Perfect for any room in the house. Features a LCD touch panel display and has a built in colour change night light! Powered by USB-C (cable only included). See CHAR2 on page 10 if USB adapter is required). Measures a tiny 19cm W x 18cm D x 18cm H. **CHILL2 Chill Maxx \$79.90**



- ✓ No Poisons
- ✓ No Contact
- ✓ No Sprays
- ✓ No Mess
- ✓ No Bugs!

Sucks up spiders, mosquitos, flies & more!



BUG VAC

Quick, Easy & Poison Free



No one likes spiders, flies and insects in their home. And spraying chemicals is harmful. Our Bug Vac is quick and easy to use, allowing you to gently SUCK UP those bugs in your home without harming them or even getting up close and personal. It is also the only Vac with a filter small enough to catch mosquitos. The Bug Vac is eco friendly, safe and healthy. Just place the blue cap on after you have caught the critter, and release the bugs back into the great outdoors. Requires 9V battery (not incl). Length of tube is 2 pieces to make a 59cm long tube. Works best when tube is tilted to a 45° angle.

BUGV2 Bug Vac \$24.90

CLASSIC COLLECTIBLES



Y05400
1954 Ford Customline



Y32399
1957 Studebaker Hawk



Y72600
1926 Pontiac Coach



Y32431
1961 Chevy Impala

BUY ALL 4 AND SAVE \$20

Most of these classic cars from the 20's, 50's & 60's left a mark in history. All are amazing collectibles from the 1926 Pontiac Coach, the 1954 Ford Customline, the 1957 Studebaker Hawk to the incomparable 1961 Chevy Impala, all classic in their own right. All are 1:32 scale die cast model replicas. All feature, adjustable front wheels, opening doors, boots & bonnets. These are magnificent automobiles for all classic car collectors.

A. Y05400 1954 Ford Customline	\$44.90	C. Y72600 1926 Pontiac Coach	\$44.90
B. Y32399 1957 Studebaker Hawk	\$44.90	D. Y32431 1961 Chevy Impala	\$44.90
YCOLL59 SET OF 4 COLLECTIBLES \$159.60			



BORDER PRINT PATIO DRESS

Breezy floral patio dress with button-front placket, pleating and side seam pockets. Woven cotton/polyester. Machine wash. Approximate length 106cm (42"). Available in Royal in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

5770788 Royal Border Print Patio Dress \$44.90

Rotating Jewellery Organiser

Keep all your jewellery neat, organised, and easy to access with the Rotating Jewellery Organiser. It has holes for earrings (can be used for studs or hooks) and places for necklaces and bracelets. Organiser rotates 360° allowing you to easily see everything you own at a glance. Measures 29.6cm H x 16.6cm sq. Assembly required.



Perfect for earrings and necklaces!

SALE

JORG4 Rotating Jewellery Organiser WAS \$16.90 NOW \$12.90

Rotates 360°

SHOP BY PHONE - (02) 9997 5400

**SET
OF 4**

RELIEF FROM TOE PAIN & AILMENTS



These soft and stretchy, comfortable gel toe separators fit comfortably on to most toes easing discomfort. Perfect for helping with the pain caused by hammer toes, tailors bunions, overlapping toes and more. Also helps to realign toes to prevent friction and rubbing and can also fit comfortably in most shoes allowing you to stand or walk longer without pain. Made of high quality gel that stretches to fit. Washable and reusable. Available as a set of 4: 2 large and 2 small separators.

TOES11 Set of 4 Toe Separators \$14.90



Clip Your Nails at Any Angle



These unique nail cutters feature a 360° rotating head that allows you to clip your nails from the angle that is most comfortable to you. No more needing to trim from awkward positions. Available as a set of 2 with one large nail cutter and one small nail cutter. Large measures approx 10cm L, small measures approx 8cm L.

NAIL5 Side Cutting Nail Cutters S/2 \$14.90

TURBO SWEEP

Powerful Vacuum & Blower All-in-One!

- ✓ **Powerful Suction:** Tackle any mess with ease.
- ✓ **Versatile Blowing:** Blow away crumbs or dust effortlessly.
- ✓ **Lightweight & Portable:** Clean anywhere, anytime.
- ✓ **Easy-to-Empty:** Hassle-free maintenance.

**120W
of
Power**



**4200rpm
Blowing
Power!**

**4000PA
Suction
Power!**

With its powerful suction and versatile blowing capabilities, TurboSweep is the all-in-one solution you've been waiting for. From crumbs on the kitchen counter and table to the dirt and mess in the car and much, much more! But that's not all... TurboSweep goes beyond just vacuuming. It transforms into a powerful blower, allowing you to effortlessly blow away dust, and debris from hard to reach corners, computers, tabletops and more! It comes with a range of handy attachments, allowing you to reach every nook and cranny with ease. Rechargeable via included USB cable. Takes 4hrs to charge with a run time of 20 minutes. (Adapter sold separately, see ad for CHAR2 Dual USB Charger on page 10. Or can work with any USB charger).



**Mighty Power...
...Small Size**



**Comes
with
All
This!**

SWEP5 Turbo Sweep Vacuum & Blower \$39.90

**SET
OF
2!**

Up to Size 5X

SMOCKED NIGHTGOWNS SET OF 2

The pretty smocked neckline with lace detail and partial button front will make these nightgowns an instant favourite. The look is finished off with capped sleeves and a shirttail hemline.

Comes as a convenient pack of 2! 100% Cotton knit (exclusive of decoration). Machine wash. Approx length 116cm (46"). Available as a set of 2 in Blue & Peach in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

**5981302 Blue/
Peach Set of 2
Smocked Nightgowns
\$69.90**



COMFORT & STYLE

What More Could You Ask For!



Navy

Casual, stylish, comfortable and lightweight. Made from canvas, with breathable cutouts and an adjustable touch close strap at the back, our Preston Slip On is just what you have been looking for. Available in Tye Dye and Navy in ladies sizes 6-11.



Tye Dye

**Cutouts for
airflow to keep
your feet cool**

**Don't forget to include your size
and colour on the order form.**

**SHOE33D Easy Comfort Shoe Tye Dye \$29.90
SHOE33N Easy Comfort Shoe Navy \$29.90**

ILLUMINATE YOUR STREET NUMBER!

EASY TO READ DURING THE DAY OR NIGHT



ADJUSTABLE
SOLAR PANEL

2 LIGHT
MODES:
COOL
WHITE
&
WARM
WHITE

Weather
Resistant



No one will miss your house again with our Solar Address Sign. Fits up to 5 numbers and letters, it is solar powered, weather resistant and has 2 light up modes; Cool and Warm White. Easy to install, it comes with a garden stake. Simply place wherever you need. Comes with 4 x set of numbers 0-9 as well as 1 x set of letters A-Z. Measures approx 97cm H (incl stake and solar panel) x 12.7cm W. Light up section measures 37.5cm H.
SOLR2 Solar Address Sign \$49.90

DRAIN CLEAN

CLEAR GREASE

SET
OF 12

One stick a month into your drains will break down & digest food & grease build-up in the pipes. Keep drains clog & odour free! Sticks are biodegradable & environmentally friendly.

DRAIN2 DRAIN DROPPER \$7.90

OPEN CANS WITH EASE



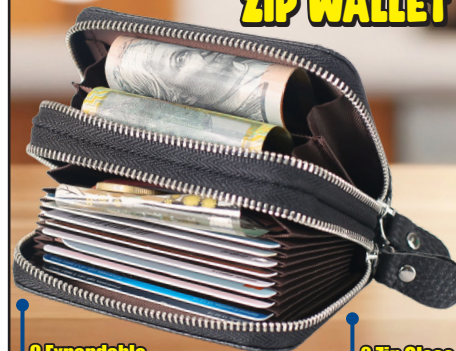
Stop fiddling with ring pull cans and use this Ring Pull Can Opener instead! The simple design uses your strength to pull the tab

effortlessly, keeping nails and hands away from sharp edges. Opens any ring pull can top. Measures approx 15cm L (6").

RPUL2 Ring Pull Can Opener \$9.90



GENUINE LEATHER ZIP WALLET



9 Expandable
Card Pockets

2 Zip Close
Compartments



Compact & Secure



Convenient ID Window

✓ Unisex
✓ RFID Lining

✓ Compact yet carries a load
✓ Easily access cash and cards!

Small in size yet mighty in functionality! Features 2 zip close sections to keep your items safe and secure; with 9 expandable card pockets, 3 additional sections for cash and other cards plus RFID protection to block scanners. Measures a compact 11cm x 7.5cm. Genuine leather. Available in Black.
LZIP6 Genuine Leather Zip Wallet \$24.90

Reversible

Up
to
Size
4X

Anti-Static
Fabric!



White 13



White 13



Beige 80

Black 12

Reverse
Side



Black 12

Beige 80

REVERSIBLE CAMISOLE

With V-neck on one side and square neck on the other, our lace camisole offers two elegant looks! In soft nylon, this versatile layer adds charm to sweaters, jackets, blouses. Machine wash. Available in Black, White and Beige in sizes S, M, L, 1X, 2X, 3X & 4X.

0598712 Black Reversible Camisole \$24.90
0598713 White Reversible Camisole \$24.90
0598780 Beige Reversible Camisole \$24.90

ANTI-STATIC HALF LACE SLIP

Just what you need! Our Anti-static half lace slip will hang beautifully underneath whatever you need and will not cling thanks to our specially designed Anti-static fabric. Full elastic waist with a lace trim hem. Machine wash and dry. 100% Nylon. Approx length 75cm (29.5"). Available in Black, White & Beige in sizes 10-30.

5986112 Black Anti-Static Lace Slip \$29.90
5986113 White Anti-Static Lace Slip \$29.90
5986180 Beige Anti-Static Lace Slip \$29.90

HANG & DRY YOUR SWEATERS IN HALF THE TIME



Promotes Air
Circulation For
Quick Drying

Dry your jumpers, sweaters & cardigans totally carefree, in half the time than drying them flat or on the line! This wide vented sweater hanger expands to approx 11 cm, they won't stretch, snag, pull or leave peg marks. Air flows freely through your jumpers drying them quicker. This handy sweater drying hanger really will make a difference to your winter woolies!

SDRY2 SWEATER DRYING HANGER \$10.90ea

Perfect for
Walkers &
Wheelchairs

KEEP EVERYTHING AT HAND



Adjustable
Touch/Close
Loops



Zipped Inner Pocket

Easily keep the essentials at hand with this fantastic Hanging Organiser. 3 outer pouches keep things within reach like your phone, glasses, medication and more (each pouch is approx 8.5cm W)! Also features a zipped inner pocket for keeping other items more secure like your wallet, masks, pens and other handy items. Adjustable touch close hanging loops make it easy to secure to your walker, wheelchair or even a chair at home. Measures 32.5cm x 18cm. Durable woven polyester.


3 Handy
Front Pouches

WOR2 Walker Hanging Organiser \$16.90

Find us on www.instagram.com/healthprideoz

DUAL USB CHARGER

2x USB TYPE-A




SURGE PROTECTION BUILT-IN

A great adapter with dual USB ports included. Perfect for any item that is USB rechargeable. Also features built-in surge protection. A great addition to every home.

CHAR2 Dual USB Adapter \$29.90

THE ULTIMATE LED GARDEN DECORATION




This stunning set of Busy Bee LED lights makes your garden come to life! Solar-powered, turning on at dusk & off at dawn, running up to 14hrs on a full 6hr charge. Easy to install, waterproof, eco-friendly with 2 light modes, twinkling or steady. A set of 30 bees measuring each 3.5x3.5cm, with a 6.5m cord. Includes a rechargeable battery in solar panel.

SBEE2 BUSHY BEES \$24.90

Hear What You Have Been Missing!



Rechargeable - No Batteries Needed!

The rechargeable hearing aid is an inexpensive sound amplifier that boosts sound x 30. You can watch your favourite TV programme & movies, hear conversations and not miss a thing. Discreet contoured design fits comfortably in either ear and no batteries required. Includes four different sized silicone tips to seal out noise and USB cable for recharging (charging adapter not included. See CHAR2 on this page).

HEAR3 RECHARGEABLE HEARING AID \$39.90

CORDLESS SAFETY TRIMMER

- ✓ Remove unsightly hair easily
- ✓ Now Rechargeable
- ✓ Comes apart for easy cleaning

NOW RECHARGEABLE

Black trimmer used for demonstration only





This safe, effective nose hair trimmer removes unsightly hair from your nose, ears & eyebrows quickly, safely and easily. The stainless steel blades spin while snipping painlessly unwanted hair as the safety cover shields the blades from your skin. USB rechargeable. Comes with USB cable only (USB adapter not included, see CHAR2 on this page if required), on/off switch, protective cap and black in colour. Unit without cap measures 12cm L.

AEST2 USB Rechargeable Safety Trimmer \$17.90

MAKE CLEANING A BREEZE!

Simply turn on the Spin Cleaning Brush, and the spinning action of the brush quickly and easily removes dirt, grime, and stains, leaving your surfaces looking like new; no more manual scrubbing. Folds down to save space in your cupboard. Measures 21 x 7 x 12 cm. Made from high quality plastic and nylon. Comes with 1 x Cleaning Brush, 1 x USB cable, 3 x Brush Heads. Features 25W of power. Replacement Heads are now available. (Charging adapter not included. Please see CHAR2 on this page if required).

SPIN4 Spin Cleaning Brush WAS \$29.90 NOW \$19.90
SPIN4R Replacement Heads WAS \$14.95 NOW \$9.90

Power Scrubbing



- ✓ Quickly and effortlessly remove dirt & grime
- ✓ 3 Interchangeable heads for different jobs
- ✓ Perfect for washing dishes, cleaning bathrooms, and more!

Set of 3 Replacement Heads Now Available

SALE

PERSONAL MASSAGERS

A. REGULAR MASSAGER
 Quiet and discreet at <50 db it's the ultimate in massagers. Measures 16cm L. Requires 2 x AAA batteries (not incl). Easy clean silicone cover.

- ✓ 8 Vibration settings
- ✓ Waterproof
- ✓ Super soft and smooth

B. DELUXE MASSAGER
 Soft silicone is washable and waterproof. Recharges with included USB cable (adapter not included, please see CHAR2 on this page. Measures 19cm L from end to end.

- ✓ USB Rechargeable
- ✓ Waterproof
- ✓ Ergonomic Design
- ✓ 10 Vibration Settings

Due to health regulations we cannot refund or exchange these items for change of mind unless the item is proven to be faulty.

A. E1891 Regular (AAA battery) \$29.90
B. E1892G Deluxe (USB) \$44.90

EASILY CLEAN DIRTY DRAINS

EXTRA LONG DESIGN

Cleaning your drains is tricky when you cannot reach or see. These extra long Drain Brushes solve that problem. They can be bent to shape and can get where you can't easily. Measures 50cm L. Sold as a set of 2.

SET OF 2

DRAIN3 Drain Cleaner Brush Set of 2 \$10.90

MAGNIFYING NAIL CLIPPERS

Built-In Magnifier

Anti-Splash Nail Catcher

Plus includes a handy nail file

Be able to cut your nails anywhere, anytime thanks to these handy Magnifying Catch All Nail Clippers. They not only feature an anti-splash nail catcher that hygienically collects nail clippings, but it also features a built-in magnifier allowing you to clearly see what you are actually cutting! Measures approx 9cm L. Comfortable rubber grip with stainless steel blades.

