



Hearty Living

February is Heart Healthy Month



Endangered Species
Supreme Dark Chocolate Bite Size, 72% Cocoa
2/\$5 10 Count
Sugg. Retail: \$3.59 each
Selected Varieties



Kettle Foods
Lightly Salted Potato Chips
2/\$4 5 oz.
Sugg. Retail: \$2.99 each
Selected Varieties

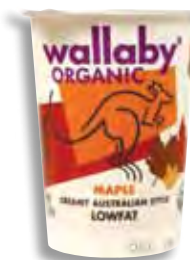


Kashi
Heart to Heart Cereal
3.99 12.4 oz.
Sugg. Retail: \$5.99



Tofutti
Vanilla Cuties

3.69 8 pack
Sugg. Retail: \$4.99
Selected Varieties



Wallaby
Organic Low Fat Maple Yogurt
Creamy Australian Style
5/\$5 6 oz.
Sugg. Retail: \$1.29 each
Selected Varieties



Seventh Generation
Natural Paper Towels
2/\$4 120 count
Sugg. Retail: \$3.29 each



Food Should Taste Good
Multigrain Tortilla Chips
4.29 12 oz.
Sugg. Retail: \$5.69



Terra Chips
Sweet Potato Chips
No Salt Added
2/\$5 6 oz.
Sugg. Retail: \$3.99 each
Selected Varieties



Seventh Generation
All Purpose Cleaner
Free & Clear
3.29 32 oz.
Sugg. Retail: \$4.99
Selected Varieties

Spectrum
THE TASTE OF GOODNESS™
SEE INSIDE!
FOR SPECTRUM PRODUCTS ON SALE!

for the pet



PetGuard
Lamb &
Brown Rice Dinner
Adult Dog Food
2/\$4 14 oz.
Sugg. Retail: \$2.79 each
Selected Varieties



Kashi
Chicken
Pasta Pomodoro
3.99 10 oz.
Sugg. Retail: \$5.59
Selected Varieties



Tumaro's
Organic
MultiGrain
Tortillas
2/\$5 9.52 oz.
Sugg. Retail: \$3.49 each
Selected Varieties

for the home



Citra Dish
Natural Dish Soap
Valencia Orange
2/\$6 25 oz.
Sugg. Retail: \$4.69 each
Selected Varieties

Citra Suds
Natural Laundry Liquid
Valencia Orange
2x Concentrate
6.99 50 oz.
Sugg. Retail: \$9.69



Ethnic Gourmet
Palak Paneer
Vegetarian
3.99 11 oz.
Sugg. Retail: \$5.29
Selected Varieties

Slow-cooked spinach and
homemade cheese cubes tossed
in a savory sauce, with seasoned,
long-grain brown rice.



Black Diamond
Extra Sharp
Cheddar
Spreadable Cheese
3.59 8 oz.
Sugg. Retail: \$5.29



WholeSoy & Co.
Organic
Blueberry
Soy Yogurt
5/\$5 6 oz.
Sugg. Retail: \$1.39 each

BULK

Organic
Pistachios **\$5.79/lb.**
Sugg. Retail: \$7.19/lb.
Roasted, No Salt
Shelled **\$1.69/lb.**
Sugg. Retail: \$2.39/lb.
Sunflower Seeds
Roasted, Salted



Woodstock Farms
Organic
Extra Firm Tofu
2/\$4 14 oz.
Sugg. Retail: \$2.69 each



Woodstock Farms
Organic
Dark Chocolate
Almonds
7.19 7 oz.
Sugg. Retail: \$9.99

grocery



Annie's Homegrown
Organic Shells &
White Cheddar
2/\$4 6 oz.
Sugg. Retail: \$2.99 each
Selected Varieties

Organic Shells
& Real Aged
Cheddar
2/\$4 6 oz.
Sugg. Retail: \$2.99 each
Selected Varieties



Annie's Naturals
Goddess Dressing
2/\$5 8 oz.
Sugg. Retail: \$3.99 each
Selected Varieties



Eden
Organic
Pumpkin Seeds
1.79 4 oz.
Sugg. Retail: \$2.59



Clif Kid
Organic Twisted Fruit
Strawberry
69¢ .7 oz.
Sugg. Retail: 99¢
Selected Varieties



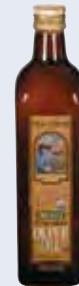
Organic Luna Bar
White Chocolate
Macadamia Nut
5/\$5 1.69 oz.
Sugg. Retail: \$1.69 each
Selected Varieties



Genisoy
Deep Sea Salted
Soy Crisps
2/\$4 3.85 oz.
Sugg. Retail: \$2.99 each
Selected Varieties



Wild Planet
Wild Albacore Tuna
Low Mercury, No Salt
2.79 5 oz.
Sugg. Retail: \$3.79



