



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

Since 1942

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



\$1.39

1.23 oz *Select varieties on sale!*

Cocomels

Chocolate Covered Sea Salt Cocomels

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



\$1.39

1 oz *Select varieties on sale!*

Sahale Snacks

Maple Pecans Glaze Mix

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



\$3.99

4 oz *Select varieties on sale!*

Skinny Dipped

Super Dark + Sea Salt Almonds

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



\$3.99

3.5 oz *Select varieties on sale!*

Made in Nature

Organic Dried Plums

- Pitted
- Tree-ripened
- Unsulfered
- Gluten-free



\$3.99

6 oz *Select varieties on sale!*

GimMe

Organic Roasted Seaweed Snacks

- Sea Salt
- Roasted to light crispy perfection



\$1.69

0.35 oz *Select varieties on sale!*

Simple Mills

Gluten Free Crunchy Almond Flour Cookies Chocolate Chip

- With organic coconut oil & coconut sugar



2/\$7

5.5 oz *Select varieties on sale!*

Nature's Bakery

Whole Wheat Blueberry Fig Bar

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



\$4.79

6-2 oz twin packs *Select varieties on sale!*

Once Again

Organic Gluten Free Peanut Butter Graham Sandwich

- Healthy snack



\$1.19

1.59 oz *Select varieties on sale!*

Newman's Own

Newman O's Original

- Chocolate sandwich cookies
- Made with organic flour & sugar



\$4.29

13 oz *Select varieties on sale!*

Mi-Del

Gluten-Free Ginger Snaps

- Swedish style
- Baked to crunchy perfection



\$3.79

8 oz *Select products on sale!*

Honey Stinger

Organic Honey Stinger Waffle

- Energy snack for endurance & performance



\$1.29

1.06 oz *Select varieties on sale!*

Four Sigmatic

Organic Mushroom Ground Coffee

- Focus with Lion's Mane and Chaga

- Mental clarity and energy



\$12.99

10 oz *Select varieties on sale!*

Santa Cruz

Organic Lemonade

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



\$2.79

32 fl oz *Select varieties on sale!*

Mela

Watermelon + Ginger Water

- Electrolytes & antioxidants
- Superior hydration
- No added sugar



\$2.69

16.9 fl oz *Select varieties on sale!*

Poppi

Prebiotic Soda Strawberry Lemon

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



2/\$4

12 fl oz *Select varieties on sale!*

Recess

Recess Mood Magnesium & Adaptogen Sparkling Drink

- Relax and unwind
- Eases tension
- Magnesium for your brain



\$2.79

12 fl oz *Select varieties on sale!*

Steaz

Organic Green Tea Blueberry Pomegranate

- Antioxidant brew
- Ready-to-drink
- Lightly sweetened



2/\$3

16 fl oz *Select varieties on sale!*

Jackson's

Sweet Potato Chips Sea Salt

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



\$2.99

5 oz *Select products on sale!*

Siete

Potato Chips Sea Salt

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



\$2.99

5.5 oz *Select varieties on sale!*

Kettle Brand

Potato Chips Unsalted

- Incredible tasting chip with a crunch
- Gluten free
- Naturally good!



2/\$6

5 oz *Select varieties on sale!*

Late July Snacks

Organic Restaurant Style Tortilla Chips Sea Salt

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



2/\$7

10.1 oz *Select products on sale!*

Zack's Mighty

Organic Rolled Tortilla Chips Chile Lime

- Tangy lime and spicy chili flavors
- Premium ingredients



\$3.49

7 oz *Select varieties on sale!*

Vegan Rob's

Probiotic Dragon Puffs

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



\$2.99

3.5 *Select varieties on sale!*

Supplements

Natural Stacks

Save 27%

Dopamine Brain Food

- Morning support for mental drive
- Supports attention & concentration
- Feel more driven and motivated*