NAIL2 Catch All Nail Clippers with Magnifier \$14.90

EASE AND PROTECTION BY YOUR SIDE!



SALE

2 Piece Set

BEIGE

BROWN

GREY

Arm Chair Savers

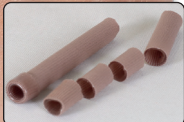
Convenience and protection right by your side. Attractive and comfortable fleece covers protect your armchair or sofa from wear, tear and stains. One cover has pockets for TV guides, reading glasses, remote control, magazines, knitting etc. Machine wash. Choose from Beige, Brown or Grey.

Please indicate colour on order form.

ARMC2 Arm Chair Protectors
2 Piece Set WAS \$22.90 NOW \$19.90

PROTECT YOUR TOES WITH GEL CUSHIONS

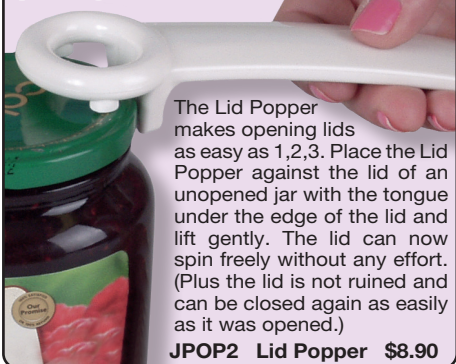
SET OF 2



These Gel Toe Cushions are silicone on the inside, soft gauze on the outside and are perfect at protecting your toes in any kind of footwear. They instantly cushion any corn or other foot issue stopping pressure or friction. This all round toe protector can be cut to your required length and stretches to fit most toe sizes. Each tube measures approx 14.5cm L and can be hand washed for continued use.

TOES7 GEL TOE CUSHIONS Set/2 \$12.90

THE WORLD'S EASIEST JAR OPENER



The Lid Popper makes opening lids as easy as 1,2,3. Place the Lid Popper against the lid of an unopened jar with the tongue under the edge of the lid and lift gently. The lid can now spin freely without any effort. (Plus the lid is not ruined and can be closed again as easily as it was opened.)

JPOP2 Lid Popper \$8.90



Perfect for Every Day!

RAYON SHIFT DRESS

Simple, lovely and comfortable slipover shift dress. Perfect for every day, whether you are making a trip to the shop or staying in at home or visiting with friends. Short sleeves, v-neck, frilled hem with side slit, keyhole button opening on back of neckline and side seam pockets. Comfortable woven rayon is soft and flowy. Machine wash. Approx lengths from S-5X; 109-114cm (43-45"). Available in Blue Paisley in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

5672902 Blue Paisley Rayon Shift Dress \$39.90

STAYS SHARP FOR YEARS



- ☒ Made of laser cut forged stainless steel
- ☒ Smooth razor sharp blade
- ☒ Smooth clean cuts every time
- ☒ Cutting edge design means food sticks less
- ☒ Less friction while slicing and chopping
- ☒ Ergonomic easy-grip handle
- ☒ Lightweight, effortless, easy to use
- ☒ Blade length: 15cm ☒ Total length: 26cm

KNIF3 Infinity Knife \$12.90

SHOP BY PHONE - (02) 9997 5400

Country Charm

20% OFF



COUNTRY CHARM PLAID NIGHTGOWN

Reminiscent of olden day country times, this gorgeous plaid nightgown with lace trim is an absolute must have. Featuring lace trim on the neck, yoke and sleeves, partial button up yoke, side seam pockets and shirttail hem. Beautiful plaid also features a gold lurex thread throughout for added detail. 100% cotton. Machine wash. Approx length 125cm (49"). Available in Red in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

5623104 Red Country Charm Plaid Nightgown

WAS \$54.90 NOW \$43.90

ULTRA-COMFORTABLE HEEL GEL SLEEVES

Helps Relieve Heel Pain

STRETCHABLE GEL CONFORMS & CUSHIONS

PACK OF 2

SALE

- ✓ Stretchable Gel Sleeve
- ✓ Support for the heel and ankle
- ✓ For those suffering from heel pain from plantar fasciitis, bone spurs, Achilles tendonitis and more
- ✓ Can also help repair dry and cracked heels when used with moisturiser
- ✓ Can be worn with socks, shoes, sandals etc to provide all day relief
- ✓ Reusable. Hand wash with gentle soap and air dry
- ✓ Lightweight thermoplastic rubber gel
- ✓ One size fits most

HEEL2 GEL HEEL SLEEVES SET OF 2

WAS \$9.90 NOW \$8.00

AMAZING TRAY REMOVES TARNISH INSTANTLY



AFTER



Sparkling Jewellery in Seconds

Watch the tarnish disappear!

EASY AS 1 2 3

Simply place this ingenious Jewellery, Silver and Stainless Steel Cleaning Plate on the bottom of the sink or a container, and add Bi-Carb Soda to activate. Place your objects on the tray and add hot water. Watch the tarnish melt away from your objects in seconds leaving them looking like new! Plate measures 20.5 x 8.5cm.

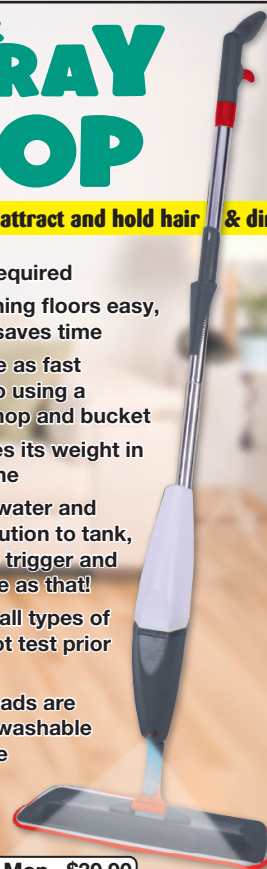
SILV2 JEWELLERY, SILVER AND

STAINLESS STEEL CLEANING PLATE \$12.90

SPRAY MOP

Microfibre pads attract and hold hair & dirt

- ✓ No bucket required
- ✓ Makes cleaning floors easy, simple and saves time
- ✓ Cleans twice as fast compared to using a traditional mop and bucket
- ✓ Holds 7 times its weight in dirt and grime
- ✓ Simply add water and cleaning solution to tank, squeeze the trigger and it's as simple as that!
- ✓ Suitable for all types of flooring (spot test prior to use)
- ✓ Microfibre pads are removable, washable and reusable



SMOP4 Spray Mop \$39.90

The Perfect TRACK BRUSH



Get into every nook, cranny and crevice with our Triangular Track Brush. Features brush bristles all the way around so you can clean any track or frame. Plastic handle. Measures 20cm x 6cm.

TRAC4 Triangle Track Brush \$9.90

OPEN JARS AT THE TOUCH OF A BUTTON!



Simply Place onto the Jar, Press the Button... And Watch the Magic Happen!

It's as easy as 1, 2, 3



Jar Opener will automatically adjust to any size jar

Once it's done, simply lift off the lid!

With the push of a button, open the tightest fitting lids off any sized jar! No more struggling, or having food stuck inside a jar that you cannot open. The arms of the Jar Opener adjust to the size of most jars making it the perfect kitchen accessory. Watch as it rotates around, opening the jar for you with the touch of a button. Perfect for anyone with mobility issues, arthritis and more. Able to open vacuum sealed jars, regular opened jars and screw top lids as well. Measures 19cm x 7cm x 9.5cm. Requires 2 AA batteries (not included).

FREE2 Hands Free Jar Opener \$29.90

EARRING BACKINGS

SET OF 20



Replace your missing earring backs. The plastic disks with gold tone posts hold your earrings secure without drooping making them comfortable to wear, in a pack of 20. Suitable for pierced ears only.

EARR3 EARRING BACKINGS S/20 \$10.90

Folds
Flat



Keep Your Bag Within Reach



Coral



Turquoise

Stunning design, these hangers remain in place on tables or benches by the weight of your handbag and the non slip rubber back. Keep your purse or shopping bag under your watchful eye AND away from under your feet and off the dirty floor. Measures 4cm dia. Opens to 9cm L. Available in Coral and Turquoise. Please specify colour and code on order form.

Available
in 2
Colours!

BCAD3C Coral Bag Holder \$10.90
BCAD3T Turquoise Bag Holder \$10.90

ASSORTED EASY CARE APRON

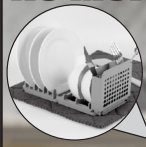
A delightful way to protect your clothing. With two front pockets and snap button front. Available in Woven Polyester/Cotton. Machine wash and dry. Approx length 72cm. Available in assorted prints (prints may vary to those shown here) in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

We will pick one for you as there is limited stock available in any one print.

5629701 Assorted Apron \$19.90ea



No More Bulky Dish Racks



Compact
Design

Fits up to 6 plates, 2 bowls, and cutlery... plus room for extra items. Can fold up when not in use. Mat measures 40cm x 50cm. Plate and bowl rack measures 15 x 15cm each and cutlery rack measures 13 x 15cm. (crocery etc not included).

DISH2 Dish Drying Mat \$19.90



Super
Absorbent
And
Quick
Drying

ALL DAY PROTECTION

High quality Securi Briefs feel like ordinary briefs, providing you with extra confidence!

DO YOU
SUFFER
FROM A

FROM
\$44.90
Pack
Of 2

WEAK BLADDER?

In Regular & Super Absorbent

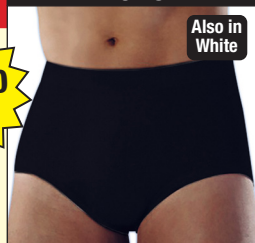
(Regular Absorbs 120ml to 150ml & Super Absorbs 150ml to 180ml)

- ✓ Super discreet
- ✓ No bulky briefs or disposable pads
- ✓ Super absorbent microweave
- ✓ Maximum moisture retention
- ✓ Super comfortable & soft
- ✓ Washable up to 200 times
- ✓ Perfect for anyone suffering minor to moderate incontinence

In Reg &
Super in
Both Men's
& Ladies

Men's

Also in
White



Ladies



Also in
Black

All Sizes Available In Colours Black Or White

Ladies	SM	M	L	XL	XXL	XXXL
Clothes Size	8-10	12-14	16-18	20-22	24-26	28-30
Men's	SM	M	L	XL	XXL	XXXL
Waist Inches	30-32	33-35	36-38	39-41	42-44	46-48

✓ **Securi Briefs = FREEDOM**

*Please ensure you try on over your underwear for hygiene reasons. No used underwear will be accepted for a refund/exchange unless deemed to be faulty

INDICATE SIZE & COLOUR ON ORDER

E231L	LADIES SECURI BRIEFS REG	\$44.90
E231M	MEN'S SECURI BRIEFS REG	\$44.90
E232L	LADIES SECURI BRIEFS SUPER	\$49.90
E232M	MEN'S SECURI BRIEFS SUPER	\$49.90

FIT & FEEL LIKE ORDINARY BRIEFS

KEEP THOSE SPICES HANDY



SET OF 4

Can also be used in a workshop to hold bottles of screws, bolts and more. You get 4 spice clips - each clip stores 5 bottles. Self-stick backing secures each 25cm long strip. Can be cut to fit.

CLIP3 S/4 SPICE CLIPS \$12.90



STRAIGHTEN PROBLEM TOES



Adjustable
elastic loop to
hold your toe in
the correct position



BEFORE



TWO TOES STRAIGHTENER



AFTER



THREE TOES STRAIGHTENER

This ingenious Toe Straightener aligns crooked, overlapping and hammer toes. The adjustable cotton-covered elastic loop holds your toe in the proper position as the attached pad cushions and protects the ball of your foot. One size fits right or left foot in any shoe. Washable and reusable. Comfort for your feet. Specify Left or Right for the 3 Toes separator only.

TOES1	Toe Straightener for 1 toe	\$16.90
TOES2	Toe Straightener for 2 toes	\$18.90
TOES3/L	Toe Straightener for 3 Toes Left	\$21.90
TOES3/R	Toe Straightener for 3 Toes Right	\$21.90

Find us on www.facebook.com/healthpride

Xtra Comfort Open Toe Slippers

Easy On/Off

Adjustable One Touch Closure

Soft Sherpa Lining

Mens sizes 8-13

These Xtra Comfort Mens Open Toe Slippers offer cloud-like walking comfort, thanks to their ultra-soft sherpa lining. They have the most important thing when it comes to comfort; an adjustable, non-binding fit with the one touch closure tab. Perfect for edema sufferers or anyone with sensitive feet. Non slip sole provides stability when walking. Polyester cotton upper. Available in Mens sizes 8-13. **Please specify size on order form.**

SLIP16N Xtra Comfort Mens Slippers Navy \$29.90

PALAZZO PANT

Our flared pull-on palazzo pants are sure to become a favourite each season. Free flowing fabric has extra wide legs for an elegant look for any occasion. Comfortable elastic waist and side seam pockets. 100% Polyester. Machine wash and dry. Approx inseam; sizes 10-14 74cm (29"), sizes 16-30 76.5cm (30"). Available in Black and Navy in sizes 10-30.

9004812 Black Palazzo Pant \$39.90

9004842 Navy Palazzo Pant \$39.90

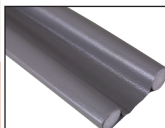


TWIN DRAUGHT STOPPER

Keep the **HOT** air in this Winter!



Cut to fit most doors



Durable faux leather outer

Save money this winter with the Twin Draught Stopper. Simply slide under most doors and it closes the gap keeping warm air in and cold air out. Also protects against unwanted dirt, dust and bugs! Also works great in Summer to keep the cool air in and the warm air out. Simply cut to fit most doors. Durable faux leather outer can simply be wiped clean. Suitable for most floor types. Measures 96cm L (some assembly required).

DRAF2 Twin Draught Stopper \$14.90

REMOVE EVERY SPECK OF LINT FROM YOUR WASHING!



Specially designed Lint balls have Microfibres which grab the tiniest particle and hold it until you rinse it off. Forget about tedious sweeping with lint brushes. These amazing Lint Balls grab paper and tissue before they clog up the washing machine. You can use them wash after wash. Come in set of 12.

WASH2 Lint Balls S/12 \$14.90

LOW FAT MEATLOAF

Watch the fat drain away

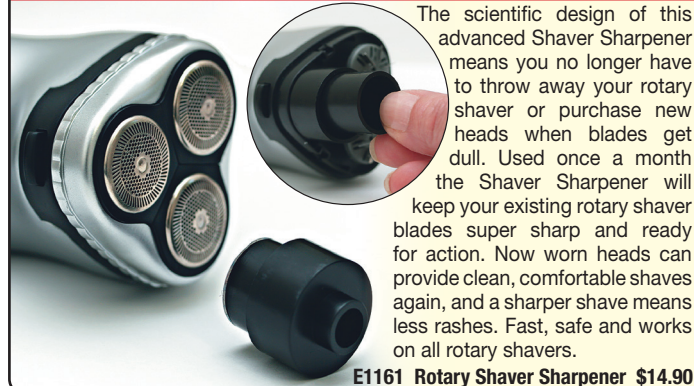


Unhealthy fat Drips To Bottom

Never serve a greasy meat loaf again with this fantastic meat loaf set. The fat drains to the bottom during the cooking process leaving you with a low fat version of your favourite meat loaf. A must for low-fat and lowcholesterol diets. Your heart will thank you for it!