Gourmet Artisan
Organic
Extra Virgin
Olive Oil
10.99 25.4 oz.
Sugg. Retail: \$16.99



Mother's
Peanut Butter
Bumpers Cereal
2/\$7 14 oz.
Sugg. Retail: \$5.19 each
Selected Varieties



Old Wessex Ltd.
Organic
Irish-Style
Oatmeal
3.19 18.5 oz.
Sugg. Retail: \$4.49

A PASSION FOR *healthy oils*

Spectrum

THE TASTE OF GOODNESS™

Organic Vinegar
Red Wine &
White Wine

\$5.49

16.9oz

Balsamic &
Golden Balsamic

\$6.99

16.9oz



Coconut
Spray Oil

\$3.99

6oz



Coconut Oil
Organic
Unrefined

\$6.99

14oz



Coconut Oil
Organic
Refined

\$5.99

14oz



Sesame Oil,
Organic,
Unrefined

\$6.99

16oz



Toasted
Sesame Oil
Unrefined

\$5.99

16oz



Sesame Oil
Unrefined

\$5.99

16oz



Canola Oil
Refined

\$3.69

16oz



Canola Oil
Organic
Refined

\$5.29

16oz



High Heat
Safflower Oil
Organic,
Refined

\$6.49

32oz



High Heat
Sunflower Oil
Organic,
Refined

\$9.99

32oz



Organic
Omega-3
Olive Oil
Unrefined

\$11.49

16.9oz



Olive Oil,
Organic,
Unrefined

\$12.99

25.4oz



Peanut Oil
Organic
High Heat

\$5.49

16.9oz



Flax Oil
with DHA

\$11.99

8oz



Flax Oil
with
DHA

\$22.99

16oz



Flax Oil
Organic Ultra
Enriched

\$19.99

24oz

\$14.99

16oz



Flax Oil
Organic
Enriched

\$19.99

24oz

\$14.99

16oz



Flax Oil
Organic

\$19.99

24oz

\$14.99

16oz



Fish Oil
Omega-3
1000mg

\$8.99

100 Softgel



Fish Oil
1000mg

\$17.99

250 Softgel



Fish Oil with
Vitamin D

\$17.99

250 Softgel



Organic
Whole
Flaxseed

\$4.49

15oz



Ground
Flaxseed
with Mixed
Berries

\$5.49

12oz



Organic
Ground
Flaxseed

\$3.99

14oz

Spectrum is a complete supplement oil supplier with an extensive range of quality options for EFA products including Flax Oil, Fish Oil and our new Fish-Free DHA supplements.



beverages



Traditional Medicinals

Organic Echinacea Elder Herb Tea
3.99 16 bags
 Sugg. Retail: \$5.59
 Selected Varieties



IZZE
 Sparkling Grapefruit Juice
4.29 4/12 oz.
 Sugg. Retail: \$6.49
 Selected Varieties



R.W. Knudsen
 Organic Very Veggie Juice
 Low Sodium
2/\$6 32 oz.
 Sugg. Retail: \$4.59 ea.



Eden
 Organic Kukicha Twig Tea
2/\$6 16 bags
 Sugg. Retail: \$4.19 ea.
 Selected Varieties



Natural Dentist
 Healthy Gums Daily Oral Rinse
 Peppermint Twist
4.49 8 oz.
 Sugg. Retail: \$6.69
 SAVE: \$2.20



Aura Cacia
 Lavender Harvest Mineral Bath
1.79 2.5 oz.
 Sugg. Retail: \$3.19
 SAVE: \$1.40



Natracare
 Organic Cotton Tampons
 Regular with Applicator
5.49 16 ct.
 Sugg. Retail: \$8.29
 SAVE: \$2.80



Eco-Dent
 Daily Care Original Mint Toothpowder
4.49 2 oz.
 Sugg. Retail: \$6.49
 SAVE: \$2.00
 Selected Varieties



Nature's Gate
 Purifying Liquid Soap
4.39 12.5 oz.
 Sugg. Retail: \$6.49
 SAVE: \$2.10
 Selected Varieties



American Health
 Ester-C 500 mg With Citrus Bioflavonoids
11.49 120 cap.
 Sugg. Retail: \$16.59
 SAVE: \$5.10



Twinlab
 B-12 Dots 500 mcg
7.49 100 dots
 Sugg. Retail: \$9.99
 SAVE: \$2.50



Twinlab
 Pre-Natal Care Formula
18.99 120 cap.
 Sugg. Retail: \$25.95
 SAVE: \$6.96



Yerba Prima
 Men's Rebuild Cleansing System
20.99 1 kit
 Sugg. Retail: \$29.99
 SAVE: \$9.00



Yerba Prima
 Women's Renew Cleansing System
20.99 1 kit
 Sugg. Retail: \$29.99
 SAVE: \$9.00



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