\$28.99

60 veg caps Reg \$39.95

Nature's Way

Save 23%

Sambucus Immune Gummy Elderberry

- With zinc and vitamins C & D3
- Plant-based pectin



\$15.99

60 gummies Reg \$20.99

Natural Factors

Save 30%

Organic Oil of Oregano 30 mg Wild-Crafted

- Minimum 80% carvacrol
- Fights free radical damage*



\$13.99

1 fl oz Reg \$19.99

C 500 mg 100% Natural Fruit Chew

Save 29%

- Antioxidant
- Supports bones, cartilage, teeth and gums*



\$11.99

90 chewable wafers Reg \$16.95

Terry Naturally

Save 20%

CuraMed 750 mg Super Absorption Curcumin

- 750 mg curcumin complex
- Healthy inflammation response*



\$54.36

60 softgels Reg \$67.95

Sucontral D Blood Sugar Balance

Save 20%

- Healthy insulin function and A1C levels*
- Carbohydrate metabolism



\$33.56

60 caps Reg \$41.95

Nordic Naturals

Save 24%

Kids Probiotic Gummies with Prebiotic Fiber

- Supports digestive & immune health*
- Ages 3+



\$14.99

60 gummies Reg \$19.95

Carlson

Save 25%

Norwegian The Very Finest Fish Oil

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



\$40.99

16.9 fl oz Reg \$55.00

Kyolic

Save 30%

Circulation Formula 106

- Organic aged odorless garlic extract plus vitamin E, cayenne & hawthorn



\$12.99

100 caps Reg \$18.59

New Chapter

Save 20%

Plant Calcium Organic Bone Strength Take Care

- Formulated for absorption
- With vitamin K2 & vitamin D3



\$32.59

60 slim tabs Reg \$40.74

One Daily Every Woman's Multivitamin 40+

Save 20%

- Immune, energy, & healthy aging support*
- Superfood herbs & Chaste Tree



\$23.98

24 veg tabs Reg \$29.97

MaryRuth's

Save 36%

Liquid Morning Multivitamin

- For the whole family
- Minerals, amino acids & vitamins
- May support: energy, beauty & immunity*



\$28.99

30 fl oz raspberry flavor Reg \$45.29

Garden of Life

Save 35%

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

Save 36%

- 50 Billion Guaranteed
- 16 probiotic strains
- Vaginal + digestive + immune system*



\$28.99

30 veg caps Reg \$45.99

Great Lakes Wellness

Save 30%

Grass-Fed Bovine Collagen Peptides Unflavored

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



\$21.99

10 oz Reg \$31.69

Country Life

Save 40%

Vitamin D3 125 mcg (5000 I.U.)

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



\$14.99

200 softgels Reg \$24.99

Target-Mins Magnesium with Silica 300 mg

Save 37%

- Relaxes muscles
- Immune health*
- Essential for proper calcium utilization



\$13.99

120 veg caps Reg \$22.49

Max for Men Multivitamin

Save 38%

- Iron free
- Saw palmetto and lycopene
- Support for heart and energy*



\$30.99

120 veg tabs Reg \$50.29

Kal

Save 29%

High Absorption Magnesium Glycinate

- Relaxation support
- Nerve, bone & support*
- ActvGels (liquid fill)



\$31.99

180 softgels Reg \$45.19

Boiron

Save 28%

Calendula Cream

- First aid: sunburn, scrapes, chafing, minor burns & cuts
- Soothes & heals*
- Moisturizes



\$9.99

2.5 oz Reg \$13.89

Similasan

Save 31%

Ear Ringing Remedy

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



\$9.99

0.33 fl oz Reg \$14.59

Beekeeper's Naturals

Save 28%

Propolis Immune Support Daily Throat Spray

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



\$9.99

1 fl oz Reg \$13.89

Source Naturals

Save 37%

Wellness Formula Advanced Daily Immune Support

- Bio-aligned vitamin & herbal defense*



\$15.99

120 caps Reg \$25.75

Lily of the Desert

Save 27%

Organic Aloe Vera Juice Inner Fillet

- Filtered
- Preservative free
- Gluten free



\$7.49

32 fl oz Reg \$10.39

Orgain

Save 31%

Organic Vegan Nutrition Shake Smooth Chocolate

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



\$2.79

11 fl oz Reg \$4.09

Organic Vegan Nutrition Shake Vanilla Bean

Save 31%

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



\$2.79

11 fl oz Reg \$4.09

Floradix

Save 27%

Iron + Herbs Liquid Extract

- Rich in iron and B vitamins for energy
- Easy to digest *
- Easy to absorb
- Non-constipating



\$21.99

8.5 fl oz Reg \$30.49

Flora

Save 26%

Flor•Essence Dry Tea Blend

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



\$32.99

2.2 oz Reg \$44.99

Renew Life

Save 27%

3-Day Cleanse

- Total Body Reset
- Waste & toxin elimination*
- Reduces bloating & water retention



\$6.49

2 part kit Reg \$8.99

IntestiNew Intestinal Lining Support Formula

Save 25%

- Helps occasional bowel & digestive stress*
- Digestive health



\$31.99

5.7 oz Reg \$42.99

Prices may vary per store. All items may not be available at all stores. Not responsible for printing errors.

*These statements have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any illness.

Healthy Choices

Mineral Fusion

All Mineral Fusion Products On Sale!