LOAF3 MEAT LOAF SET \$19.90

THE END OF DULL ELECTRICAL RAZORS



The scientific design of this advanced Shaver Sharpener means you no longer have to throw away your rotary shaver or purchase new heads when blades get dull. Used once a month the Shaver Sharpener will keep your existing rotary shaver blades super sharp and ready for action. Now worn heads can provide clean, comfortable shaves again, and a sharper shave means less rashes. Fast, safe and works on all rotary shavers.

E1161 Rotary Shaver Sharpener \$14.90

Set
of 2!



Up to
size
30

100% COTTON Full Briefs



Soft and comfortable 100% cotton briefs with full coverage. Perfect for everyday. Featuring soft elastic waist and trim, and cotton gusset. Available in

100% Cotton in Black in ladies sizes 10-30. Sold as a set of 2.

Please specify size on order form.

U2102 Black Cotton Full Briefs Set of 2 \$29.90

**High Waisted,
Full Coverage
Ladies Briefs**

STOP ELECTRONIC PICK-POCKETING

SET
OF 4



YOU'RE PROTECTED!

For a thief to steal your identity or card numbers they only need a RFID chip scanner, readily available on the internet. The thief stands near you and the scanner reads the chips in the cards from inside your bag. Protect your credit card no's, expiry dates, birthdates, names, addresses, photos & more by slipping each card into these RFID SafeT sleeves.

CARD8 SafeT Sleeves S/4 \$9.90

NEVER MISPLACE YOUR GLASSES AGAIN!



CHAIN3

Available in Faux pearl style with adjustable rubber loop attachments. Chain measures approx 70cmL (glasses not incl).

Gorgeous Faux Pearl Style

SALE

CHAIN3 Faux Pearl WAS \$12.90 NOW \$7.90ea



Soft Cotton Knit

Lilac 02



Sky Blue 03

PRINT LONG NIGHTGOWN WITH SHORT SLEEVES

Gorgeous and flowing with a subtle all over print. Lace trim on neckline and pintucking on yoke add a delicate touch. Finished off with short bell sleeves, partial button front and flounce hem. 100% Cotton knit. Machine wash delicate. Approx length 127cm (50"). Available in Lilac and Sky Blue in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

5569002 Lilac Print Long Nightgown with Short Sleeves \$44.90

5569003 Sky Blue Print Long Nightgown with Short Sleeves \$44.90

Moving Fishing Lures

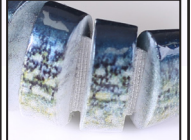
S-SHAPED SWIMMING ACTION

DURABLE & REUSABLE

LIFE-LIKE



Set of 3



Special Fabric Connection

Premium life-like lures for the avid and amateur angler.

"Realistic" movement is created due to the body parts being connected by a special cloth allowing them to swim side to side just like a real fish! Also features sharp treble hooks, 3D realistic eyes, tough ABS plastic body, and a realistic design, your prey won't be able to tell the difference! Comes as a set of 3 in a protective hard cover carry case. Each fish measures 13cm x 2.5cm.

FISH3 Set of 3 Moving Fishing Lures \$29.90

LAUNDRY WASH BAGS

Protect your garments when washing with these Laundry Wash Bags. Set of 3 in sizes; 1 x 40cm x 50cm and 2 x 30cm x 40cm. Zip closure to keep items secure.

SET
OF 3



WASH3 Laundry Wash Bags Set of 3 \$9.90

COLLAPSIBLE PORTABLE URINAL

Space Saving & Easy to Store!



Never be caught out again with the Collapsible Portable Urinal. It extends from 15-31cm with a secure fitting lid. Great for emergencies in the car, immobile people, camping and more. Discreet and compact. Suitable for both men and women. Measures 7cm dia.



PORT3 Collapsible Portable Urinal \$14.90

SHOP BY PHONE - (02) 9997 5400

Warmth Without The Bulk

These mock turtleneck knit dickeys are perfect for keeping out the cold without the discomfort of layers of clothing. The natural look will compliment any outfit with comfort and style. Cotton/polyester knit. Machine wash. Approx length 29cm, approx width 47cm. Available in Black or White. One size fits most. Sold as one piece.



Available in White or Black

DKKY6/BLK Black \$14.90
DKKY6/WHT White \$14.90



Sits
Discreetly
Under
Clothing

Mini Funnels

Great for Mini Jobs!

Perfect for:
✓ Liquids
✓ Spices
✓ Travel Bottles
✓ And more!
Set of 3: 4.5cm L,
5.5cm dia x
15cm L, 7.5cm
dia x 17cm L



SET
OF 3



MFUN2 Set of 3 Mini Funnels \$10.90

COMFORT TOE WRAPS

Our Toe Digit Wraps ease pain by straightening and separating crooked, overlapping or hammer toes. These soft, cotton-covered splints cushion and protect toes from rubbing. Also great for broken or stubbed toes. Velcrolike fasteners adjust for a comfortable fit. Require minimal space in shoes. Can be trimmed to fit. Sold as a Set of 2.

DIGT2
Comfort Toe Wraps S/2
\$14.90



Universal
for Left or
Right Foot

Wrap-Around Cushioning
Relieves Rubbing &
Irritation



Adjustable

THICK & THIN Cheese Slicer

Perfect
Slices
Every
Time



THIN
THICK

With separate cutting wires for thick and thin slices, this 2-in-1 slicer cuts clean, even slices of cheese for appetisers, sandwiches, recipes or snacks. Features stainless steel cutting wires and plastic handle. Hand wash; measures 22.5cm L x 2.5cm W.

SLIC2 THICK & THIN CHEESE SLICER \$9.90

Velvet Embossed Slipper

BURGUNDY



Stunning
Floral
Embossed
Detail



One
touch
close
tab for
easy
on/off

NAVY

The perfect slipper for year round comfort. Featuring slip on style with a touch close strap and closed toe. Inner is soft velvet whilst outer is a stunning floral embossed velvet fabric. 100% polyester. Outer sole is flexible rubber to provide comfort indoors and outdoors. It really is the perfect house shoe. Available in Navy in ladies sizes 6-10 only and in Burgundy in ladies sizes 6, 9 & 10 only (sorry no other sizes are available). Don't forget to include your size and colour on the order form.

SLIP8N Navy Velvet Embossed Slipper \$29.90
SLIP8R Burgundy Velvet Embossed Slipper \$29.90

Cosy Fleece

A. SHAWL COLLAR FLEECE TOP

Comfortable and cozy! Coordinating fleece pullover sweatshirt with shawl collar, ribbed cuffs and banded bottom. Cotton/polyester knit. Machine wash. Approx length 70cm (27.5"). Available in Berry Burst and Teal Mist in sizes S, M, L, 1X, 2X, 3X, 4X & 5X. (Top & Pants sold separately. See below for Fleece Pant detail).

A. 5769102 Berry Burst
Shawl Collar Fleece Top
WAS \$44.90 NOW \$33.60

A. 5769103 Teal Mist
Shawl Collar Fleece Top
WAS \$44.90 NOW \$33.60

B. FLEECE PULL-ON PANTS

Coordinating pull-on fleece pants with full elastic waist and side seam pockets. Cotton/polyester knit. Machine wash. Approx inseam 74cm (29"). Available in Berry Burst and Teal Mist in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

B. 5769202 Berry Burst
Fleece Pant
WAS \$39.90 NOW \$29.90

B. 5769203 Teal Mist
Fleece Pant
WAS \$39.90 NOW \$29.90



Berry Burst 02

Teal Mist 03

25%
OFF

NECKLACE EXTENDERS



Have a necklace that is just the wrong length? Adjust it easily with our necklace extenders. Available as a set of 3 with 1 gold tone, 1 silver tone and 1 faux pearl. The gold and silver tone extenders are adjustable from 9cm to 15.5cm; allowing you to get the perfect fit. Whilst the faux pearl measures 9.5cm and is not adjustable. (Copper and glass pearl).

Set of 3



NEXT2 Necklace Extenders Set of 3 \$14.90

No More SCRATCHED Floors!

S-T-R-E-T-C-H to fit most chair legs



NEW & IMPROVED DESIGN!

SET OF 8!

New & Improved! Protect your floors from scratches with our amazing Furniture Gliders. Special clear silicone material stretches to fit most chair legs, whilst the specialized high rise felt stays in place, making it super easy for you to slide your chairs with ease without all the noise and scratches that comes with it! Set of 8. **GLIDE3 Furniture Gliders \$16.90 - Buy 2 or more for only \$13.90ea**

40% OFF

Great for cats as well!



DARK GREY

Available in 2 sizes: 70cm & 80cm

Calming PET BEDS



LIGHT GREY BROWN

Featuring soft, warm bedding they can snuggle in and feel secure. Machine wash on gentle. Available in size SML (70cm) in Dark Grey, Light Grey & Brown & size LGE (80cm) in Light Grey only. Please specify size and colour on order form.

PBED2S Dark Grey (70cm)	\$24.90 \$14.90
PBED3S Brown (70cm)	\$24.90 \$14.90
PBED4S Light Grey (70cm)	\$24.90 \$14.90
PBED4L Light Grey (80cm)	\$29.90 \$17.90

The Perfect Companion for Your Toes



Little Toe Mate

- ✓ Help relieve pain from hammer & overlapping toes
- ✓ Perfect for bunions, corns & crooked toes
- ✓ Prevents big toe rubbing against the 2nd toe
- ✓ Absorbs pressure, friction & relieves pain
- ✓ Separates, supports, aligns & cushions
- ✓ Two loops keep spacer in position

IN SETS OF 2

MATE2/MED	Toe Mate Medium	\$10.90
MATE2/LGE	Toe Mate Large	\$10.90
MATE3	Little Toe Mate	\$10.90



Dusty Pink 15

Navy Ditsy 52

Amber Floral 59

Floral 55

Multi 58

Blue Ditsy 57

Monotone Floral 56

Pink/Orange Floral 54

PRINT SKIRTS Beautiful Print Skirts

Add a splash of colour to your wardrobe with our beautiful print skirts. Full elastic waist and side seam pockets. 100% Polyester. Machine wash. Approx length 79cm (31"). Available in Dusty Pink, Pink/Orange Floral, Floral, Monotone Floral, Blue Ditsy, Multi and Amber Floral in sizes S, M, L, 1X, 2X, 3X, 4X & 5X and Navy Ditsy in sizes M, L, 1X, 2X, 3X, 4X & 5X only.

9720615 Dusty Pink	\$29.90
9720652 Navy Ditsy	\$29.90
9720654 Pink/Orange Floral	\$29.90
9720655 Floral	\$29.90
9720656 Monotone Floral	\$29.90
9720657 Blue Ditsy	\$29.90
9720658 Multi	\$29.90
9720659 Amber Floral	\$29.90

PUT YOUR FEET UP

Great for Elevating Your Feet



Supporting and elevating your legs can aid with post operative recovery, relief from back pain, improve circulation & simply to rest tired aching legs. The lightweight design features a tubular frame topped with a soft padded nylon/polyester cushion at the right height & angle for use with most chairs & couches. Measures approx. 48.5W x 48.5H x 39cmD.

...or to rest tired and weary feet

LEGR2 LEG REST \$39.90

**Full Zip
Front**

**Up to
Size
5X**



ZIP FRONT ROBE WITH EMBROIDERY

Beautiful lightweight super soft knit robe with long sleeves and delicate embroidery on neckline. Also features side seam pockets, full zip front for ease of dressing and lace trim on cuffs. Can be worn open as a dressing gown or zipped up! Poly/Cotton Knit. Machine wash. Approx length S-5X 132cm-140cm (52-55"). Available in Periwinkle in sizes M, L, 1X, 2X, 3X, 4X & 5X only (sorry no size SML is available).

5829402 Zip Front Robe with Embroidery

\$64.90

STRETCH DENIM JEANS

Made to stretch for better comfort and fit! Full elastic waist, side seam pockets and tapered leg. Woven Cotton/Spandex. Machine wash & dry. Approx length 74cm. Available in Denim in sizes 10-28.

5653045 Denim Stretch Jeans

\$49.90

**Added Stretch
for Comfort**



**Up to
Size
28**

KEEP YOUR SPONGE CLEAN & IN REACH!



Hygienic sponge holder keeps your sponge within reach, and also clean! Allows it to air dry which reduces bacteria, and prolongs the life of the sponge.

Simply sticks to your sink with the 2 suction pads. Available as a set of 2. Sturdy plastic. Measures approx 11cm W x 6.5cm H x 3cm D.

SPNG2 Sponge Holder Set of 2 \$14.90

CUT EVEN THE TOUGHEST NAILS

**Stay-sharp, professional-
quality stainless steel
blades**

**Easily trim
thick, tough
nails!**

**Safely clip
ingrown
nails**

Tough or ingrown nails are no match for these tough nail clippers. The larger size ergonomic handles and professional stainless steel blades give you complete control.

NAIL7 Tough Nail Clippers \$14.90

Super BIG Cane Tip



**Extra Large Base
for Added Stability**

The 6 big feet on our Super BIG Cane Tip flex to grip surfaces as you walk. Perfect for added safety and convenience. The 6 foot design also allows the cane to stand on its own when you are at rest, so no more worrying about dropping or losing your cane. Cane tip measures 12cm dia x 8cm H with a 2cm opening that stretches slightly to fit your cane. Made from flexible rubber.

CANE7 Super Big Cane Tip \$12.90

ROCKING Garlic Press



Have crushed garlic in an instant with the rocking garlic press. Simply peel your garlic, pop it under the press (whole or cut up) and rock it back and forth. You will have minced garlic in no time! No more struggling to squeeze a traditional mincer or fiddly knives. Made from stainless steel and plastic. Measures 11cm Lmx 5cm W x 7cm H. GARL2 Rocking Garlic Press \$10.90

CLOTHESLINE HOOKS
The Perfect Accessory!



SET OF 12

Keep your hangers secure on the clothesline and where you left them. No more blowing away with the wind. Simply fix the clothesline hook to the clothesline cord, and then hang your hanger. Increases your hanging space and makes drying your clothes a breeze! Plastic. Set of 12.

HOOK2 Clothesline Hooks S/12 \$9.90

Solar Powered



Add some magic to your garden!

Available in White or Colour Changing



Lights sway with the wind to create a beautiful effect

Firefly Solar Lights



Set of 2

Light up your night with the magic of solar fireflies. Solar stakes feature 8 bulbs per stake that bend and sway in the wind creating the most magical effect. The sun charges the premium quality solar panel during the day and they turn on once the sun goes down. Available as a Set of 2 in either Warm White or Colour Changing. Measures 65cm H incl stake.

FFLY2 Warm White \$24.90
FFLY3 Colour \$24.90

PLEAT NECK TUNIC

Casual knit tunic with button accents, pleating and patch pockets. Cotton/spandex knit. Machine wash & dry. Approx length 79cm (31"). Available in Purple and Dark Teal sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

5851005 Purple \$39.90 5851006 Dark Teal \$39.90

Flattering Style



Purple 05 Dark Teal 06

The Bra Doctors Buy & Recommend For Their Patients!

