

How to Save Money in 2022 â?? Shopping at Guardian

Description

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For many years now, whenever I urgently need to replenish my daily essentials, get a pharmacistâ??s advice or travel-sized products for a trip, Guardian has always been my immediate go-to. And if youâ??re a frequent shopper there like I am, youâ??ve probably noticed their *Low Prices Locked to Stay Low long term price reduction* initiative by now.

So when I heard that Guardian decided to extend their â??Low Prices Locked to Stay Lowâ?• initiative until the end of 2022 so as to help consumers beat rising inflation, I decided to make a trip down to see what bargain buys I could bag home.

And boy, was I pleasantly surprised!

Hereâ??s a list of my top picks, and what our family has been using:



Toiletries

Iâ??m used to getting $2 travel-sized toiletries from Guardian for my trips, so imagine my surprise when I found out it is entirely possible to get a full-sized bottle of shampoo and bath foam for under $5! Hereâ??s Guardianâ??s $4.90 ginger hair-fall shampoo (750ml) and $2 goat milk bath (1L) â?? these can easily last you for months, and are available in various scents / flavours including menthol and rice milk if you want some alternatives to mix it up over the year.

And if you use mouthwash to keep bad breath at bay, youâ??ll want to get Guardianâ??s 6-Actions Cool Mint Mouthwash (750ml) because at just $8.80 for 2, I havenâ??t been able to find any lower-cost alternative.

Need tissues on standby whenever youâ??re out? My folks and I have been using these convenient, mini tissue packs from Guardian â?? at 24 packs for just $3, we keep these on handy to grab whenever we head out for a meal!



Personal Care

Sunscreen doesnâ??t have to be expensive, especially when you choose to go for Guardianâ??s own brand of SPF 50 body lotion. This is good enough for daily use, but note that it isnâ??t waterproof, so if you need something for your water sports activities then youâ??ll probably have to get the usual (more expensive) sports brands instead.



Vitamins and Health Supplements

Iâ??ve stopped buying immunity gummies from another brand (which costs $0.50 per piece) ever since learning that the main ingredient is elderberry, because I discovered that Guardian has their own kids gummies â?? at a fraction of the price ($0.16) here! For parents with young kids, you would have heard by now that elderberries are purported to help fight the flu. While independent research about this is still lean, and thereâ??s no conclusive data indicating how much dosage is safe (or recommended) for children, it doesnâ??t hurt to give some anyway if you think itâ??ll help.

Guardian also has a DHA omega version (for brain and eye health) which Iâ??ve been giving to Nate daily as well!

As for the adults, weâ??re taking these Guardian multivitamins effervescent tablets â?? at just $3.30 for 10 pieces, thatâ??s one-third of the price of many other alternative brands!

If you take fish oil or calcium supplements, check out Greenlifeâ??s products as well at between 30% â?? 45% off.



Over-the-counter medications

If you donâ??t require branded medications (like us â?? especially when dealing with common or trivial symptoms), we go for options like Guardianâ??s Fever & Pain Relief Tablets â?? Paracetamol 500mg, which costs only $9.20 for 100 tablets. Thatâ??s just one-fifth of the marketâ??s most popular brand!

The same goes for Guardianâ??s antacid tablets, which we keep on standby at home for heartburn and gastric ($4.65 for 20 tablets).

Worried about a fever? This simple digital thermometer ($4.90) is what weâ??ve been using to measure our kidsâ?? temperatures (oral and underarm) whenever theyâ??re sick.

guardian

OTHERS

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Fitness

If youâ??re making it a point to exercise regularly, I love how affordable these 6mm exercise mats are for just $9.80. Whatâ??s more, as you workout for better health, you can also monitor the changes in your body that go beyond just your weight â?? this digital weighing scale from Guardian can also

measure your body fat, muscle and hydration levels, on top of your caloric requirement!

