



Same 20%

Save 20%

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 Dec. 1 - Dec. 31, 2025

Happy Holidays & A Healthy New Year

Soothing Touch

Bath Salts Sore Muscle Soak

- •Herbal therapy
- •Tension relief
- •Relaxing •Relieves muscle
- aches & pains*

32 oz Select varieties on sale!

Inesscents

CBD Botanically Infused Bath Salts

Lavender

Contains 40-50 mg of CBD...relaxing!

Herbs Etc.

Deep Sleep

High-quality

2 fl oz Reg. \$29.98

•Promotes deep,

restorative sleep

for peaceful sleep

•Calms mind & body

botanical ingredients

4 oz Reg. \$9.99

CV Sciences

+Plus CBD Aura Collection Save 31%

Illuminate CBD, THC and limonene supports creativity & sense Aura of well-being

Four Sigmatic

Organic Mood

Herbal Tea

Lemon Balm

•With tulsi and

reishi mushroom

•With adaptogens 🥈

2.12 oz Select varieties on sale!

& Rose

20 gummies/mountain berry Reg.\$34.99

NOW Foods

Pure Essential Oils

Lavender

•Aroma: Floral Soothing, relaxing, normalizing and balancing

1 fl oz Reg. \$13.99

Pure Essential

Oils Peppermint

·Aroma: Fresh, strong mint •Revitalizing, cooling and invigorating

1 fl oz Reg. \$8.99

Aura Cacia

Pure Essential Oils

Lavender

•Valued for its soothing aroma and versatility •Floral middle note

0.5 fl oz Select varieties on sale!

Heritage Store

Rosewater with Atomizer

- •Soothes & softens •Refreshes, hydrates
- & uplifts
- •For all skin types •Hypoallergenic

\$9.99

8 fl oz Reg. \$14.49

Extreme Dark

Bold cocoa with

hints of fruit

•88% cocoa

and spice

Chocolate Bars



\$23.99

Almonds &

•55% cocoa

•Belgian chocolate Crunchy almonds & sea salt crystals

3.2 oz Select varieties on sale!

Organic

•70% cocoa

Magic All-One Chocolate Bar **Salted Dark** Chocolate

•With coconut sugar

3 oz Select varieties on sale!

Health-Ade **Organic**

Kombucha Tea **Holiday Cheers**

Living probiotics* •Supports gut health •Holiday cheers spice blend

2/\$6

16 fl oz Select varieties on sale!

Sanpellegrino

Italian Sparkling Drinks Limonata (Lemonade)

Made with real Italian

lemon juice 6x 11 15 FL 07

6/11.15 fl oz Select varieties on sale!

Siete

Mexican Wedding Cookies

•Grain free •Gluten free



4.5 oz Select products on sale!

Endangered Species Chocolove *xoxox* Dr. Bronner's

Sea Salt Bar Dark Chocolate



UNREAL

Dark Chocolate Caramel Peanut

Nougat Bars

•70% organic •Gluten free Soy free

•Chewy

3.4 oz/5 bars Select varieties on sale!

Chocxo

Organic Dark Milk Chocolate Toffee. Almond & Sea Salt Snaps

3.45 oz/7 bars Select varieties on sale!

Heavenly Organics Espresso

Chocolate **Honey Patties**

Blend of honey, espresso, and cocoa butter in cocoa dark chocolate

1.16 oz Select varieties on sale!

Cocomels

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

Chocolate **Covered Cocomels** Sea Salt

•Coconut milk caramels in dark



1 oz/2 caramels Select varieties on sale!

Little Secrets

Crispy Wafers Dark Chocolate Sea Salt

•European cocoa •10 mini bars •55 calories per mini bar



3.5 oz Select varieties on sale!

Enjoy Life

Semi-Sweet Chocolate **Mini Chips**

Gluten free and allergy friendly



9 oz Select varieties on sale!

Miss Jones Baking Co.

Organic Brownie Mix

•Fudgey and chocolatey Dairy, soy, nut & peanut free Amazing taste!

14.67 oz Select products on sale!

Simple Mills

Almond Flour **Brownie Baking Mix**

•Gluten free •Grain free Fudgey •Nutrient dense

12.9 oz Select products on sale!