ALL BRAS \$22.90 EACH

WHITE
Extra Wide Straps
Stretch Cups
Front Hook Closure
No Underwire

BEIGE

BLACK

The SUPPORT you need and the COMFORT you crave!

The Comfort bra safely & comfortably, shapes, lifts, and supports in a way no other bra can match. Its silky, soft, stretchy fabric actually stretches to fit any cup size from A to DD, conforming to changes in your body. It is so comfortable you can even sleep in it (many women do for comfort or after surgery). Made from nylon/spandex, machine washable maintaining its shape & comfort. Available in sizes 32 (10), 34 (12), 36 (14), 38 (16), 40 (18), 42 (20), 44 (22), 46 (24), 48 (26). Please find your size and advise this on the order form along with your cup size; B/C or D/DD, what colour you would like; White, Black or Beige, and the code.

ALL BRAS \$22.90 EACH

CODE	COLOUR	CUP SIZE	AVAILABLE SIZES	CODE	COLOUR	CUP SIZE	AVAILABLE SIZES
CBRA6	White	B/C	32 (10)-44 (22)	CBRA8	White	D/DD	34 (12)-48 (26)
CBRA6B	Beige	B/C	32 (10)-44 (22)	CBRA8B	Beige	D/DD	34 (12)-48 (26)
CBRA7	Black	B/C	32 (10)-44 (22)	CBRA9	Black	D/DD	34 (12)-48 (26)

STOP STRUGGLING TO OPEN YOUR PILLS!



Simply Press Down

...And the pills pop out here!

Blister packs can be very convenient, though at times they can be difficult to open especially if you have hands that are suffering from arthritis or other mobility issues. Simply place it over the pill that you want to take, give it a squeeze and in seconds the tablet pops out undamaged. Saves your hands and frustration. Made of plastic and measures 12.7 L x 2.54 W x 3.8cm H.

PPOP2 PILL POPPER \$9.90

WALK WITH COMFORT AGAIN



Reduce pain and walk comfortably with these innovative Metatarsal Gel Sleeves. They feature a stretchable sleeve, that stretches to fit most feet and a gel pad that sits on the ball of your foot to relieve pressure from walking, standing, sports and more. And the best part is it won't slip around or move as it is secured to the sleeve. Hand washable and reusable. Suitable for both men and women. One size fits most. Available as a set of 2!

No more burning ball of foot pain!

Shock Absorbing Gel Pad

FMET2 Metatarsal Gel Sleeves Set of 2 \$12.90

SHOP BY PHONE - (02) 9997 5400

**Stretch
Knit for
Ultimate
Comfort**



DITSY PRINT NIGHTGOWN

Our elegant Ditsy Print long sleeve nightgown in stretch knit fabric will provide you with style and comfort this winter. Stunning details include, lace trim on neckline and yoke, pintucking, and a partial button front placket with satin ribbon trim. Also features side walking slit. 100% Cotton (exclusive of decorations). Machine wash. Approx length 122cm (48"). Available in Purple Ditsy Print in sizes M, 2X, 3X, 4X & 5X only (sorry no other sizes available).

5980902 Purple Ditsy Print Nightgown \$54.90

EASY DROPPER

The Easy Dropper will help you to dispense eye drops directly into your eye without spills or mess. The soft and flexible guide conforms to the shape of your face and it can also be used as an eyewash cup.

**EYED2
Easy Dropper
\$9.90**



**The
Perfect
Bolero**

**25%
OFF**



BOLERO SHRUG

The perfect little coverall that goes with everything. Perfect for when you want something to throw over a dress, singlet, tshirt or just to simply complete an outfit. You can't go wrong. Features short sleeves, rounded neckline and hem

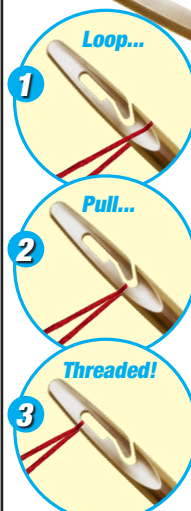
and open front styling. Viscose/nylon/spandex knit. Hand wash. Approx length 51cm (20"). Available in Black & White in sizes S, M, L, 1X, 2X, 3X, 4X & 5X. (Camisoles not included).

5563012 Black Bolero Shrug WAS \$39.90 NOW \$29.90

5563013 White Bolero Shrug WAS \$39.90 NOW \$29.90

INSTANT SEW NEEDLES

**SET OF
16!**



Trying to thread a needle is one of the most frustrating things in life. But these special needles allow you to thread the eye instantly and effortlessly. Just loop your thread, pull it into the needles built-in groove and - voila - needle threaded! Set of 16 needles come in their own dispenser.

NEDL2 Instant Sew Needles \$9.90

CLEANSING DETOX FOOT PATCHES

**SET OF
14
PADS**



- ☒ AIDS NATURAL CLEANSING
- ☒ ABSORBS IMPURITIES
- ☒ WORKS WHILE YOU SLEEP
- ☒ HOLISTIC INGREDIENTS

These Holistic Foot Patches have been specially formulated to help improve circulation & aid body cleansing by absorbing toxins and impurities while you sleep. Compare the clean patches you put on before bed with the dirty patches you wake up with, you'll be amazed at how many impurities your body eliminates overnight! See the results right away! Kit contains 14 patches.

B1201 Detox Foot Pads \$29.90

PAPER TOWEL HOLDERS

\$19.90ea

- A. PTWL2 Cat
- B. PTWL3 Rooster



Add a pop of whimsy to your kitchen with our fun Paper Towel Holders. Available in Cat or Rooster they add some flair to an otherwise boring item! Made from metal. Approx 35.5cm H. Base measures approx 17cm dia. Please specify code and character on order form.

FLEECE EMBROIDERED ZIP SWEATSHIRT

Gorgeously embroidered, partial zip style sweatshirt with full length sleeves, ribbed cuffs and hem. Soft polyester/cotton knit. Machine wash. Approx length 74cm (29"). Available in Purple in sizes M, L, 1X, 2X, 3X, 4X & 5X only (sorry no size S is available).

9589558 Purple Zip Sweatshirt

\$49.90

**Partial
Zip-Front**



NON BINDING WOOL BLEND SOCKS

SALE

SIZE CHART	Ladies	Men
LARGE	8-11	7-9
XLARGE	11+	10-12

**IDEAL FOR
DIABETICS**

- ✓ No Blisters
- ✓ No Footsores
- ✓ Better Circulation GUARANTEED!!
- ✓ Available in Grey

These socks are perfect for sufferers of swollen feet or circulation problems. They are made from 56% wool, 24% acrylic, and 20% nylon and are specially designed to get on and off with ease. Because these socks are non-binding they reduce pressure on swollen legs and feet and actually improve with wash and wear. (sold as one pair).

Please specify size when ordering.

SOCK7 CHARCOAL GREY WAS \$16.90 NOW \$12.90

ROSE EMBROIDERED NIGHTGOWN

Sleep in style with this old world Rose Embroidered Nightgown. Featuring delicate rose embroidery on the yoke and hem, lace trim and satin ribbon detail, partial button front placket; as well as long sleeves with elasticised cuffs and a ruffle hem. 100% woven cotton (exclusive of decoration). Machine wash. Approx lengths; S-5X 129-137cm (51-54"). Available in White in sizes S, M, 1X, 2X, 3X, 4X & 5X only (sorry no size L is available).

5981213 Rose Embroidered Nightgown

WAS \$59.90 NOW \$53.90

Up to Size 5X

**10%
OFF**



Drug-free Way To Clear Congestion, Sinuses etc.

The traditional way to clear nasal passages. Just fill cup with steaming hot water, clip facial mask onto cup and breath deeply. Soothing layers of steam help to clear nasal passages. Measures 16cm H.

TIP: For heavy congestion, add a drop of Eucalyptus Oil for faster relief.



STEM4 Steam Inhaler \$9.90

THE AMAZING ALL-IN-ONE BOLSTER PILLOW



GREAT FOR: LEGS, BACK, NECK, HEAD, HIPS & MORE!



You won't know how you lived without this all in one Gel Bolster Pillow. It has so many uses, in between your legs or your knees, under your ankles, behind your head or your back and much more! Provides relief for aches and pains where you need it most. Features a breathable bamboo mesh cover, cooling gel and charcoal infused memory foam. Measures 40cm x 20cm x 10cm.

GELP7 Bolster Gel Pillow \$25.90

EZY ERASE Remove Unwanted Hair With Ease

Ultra Fine Nano Crystals
gently exfoliate your
skin to leave it smooth
and soft



Perfect for your
whole body,
including arms, legs,
hands, back, chest,
underarms etc.

*(Patch test before
use. Circular motions.
Don't press too hard)*



**It works by creating friction
that shaves your hair to
give a silky smooth finish**

BEFORE

AFTER

HAIR8 Ezy Erase Hair Remover \$16.90

Find us on www.facebook.com/healthpride

**Simply
Pull &
Slice!**



**Micro
Suction Cups**

**Handy Viewing
Window**



No More Tangled Cling Film

Also Great For:

- ☒ **Foil** ☒ **Baking Paper**

Easy to use and fuss free. No more cut fingers, ruined cling film or broken cardboard dispensers. The 2 way slicing blade effortlessly glides through cutting the film/foil. Mini suction cups on the bottom hold it in place on the bench top for ease of cutting. Clear window allows you to see how much is left. Sturdy plastic. Holds max roll size of up to 60m x 33cm L (however works best with smaller metre size rolls; approx 30m).

DISP2 Cling Film Dispenser \$22.90

Perfect For:

- ☒ **Armchairs**
- ☒ **Wheelchairs**
- ☒ **Patio Chairs**
- ☒ **And more!**



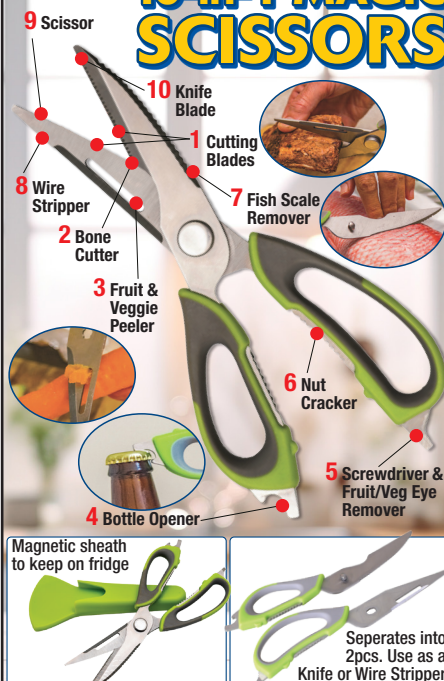
**Features
ties to keep
it in place**

REDUCE PRESSURE AND FRICTION

This cushion is especially designed to help reduce and relieve pressure and friction on sensitive areas allowing you sit comfortably for much longer. The pressure relief cushion's fill is 65% polyester & 35% cotton including the cushion surface. The chair pad fits inside wheelchairs, armchairs & even patio chairs. Measures approx 98cm (top to bottom) x 116cm (arm rest to arm rest) x 10cm H. Spot clean with damp cloth. Colour may vary to what is shown.

**CUSH7 PRESSURE REDUCING
CHAIR CUSHION \$34.90**

10-in-1 MAGIC SCISSORS



With 10 amazing features you will be using these magic scissors for everything from cutting up chicken, to scaling fish to cracking nut shells to a screwdriver and more! Can also be separated into 2 pieces that can be used as a knife as well as a wire stripper. Non-slip grip with ergonomic design handle and high quality stainless steel. Also comes with a Magnetic sheath so you can pop it on your fridge for quick and easy access!

SCIS9 10 In 1 Kitchen Scissors \$19.90

Fabulous Assorted Loungers in Amazing Prints!



ASSORTED WALTZ LENGTH LOUNGERS

Comfortable and easy to care for! Roomy, slipover styling with handy side pocket. Polyester knit. Machine wash & dry. Approx length 104cm (41"). Available in assorted prints (prints may vary to those shown here) in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

We will pick one for you as there is limited stock available in any one print.

5674801 Assorted Loungers \$44.90

A Magic Bra, A Body Shaper, A Camisole... All in One



- ☒ Provides seamless lift & support to hips, tummy, back and bust
- ☒ Comfortable compression
- ☒ Wide straps for added comfort
- ☒ Seamless shaping targets your trouble areas
- ☒ Smooths your back into one sleek line
- ☒ Helps to eliminating body bulges
- ☒ The perfect addition to any wardrobe
- ☒ Nylon & spandex, fully machine washable
- ☒ You get 3 Magic Body Shapers (1 Black, 1 White, 1 Beige) for the price of one

BODY3 SET OF 3 MAGIC BODY SHAPERS \$49.90

The Magic Body Shapers smooth out body bulges from your tummy to your hips to give you a smooth all over slimming shapeline.... Instantly! Sizes MED (10-12), LGE (12-14), 1X (14-16) & 2X (18-20).

PLEASE INDICATE SIZE ON ORDER.



Great for: Bags,
Scarves, Belts,
Hats and more!

Set of 4



ORGANISE YOUR WARDROBE

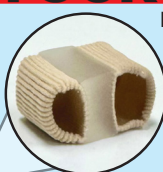
No more messy, tangled items. Now you can have everything organised and within reach. Simply place your bag strap, belt, scarf etc over the hook and hang it up. Sturdy plastic. Available as a set of 4.

HOOK6 Bag Hook
Set of 4 \$12.90

RELIEF FOR YOUR FEET



Feel instant relief with the Double Toe Spreader & Protector. Relieves pressure and pain caused by bunions, hammer toes, overlapping toes and more. Soft flexible gel sits between 2 fabric separators to keep the unit in place where it is needed. One size fits most. (sold as a single).



TOES9 Double Toe Protector & Spreader \$9.90



2 IN 1!

REVERSIBLE



Handy Side Pocket

Relax in comfort and style with our 2 in 1 Reversible Chair Covers; One side features plush comfy fleece whilst the other side features a faux aged leather look. Perfect for protecting your lounges from wear and tear. Also has 3 handy side pockets on each side (one arm only) for remotes, magazines, glasses and more! Available in 3 sizes (measurements do not include side flaps. Flaps measure 65cm L x 60cm W); Chair will fit armchairs and most recliners (66cm W x 213cm H), 2 seater (132cm W x 213cm H) and 3 seater (193cm W x 213cm H).