And there you go â?? my list of great bargains available at Guardian, thanks to their *Low Prices Locked to Stay Low* initiative. Iâ??m also secretly wishing theyâ??ll extend it beyond December 2022 because I think it is a great way to help folks easily narrow down to the key essential items that will help them save some money ð???

Did my list surprise you?

Of course, these are just my personal picks, and do not cover the entire refreshed list of Guardianâ??s lowered price items â?? which now consist of **hundreds of key essential household products** across hair and bath care, oral care, personal care and health supplements.

According to Guardianâ??s data on consumer shopping behaviours, the Top 10 bestsellers that have been regularly snapped up by Singaporean shoppers include:

1. Dove Bodywash Beauty Nourishing Twinpack 2 x 1L now just $10.90 (WAS $19.50)
2. Guardian Essential Goat Milk Bath 1L now just $2 (WAS $4)
3. Guardian Deluxe Blood Pressure Monitor 1s now just $59.90 (WAS $89.90)
4. Guardian Ultra Soft Facial Cotton 3 x 200s now just $6.20 for 2 (WAS $4.20 each)
5. Greenlife Health Smart Fish Oil 300s now just $33 (WAS $60)
6. Laurier Super Slimguard Day 22.5cm Twinpack 2 x 20s now just $6.40 (WAS $12.30)
7. Darlie Double Action Toothpaste 2 x 225g now just $4.90 (WAS $8)
8. Garnier Micellar Water Pink now just $12.50 (WAS $17.90)
9. Guardian 2-Ply Tissue Box 4 x 150s now just $6.50 for 2 (WAS $3.90 each)
10. Guardian Antibacterial Wet Wipes Fragrance Free 10s now just $2 for 2 (WAS $1.20 each)

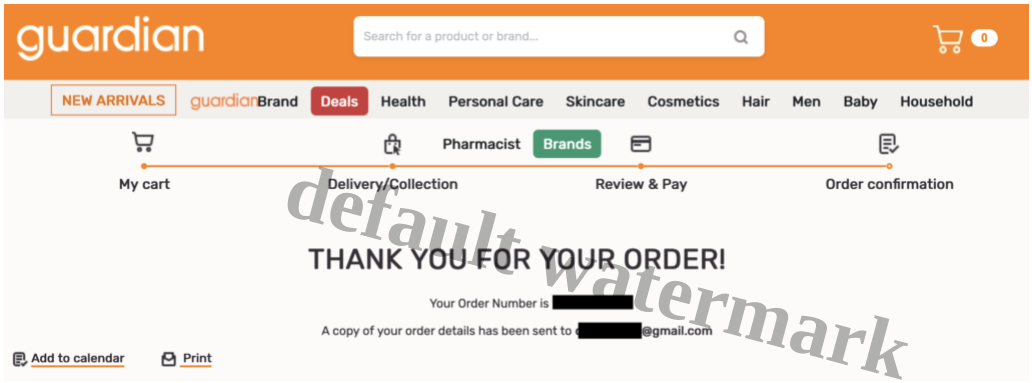
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Iâ??ve been an advocate for house brands since 2015, and these Guardian Own Brand products are easily at least 20% more affordable than the equivalent brands. In the long run, these can easily add up to hundreds of dollars saved a year!

Using just my kidâ??s elderberry gummies as an example, Iâ??m already saving $250 a year by opting for the Guardian brand instead â?? and thatâ??s for something that he takes almost daily.

You can now save up to 30% under Guardianâ??s *Low Prices Locked to Stay Low* initiative, so thereâ??s no need to fret over rising prices just yet. And after a year on this campaign, we can see by now that these are not simply short-term promotions, but rather, price reductions locked for the long-run on essentials that matter most to Singaporean households.



Donâ??t forget to look out for the orange lock decal â?? thatâ??s how you know Guardian has lowered and locked their prices on to keep it affordable for you.

Sponsored Message
Shopping for #LowPricesLocked? The products are easily available at all Guardi

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