- Mineral cosmetics
- Face
- Eyes + Brows
- Lips
- Nails

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*

\$17.99

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

\$3.49

4 fl oz *Select varieties on sale!*



Radius

Kids Super Duper Immuni-Power Toothpaste

With elderberry, hydroxyapatite & vitamins C & E

\$8.99

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

\$2.79

50 floss picks *Select products on sale!*



Tea Tree Therapy

Tea Tree Toothpaste with Baking Soda

- With parsley seed oil
- Controls plaque & tartar
- Healthy gums

\$4.79

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

\$5.79

6.25 oz *Select varieties on sale!*



Dr. Bronner's

All-One Toothpaste Peppermint

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

\$5.79

5 oz *Select varieties on sale!*



Alaffia

Authentic African Black Soap Unscented

- Triple milled soap
- All skin types
- Fair Trade

\$3.29

5 oz *Select varieties on sale!*



Every Man Jack

Deodorant Sea Salt + Citrus

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

\$5.79

2.7 oz *Select varieties on sale!*



Crystal

Mineral Deodorant Roll-On Unscented

- 24 hour protection
- Paraben free
- Hypoallergenic

\$3.79

2.25 oz *Select varieties on sale!*



Seaweed Bath Co.

Volumizing Shampoo Lavender

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

\$6.99

12 fl oz *Select varieties on sale!*



The Honey Pot Co.

Pure Herbal-Infused Pads with Wings Cooling Herbs

- 100% organic cotton cover
- Plant-derived

\$7.49

20 regular absorbency pads *Select varieties!*



Caboo

Tree Free Toilet Paper

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

\$9.99

12/2 ply double rolls (300 sheets)



Eternal Water

Naturally Alkaline Spring Water

- Smooth taste
- 7.8 - 8.2 pH
- Hydrating

\$2.79

2.5 Lt. *Select varieties on sale!*



Essentia

Naturally Alkaline Mineral Spring Water

- Electrolytes & minerals
- pH 7.8 - 8.2

\$1.79

1 Lt. *Select varieties on sale!*



C20

Pure Coconut Water With Pulp

- Electrolytes
- Plant hydration
- Never from concentrate

2/\$4

17.5 fl oz *Select varieties on sale!*



Good Karma

Flaxmilk + Protein Vanilla

- 5g plant protein & 1200 mg omega-3s per serving
- Lightly sweetened
- Shelf-stable

\$2.99

32 fl oz *Select varieties on sale!*



Pacific Foods

Hemp Milk Vanilla

- Omega-3s ALA
- Calcium, vitamin D & magnesium
- Smooth & creamy with a nutty flavor

\$3.79

32 fl oz *Select varieties on sale!*



R.W. Knudsen

Organic Just Tart Cherry Juice

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

\$7.49

32 fl oz *Select varieties of juices on sale!*



Swoon

Peach Iced Tea

- Made with organic black tea
- Sweetened with monk fruit
- Low carb & 0 sugar
- Ready-to-drink

\$1.39

12 fl oz *Select varieties on sale!*



alō Drink

Aloe Vera Juice Drink Enrich

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

\$1.99

16.9 fl oz *Select varieties on sale!*



GT's

Alive Ancient Mushroom Elixir Root Beer

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

2/\$6

16 fl oz *Select varieties on sale!*



Clean Cause

Organic Yerba Mate Peach

- 160 mg caffeine
- Non-carbonated or calories
- Organic cane sugar

\$2.29

15.5 fl oz *Select varieties on sale!*



OWYN Only What You Need

Double Shot Protein Coffee Shake Mocha Latte

- 20g plant protein
- 180g caffeine
- No sugar or carbs

2/\$6

12 fl oz *Select varieties on sale!*



Lundberg Family Farms

Organic Brown Rice Cakes Lightly Salted

- 2 ingredients: brown rice & sea salt
- Gluten-free
- Popped (never fried)

\$3.49

8.5 oz *Select varieties on sale!*



Garden of Eatin'

Organic Red Hot Blues Tortilla Chips

- Sprinkled with a dash of cayenne pepper

\$5.29

14 oz *Select products on sale!*



Crunchmaster

Multi-Seed Crunchy Baked Rice Crackers Original

- Made with olive oil

2/\$6

4 oz *Select varieties on sale!*



Back to Nature

Harvest Whole Wheat Crackers

- No high fructose corn syrup or hydrogenated oils
- Great for snacks

2/\$6

7 oz *Select varieties on sale!*



Visit Our Store For Additional Sale Items

Healthy Choices

Vital Farms

Organic Pasture Raised Large Eggs

- Certified Humane
- Small family farms



\$8.99

1 dozen *Select products on sale!*

Birch Benders

Gluten Free Complete Pancake & Waffle Mix

- Just add water
- Made with a touch of buttermilk



\$4.99

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



\$24.99

32 fl oz *Select varieties on sale!*

Crofter's Organic

Organic Just Fruit Spread SuperFruit

- Delicious mixture of superfruits
- Antioxidant power
- Fruit sweetened



\$3.29

10 oz *Select varieties on sale!*

Good Good

Strawberry Jam

- Real berries
- No sugar added
- Low carb
- Low calorie
- Keto friendly



\$4.49

12 oz *Select varieties on sale!*

Navitas Organics

Organic Cacao Powder Unsweetened

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



\$9.99

8 oz *Select varieties on sale!*

Purely Elizabeth.