Reversible Chair Covers

COV21C Chair \$49.90
COV21T 2 Seater \$74.90
COV21S 3 Seater \$99.90

STUNNING & WARM Embroidered Slippers



SALE

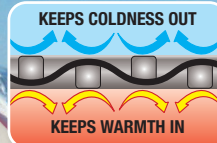
**Beautifully
Embroidered**

Walk around your house this winter in complete comfort and warmth. With a micro suede outer, warm velvet lining, acrylic fleece collar and cushioned insole you won't want to take these slippers off! All finished off with stunning embroidery on the toe box. Available in Blue in ladies sizes 6-11. **Please include your size on the order form.**

**Ladies
size 6-11**

SLIP15B Blue Embroidered Slipper WAS \$29.90 NOW \$24.90

SOFT AS SILK, LIGHT AS A FEATHER, WARM AS FLEECE



WHITE

STRETCHABLE

Thermal Skin features include:

- ✓ Fit & feel like a second skin
- ✓ Breathable fabric regulates temperature
- ✓ Incredible stretch, always regains shape
- ✓ Keeps cold air out, warmth in
- ✓ Aids aching muscles & joints
- ✓ Absorbs perspiration
- ✓ Elastic cuffs prevent rolling
- ✓ Fully washable

- ✓ Super-thin, super-lightweight, super-warm
- ✓ Both top & leggings in black or white
- ✓ Sizes in both top and leggings:
S fits sizes 8-12, M fits sizes 14-18,
L fits sizes 20-24 & 1X fits sizes 26-30

PLEASE INDICATE SIZE ON ORDER FORM

THRM4 WHITE THERMAL SKIN TOP \$24.90
THRM5 BLACK THERMAL SKIN TOP \$24.90
LEGS2 WHITE THERMAL SKIN LEGGINGS \$24.90
LEGS3 BLACK THERMAL SKIN LEGGINGS \$24.90

SHOP BY PHONE - (02) 9997 5400

Up to
Size
5X



LONG LOUNGER

Relax in the comfort of a Long Lounger with zip front yoke. Shirred rounded neck with self tie and side pockets. Polyester/spandex knit. Machine wash. Approx length 129cm (51"). Available in Purple Paisley in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

5703402 Purple Paisley Wide Sweep Caftan \$54.90

**YOUR
FEET
WILL
THANK
YOU**

Slip on these super soft comfy footlets with built-in cushions for the balls of your feet. Eliminate foot fatigue and sore foot pads for good! Protect your shoes from foot odour too! Washable nylon. One size fits most.

FOOT7 3 PAIRS CUSHIONED FOOTLETS \$16.90



Perfect to use as
extra seating, storage
or a foot rest!



Folds
down
flat



Also available in
Black Faux Leather

SIT & STORE OTTOMAN

A handy 2 in 1 option for around the home. Multiple uses, can double as a storage box and extra seat for around the home as well as a handy foot rest when you're relaxing on the lounge. Sturdy construction with padded lid. Measures 38cm x 38cm x 37cm. Available in Heather Grey fabric or Black Faux Leather. (Max loading weight 110kg. Do not use as a step stool).

OTTOM2/GRY Grey Sit & Store Ottoman \$29.90
OTTOM2/BLK Black Sit & Store Ottoman \$29.90

NO SEW THREAD QUICK EASY WAY TO MEND & REPAIR



Instant, permanent bonding for almost any fabric including vinyl and leather. Fix holes, hems and seams on clothing, furniture, autos, curtains, purses, tents, linens, luggage and more. Holds through washing, dry cleaning, ironing and boiling, bottle size 36ml.

M3411 No Sew Thread \$12.90

THE KEYS TO EXTRAORDINARY LONGEVITY

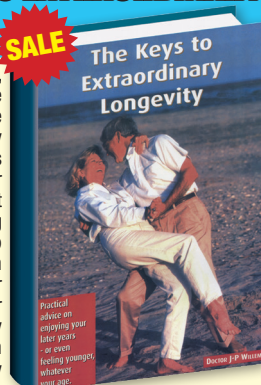
In this 314-page book, the practical advice of Dr. Willem, in "The Keys to Extraordinary Longevity" reveals what your doctor doesn't tell you - that you cannot rely on drug companies to keep you active & happy in your old age. Rather than overloading your body with too many medications, you can learn how to detoxify your body from within. Dr. Willem explains how to deal with the real & imagined problems of old age under optimum conditions. You will discover countless formulas and smart ways to:

- Stay in good shape after 70 years
- Delay ageing
- Maintain a healthy heart and supple arteries
- Combat arthritis & rheumatism
- Avoid the side effects caused by drugs
- Feel young
- Avoid pain, plus so much more

FREE BONUS booklet called "A Brief Guide to Family Homeopathy"

A1441 The Keys to Extraordinary Longevity
WAS \$49.95 NOW \$14.90

SALE



E-X-T-E-N-D YOUR REACH



80cm

Folds for
easy storage

When fully opened the Helping Hand will add an extra 80cms to your reach allowing you to reach up at those high places anywhere you cannot! Don't juggle with dangerous chairs or ladders, keep your feet on the ground and still reach up high.

HELP2 Helping Hand \$15.90

TURN THE "KEY" TO GET EVERY LAST DROP

Put the squeeze on toothpaste waste. Ends the frustration of squeezing and twisting by hand. Use it for hair creams, hair lotions, medications and other tube packaged products too. Each turn of the "key" releases a steady flow of paste. The kind of product that could save a lot of money. Comes in a set of 2.



SET
OF 2



TUBE2 Tube Winder
Set of 2 \$9.90



Red

Black



Tan

COMFORT PLUS Cross Strap Flats

These Cross Strap flats are comfortable, easy to wear and extremely practical. Their faux leather upper is enhanced with an elasticised cross strap for added comfort! Made with a soft, padded insole & skid-resistant sole with a 2.5cm heel. Available in Black, Red & Tan in ladies sizes 6-11.

Criss-Cross design for added comfort

SHOE30B Black Cross Strap Flats \$34.90

SHOE30T Tan Cross Strap Flats \$34.90

SHOE30R Red Cross Strap Flats \$34.90

Don't forget to include your shoe size and colour on the order form!

Clean Your Stemware Easily

Bends to fit any shape!

Perfect for:

- ✓ Jars
- ✓ Glasses
- ✓ Decanters
- ✓ And more!
- ✓ Non-scratch EVA foam brushes with ergonomic handles
- ✓ Available as a set of 4; 24cm, 25cm, 27cm, 42.5cm

BRUS10 Glassware Cleaning Brushes Set of 4 \$16.90

No More Messy Cables!



SET OF 2

...TO THIS!

FROM THIS...

Great for all appliances!

Easy to use cord winder sticks to your appliances allowing you to keep those cables tidy and out of the way! Simply stick, wait 6-12hrs for the pad to be secure, and wind your cable around! The centre notch holds the plug keeping it damage free. Also great for other areas of your home. Made from durable rubber. Measures approx 10cm L x 3cm W. Available as a set of 2; one white, one black. Save when you buy 2 or more sets.

CORD3 Cord Winders Set of 2 \$8.90
2 or more sets \$6.90ea

OVEN GLOVE



Heat Resistant up to 280°



SET OF 2

- ✓ Flame resistant material
- ✓ 5 finger flexi grip makes it easier to grab and handle items
- ✓ Perfect for the kitchen and the BBQ
- ✓ Suitable for left or right hands

OVEN6 Oven Glove (pair) \$14.90

MONTHLY PILL ORGANISER NEVER MISS ANOTHER PILL

Never miss a pill again with our easy to use Monthly Pill Organiser. Featuring 31 containers (one for every day of the month); that simply lift out. Each container has an AM & PM compartment so you can fill it with everything you need. Each container is also numbered 1-31 so you don't lose track of what day you are up to. Made from durable plastic. Measures 19cm W x 10cm D x 7cm H.



One Month Pill Organizer

SALE

PORG2 Monthly Pill Organiser WAS \$24.90 NOW \$19.90



15% OFF

Fleecy Warmth

FLEECE EMBROIDERED PULLOVER SWEATER

Gorgeously embroidered pullover sweater in longer length to keep you warm this winter. Side slits and full length sleeves with ribbed cuffs. Soft polyester/cotton knit. Machine wash. Approx length 79cm (31"). Available in Midnight Blue in sizes S, M, L, 1X, 3X, 4X & 5X only (sorry no size 2X is available).

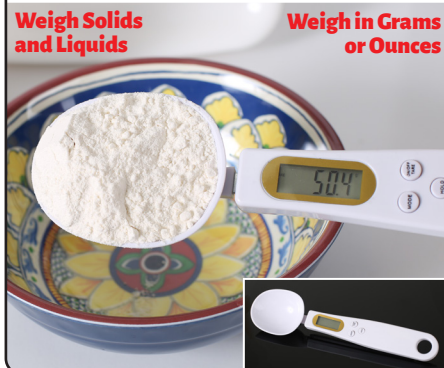
9589042 Midnight Blue Pullover Sweater
WAS \$49.90 NOW \$42.40

Find us on www.instagram.com/healthprideoz

DIGITAL MEASURING SPOON

Weigh Solids
and Liquids

Weigh in Grams
or Ounces



Always have an accurate measurement with the Digital Measuring Spoon. Perfect for weighing small amounts. Can be used for flour, sugar, oats etc in baking and cooking. Can also be used for weighing tea leaves, coffee, spices and much more. Requires 2 x AAA batteries (not included). Spoon head is removable for cleaning in warm soapy water). Measures approx 24cm L. Spoon head measures 6cm x 7.5cm.

DSPN2 Digital Measuring Spoon \$14.90

HERE IS A FREEZER LABEL THAT WON'T FALL OFF!



Do you have a lot of mystery packages in your freezer? This giant roll of 500 white self-stick labels will withstand cold, moisture and time and best of all will stick on just about anything; aluminium foil, plastic containers, freezer bags, glass and more. Just use ordinary pen or marker to write the date, contents and other notes on the label.

Use your food before it expires!

FLAB2 Freezer Labels (500) \$9.90

Handy, All Purpose Walker Bag



PERFECT FOR WHEELCHAIRS TOO!

This versatile unisex bag fits a walker or wheelchair to keep you organised on the go. Four outside pockets offer easy access to the essentials. Zippered main compartment features an interior zip pocket for smaller items. Two touch close straps provide a secure and adjustable fit. Walker bag is made from wipe-clean, satin-feel polyester. Measures approx 32cm x 32cm x 7cm.

WBAG2 Walker/Wheelchair Bag \$19.90

SPACE SAVING HOOKS

CREATE UP TO 70% MORE WARDROBE SPACE



- ✓ No more wasted wardrobe space
- ✓ Fits almost all hangers; wood, plastic, wire, velvet, kids & more
- ✓ Sturdy & strong – holds up to 10kg per hook
- ✓ Great for: belts, ties, handbags & more

HOOK5 Space Saving Hooks \$12.90

18 PIECES!

TOUCH N GO ELECTRIC CAN OPENER



Open any round can small, medium, large, quickly and easily with the revolutionary, battery operated Touch n Go can opener. Place it on the can, push the button and the can will open in seconds! Touch n Go cuts beneath the lid, not through the top, so the sides of the lid are easy to handle. A handy built-in magnet will pick up the lid for you. Measures 16cm L. Requires 2 x AA batteries (not included).

- ✓ Easily fits in drawer for storage
- ✓ Comes with a handy built in magnet

OPEN3 TOUCH N GO \$24.90

Bamboo COPPER

FIGHT FATIGUE, SWELLING AND PAIN

FREE

HEALTH BOOKLET WITH PURCHASE



The open-finger gloves provide targeted relief for stiff painful hands, joints & fingers. The socks add gentle graduated compression to support calves, feet & ankles, helping to improve circulation, fight fatigue & pain. Both made from copper infused & bamboo fabric, which has natural anti-bacterial, anti-fungal, odour fighting, and heat conducting properties. Both are ideal for those with arthritis, sore aching joints, tired fatigued legs, to help aid better circulation with added warmth in the cooler months. Available in sizes REG (women's) & LGE (men's). **Please indicate size on order form.**
GLOV7/REG ARTHRITIS GLOVES \$19.90 BS0X2/REG COMPRESSION SOCKS \$19.90
GLOV7/LGE ARTHRITIS GLOVES \$19.90 BS0X2/LGE COMPRESSION SOCKS \$19.90

FILIGREE, COPPER & MAGNETS



This gorgeously chic bracelet and ring have a polished gold tone / copper finish, with silver tone filigree floral vine detailing making these stunning pieces to wear. Concealed in the cuff of each end of the bracelet are 3 powerful magnets; 6 in total – each one 2000 gauss. The ring features 2 magnets, one on each end. They both also

FREE
HEALTH
BOOKLET
WITH
PURCHASE

feature copper plating so you get double action, magnetic power plus the added benefits of copper. Copper has been used for centuries & has been said to aid pain relief associated with arthritis, tendonitis & rheumatism. Bends to fit most sizes. *Magnetic therapy has not been medically proven although some people have claimed success with it. All we can suggest is that you try it for yourself. Not suitable for people fitted with pacemakers or defibrillators.

MAGB5 Filigree Copper Magnetic Bracelet \$19.90
MAGB6 Filigree Copper Magnetic Ring \$14.90



**No More
Spilled
Bags**

EVERYTHING WITHIN REACH

The Headrest Organiser hooks over your front seat headrest to hold shopping, umbrellas, backpacks, handbags, clothing & more. Safer than your car's hooks as it won't obscure your side view! Sturdy Aluminium/ PVC construction. Measures 17cm L. x 11.2cm W.
CARH3 Headrest Organiser \$9.90

SUPER GRIP SOCKS



Non Slip On Top



**Super Grip
Non Slip**

**PLEASE INDICATE
COLOUR ON ORDER.**

- ✓ Minimal elastic top to promote healthy circulation
- ✓ The super grip bottom allows for increased mobility
- ✓ Super comfort allows for all day, all night wear
- ✓ Soft cushioned sole for superior comfort
- ✓ Smooth and comfortable flat toe seam
- ✓ Available in Black or Grey

SOCK14 Ladies \$15.90
- 2 or more \$12.90 ea
SOCK15 Mens \$15.90
- 2 or more \$12.90 ea

EASY GRIP NAIL CLIPPERS



**Toenail
clipper**

**Fingernail
clipper**

Keep nails in a clean and healthy condition with these ultra sharp easy grip clippers. The perfect aid for people with arthritis, limited mobility or special needs. (colour may vary to what is shown here).

- ✓ Made to last from durable chromed steel
- ✓ Easy to use, hold and control and won't slip
- ✓ Use with left or right hand at any angle
- ✓ Fingernail clipper approx 7.5cm L x 1cm W
- ✓ Toenail clipper approx 10.5cm L x 1.5cm W

NAIL3 Nail Clippers Set 2 \$14.90

EVERYTHING YOU WANT IN A SHOE



**Black/
Silver**

- ✓ Lightweight, cushioned, breathable & comfortable
- ✓ Stretch jersey upper with the silver sparkle
- ✓ In black/silver & grey/silver
- ✓ In sizes 6 – 11



Grey/Silver

**One touch closure
for easy closing**

**A 2.5cm heel with
a flexible outsole**

**PLEASE
INDICATE
SIZE ON
ORDER FORM**

SHOE29B One Touch Close Sneaker Black/Silver \$39.90
SHOE29G One Touch Close Sneaker Grey/Silver \$39.90

100% cotton

**Up to
Size
5X**

**SCREENPRINT
NIGHTSHIRT**

Short sleeve comfortable nightshirt with round neckline and whimsical print. Cool cotton knit is perfect for those summer nights. Machine wash. Approx length; S – L 109cm (43”), 1X – 5X 114cm (45”). Available in Turquoise and Fuchsia in sizes S, M, L, 1X, 2X, 3X, 4X & 5X.

