

# Discover Healthy Advantage™

January  
2023

Monthly Ad  
Available  
Online

Browse before  
shopping  
in the store

Create your  
shopping lists

Save and share  
your favorite  
items

Scan  
to see  
our ad  
online



**Sambazon**  
Organic Acai  
Superfruit Packs  
Pure Unsweetened  
4/100GRM  
Selected Varieties



**\$5.49**



**Birch Benders**  
Pancake & Waffle Mix  
Keto  
10 OZ



**\$6.49**



**Keto Krisp**  
Keto Protein Bar  
Dark Chocolate  
Almond Sea Salt  
1.59 OZ  
Selected Varieties



**2/\$4**



**Munk Pack**  
Keto Nut & Seed  
Bar  
Sea Salt Dark Chocolate  
1.23 OZ  
Selected Varieties



**3/\$5**



**Catalina Crunch**  
Keto Friendly  
Cereal  
Cinnamon Toast  
9 OZ  
Selected Varieties



**\$7.99**



**Navitas Organics**  
Organic  
Superfood+  
Adaptogen Blend  
6.3 OZ  
Selected Varieties



**\$11.49**



Some items may not be available. See store for details.  
Printed with soy ink on recycled paper. Not responsible for typographical errors.





**Califia Farms**  
Oatmilk  
Zero Sugar  
48 FL OZ  
Selected Varieties



★ **Featured BRAND** **2/\$10**



**Miyoko's Creamery**  
Organic  
Vegan Cream Cheese  
Classic Plain  
8 OZ  
Selected Varieties

**\$5.49**



**Good Belly**  
Organic  
Immune Support  
JuiceDrink  
Pineapple Passionfruit  
32 FL OZ

**\$3.29**



1 billion  
probiotics  
per serving



**Lifeway**  
Organic Oat Milk  
Strawberry Vanilla  
32 FL OZ  
Selected Varieties



**\$5.49**



**Vive Organic**  
Organic  
Immunity Boost Shot  
Original Ginger & Turmeric  
2 FL OZ  
Selected Varieties



**2/\$5**



**Kite Hill**  
Almond Milk Yogurt  
Vanilla  
5.3 OZ  
Selected Varieties



★ **Featured BRAND** **\$1.79**



**Organic Valley**  
Organic Free Range Eggs  
Large Brown Grade A  
DOZ



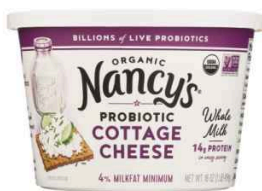
**\$5.19**



**Wildbrine**  
Kimchi  
Korean  
18 OZ  
Selected Varieties



**\$7.49**



**Nancy's**  
Organic Probiotic  
Cottage Cheese  
Whole Milk  
16 OZ



**\$5.99**



**Hail Merry**  
Cookie Dough Bites  
Chocolate Chip  
3.5 OZ  
Selected Varieties



**\$5.29**



**Lightlife Foods**  
Smart Bacon  
5 OZ

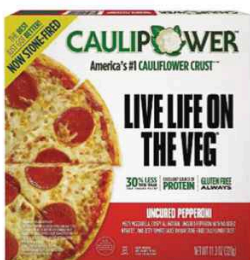


★ **Featured BRAND** **2/\$8**



**Quorn Foods**  
Meatless Chiqin Cutlets  
9.2 OZ  
Selected Varieties

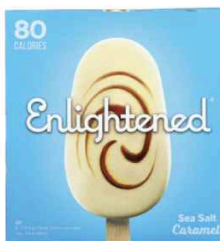
**\$5.19**



**Caulipower**  
Cauliflower Crust  
Pizza  
Pepperoni  
11.3 OZ  
Selected Varieties



**\$7.99**



**Enlightened**  
Light  
Ice Cream Bars  
Sea Salt Caramel  
4/3.75FZ  
Selected Varieties

**\$5.79**



**Annie's Homegrown**  
Organic Waffles  
Blueberry, 9.8 OZ  
Selected Varieties



★ **Featured BRAND** **2/\$6**



**Little Northern Bakehouse**  
Gluten Bread  
Seeds & Grains  
17 OZ  
Selected Varieties



**2/\$10**



**Applegate Farms**  
Chicken Breast Bites  
Spicy  
16 OZ  
Selected Varieties



**\$10.99**



**Cappello's**  
Low Carb Pizza  
Pepperoni  
11.9 OZ  
Selected Varieties



**\$9.99**



**Van's Natural Foods**  
Protein Pancakes  
Original  
12.4 OZ  
Selected Varieties



**2/\$8**





**Organic India**  
Organic Tulsi Tea  
Turmeric Ginger  
18 BAG  
Selected Varieties



★  
**Featured BRAND** **\$4.29**



**Liquid I.V.**  
Hydration Multiplier  
+ Immune Support  
Tangerine  
5.65 OZ

GF  
**\$16.99**

## High Quality Herbal Wellness

Decades of practice, lifetimes of experience, and a commitment to both cutting-edge botany and traditional plant knowledge combine in all of Traditional Medicinals formulations.



