



## Southtown Health Foods, Inc.

2100 W. 95th Street, Chicago, IL Phone 773-233-1856 Mon.-Sat. 9:30-5:30 Major credit cards and SNAP Benefits www.southtownhealthfoods.com





Sale Prices Effective Aug 1- Aug 31, 2025

## SUMMERS NATURAL TREATS



Munk Pack

**Nut & Seed Bar** Sea Salt Dark Chocolate

- •Salty & sweet treat packed with healthy fats •5g Protein
- •3g net carbs



1.23 oz Select varieties on sale!

Cocomels

**Chocolate Covered** Sea Salt Cocomels

- •Coconut milk caramels in dark chocolate Smooth and luscious •2 caramels

1 oz Select varieties on sale!

Sahale Snacks

Maple **Pecans** Glaze Mix

Pecans, cherries & apples with a glaze of maple and cinnamon

4 oz Select varieties on sale!

Skinny Dipped

Super Dark + Sea Salt Almonds

•Roasted almonds thinly dipped in dark chocolate •3g sugar per serving

3.5 oz Select varieties on sale!

Made in Nature

Organic Dried **Plums** 

- •Pitted •Tree-ripened •Unsulfured
- •Gluten-free

6 oz Select varieties on sale!

GimMe

**Organic Roasted Seaweed Snacks** 

Sea Salt

Roasted to light crispy perfection

0.35 oz Select varieties on sale!

Simple Mills

**Gluten Free Crunchy Almond** Flour Cookies

**Chocolate Chip** With organic coconut oil &



5.5 oz Select varieties on sale!

Nature's Bakery

Whole Wheat Blueberry Fig Bar

•Real fruit •Whole grains Plant-based •No corn syrup



6-2 oz twin packs Select varieties on sale!

Once Again

**Organic Gluten Free Peanut Butter** Graham Sandwich

Healthy snack

1.59 oz Select varieties on sale!

Newman's Own

Newman O's **Original** 

- Chocolate sandwich cookies
- •Made with organic flour & sugar



13 oz Select varieties on sale!

Mi-Del

Gluten-Free Ginger Snaps

•Swedish style Baked to crunchy perfection

8 oz Select products on sale!

Honey Stinger

**Organic Honey Stinger** Waffle

**Energy snack** for endurance & performance



1.06 oz Select varieties on sale!

Four Sigmatic

Organic Mushroom **Ground Coffee** 

Focus with Lion's Mane and Chaga Mental clarity



10 oz Select varieties on sale!

Santa Cruz

**Organic** Lemonade

•High quality •No artificial color or flavors Use to make freezer pops



32 fl oz Select varieties on sale!

Mela

Watermelon + Ginger Water

•Electrolytes & antioxidants •Superior hydration ·No added sugar



16.9 fl oz Select varieties on sale!

Kettle Brand

**Potato Chips** 

Poppi

**Prebiotic** Soda **Strawberry Lemon** 

•For gut health\* •Infused with apple cider vinegar •5g sugar per can



12 fl oz Select varieties on sale!

Recess

Recess Mood Magnesium & Adaptogen **Sparkling Drink** 

•Relax and unwind •Eases tension Magnesium for your brain



12 fl oz Select varieties on sale!

Steaz

**Organic** Green Tea **Blueberry Pomegranate** 

 Antioxidant brew •Ready-to-drink ·Lightly sweetened

16 fl oz Select varieties on sale!

Jackson's

and energy

**Sweet Potato** Chips Sea Salt

avocado oil •Kettle cooked



5 oz Select products on sale!

Siete

**Potato Chips** Sea Salt

•Made with avocado oil Kettle cooked •Gluten-free •Vegan

5.5 oz Select varieties on sale!



Unsalted

•Incredible tasting chip with a crunch LEFE •Gluten free •Naturally good!



Late July Snacks

**Organic Restaurant Style** Tortilla Chips Sea Salt

•Thin & crispy •Gluten-free •Enjoy with salsa

10.1 oz Select products on sale!