Fuchsia 21 **Turquoise 11**

9712611 Turquoise \$39.90
9712621 Fuchsia \$39.90

SHOP BY PHONE - (02) 9997 5400

Simply Press to Spray!

Precise Oil Control

Holds 470ml

2 IN 1 OIL SPRAYER

- ✓ Dual Function Design
- ✓ Refillable and Reusable
- ✓ Great for oil control in cooking and baking

Take control of your cooking with this versatile 2-in-1 Dispenser! Whether you want a fine mist for even, light coating or a smooth drizzle for precise application, this dispenser makes it easy. Simply press down the trigger and it will deliver a controlled amount of oil in a fine mist spray. However, when you need a drizzle of oil, just slide the tab...it's that easy. Holds 470ml. Great for other liquids also. Glass bottle/plastic lid. Measures approx 18.5cm x 10cm. Hand wash all parts in warm soapy water.

SPRY2 2 in 1 Oil Dispenser \$19.90

...Or Slide to Pour!

NO MORE BURNED FINGERS

Easily grab toast, muffins, crumpets and more!

- ✓ Easy to grip
- ✓ Durable
- ✓ Hand-wash only
- ✓ 22cm L

TONG5 Bamboo Toast Tongs \$7.90

CLEVER CLASPS

This thoughtful jewellery helper set fastens both ends of a necklace chain together with powerful magnets, ending your tedious struggle with a tiny clasp! Attaches easily and works for bracelets too. Set of 6 includes 4 magnets (2 silver, 2 gold-tone) plus 2 extender chains (1 silver-tone, 1 gold-tone).

CLEV2 Gold/Silver Magnetic Clasps \$16.90

Extending chains measure 7cm Long

DENTURE BATH SET

The perfect solution for cleaning and storing your dentures discreetly. Deep sided container with a secure lid that closes. Bonus double sided brush for scrubbing denture clean! Can also be used for cleaning retainers and jewellery. Measures 9.7cm W x 5.7cm H x 6.3cm D.

DENT3 Denture Bath Set \$9.90

Great for dentures & retainers

The Easy Seniors Phone

EasyFlip & EasyMate 4G!

- 25dB Earpiece Volume Boost
- Large, clear customizable display. Big Buttons, 2MP Camera, SMS, MMS, calendar, FM radio, magnifier, calculator, menu visibility and more
- Hearing Aid Compatibility - M4/T4 Telecoil & Bluetooth resulting in enhanced volume, clarity & connectivity.
- Auto-answer, voice output keys and main menu, photo speed dial
- Photo speed dial
- Low Battery Alert.
- Emergency key with GPS location, share location with emergency contacts by their request

Perfect as a Home Phone Replacement

FROM THIS **TO THIS**

6 MN Large Easy To Read Numbers

Loud & Clear Ringtone Up To 100dB

Our best selling EasyFlip phone is now available in a standard non flip version in the EasyMate! The EasyFlip & EasyMate are the perfect unlocked 4G phones that have been designed especially for seniors. Both phones have the same features, including SOS GPS location, easy to read BIG number buttons, a loud & clear speaker, easy to use menu, along with a wide assortment of special features, really makes the EasyFlip & EasyMate the perfect no-nonsense phone for you. Simply choose the style that suits you...Flip or non-flip!

A. FONE4 EasyFlip 4G \$199 **B. FONE8 EasyMate 4G \$179**

FOR ACHING KNEE JOINTS AND MORE!

MEASURE HERE

Ideal For:

- ✓ Sore Muscles
- ✓ Aching Joints
- ✓ Tendon Pain
- ✓ Ligament Pain
- ✓ Arthritis Pain
- ✓ Sporting Injuries

This bamboo charcoal infused health support knee guard is comfortable and easy to wear. It helps to add a healing warmth + support to your knee. Made from stretchable bamboo charcoal fibre, cotton, polyester, machine wash on cold gentle cycle, dry in the sun. Sizing REG - ladies, LGE - men. (Please note if top of knee circumference is bigger than 42cm order size LGE).

KNEE2/REG Bamboo/Charcoal Knee Guard \$19.90
KNEE2/LGE Bamboo/Charcoal Knee Guard \$19.90

No More Clumps

SALE

**Simply
soak in
water!**

These terracotta discs are the great solution for clumpy brown sugar. Simply soak in water and place in any brown sugar container to keep it soft and clump free. Perfect for better measuring in baking and cooking. Set of 2. Made from terracotta. Measures 5.5cm dia. Reusable.

SUGR2 Brown Sugar Preservers
Set of 2 ~~WAS \$13.90~~ **NOW \$9.90**

RELIEVE FOOT PAIN Compression Relief Sleeve

EASES HEEL & ARCH PAIN

- ✓ Minimise Swelling
- ✓ Support Fascia Ligament
- ✓ Relieve Pain from Plantar Fasciitis

"I started wearing these support socks & have had a dramatic improvement! They have saved me from the chronic pain that lasted all day & night! - Ms. C"



**Multi-Directional
Compression**



SIZE CHART	Ladies	Men
SMALL	4 - 6.5	NA
MEDIUM	7 - 10.5	6 - 9.5
LARGE	11 +	10 - 13
X-LARGE	NA	13.5 +

Soft, elasticised ankle with unique knitting pattern provides heel and arch compression to minimise swelling, support fascia ligament and relieve pain. Tactile 'nodules' help stimulate circulation. Worn over or under socks. Daytime or night time use to ease morning discomfort. Also helpful for Achilles tendon conditions/ Provides 25-35 mmHG all over compression with 30 mmHG at arch. Please see above size chart to find your size & **don't forget to include your size on the order form.** (sold as a single sleeve, not a pair). **SLEEV2 Plantar Fasciitis Sleeve (single) \$24.90**

**Set of 3
only
\$34.90**

PORTABLE URINAL FOR MEN AND WOMEN



- ✓ Easy to use
- ✓ Sturdy Plastic
- ✓ Spill proof cap
- ✓ Comes with female adaptor
- ✓ Ideal for travellers, campers and boaters
- ✓ Perfect for people confined to bed or wheelchair

PORT2 Portable Urinal \$14.90

MAGIC BRA



NO HOOKS OR WIRES



SET OF 3 BRAS

- ✓ Magic fabric for perfect fit and comfort!
- ✓ Super easy to slip on and off - ideal for those with arthritis
- ✓ Shapes magnificently and prevents sagging bust!
- ✓ Wide shoulder straps provide maximum support!
- ✓ Available in size M, L, 1X & 2X
- ✓ Simply match your bra with your clothing size

PLEASE INDICATE SIZE ON ORDER FORM.

WBRA2 1 Black, 1 Beige, 1 White, all 3 \$34.90

RING SIZE ADJUSTERS

Suitable for narrow or wide bands



Make rings fit perfectly - no more twisting, slipping and fear of losing your valuable rings. Invisible ring adjusters slip inside any size ring to create a perfect fit which is almost invisible. Perfect for male or female rings. Assortment of 5 widths will ensure a fit for almost any size ring band.

JRNG2 Ring Size Adjusters \$7.90



Green/Red Gauge

HELP PREVENT SLIPS & FALLS

Help prevent dangerous slips and falls with this new and improved handle for your bath or shower. It instantly installs using two powerful suction grips, without requiring permanent installation and comes with a unique built-in suction gauge. When the gauge is green it indicates secure suction, when red you need to re-attach it. Chrome Plated look adds style to any bathroom. Measures 29.5cm long x 10.5cm at widest point. **BATH9 Chrome Bath Bar \$24.90**

**EASY
TO USE**



**Handle
rotates
360°**

EASY CRANK CAN OPENER



Easy to use manual can opener uses the force generated from the easy crank handle to make opening cans simple and effortless. Simply place

onto the can, and start cranking the handle. It requires minimal effort so is perfect for anyone with mobility issues, weak wrists and hand problems like arthritis. Also leaves smooth edges on the lid for safe handling. Handle and crank are covered in rubber for a sure grip. Made from metal and rubber. Measures 23cm L.

OPEN4 Easy Crank Can Opener \$19.90

Copper Infused Compression Braces



These unique compression braces help to soothe aches, pains and stiffness in your muscles & sore aching joints. Black only, sold individually in sizes REG & LGE. Back belt fits waist REG (71-99cm). Back available in size REG only; Knee, Ankle & Elbow available in size REG & LGE.

- ✓ Made from copper nylon, rubber & spandex
- ✓ Knee brace Copper/Nylon/Elastic/Spandex
- ✓ Helps to increase joint & muscle mobility
- ✓ Helps to aid increased blood circulation
- ✓ Excellent support for muscles & joints
- ✓ Aids the reduction of pain & swelling
- ✓ Aids in boosting exercise recovery
- ✓ Gentle & effective compression
- ✓ Comfort plus even if sleeping
- ✓ Machine or hand wash

FREE
HEALTH
BOOKLET
WITH
PURCHASE



PLEASE INDICATE SIZE REGULAR OR LARGE ON ORDER FORM
COPA2 ANKLE \$19.90 COPE2 ELBOW \$19.90
COPB2 BACK (REG only) \$24.90 COPK2 KNEE \$19.90

5-in-1 OPENER

So many uses...

- ✓ Jar Lids
- ✓ Twist Top Bottles
- ✓ Bottle Caps
- ✓ Cans
- ✓ Ring Pulls
- ✓ Measures 15cm L

Perfect for a multitude of items around the home

OPEN5 5-in-1 Bottle Opener \$10.90

KEEP BANANAS FRESH FOR LONGER

- ✓ Reusable banana storage bag
- ✓ Prevents bananas from over ripening
- ✓ Helps to stop banana skins going black
- ✓ Provides bananas with insulation & air
- ✓ Designed to be kept in the fridge
- ✓ Measures approx 27 x 36cm

BANA2 BANANA BAG \$9.90

SET OF 3 HOOK-ON BRA EXTENDERS

Get relief from the discomfort of tight bras. Just hook on direct to your existing bra. Available in 2, 3 or 4 Hooks in a set of 3 colours White/Beige/Black.

BRAX2 2 HOOK WHITE/BEIGE/BLACK \$10.90
BRAX3 3 HOOK WHITE/BEIGE/BLACK \$11.90
BRAX4 4 HOOK WHITE/BEIGE/BLACK \$13.90

SPILL GUARDS

KEEP THE GAP BETWEEN STOVE AND BENCH CLEAN

Just a few crumbs a day or a few spills can attract ants, cockroaches and more. This sturdy silicone trim kit will close those pesky gaps for good. Set of 2. Each measures 53.5cm L x 5.5cm W. SPIL2 Spill Guard Set of 2 \$13.90

CLEAR VISION Monocular

16x52 66M/8000M

INCLUDES:
1x MONOCULAR
1x CARRY BAG
1x WRIST LANYARD

EASY TO FOCUS
DUAL FOCUS
ZOOM OPTICS

MONO2 Monocular \$29.90

GREAT FOR:
BIRD WATCHING
CAMPING, HIKING,
HUNTING & MORE!

Wide Viewing Angle
Clear & Sharp Resolution
Waterproof & Fog proof

PORTABLE AM/FM POCKET RADIO

Telescopic Antenna
Built-In Speaker
3.5mm Audio Jack

FM/AM 2 BAND POCKET RADIO
FM 88-94-100-104-108 MHz
AM 53-80-106-130-160 kHz

TUNE TRUE SOUND

- ✓ Take it with you wherever you go
- ✓ Lightweight & Portable
- ✓ FM: 87.5-108MHZ
AM: 522-1620KHZ
- ✓ Volume Control
- ✓ Speaker
- ✓ Frequency Display
- ✓ Requires 2 x AA batteries (not incl)
- ✓ Measures 11.5cm x 6.8cm

RADIO4 FM/AM Portable Radio \$24.90

Guarantees
a giggle
every
time

Add a Touch of FUN to Your Kitchen!

This is a self-cleaning
KITCHEN
Clean up after yourself!

This hilarious kitchen sign is sure to make everyone giggle that sees it. Made from MDF and hemp rope. Measures 20cm x 10cm.

KDEC2 Self-Cleaning Kitchen Sign \$12.90

PAIN RELIEF FOR YOUR TOES

**SET
OF 2**



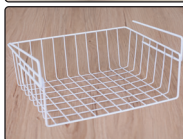
GELT2 GEL TOE SEPARATORS S/2 \$9.90

Super soft gel separators help reduce toe & foot pain caused by rubbing, overlapping or crooked toes. The 4 loops keep the separators in position for relief from bunions, plantar fasciitis, hammer toes & foot pain. Especially designed for those spending all day on their feet, for the elderly or for anyone with foot problems. Fits in most shoes, unisex, one size fits most, hand wash, dry naturally not in the sun.

CREATE EXTRA SPACE OUT OF THIN AIR!



Utilise wasted
space under
your shelves!



Create extra storage space under most shelves with our Under Shelf Hanger. Perfect for storing Cling wrap, foil and baking paper, zip-loc bags, as well as anything else you can think of! Perfect for not only the kitchen but also the laundry, the garage, office and much more! Measures approx 29.5cm W x 10cm H (not incl hooks) x 23.5cm D. Hook height 3cm. Made from powder coated iron. Buy 2 or more and save!

**SHLF3 Under Shelf Organiser \$12.90
2 or more \$10.90ea**

SET OF 3 CLEANING BRUSHES

Perfect for cleaning Tea/coffee pot spouts, vases, drink bottles, straws and much more!

These flexible plastic brushes clean out spouts, narrow necks and other tight spots with a simple push/pull action that leaves everything sparkling clean in seconds. Set includes 3 brushes from 26cm-33cm (10 1/4" - 13").

BRUS3 S/3 CLEANING BRUSHES \$9.90



ACTS LIKE A LOOFAH ON YOUR FEET

THE PERFECT SHOWER RUG



For Added Suction to Keep
In Place



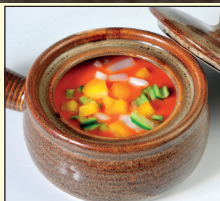
Water Flows Through the
Shower Rug

The Shower Rug has anti-microbial poly-fibres that won't wear out, are stain resistant and help prevent the growth of mould and mildew. It won't hold water as it passes right through it even when you place it straight over the drain. Stops the worry about falling over in the shower or bath, measures 75cm x 43cm, is machine washable and line dry.

SRUG2 SHOWER RUG \$25.90

HEALTHIER COOKING Fat Free Meals in Your Microwave!

**BETTER
THAN
PLASTIC**



Delicious Stews



Scrumptious Omelettes

Micro Stone is a ceramic cooker, letting you cook quick, healthy fat free meals in your microwave. Its non-stick so no need to add fat or oils and is a breeze to wash. Micro Stone is perfect for eggs, omelettes, soups, baked desserts & so much more! Includes a recipe booklet and is dishwasher safe. Measures 18cm L x 9cm H x 11cm D.

