

# Better Care Against Diabetes



Lower your  
diabetes risk\* with these  
easy lifestyle habits!



Choose plain water and unsweetened drinks over sweetened beverages.



Exercise moderately 5 times a week & practice relaxation techniques.



Choose low GI foods and stick to a well-balanced diet.

Wellbeing tips from **Women's Weekly**

\*Always seek a qualified health professional's guidance before making changes to your lifestyle.



**\$79<sup>90</sup>**  
Save 43%

U.P. \$142.40  
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Super Diabetes  
Starter Pack  
1s



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Sachets  
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**ONETOUCH**  
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+ Select Plus  
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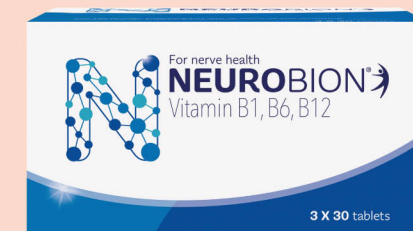
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Tablets  
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800g



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Insulin Pen Needle  
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^Ask our  
Pharmacist

U.P. \$17.20  
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Cream  
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Anti-Itch  
Soothing Lotion  
250ml

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EASY**



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Unique  
6 lancets in a  
drum - convenient  
and hygienic

Gentle  
Clixmotion  
technology  
minimizes pain

Promotion is valid from 29 April - 2 June 2022. Roche reserves the right to modify or remove this promotion at any time in its sole discretion.  
Reference: 1. Kocher, S, et al., Comparison of Lancing Devices for Self-Monitoring of Blood Glucose Regarding Lancing Pain J Diabetes Sci Technol 2009; Sep. 3(5):1136-1143

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^Ask our pharmacists on the use of the medication and read the product insert before consumption. If symptoms persist, please consult your doctor. All information is correct at time of printing. While stocks last. Terms and conditions apply.

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