**Traditional Medicinals**

Organic  
Immune Zoom Tea  
Lemon Ginger  
16 BAG  
Selected Varieties

**\$4.29**



**Vita Coco**  
Coconut Water  
Original  
1 LT  
Selected Varieties

GF  
**\$5.19**



**R.W. Knudsen**  
Organic Cherry  
Juice  
Just Tart  
32 FL OZ  
Selected Varieties

GF  
**\$6.99**



**Comvita**  
UMF 5+ Manuka  
Honey  
8.8 OZ

GF  
**\$19.99**



**Kinnikinnick**  
Gluten Free  
Wafers  
Vanilla  
6.3 OZ  
Selected Varieties

GF  
**\$2.79**



**Kashi**  
GO Cereal  
Honey Almond  
Flax Crunch  
14 OZ  
Selected Varieties

★  
**Featured BRAND** **2/\$10**



**Cascadian Farm**  
Organic  
Fruit Sweetened  
Granola  
Coconut Cashew  
14 OZ  
Selected Varieties

★  
**Featured BRAND** **2/\$8**



**Alter Eco**  
Organic Granola  
Dark Chocolate  
8 OZ  
Selected Varieties

GF  
**\$6.49**



**Primal Kitchen**  
Buffalo Mayo  
with Avocado Oil  
17 FL OZ

GF  
**\$10.99**



**Good Health**  
Veggie Stix  
Sea Salt  
6.75 OZ  
Selected Varieties

GF  
**\$3.79**



**Terra Chips**  
Exotic Vegetable  
Chips  
Mediterranean  
5 OZ  
Selected Varieties

**2/\$7**



**Cobram Estates**  
California  
Extra Virgin  
Olive Oil  
Classic, 12.7 FL OZ  
Selected Varieties

GF  
**\$7.99**



**Simple Mills**  
Almond Flour  
Crackers  
Fine Ground Sea Salt  
4.25 OZ  
Selected Varieties

GF  
**\$4.29**



**Epic**  
Pork Rinds  
Pink Himalayan  
& Sea Salt  
2.5 OZ  
Selected Varieties

GF  
**2/\$6**

## BULK



Organic  
Raisins  
Flame **\$2.99/lb**



Organic  
Split Lentils  
Red **\$2.29/lb**



Organic  
Quinoa  
Red **\$2.89/lb**



100% Organic  
Chia Seeds  
Black **\$4.39/lb**





**gomacro**  
Heartwarming Retreat®

A cozy combination of chewy oats and organic chocolate chips make this protein-filled version of an oatmeal chocolate chip cookie recipe a fan favorite.

**gomacro MACROBAR**  
heartwarming retreat  
oatmeal chocolate chip  
organic • vegan • gluten-free  
NET WT. 2.3 OZ (65g)

**Gomacro**  
Organic MacroBar  
Oatmeal Chocolate Chip  
2.3 OZ  
Selected Varieties

**2/\$5**

NON GMO VERIFIED GF USDA ORGANIC



**Probar**  
Protein Bar  
Peanut Butter Chocolate  
2.46 OZ  
Selected Varieties

NON GMO VERIFIED GF

**2/\$5**



**That's It**  
Fruit Bar  
Apple & Strawberry  
1.2 OZ  
Selected Varieties

NON GMO VERIFIED GF

**3/\$5**



**think!**  
High Protein Bar  
Chocolate & Creme  
Cupcake  
2.29 OZ  
Selected Varieties

GF

**2/\$5**



**Bhujia**  
Nut Mix  
7 OZ  
Selected Varieties

NON GMO VERIFIED

**2/\$7**



**Angie's**  
Boomchickapop  
Kettle Corn  
Light, 5 OZ  
Selected Varieties

GF

**★ Featured BRAND \$2.79**



**Lundberg Family Farms**  
Organic Brown Rice  
Thin Stackers  
Lightly Salted, 6 OZ  
Selected Varieties

NON GMO VERIFIED GF USDA ORGANIC

**★ Featured BRAND \$3.79**



**Gimme Seaweed Snacks**  
Organic Roasted  
Seaweed Snacks  
Sea Salt  
6/.17 OZ  
Selected Varieties

NON GMO VERIFIED GF USDA ORGANIC

**2/\$10**



**Bragg**  
Organic Apple Cider  
Vinegar Refreshers  
Grape & Hibiscus  
16 FL OZ  
Selected Varieties

NON GMO VERIFIED GF USDA ORGANIC

**2/\$7**



**Lily Of The Desert**  
Organic  
Aloe Vera Juice  
Whole Leaf  
32 FL OZ

USDA ORGANIC

**\$6.49**



**Andalou Naturals**  
Nourishing  
Cleansing Balm  
Deep Hydration, 3 OZ  
Selected Varieties

GF

**\$10.49**



**Eco-Dent**  
ExtraBrite  
Toothpowder  
Dazzling Mint  
2 OZ

**\$6.49**



**Similasan**  
Eye Drops  
Allergy Eye Relief  
.33 FL OZ  
Selected Varieties

NON GMO VERIFIED

**\$9.49**



**Om**  
Mushroom  
Hot Chocolate  
Blend  
8.47 OZ  
Selected Varieties

GF USDA ORGANIC

**\$27.99**



**Four Sigmatic**  
Organic  
Plant-based  
Protein  
Powder  
Sweet Vanilla, 21.16 OZ  
Selected Varieties

GF USDA ORGANIC

**\$31.99**



**Neocell**  
Super Collagen  
Peptides Powder  
Type 1 & 3  
7 OZ

**\$11.99**



**Rainbow Light**  
Women's One  
Multivitamin  
30 TAB  
Selected Varieties

NON GMO VERIFIED

**\$7.49**



**Yerba Prima**  
Daily Fiber  
Capsules  
Digestive Support  
180 CAP  
Selected Varieties

**\$11.49**



**Childlife Essentials**  
Kids Liquid Vitamin C  
Orange  
4 FL OZ

NON GMO VERIFIED

**★ Featured BRAND \$5.49**



**Emergen-C**  
1000mg Vitamin C  
Immune Support  
Super Orange  
30 PKT  
Selected Varieties

**\$12.99**

Statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure or prevent any disease.  
CBD items may not be available as restrictions vary by state and are subject to change. See store for details.