Zack's Mighty

Organic Rolled Tortilla Chips Chile Lime

•Tangy lime and spicy chili flavors •Premium ingredients

7 oz Select varieties on sale!

Vegan Rob's

**Probiotic Dragon Puffs** 

•Baked sorghum Fire breathing hot •Gluten free •Dairy free



3.5 Select varieties on sale!

# ement



Natural Stacks

#### **Dopamine Brain Food**

•Morning support for mental drive •Supports attention & concentration •Feel more driven

and motivated\*

60 veg caps Reg. \$39.95



•With zinc and vitamins C & D3

60 gummies Reg. \$20.99

Nature's Way

**Immune Gummy** 

Sambucus

Elderberry



1 fl oz Reg. \$19.99

C 500 mg 100% Natural Fruit Chew

 Antioxidant Supports bones, cartilage, teeth and gums\*



Save 29%

90 chewable wafers Reg. \$16.95

Terry Naturally

#### CuraMed 750 mg **Super Absorption** Curcumin

•750 mg curcumin complex Healthy inflammation

60 softgels Reg. \$67.95

response\*



**Blood Sugar** Balance

Sucontral D

•Healthy insulin function and A1C levels\* Carbohydrate

Save 20%

Save 36%

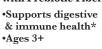
Save 38%

metabolism

60 caps Reg. \$41.95

Nordic Naturals

Kids Probiotic **Gummies** with Prebiotic Fiber



60 gummies Reg. \$19.95

Carlson

Norwegian The Very Finest Fish Oil

•1600 mg omega-3s ·Promotes heart, brain, vision and joint health\*



Same 25%

100 caps Reg. \$18.59 16.9 fl oz Reg. \$55.00

Kyolic

**Organic** 

carvacrol

damage\*

Oil of Oregano

Fights free radical

•Minimum 80%

30 mg Wild-Crafted

Circulation Formula 106

Organic aged odorless garlic extract plus vitamin E, cavenne & hawthorn



Save 30%

New Chapter Save 20%

Plant Calcium Organic Bone Strength Take Care

•Formulated for absorption •With vitamin K2 & vitamin D3

Save 20%

One Daily Every Woman's Multivitamin 40+

•Immune, energy, & healthy aging support\* •Superfood herbs

& Chaste Tree

MaryRuth's

Liquid Morning

Multivitamin •For the whole family •Minerals, amino

acids & vitamins ·May support: energy, beauty & immunity\*

30 fl oz raspberry flavor Reg. \$45.29

Garden of Life

Vitamin Code Raw Calcium

•Reduces the risk of osteoporosis\* •Helps increase bone strength

\$35.99 120 veg caps Reg. \$55.99



Dr. Formulated Once Daily Women's **Probiotics** 

50 Billion Guaranteed •16 probiotic strains

•Vaginal + digestive + immune system\*



Save 36%

30 veg caps Reg. \$45.99

Boiron

Great Lakes Wellness

Natural Factors

**Grass-Fed Bovine Collagen Peptides** Unflavored

•20g collagen per serving ·Supports: skin, hair, nails, joints & digestion



Save 31%

Save 27%

10 oz Reg. \$31.69

Country Life

Vitamin D3 125 mcg (5000 I.U.)

•Non-fish liver source Bone, dental & immune health\* ·Colon health

200 softgels Reg. \$24.99



Save 26%

PLORA

Target-Mins Magnesium with Silica 300 mg

•Relaxes muscles •Immune health\* •Essential for proper calcium utilization

Source Naturals

120 veg caps Reg. \$22.49

Save 37% Max for Men Multivitamin

•Iron free ·Saw palmetto and lycopene

Support for heart and energy\*

120 veg tabs Reg. \$50.29

Lily of the Desert

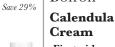
Kal

High Absorption Magnesium **Glycinate** 

•Relaxation support

•Nerve, bone & support\* •ActvGels (liquid fill)

180 softgels Reg. \$45.19



·First aid: sunburn, scrapes, chafing, minor burns & cuts Soothes & heals\* •Moisturizes