Ancient Grain Granola with Probiotics Chocolate Sea Salt

- Organic oats
- Cocoa clusters



\$5.99

8 oz *Select varieties on sale!*

Three Wishes

Grain Free Cereal Cocoa

- 8g protein and 3g sugar per serving
- Rich & chocolatey
- Perfect crunch!



\$4.79

8.6 oz *Select varieties on sale!*

Seven Sundays

Gluten Free Sunflower Cereal Real Cocoa

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



\$5.79

8 oz *Select varieties on sale!*

Catalina Crunch

Protein Cereal Cinnamon Toast

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



\$5.99

9 oz *Select varieties of cereals on sale!*

Sunbutter

Sunflower Butter Natural

- Free from the top allergens
- Low sugar
- Vegan



\$5.49

16 oz *Select varieties on sale!*

Artisana

Raw Tahini Sesame Seed Butter

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



\$8.99

14 oz *Select products on sale!*

Beyond Meat

Beyond Breakfast Sausage Patties Original

- Plant-based
- 11g protein
- No soy or gluten



\$4.29

7.4 oz/6 patties *Select varieties on sale!*

Beyond Breakfast Sausage Links Original

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



\$4.99

8.3 oz/8 links *Select varieties on sale!*

Amy's

Burrito Beans & Cheddar Cheese

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



\$2.99

6 oz *Select varieties on sale!*

Red's All Natural

Burrito Steak & Cheese

- Made with beef raised without antibiotics
- 15g protein



2/\$4

5 oz *Select varieties on sale!*

Jack & Annie's

Classic Shaved Jack Steak ^{NEW!}

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



\$4.29

8 oz *Select products on sale!*

PREVAIL.

Beef Jerky Umami

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



\$4.49

2.25 oz *Select varieties on sale!*

Tasty Bite

Organic Turmeric Rice

- Basmati rice with ghee & turmeric
- Ready in 90 seconds



\$2.49

8.8 oz *Select products on sale!*

Annie's Homegrown

Macaroni & Classic Cheddar

- Made with organic pasta
- Real cheese
- Great taste!



4/\$5

6 oz *Select products on sale!*

Safe Catch

Skinless & Boneless Wild Sardines in Water

- Every catch mercury tested
- High protein
- Omega-3



\$2.49

4.4 oz *Select varieties on sale!*

Daiya

Dairy Free Homestyle Ranch Dressing

- Rich & creamy
- Plant-based
- Dairy, soy, egg & gluten free



\$3.49

8.36 fl oz *Select products on sale!*

Annie's

Organic Goddess Dressing

- Creamy tahini & lemon dressing
- Vegan



2/\$8

8 fl oz *Select varieties on sale!*

Bob's Red Mill

Organic Whole Chia Seeds

- Packed with antioxidants & omega-3 fatty acids



\$4.99

12 oz *Select products on sale!*

Manitoba Harvest

Organic Hemp Hearts

- Shelled hemp seeds
- 10g protein & 12g omegas 3 & 6 per serving



\$10.99

12 oz *Select products on sale!*

Lakewood Organic

Organic Pure Lemon Juice

- Fresh pressed juice
- Not from concentrate
- Allergen free
- 100% vegan



\$3.29

12.5 fl oz *Select products on sale!*

Primal Kitchen

Mayo Real Mayonnaise Made with Avocado Oil

- No soy or canola
- Sugar free
- Cage free eggs
- Creamy



\$7.99

12 fl oz *Select products on sale!*

Spectrum Culinary

Organic Coconut Oil

- Expeller pressed
- Refined
- Medium high heat
- Keto friendly



\$5.79

14 fl oz *Select varieties on sale!*

California Olive Ranch

100% California Extra Virgin Olive Oil

- Cold pressed
- Medium heat
- Rich & vibrant



\$16.99

16.9 fl oz *Select products on sale!*

Graza

"Drizzle" Extra Virgin Olive Oil

- Finishing Oil
- Picual olives from Jaen, Spain
- Peppery kick



\$13.99

16.9 fl oz in a squeeze bottle

Organic & All-Natural Products