**COOK3 CERAMIC COOKER \$14.90
2 or more \$9.90ea**

PERSONALLY YOURS

**FREE
CARDBOARD
DISPENSER**



**250
labels**

- ✓ Great for envelopes, letters, personal items, CD's, videos and more
- ✓ Available in White Gloss or Fluro Yellow. Comes with its own cardboard dispenser box for ease of use and storage
- ✓ Comes with a whopping 250 labels! Each label measures a generous 18 x 50mm
- ✓ Please complete your details on the order form in the section provided; up to 4 lines

**ROLL6/PLN Plain Roll Labels \$16.90
ROLL6/YLW Yellow Roll Labels \$16.90**

SHOP BY PHONE - (02) 9997 5400

JUMBO LINT SHAVER

Removes
Lint and
Fuzz



Give clothes, blankets, jumpers a fresh new look in seconds! Removes pills, lint, fuzz from wool, synthetics and cotton without damaging fabric. Cordless, lightweight shaver safely trims only top lint and the suction power draws it into a detachable container. Uses 2AA batteries (not included).

GLIN2 Lint Shaver \$14.90

Step into SMOOTH Skin

Soothe Dry &
Cracked
Skin



Smooth Supple Skin



Simply
Add
Moisturising
Cream

Lock in moisture and smooth away dry, cracked skin with our Night Socks. Simply apply your favourite moisturiser or ointment to your feet, put the socks on and you're on your way to smooth supple skin. The Socks are made from cotton/spandex that allow your skin to breath whilst keeping the cream where it needs to be instead of on your sheets! One size fits most (sock stretches to fit). Measures approx 19cm from heel to toe. Machine washable and reusable. Sold as a pair.

NSOC2 Night Socks \$9.90

KEEP DOGS SMART AND ACTIVE!



*Treats not included



Keep your dog happy and active for hours. The ball emits a sound like giggles when it's rolled or shaken, no batteries required. Add treats to it, that are released when the ball is rolled. Perfect indoors or out. Made of durable pet safe PVC. Measures 7cm dia.

BALL3S GIGGLE TREAT BALL 9.5cm \$12.90

PAIN RELIEVING SEAT CUSHION



- ✓ Contoured to fit the body's natural curves
- ✓ Non slip base so cushion remains in place
- ✓ Cover is removable & washable
- ✓ Measures approx 43L x 38W x 12cmD

Good posture helps to improve:

- ✓ Proper spine alignment
- ✓ A healthy posture
- ✓ Increased circulation to lower spine / legs
- ✓ Reduced lower back & hip problems

Good posture aids pain relieve from:

- ✓ Herniated or bulging disks
- ✓ Degenerating disk
- ✓ Sciatica & Stenosis
- ✓ Sacroiliac joint pain

CUSH8 PAIN RELIEVING CUSHION \$39.90

The Professional Way To Stretch Shoes

Insert shoe stretcher into shoe with the back piece facing down.



To adjust the length, rotate the knob clockwise.



To adjust the width, rotate the hook clockwise.



Keep shoe stretcher in place for at least 24 hrs. The longer the better.



- ✓ 2 way shoe stretcher
- ✓ Durable & easy to use
- ✓ Ergonomically designed

- ✓ Fits both left and right shoe
- ✓ Perfect to stretch new shoes or tight old shoes

SIZE CHART	Ladies	Men
REGULAR	5-10	Up to 8
LARGE	10-12½	8-10½
XLARGE	13+	10½-13

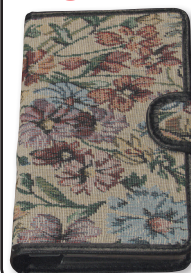
PERFECT FOR: Men & ladies shoes, flat shoes, pumps, wedges, loafers, oxfords, pointed toe, slippers, sneakers, even sport and tennis shoes. Includes 8 pressure relief pads targeting tight areas to help stop blisters, corns & bunions. This is sold as a single, not a pair.

Please indicate size on order.



STRC2 SHOE STRETCHER \$24.90
SAVE! 2 or more \$19.90 ea

14 Days Pill Organiser



Pill organiser opens and closes like a book to secure medication inside plastic, snap-shut compartments that slip into vinyl sleeves. Four slots for each day to cover morning, noon, evening and bedtime medicine. Beautifully finished in tapestry fabric it measures 115x185mm.

PILL2 14 DAY PILL ORGANISER \$19.90

COMB AND BRUSH CLEANER



There is nothing more irritating than a dirty brush or comb. Specially designed tools will get your comb and brush clean in seconds. Just pull comb through twisted-in bristles to remove hair and other dirt quickly and easily. Special wires in the hairbrush cleaner grab embedded hair like magic.

COMB2 Comb & Hairbrush Cleaning set \$9.90

WHAT A FANTASTIC OFFER!



A SPECIAL MYSTERY PACKAGE JUST FOR YOU

Due to discontinued product lines we are offering you a special selection of Giftware, Kitchenware, Bedroom and Bathroom Goods. We are sacrificing these goods at **Drastically Reduced Prices**, for a 'Special Mystery Package', which has a retail value in excess of \$70.00, and is yours for only \$29.90. Who knows what surprise you will find inside! If you are not completely satisfied we will refund your money in full. So you have nothing to lose and a lot to gain! We sometimes have shoes to clear so please advise a ladies shoe size on the order form also.

(Retail prices quoted are advertised prices in the Health Pride catalogue)

MYST2 Mystery Package \$29.90

MICROWAVE POT... A Must For Every Kitchen!



Foods cooked in minutes while the snap on lid strains and drains. Cook pasta, steam vegetables for dinner, melt butter or chocolate for that great dessert. The uses are endless, best of all it's all done in one pot so you save on washing up. Dishwasher safe, 4 cup capacity. Measures 27cm L x 18.5cm W x 7.5cm H. **MWAV2 Microwave Pot \$10.90**

SATIN SLEEP CAPS KEEP YOUR HAIR STYLE FRESH FOR DAYS

Keep your hair looking fresh and neat even after a full night's sleep. These oversized satin sleep caps fit over the fullest hairstyles and keep your hair from matting, knotting and flattening. The non-binding elastic trim keeps them in place all night long. Set of two includes 1 white and 1 pink.

SET OF 2

SCAP3 Satin Sleep Caps S/2 \$13.90

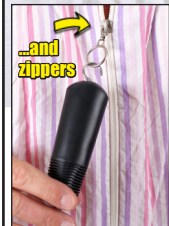


DRESS WITH EASE



Easily do up buttons...

SALE



...and zippers



The perfect dressing aid. The Button Hook with Zip Pull is a must have accessory that allows you to do up those fiddly buttons with ease as well as pull zippers up and down. Great for smaller zippers that are hard to hold, and those that are a bit awkward or stiff. Measures 18cm L. Durable plastic and metal.

HOOK3 Button Hook with Zip Pull
WAS \$12.90 NOW \$9.90

NO MORE STOOPING, BENDING, TWISTING



BUY 2 OR MORE & SAVE!

The long handled foot brush is perfect for scrubbing & cleaning your feet. The 2 interchangeable sponge heads are ideal for cleaning in between your toes and for applying any lotions or tinctures. Ideal for people with limited range of motion. Plastic contoured handle measures 56.5cm L without attachments.

BRUS6 LONG HANDLED FOOT BRUSH \$14.90
2 OR MORE \$9.90

Perfect Storage Solutions



DVD Storage

CD Storage

Magazine Storage



- ✓ Especially designed to store magazines, DVDs or CDs
- ✓ Bags have webbed nylon handles & transparent sides

All bags store items in a dust free environment & measure;

DVD bag - 57 L x 16.5 H x 19cm W & holds 37 DVD'S

CD bag - 55.5 L x 16 H x 19cm W & holds 50 CD'S

Magazine bag - 30 L x 25.5 H x 20cm W & holds 40 same size mags

Buy 1 of each size & save \$4.95

STOR2A	CD STORAGE	\$9.90
STOR2B	DVD STORAGE	\$9.90
STOR2C	MAGAZINE STORAGE	\$9.90
STOR2S	SAVE ALL 3 FOR	\$24.75

EASILY CATCH HAIR & LINT



SET OF 2

Hair Sticks Like a Magnet

Simply Rinse & Reuse

No one likes washing their clothes only to find pet hair, lint and more still stuck to their clothes. Simply throw these amazing Animal Hair Rings in with the washing and let them do all the dirty work! Tacky and flexible, the rings work in the washer and the dryer attracting hair, fur and lint like magic. Can be used again and again, simply rinse and reuse! Also doubles as a lint roller, just rub over clothing, lounges, curtains and more. Set of 2. **HAIR9 Animal Hair Removing Rings Set of 2 \$8.90**

LONG REACH LOTION APPLICATOR



LONG2 Long Reach Applicator \$15.90

Simply fill this applicator with lotion, cream or oil, and the rolling balls will gently massage it into your skin. Made of durable plastic, the 45cm (17 1/2")-long applicator lets you reach all areas of your back, bottom of your legs and all other places you can't reach, without twisting, bending or straining.

SEE UP TO 3 TIMES LARGER WITH YOUR OWN GLASSES



Clip-on magnifiers attach to your regular glasses for clear, close-up viewing. Leaves hands free for writing, sewing, reading, and other important details. They flip up instantly for regular vision, and flip down for magnified vision. Specify 2.5X or 3.5X Magnification.

AMAG2/2.5	Magnifier 2.5X	\$15.90
AMAG2/3.5	Magnifier 3.5X	\$15.90

REFLEXOLOGY FEET & HAND GUIDES



1 Pair Socks



1 Pair Gloves

BUY THE SET AND SAVE!

These socks & gloves guide you through the ancient and natural art of reflexology with all the pressure points clearly labelled. Just slip them onto your hands or feet and simply apply pressure with your thumb to each specific point. Now you can treat your whole body via these reflex points. One size fits most. Save \$5.90 if you buy the set of socks & gloves for just \$19.90.

C1961 Reflexology Gloves \$12.90 C1971 Reflexology Socks \$12.90 C1981 Set Of Gloves & Socks \$19.90

COMFORT WRAP TERRY SLIPPERS

Enjoy the soothing comfort when you wrap your feet in these terry slippers with touch'n close open-toe styling. Each slipper wraps on and off, fitting tightly or loosely around the world's most sensitive foot... yours. Baby-soft lining, padded insole, flat and flexible sole for safety and satin trim make these slippers extremely comfortable as well as fashionably stylish. Available in Blue & Pink in Ladies sizes 5-11.

Please specify size on order form.

SLIP4 BLUE TERRY SLIPPER \$29.90

SLIP5 PINK TERRY SLIPPER \$29.90



LUXURIOUS SATIN PIPING



SOFT PADDED SOLE

ONE TOUCH ADJUSTABLE CLOSURE



Simply Attach The Rug Grips To Any Rug To Keep It Secure!



NO MORE RUG SLIP

- ✓ Washable & Reusable
- ✓ Leaves No Sticky Residue
- ✓ Each Grip Measures 180x30mm
- ✓ Perfect for Tiles, Floorboards etc
- ✓ Helps Your Rug To Sit Flat & Stop Slipping
- ✓ Helps To Make Your Rug Safer In Your Home

Colour may vary to what is shown

GRIP3 Set of 12 Rug Grips \$14.90

SET OF 12



Great For Dog & Cat Hair!

HAIR MAGNET

Perfect for Pet Hair and Lint!

- ✓ Quick & Easy
- ✓ Cleans Like Magic
- ✓ Makes Fabric Like New

Clean pet hair and lint in seconds with the Hair Magnet. The metal head has special teeth that clear hair and lint just like a magnet. Just brush over clothing, carpets, couches, chairs, car seats, drapes and more to remove even the stubborn imbedded hair in a jiffy, no mess no fuss. Hair can then be easily removed from the blades. Measures 15.5cm L x 12.5cm W.

HMA22 Hair Magnet \$14.90

Makes fabric like new!

PREVENT IGY BUILD UP IN YOUR FREEZER



BEFORE

AFTER



Don't chip and hack away at layers of ice to get to your frozen foods! Just place this specially-coated mat on the bottom of your freezer and frost won't have a chance to form. Ends the drudgery of manual defrosting too! Measures 47cm L x 23cm W.

AMAT2 ANTI-FROST MAT \$12.90

NO BEND SHOWER & BATH CLEANER



This long handled bath & shower scrubber has a pivoting head and comes with a scrubbing pad that is gentle on tiles or porcelain. Perfect to reach every angle and the handle extends from 63cm to 93cm. (New style. Replacement heads do not fit old style).



REFILL SPONGES AVAILABLE

NOW A SET OF 2

SCRB3 BATH SCRUBBER \$14.90
SCRB3R REFILL SPONGE S/2 \$4.90

CUT YOUR TABLETS QUICKLY & EASILY!



Fits Most Shapes & Sizes

Never struggle to cut a pill again! Our specially designed pill cutter features 14 pill-shaped cavities to fit pills of different shapes and sizes (simply flip the centre to reveal more shapes!). Also features a self retracting safety blade to protect fingers as it neatly slices pills in half. Plastic. Measures 10.5 x 6.5cm x 4cm.

VPIL4 Pill Cutter \$15.90



Keep Your Sink Clear

SALE

Fits Most Sinks

MULTI PURPOSE

Our Swan Drain Basket easily hangs over the edge of the kitchen sink by hanging on the tap, allowing you to put food scraps, wash fruits, vegetables and more whilst the water drains out the bottom. It can also be used as a sponge holder. A perfect addition to your kitchen. Durable plastic. Measures approx 22.5cm W x 22cm D x 5.5cm H. Width of swan neck approx 4.6cm.

SWAN2 Swan Drain Basket WAS \$8.90 NOW \$6.00



All Purpose Foot Rest

A Stable Place To Rest Your Feet!

Increase bathroom safety with our All Purpose Foot Rest. Use it to shave your legs, cut your toenails, pedicures and more... no more trying to reach down and touch your toes! Even has a handy storage compartment, with drainage holes, to keep toe care items at hand. Measures 38cm L x 16.5cm W x 28cm H (at highest point). Made from sturdy plastic. (accessories not included).

Handy Storage Compartment

STEP6 All Purpose Foot Rest \$29.90



FIX ANY ZIPPER INSTANTLY

LUGGAGE CLOTHING HANDBAG

It's so easy! Clothing, handbags, purses, luggage, tents, golf bags... anywhere you have a zipper. Just unclip the Zipper Fixer, slide it onto both zipper teeth sides, press it closed and presto your new zipper will work. Even with missing zipper teeth! Set includes small, medium, and large zipper.

ZFIX2 Set of 3 Zipper Fixers \$9.90

NON BINDING SOCKS IDEAL FOR DIABETICS

SIZE CHART	Ladies	Men
SOCK3 REG	5-7	NA
SOCK4 LGE	8-11	7-9
SOCK4X - XL	11+	10-12

- ✓ No Blisters
- ✓ No Footsores
- ✓ Better Circulation
- ✓ **GUARANTEED!!**

Made from breathable cotton/elastic, they have an extra-wide opening for easy on and off. Because they are non-binding they reduce pressure on swollen legs and feet. In Black & White.

PLEASE SPECIFY COLOUR WHEN ORDERING

SOCK3	REGULAR	\$15.90
SOCK4	LARGE	\$15.90
SOCK4X	XLARGE	\$15.90



NO MORE SPILLS

2 HANDLES FOR FIRM GRIP

Enjoy your cup of tea without worrying about shaky or arthritic hands. Unique ceramic mug with 2 extra-large handles provides increased stability and control so you can keep your independence and personal dignity. 300ml.