Similasan Save 28%

**Ear Ringing** Remedy

Relief of ringing, humming, buzzing, pounding, roaring & other sounds in the ear\*



0.33 fl oz Reg. \$14.59

Beekeeper's Naturals

**Propolis Immune Support Daily Throat Spray** 

•Powered by propolis Throat soothing •Combat free radical damage in the body\*



1 fl oz Reg. \$13.89

**Advanced Daily Immune Support** 

Wellness

Formula

**Bio-aligned** vitamin & herbal defense\*



**Organic** Aloe Vera Juice

**Inner Fillet** •Filtered

 Preservative free •Gluten free



Save 25%

32 fl oz Reg. \$10.39

IntestiNew

**Intestinal Lining** 

Orgain

**Organic Vegan Nutrition Shake Smooth Chocolate** 

•16g plant protein •21 vitamins and minerals •Gluten free



Save 31%

**Organic Vegan Nutrition Shake** Vanilla Bean

2.5 oz Reg. \$13.89

•16g plant protein •21 vitamins and minerals •Gluten free



Save 31%

Iron + Herbs **Liquid Extract** 

Floradix

•Rich in iron and B vitamins for energy •Easy to digest \* ·Easy to absorb

Non-constipating



8.5 fl oz Reg. \$30.49

Flora

Flor • Essence **Dry Tea Blend** 

Gentle detox for the whole body\* with organic burdock root, sheep sorrel & slippery elm bark

Renew Life

120 caps Reg. \$25.75

3-Day Cleanse

**Total Body Reset** 

•Waste & toxin elimination\* •Reduces bloating & water retention

Save 27%

Support Formula •Helps occasional bowel & digestive stress\*

Digestive health

5.7 oz Reg. \$42.99



# Healt

#### Mineral Fusion

#### All Mineral Fusion **Products On Sale!**

- •Mineral cosmetics
- •Face
- •Eves + Brows
- •Lips

Save 15%

Cosmetics that are a fusion of natural ingredients and are good for your skin



#### Andalou Naturals

#### Hyaluronic DMAE Lift & Firm **Cream Age Defying**

•Firms & hydrates & smoothes skin •Reduces fine lines and wrinkles\*



1.7 oz Select products on sale!

#### Aura Cacia

#### Organic Castor Oil Skin Care Oil

For skin care, hair care or massage Moisturizes, soothes & protects the skin



4 fl oz Select varieties on sale!

#### Radius

#### Kids **Super Duper Immuni-Power Toothpaste**

With elderberry, hydroxyapatite & vitamins C & E

2.5 oz Select varieties on sale!

## The Humble Co.

#### Dental Floss Picks

•53% plant-based •Double threaded •Free from BPA, PFAS and PTFE •Removes plaque



50 floss picks <u>Select products on sale!</u>

#### Tea Tree Therapy

#### Tea Tree **Toothpaste** with Baking Soda

- •With parsley seed oil
- •Controls plaque & tartar
- Tea Tree Therapy

5 oz Select varieties on sale!

#### Desert Essence

#### **Tea Tree Oil** Whitening Plus **Toothpaste** Cool Mint

- •Free of fluoride & SLS •Removes surface stains & whiten teeth

6.25 oz Select varieties on sale!

#### Dr. Bronner's

#### All-One **Toothpaste** Peppermint

- •70% organic ingredients •Fluoride-free •Reduces plaque

#### Alaffia

#### **Authentic African Black Soap** Unscented

- Triple milled soap
- ·All skin types •Fair Trade

## Every Man Jack

#### Deodorant Sea Salt + Citrus

•24 hour protection Aluminum free •Helps Fight odor •Conditions the skin



### Crystal

## Mineral Roll-On

- •Paraben free

#### Seaweed Bath Co.

#### Volumizing Shampoo Lavender

- •With argan oil & aloe
- •Nourishes & hydrates ·Gives hair a thicker, fuller look

12 fl oz Select varieties on sale!

The Honey Pot Co.