Bob's Red Mill

Gluten Free Cornbread Mix

This easy mix is perfectly moist & light with a touch of sweetness

20 oz Select products on sale!



plements

Heritage Store

Organic Castor Oil

•100% cold pressed

- •For wellness packs
- Stronger, fuller hair
- •Hexane-free



16 fl oz Reg. \$25.19



NORDIC

OMEGA-3

Stress-Relax **Ashwagandha**

Natural Factors

 $600 \, \mathbf{mg}$ Helps to inhibit

fatigue, tension & exhaustion due to everyday stress*

30 veg caps Reg. \$18.95

Save 29%

Stress-Relax **Suntheanine** L-Theanine 100 mg

•Relaxes & promotes mental calmness •Improves sleep*



60 chewable tabs Reg. \$26.95

Natural Vitality

CALM Magnesium **Relaxing Drink Mix**

Balanced mood •Nighttime relaxation* •Muscle function



8 oz powder Reg. \$23.79

Country Life

Save 25% Chelated Magnesium

Glycinate 400 mg per serving

Promotes healthy bone & muscle function*



function*

•With choline

B-Complex

& metabolism,

120 veg caps Reg. \$34.99

Source Naturals

Ultra-MagTM

- •5-in-1 bioavailable
- magnesium •Relaxes muscles
- •Calms nerves*



OptiZinc Zinc Methionine **Sulfate Complex**

Supports: skin & wound-healing, vision, growth, tissue repair etc.*



Same 30%

120 tabs Reg. \$15.50

LifeSeasons Therapeutics

Glucose Stabili-T

Extra Strength •Blood sugar support

•With berberine HCI Supports healthy circulation & vision*



Bio Nutrition Save 28%

Moringa 5,000 Moringa oleifera

 Supports energy, mental alertness, digestion and immune function* ·Caffeine free



60 veg caps Reg. \$20.89

Zyflamend

•For prostate

urine flow*

function & normal

Prostate

New Chapter Save 40%

Ancient Nutrition

Multi Collagen Protein

90 tabs Reg. \$22.99

•20g collagen per two scoops Skin, hair, joints and digestion*

Carlson Labs

Cod Liver Oil

Gems Super 1000 mg

•Omega-3s

EPA & DHA ·Heart, brain, vision and joint health*

\$35.60

250 soft gels Reg. \$44.50

90 veg caps Reg. \$12.50

Nordic Naturals
Save 19%

Omega-3 690 mg

Essential fatty acids EPA & DHA in fish oil support heart, brain, eye and

Omega-3 1560 mg 8 fl oz Sale \$21.99 Save 24%

immunity

180 soft gels Reg. \$43.45

Garden of Life

Grass Fed Unflavored

•20g per serving •TYPE 1 & 111 plus probiotics ·Hair, skin, nails & joints



Collagen Peptides



19.75 oz/28 servings Reg. \$46.99

Vitamin Code Raw

Calcium ·Calcium, magnesium, vitamin D3 & K2 MK-7

bone strength*

•Helps increase

120 veg caps Reg. \$55.99

Save 30%

Saw palmetto & pumpkin seed oil

Every Woman's

Multivitamin 55+ One Daily

•Immune, heart, bone & cellular energy support*

Superfood herbs

48 veg tabs Reg. \$68.15

Terry Naturally

Healthy Feet & Nerves

•Supports nerve health in feet, legs, fingers & hands* •Herb blend to aid healthy circulation



60 caps Reg. \$30.95

Emerald Labs

Women's 45+ 1-Daily Multi CoEnzymated

•Methylated folate •Setria L-Glutathione

60 veg caps Reg. \$44.95

•Broccoli & CoQ10 •Raw whole food

Men's 45+ 1-Daily Multi CoEnzymated

•Methylated folate •Setria L-Glutathione •Saw Palmetto •Iron free

30 veg caps Reg. \$24.95

Cleanse More **Formula**

Overnight formula •Helps eliminate waste & toxins*

Save 35%

Renew Life

Herbal & Mineral

•Herbs & magnesium

60 veg caps Reg. \$20.99

Save 23% Women's Complete

Ultimate Flora

Probiotic •90 billion CFU •12 strains

Delayed release

30 delayed release veg caps Reg. \$54.99

Save 25%

Vibrant Health

Green Vibrance + 25 Billion Probiotics

Supports: nutrition, digestion, circulation & immunity



5.82 oz/15 day supply Reg. \$40.00

Olbas

Nasal Inhaler **Pocket Size**

Instant relief from nasal and sinus discomfort •Essential oils Aromatherapy



0.01 fl oz Select products on sale!

Dr. Bronner's

Organic Lip Balm Peppermint

•Made with beeswax, jojoba & avocado oils •Finest essential oils used for fragrance

0.15 oz Select varieties on sale!