DGNT2 EASY TO HOLD CUP \$13.90



Soothing Protection

SET OF 2

Comfort & protect injured, sore & damaged toes & fingers

These gel caps are able to absorb pressure and friction whilst surrounding the whole toe or finger for added protection. They are perfect for protecting against blisters, calluses, sore bunions, ingrown toenail, and from painful rubbing and infection. No need for complicated bandages that can easily fall off. Highly elastic gel can be worn and fitted easily. Slim design fits easily in most shoes. Available as a set of 2; one large and one small to fit most digits. Made from silicone, can be washed and reused.

TOEP2 Protective Toe/Finger Caps Set of 2 \$9.90



SALE

Saves Skin! Just Cut to Size

SORE SPOT Silicone Tape

- ✓ Shields Blisters, Corns & Irritations
- ✓ Reduces Friction & Skin Damage
- ✓ Gently Secures Bandages & Dressings
- ✓ Helps Improve the Appearance of Scars & More!
- ✓ Measures approx 2.5cm x 1.3m

Wounds Heels Toes Scars

SPOT3 Sore Spot Silicone Tape WAS \$22.90 NOW \$14.90



MICROFIBRE MOP SLIPPERS

In assorted colours, we will choose one for you

- ✓ Designed for cleaning floors
- ✓ Easily lift dust, lint & pet hair
- ✓ Will not damage floors
- ✓ Easy to put on/take off
- ✓ Machine wash, 1 size fits most
- ✓ For wooden floors, lino, polished concrete, & tiles
- ✓ Use on your broom, mop, or window cleaner too!

MOPS2 MICROFIBRE MOP SLIPPERS (PAIR) \$9.90

BUCKLE FREE INVISIBLE BELT

Hassle Free & Easy To Use!



**BUCKLE
FREE**

There's nothing to unbuckle on this comfy No-Buckle Stretch Belt. Each leather look end folds around the front belt loop and snaps securely, leaving the front of your pants unencumbered. Adjustable slider allows you to make the perfect length to suit you. Convenient in restrooms, when undressing, sitting and bending over. Polyester/Spandex/PU/alloy. Adjusts (when stretched) from approx 63cm-101cm to fit most mens and women's pants. 2 cm W. Available as a set of 3 in Beige, Tan & Black.



Set of 3

BELT9 No Buckle Belt Set of 3 \$24.90

DUMMY SECURITY CAM

**RED LED
LIGHT
FLASHES
EVERY
2 SECONDS!**

**KEEP INTRUDERS, THIEVES AND
BURGLARS AWAY WITH THIS GENUINE
LOOKING SECURITY CAMERA.**

The LED red light flashes just like the real ones so it's only you that knows its a fake! No wires required, measures 12 x 8cm. Includes 2 sets of screws, 1 cardboard drill template, 1 yellow CCTV sticker. Requires 3 x AA batteries (not incl).

**CAMS2 DUMMY SECURITY CAMERA \$15.90
2 or more \$12.90ea**

RFID GENUINE LEATHER 36 CARD SLOT WALLET

The Safest Credit Card Wallet



**36
Card
Slots!**



BLACK



- ✓ Top Quality Genuine Leather
- ✓ Soft, practical and durable
- ✓ 36 Individual credit card slots
- ✓ 2 pockets for paper notes
- ✓ 2 pockets for passport/phone
- ✓ RFID protection from scanner theft
- ✓ Keeps your money & ID safe
- ✓ Measures 20 L x 10 H x 3cm W

LWL4 Black RFID Leather Card Wallet \$34.90

**No more
falling
canes**



CANE CLIP

Keep Your Cane
Where You Left It!

A must have accessory for any one that owns a cane, walking stick, and more. It easily attaches to the cane allowing you to rest it against a wall or table etc without it tipping over and falling. Keeping it exactly where you left it; within arms reach. Flexible plastic allows you to easily pinch the sides to attach. Measures 9cm x 8.5cm.

CANE8 Cane Clip \$16.90

SLICING BUDDY



**"Slice your fruits
and vegetables
perfectly with ease!"**

Lock & store with ease •

Safer & easier way to slice •

Neat & perfect slices every time •

The perfect slicer is ideal to slice, tomatoes, onions, lemons etc. Simply hold the handle and insert the knife into each slot and slice! You get perfect slices every time without fuss or mess. Plastic. Measures 20cm x 9cm.

KSLC2 Slicing Buddy \$9.90

PERFECTLY POACHED EGGS In the Microwave!

Create quick and hassle free poached eggs straight in your microwave. Simply add some water, your eggs, the lid and your ready to go! It's that easy. (Cooking times may vary based on your microwave).

**Ready
in 80
Seconds!**



MEGP2 Microwave Egg Poacher \$9.90

PLAY HANDS FREE



SET
OF 2

Cards
Not
Included

CARD7

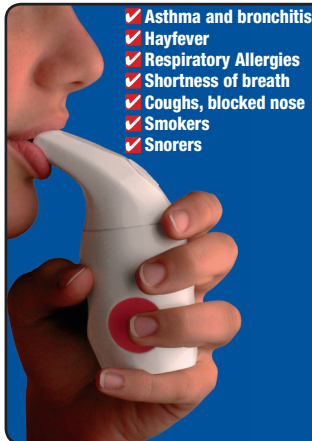
Measures 21.5 x 10 x 5.5cm

Jumbo playing cards also available.
Each card measures 8.5 x 12.3cm



- ✓ Ideal for customers with limited dexterity and arthritis sufferers
- ✓ Allows hands-free card playing for greater comfort and ease
- ✓ Each holder can hold up to 15 standard-sized playing cards
- ✓ Just slide the cards in/out and organise them more easily

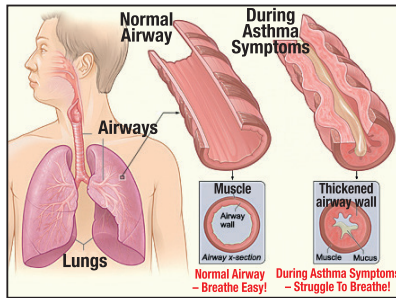
**CARD7 PLAYING CARD HOLDERS S/2 \$14.90
CARD9 JUMBO PLAYING CARDS (holder not incl) \$10.90**



- ✓ Asthma and bronchitis
- ✓ Hayfever
- ✓ Respiratory Allergies
- ✓ Shortness of breath
- ✓ Coughs, blocked nose
- ✓ Smokers
- ✓ Snorers

BREATHE EASY...NATURALLY

At last, the purported benefits of salt therapy, used for centuries around the world, are available to all! Filled with Miocene Mineral Halite Salt Crystals from the most famous caverns in Europe, this easy to use pipe may help clean the cells of the respiratory system...so you'll feel like you're taking a deep breath of fresh air at the beach. The active substances of the Salt Pipe may assist in cleaning out nasal cavities and calming inflamed lungs and airways. Salt room enthusiasts believe that the salt micro-particles penetrate deep into the lungs unclogging blockages and mucus in the bronchi and bronchioles. So now you may be able to breathe easy with this take anywhere palm sized pipe.



SALT3 Salt Pipe \$59.90

KEEP YOUR MATTRESS DRY



- ✓ Available in sizes Single, Double & Queen
- ✓ Protects your mattress from accidents
- ✓ Can be easily and quickly replaced unlike a fitted mattress protector

Simply place on top or underneath your sheet for quick and easy waterproof protection. Side flaps tuck under the mattress to keep it in place. Machine washable. Available in 3 sizes! Single Bed - Measures 70 x 88cm, Double Bed - Measures 90 x 130cm & Queen Bed - Measures 100 x 145cm.

BPAD2 Single Waterproof Mattress Protector \$19.90
BPAD3 Double Waterproof Mattress Protector \$29.90
BPAD4 Queen Waterproof Mattress Protector \$34.90

AIR FRYER LINERS

Non Stick - Eco Friendly - Mess Free
Heat Resistant up to 230°

SILICONE LINER:

- ✓ Reusable
- ✓ Dishwasher Safe
- ✓ Measures 17.5x5.3cm

PERFECT FOR

Air Fryers
Ovens
Microwaves
Steamers
& more!



SLIN2 Silicone Liners S/2 \$14.90
PLIN2 Paper Liners S/50 REG 16cm \$9.90
PLIN3 Paper Liners S/50 LGE 20cm \$12.90



PAPER LINER:

- ✓ Mess Free
- ✓ Easy Clean Up
- ✓ Available in 2 sizes! REG 16cm & LGE 20cm



A sharp edge as easy as 1, 2, 3!

KNIF5 Knife Sharpener \$24.90
2 or more \$14.90ea

3 STAGE KNIFE SHARPENER



Breathe new life into dull blades with our 3 Stage Knife Sharpener. A sharp knife is much safer in the kitchen than a blunt one, and this sharpener allows you to quickly and easily sharpen almost any knife (not suited for serrated blades or scissors). Measures approx 18.5cm L.

FOLDING LED DESK LAMP

24 LEDs!

3 Brightness Levels

Powered by USB Cable

Touch On/Off

LAMP5 Folding LED Desk Lamp \$19.90

EASY REACH BODY BRUSH



Perfect for legs, feet and more!

This long-handled bath body brush moulds to your body's shape for a deep-massaging and invigorating cleanse without making you bend and strain. Extra long bristles gently exfoliate to make your skin feel silky soft. Brushes are soft and gentle on your skin. Perfect for your back, legs, feet and more! Measures approx 60cm.

BRUS2 BODY BRUSH \$16.90

Find us on www.facebook.com/healthpride

SLICE YOUR VEGGIES SAFELY



Simply insert the vegetable between the sturdy stainless steel prongs, grip the ergonomic handle, and slice along the prongs to achieve even pieces. Perfect for slicing onions, tomatoes, potatoes, cucumbers, carrots, and even hard-boiled eggs or blocks of cheese. Also great for fruit! Stainless steel and plastic grip handle with plastic protective cover for prongs. Measures 14cm x 9cm (width of prongs 5.2cm).

SLIC4 Perfect Slicer \$11.90

EASY POUR COLANDER

Simply Clip On & Pour!



SALE

Small, compact and easy to use. Simply clip the strainer onto most sized round pots, pans, bowls big or small, and STRAIN! It's that simple. Made from food grade silicone and metal. Measures 24cm W x 12.7cm D x 6.5cm H.

COLA3 Easy Pour Colander
WAS \$15.90 NOW \$10.90

STOP THE CAN CLUTTER



Cans simply roll down, reducing clutter

SALE

Fit up to 9 cans of your favourite soft drink or beer in each dispenser. As you take one out, the rest of the cans all move down so that the next one is ready to be used. Collapsible for when you are not using it to save space. Made from acrylic. Measures 34cm L x 14cm H x 17cm W. Maximum size can that can fit measures 15cm L x 6.9cm W.

CAND2 Collapsible Can Dispenser
WAS \$19.90 NOW \$14.90

TRACK YOUR PARCEL FROM A TO B

Simply add your email address to the order form on the next page and you will receive up to date Tracking notifications from Australia Post!

- ✓ Know when your parcel is due to arrive
- ✓ Stay up to date with the location of your parcel!
- ✓ Redirections and Authority to Leave available after leaving our warehouse
- ✓ Shop online 24/7 with access to 1000's of items & receive priority processing

NO MORE COLD FEET & HANDS



✓ Feather-light & super-thin
 ✓ Warmth without the bulk
 ✓ Space Age Fabric

SALE

Some of the amazing features of the gloves include super warm lining, specially coated finger tips on thumb and index finger so you can use touch screens on your devices and waterproof fabric to stay warm and dry. Available in 2 sizes Regular and Large. Made from stretch cotton/polyurethane. Socks feature space age fabric to keep your feet toastier than regular socks alone (even at zero degrees). You can even wear them under your regular socks. They let your skin "breathe" without crowding your feet. Machine washable. Available in Ladies (one size fits most) and Mens (one size fits most)

GSOX1 Ladies Thermal Socks \$9.90
GSOX2 Mens Thermal Socks \$9.90
GLOV10/REG Wind Gloves Regular WAS \$24.90 NOW \$19.90
GLOV10/LGE Wind Gloves Large WAS \$24.90 NOW \$19.90

SPINMASTER



Simply twist to access hard to reach items!

360° Rotation

SALE

Unlike traditional round lazy susans, our Spin Master fits perfectly in fridges and cupboards, making the most of every inch and eliminating unused "dead space". It spins on its axis giving you complete access to what is at the back in an instant...no more waste! Great for cupboards too. Measures approx 40cm W x 30cm D x 4cm H. Made from durable plastic. Simply wipe clean with a damp cloth.

SHLF2 Spin Master WAS \$24.90 NOW \$17.40

from as little as \$49!

Mystery Parcel Clothing Clearance

Discontinued lines have been reduced to clear in these fantastic packages. What we have done is to make up packages of discontinued clothing where you can choose a package with a value of up to \$120 for just \$49 or a package valued up to \$250 for just \$99! This means huge savings to you! This offer is strictly on a first come first served basis as stocks are limited. Be quick and don't miss out!!! Please specify a size between 10-30 when ordering. Due to the heavily discounted value of this package we cannot accept partial returns for refund or exchange.

0539890 Mystery Parcel (up to \$120) \$49.00
0539990 Mystery Parcel (up to \$250) \$99.00

RETURNS POLICY We are happy to exchange or refund most items. However items **MUST BE UNUSED** and returned to us in their **ORIGINAL CONDITION & PACKAGING**, with proof of purchase and within 90 days (30 days for clothing). Failure to do so can result in your request being denied and the goods returned to you. (Excludes customised products, personal massagers and vibra plus, which can only be returned if found to be faulty.) Return postage is at the expense of the customer unless the item is faulty in which case **please contact us first**.

SIZE CHART	Small		Medium		Large		1X	2X		3X		4X	5X
	8	10	12	14	16	18	20	22	24	26	28	30	32
Bust cm	90	93	97	102	108	113	118	123	128	133	138	144	152
Waist cm	69	71	75	79	84	89	94	99	104	109	114	119	129
Hips cm	95	98	102	107	113	118	123	128	133	138	144	149	157

Health  Pride

FREE GIFT

with every order over \$60*

GENUINE SAPPHIRE PENDANT

See Page 1 For More Details

YOURS
FREE!*

POSTAGE
PAID
AUSTRALIA



EASE & COMFORT

Simply slip on, touch close & go



Ladies
size 6-11

BEIGE

BLACK

Ease and comfort all rolled into this lightweight everyday shoe. Knit upper with touch closure makes getting them on and off quick and easy. While the cushioned flexible outsole makes them a joy to wear. Available in Black & Beige in ladies sizes 6-11 (please be advised this shoe runs a bit small so if you are unsure, please go up a size).

Don't forget to include your colour and size on the order form.

SHOE34B	Beige Allegra Slip On Shoe	\$34.90
SHOE34K	Black Allegra Slip On Shoe	\$34.90



Heather Grey 55

Black 12

SOFT KNIT PANTS

Super soft and comfy knit pants are a must have. Wear them anywhere for style plus absolute comfort. Full elastic, drawstring waist and rectangular patch pockets with a diagonal opening. Cotton / Polyester knit. Machine wash. Approx inseam 74cm (29"). Available in Heather Grey and Black in sizes S, M, L, 1X, 2X, 3X 4X & 5X.

5864012 Black \$44.90	5864055 Heather Grey \$44.90
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