Honey Pot

#### **Pure Herbal-Infused Pads with Wings**

- Cooling Herbs •100% organic cotton cover
- •Plant-derived

20 regular absorbency pads Select varieties!

#### Caboo

#### **Tree Free Toilet Paper**

- •From sustainable bamboo
- •Chemical free Non toxic Septic safe

12/2 ply double rolls (300 sheets)

#### Eternal Water

#### **Naturally Alkaline Spring Water**

Smooth taste •7.8 - 8.2 pH •Hydrating



2.5 Lt. Select varieties on sale!

#### Essentia

#### **Naturally** Alkaline Mineral **Spring Water**

•Electrolytes & minerals •pH 7.8 - 8.2

## C20

## **Coconut Water** With Pulp

•Plant hydration Never from

#### Good Karma

#### Flaxmilk + Protein Vanilla

•5g plant protein & 📉 1200 mg omega-3sper serving •Lightly sweetened



32 fl oz Select varieties on sale!

Clean Cause

## OWYN Only What You Need

#### **Organic** Yerba Mate Peach Shake

- •160 mg caffeine •Non-carbonated •180g caffeine
- or calories •Organic cane sugar

15.5 fl oz Select varieties on sale!

## Pacific Foods

#### **Hemp Milk** Vanilla

•Omega-3s ALA •Calcium, vitamin D & magnesum •Smooth & creamy



32 fl oz Select varieties on sale!

## R.W. Knudsen

## Organic Juice

- •No added sugar ·Single fruit
- •100% organic juice •GMO free

**Organic** 

**Lightly Salted** 

•2 ingredients:

32 fl oz Select varieties of juices on sale!

Lundberg Family Farms

**Brown Rice Cakes** 

## **Just Tart Cherry**

#### Swoon

#### **Peach Iced Tea**

•Made with organic black tea Sweetened with monk fruit

•Low carb & 0 sugar

•Ready-to-drink

12 fl oz Select varieties on sale!

## Garden of Eatin'

Red Hot Blues

Tortilla Chips dash of cayenne

#### 1 Lt. Select varieties on sale!

### alō Drink Aloe Vera **Juice Drink**

Enrich

·Aloe vera, cranberry and pomegranate •Antioxidant-rich Cane sugar sweetened

Multi-Seed

Crunchy

Crackers

Made with

Original

olive oil

16.9 fl oz Select varieties on sale!

Crunchmaster

Baked Rice

#### **Alive Ancient** Mushroom Elixir **Root Beer**

·With reishi, chaga & turkey tail Pu-erh tea & organic root beer spices



## Back to Nature

- •No high fructose corn syrup or

7 oz Select varieties on sale!







## Deodorant Unscented

- •24 hour protection •Hypoallergenic

2.25 oz Select varieties on sale!



- •Electrolytes
- concentrate

17.5 fl oz Select varieties on sale!

## GT's

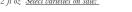






hydrogenated oils •Great for snacks





## **Double Shot Protein Coffee**

- Mocha Latte •20g plant protein
- No sugar or carbs
- 12 fl oz Select varieties on sale!









Pacific







8.5 oz Select varieties on sale!

## **Organic**



14 oz Select products on sale!



# (2)



#### **Organic Pasture Raised** Large Eggs

•Certified Humane Small family farms



purely elizabeth

1 dozen Select products on sale!

Birch Benders

#### **Gluten Free** Complete Pancake & Waffle Mix

•Just add water •Made with a touch of buttermilk



14 oz/20-22 pancakes Select varieties!

Coombs Family Farms

#### **Organic** Maple Syrup

- •Grade A dark color •Robust taste •100% Vermont
- maple syrup ·Hand crafted



32 fl oz Select varieties on sale!

Crofter's Organic

#### **Organic Just Fruit Spread** SuperFruit

- •Delicious mixture of superfruits
- Antioxidant power •Fruit sweetened



Good Good

Strawberry

•Real berries

·Low carb

·Low calorie

Keto friendly

•No sugar added

Jam

12 oz Select varieties on sale!