Derma•E

Vitamin C Concentrated Serum

•Helps prevent signs of aging* Boosts collagen Hyaluronic acid

2 fl oz Select products on sale!

Iason

Vitamin E Skin Oil 45,000 IU

•Maximum strength •Helps with dry spots •Leaves skin silky smooth & moisturized

2 fl oz Select varieties on sale!

Desert Essence

Tea Tree Oil **Facial Cleansin Pads**

·Soothes, nourishes & revitalizes skin ·Improves skin's texture & clarity

50 pads Select products on sale!

Alba Botanica

Daily **Moisturizing** Lotion

Sensitive Skin •Fragrance free •100% vegetarian ingredients

32 fl oz Select varieties on sale!

Everyone

Nourishing Lotion Unscented

•Hydrating •For hands & body •With coconut oil, aloe vera & vit. E

32 fl oz Select varieties on sale!

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.









































































ealthy Choice

Dr. Bronner's

Pure-Castile Bar Soap Lavender

•Made with





5 oz Select varieties on sale!

11 fl oz Select varieties on sale!

Avalon Organics

Strengthening

Improves elasticity

of brittle hair for

renewed strength

Andalou Naturals

Shampoo Lavender & Biotin

•Full volume •For lift, body and shine •Color safe •All hair types



Lemon

4 fl oz Select products on sale!

EO Everyone

Nurturing Rose

·Plant based

•Fights odor

•Aluminum free

Deodorant Spray

•Essential oil blend

Himalaya

Save 24% Whitening

Complete Care Toothpaste

•Whiter teeth •Fresher breath •Helps remove plaque

•Fluoride free

5.29 oz Reg. \$6.99

Radius

Big Brush Toothbrush Right Hand

Great cleaning and massage for gums •Replaceable head Plant based handle

1 toothbrush <u>Select varieties on sale!</u>

ECOS

Fruit + Veggie Wash

•Great for soaking ·Rinses away wax,



22 fl oz Select products on sale!

Caboo

Organic

Shampoo

Peppermint

Tree Free Toilet Paper

•From sustainable bamboo •Chemical free Non toxic



Septic safe

12/2 ply double rolls (300 sheets)

Repurpose

11.5 fl oz Select varieties on sale!

Eco Party Red Cups

•Cups are made from sustainably forested paper Non-toxic •Compostable



20 cups Select varieties on sale!

Compostable Straws

•Looks & feels like conventional straws Cold drinks only

·Super strong •FDA non-toxic

50 straws Select products on sale!

a2 Milk

a2 Whole Milk

•Naturally contains a2 protein & easier on digestion •Grade A •Vitamin D



Essentia

Naturally Alkaline Mineral **Spring Water**

•Electrolytes & minerals •pH 7.8 - 8.2

1.5 Lt. Select varieties on sale!

Clean Cause

Organic Yerba Maté Blueberry

•160 mg caffeine from yerba maté & green tea extract •Naturally flavored



15.5 fl oz Select varieties on sale!

KeVita

Organic **Probiotic Refresher Sparkling Drink** KEVITA Lemon Ginger

Live probiotics

CLEAN

•Fermented •Water kefir culture

12 fl oz Select varieties on sale!

Numi Tea

Organic Aged Earl Grey Black Tea

•Assam aged with real bergamot •High caffeine



18 tea bags Select organic teas on sale!

Celestial Seasonings

Sleepytime Herbal Tea

·Comforting aroma and flavor of spearmint and

chamomile Caffeine free



20 tea bags Select herbal teas on sale!

Traditional Medicinals

Organic **Peppermint** Herbal Tea

•Refreshing and minty •Soothes the belly •Caffeine free

16 tea bags Select herbal teas on sale!

The Ginger People

Gin•Gins Original

·Hard ginger candy made with real ginger Real, simple ingredients



4.5 oz Select varieties on sale!

Real Food

Lakewood Organic

Organic Pure Beet Juice

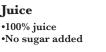
•Fresh pressed •Healthy functioning kidneys & digestive



32 fl oz Select juices on sale!

R.W. Knudsen

Organic Elderberry **Echinacea** Juice



32 fl oz Select varieties on sale!

Amy's

Soups

Organic

Red Lentil

The Good Crisp Co

Potato Crisps Classic Original

·All taste, no guilt •Free of: soy, dairy, nuts & gluten Non-GMO verified



5.6 oz Select varieties on sale!