### Navitas Organics

#### Organic Cacao Powder Unsweetened

- •100% cacao •Rich chocolate
- taste •Great for baking

8 oz Select varieties on sale!

#### Purely Elizabeth.

#### **Ancient Grain** Granola with **Probiotics**

Chocolate Sea Salt

Organic oats



8 oz Select varieties on sale!

Three Wishes

#### **Grain Free** Cereal Cocoa

•8g protein and 3g sugar per serving



8.6 oz <u>Select varieties on sale!</u>

Seven Sundays

#### **Gluten Free Sunflower** Cereal

Real Cocoa

•Grain free •No refined sugar •100% real food



8 oz Select varieties on sale!

Catalina Crunch

10 oz Select varieties on sale!

#### **Protein Cereal Cinnamon Toast**

- •11g protein & 9g fiber per serving
- •Gluten free •No sugars Keto friendly



9 oz Select varieties of cereals on sale!

Sunbutter

#### Sunflower **Butter** Natural

- •Free from the top allergens
- Low sugar •Vegan

16 oz Select varieties on sale!

Artisana

#### Raw Tahini Sesame Seed Butter

- Digests easily Smooth & creamy
- •Raw pure ground sesame seeds



14 oz Select products on sale!

Beyond Meat

#### **Beyond Breakfast** Sausage Patties Original

- ·Plant-based
- •No soy



7.4 oz/6 patties Select varieties on sale!

**Beyond Breakfast** Sausage Links Original

- •Plant-based
- •8g protein •No soy or gluten



8.3 oz/8 links Select varieties on sale!

Amy's

#### Burrito **Beans & Cheddar Cheese**

- Organic beans & rice •Mild Mexican-style
- sauce •Soy free



6 oz Select varieties on sale!

Red's All Natural

#### Burrito Steak & Cheese

- •Made with beef raised without antibiotics
- •15g protein



Daiya

**Dairy Free** 

Homestyle

•Rich & creamy

Dairy, soy, egg

& gluten free

•Plant-based

5 oz Select varieties on sale!

**Ranch Dressing** 

Jack & Annie's

## Classic Shaved Jack Steak

- ·Vegan jackfruit steak slices Rich & meaty flavor
- •Gluten free

8 oz Select products on sale!

#### PREVAIL.

## Beef Jerky Umami

- •100% grass-fed
- •12g protein per serving
- No preservatives
- ·Soy free

Organic

**Chia Seeds** 

Whole



2.25 oz Select varieties on sale!

Bob's Red Mill

Tasty Bite

#### **Organic Turmeric Rice**

•Basmati rice with ghee & turmeric •Ready in

90 seconds



8.8 oz Select products on sale!

## Manitoba Harvest **Organic**

- **Hemp Hearts** •Shelled hemp
- seeds •10g protein &  $12g\ omegas\ 3\ \&\ 6$ per serving



## Classic Cheddar



6 oz Select products on sale!

Lakewood Organic

Safe Catch

## Skinless & Boneless **Wild Sardines**

- in Water Every catch mercury tested
- ·High protein Omega-3



## Mavo Real Mayonnaise

Sugar free •Creamy



Spectrum Culinary

8.36 fl oz Select products on sale!

- •Expeller pressed
- Keto friendly

Annie's

#### Organic **Goddess Dressing**

·Creamy tahini & lemon dressing



8 fl oz Select varieties on sale!

California Olive Ranch

## 100% California Extra Virgin Olive Oil

•Cold pressed •Medium heat



## "Drizzle" Extra Virgin **Olive Oil**

Finishing Oil

16.9 fl oz in a squeeze bottle

## Annie's Homegrown

## Macaroni &

•Made with organic pasta •Real cheese



Organic

Juice

**Pure Lemon** 

•Allergen free

•100% vegan

•Fresh pressed juice

Not from concentrate

12.5 fl oz Select products on sale!

## Primal Kitchen

Made with Avocado Oil

No soy or canola Cage free eggs



12 fl oz Select products on sale!

#### **Organic Coconut Oil**

•Refined •Medium high heat





16.9 fl oz Select products on sale!

