Angie's

Boom Chicka Pop Popcorn Sea Salt

•Ready to eat Only 40 calories per cup Whole grain



4.8 oz Select varieties on sale!

Kettle Brand

Potato Chips Honey Dijon

•Extra tangy & extra sweet •Thick cut from whole potatoes



From The Ground Up Cauliflower

Snacking Crackers Sea Salt

•Made with real cauliflower •Gluten free

Zero Sugar

Zevia

Soda

Dr. Zevia

3.5 oz Select varieties on sale!

Rao's Made For Home

Chicken Noodle Soup

•Slow simmered to perfection •Chickens raised without antibiotics •Delicious!

16 oz Select varieties on sale!



14.4 oz Select varieties on sale!

BPA free can

Quinoa, Kale &

•Made from scratch

•Iust heat & serve

Dr. McDougall's

Vegan Ramen **Chicken Flavor**



1.8 oz Select varieties on sale!

Imagine

Organic Vegetable Broth

•Made with fresh organic vegetables, herbs and spices •Gluten-free

32 fl oz Select varieties on sale!

Edward & Sons

Organic Instant Soup Mix Miso-Cup

Traditional with tofu •Plant based



1.3 oz/4 single servings

•Gluten Free

•0 calories

·Sweetened with stevia

12/12 fl oz cans Select varieties on sale!

zevia



ealthy Choice

Gardein

Sauce pack

included

No dairy

•13g plant

Mandarin Orange

Crispy Chick'n

Cocojune

Organic Protein Yogurt **Blueberry Lemonade**

•Greek-style cultured coconut cocojune •Pre & probiotics •Thick & creamy



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

Louisville Vegan Jerky Co

18 eggs Select varieties on sale!

Vegan Soy Jerky Smoky Carolina Mustard BBQ

Happy Egg

18 Eggs

Orange

yolks

Free Range Eggs

•Small family farms

•Rich & flavorful

•Hens outside on pasture

•High protein •Meaty flavor •Sweet & smoky



3 oz Select varieties on sale!

Bob's Red Mill

Buttermilk Pancake & Waffle Mix

Homestyle •Simple ingredients •Homemade taste •Iust add water

20 oz Select products on sale!

Mulay's Sausage

NEW!

Ground Sausage

•Italian flavor without the heat •Antibiotic free pork

•No sugar

15 oz Select products on sale!

Beyond Meat

10.5 oz Select varieties on sale!

protein per serving

Beyond Breakfast Sausage Patties Original

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

7.4 oz/6 patties Select varieties on sale!

OLLI Salumeria

Snack Pack Genoa Mild Salami

•Fontina cheese Artisanal crackers

Pork raised without antibiotics

·Plant-based

•Made with

avocado oil

•17g protein

\$6.79

Soy free

2 oz Select varieties on sale!

Beyond Sausage

Hot Italian-Sytle

NEW!

And Improved

Annie's Homegrown

Organic Shells & Real **Aged Cheddar** Macaroni & Cheese

Organic shell pasta & real organic aged cheddar cheese

6 oz Select varieties on sale!

Beyond Sausage

14 oz/4 links Select varieties on sale!

Brat Original

•Plant-based

avocado oil

•17g protein

·Soy free

•Made with

NEW!

And Improved

Crown Prince

Smoked Oysters In Olive Oil

Naturally wood smoked hand packed in pure cold pressed olive oil



Organic

3 oz Select products on sale!

Tomato Paste

RAO'S Homemade Bionaturae

Marinara

No Salt Added •Sweetness of Italian tomatoes grown in Italy •Keto-friendly •No sugar added



7 oz Select varieties on sale!

Pasta Sauce

•Made with olive oil No added sugar Italian tomatoes



24 oz Select varieties on sale!

Mild Italian



Bubbies

Sauerkraut Fermented

·Made with salt, cabbage & water No added sugar Traditional recipe



25 oz Select products on sale!

TRUFF

Hot Sauce Black Truffle Infused

•Blend of ripe red chili peppers, real black truffles, agave nectar and savory spices •No preservatives!!



6 oz Select varieties on sale!

14 oz/4 links Select varieties on sale! Organic Valley

Organic Raw Sharp Cheddar Cheese

Made with raw milk



8 oz Select products on sale!

Wildbrine Kimchi

Korean Style

•Fermented for days in all the traditional spices •No fish sauce, sugar or MSG



Extra Virgin

100% California

•For everyday use:

sautéing, roasting

and finishing

Cold pressed

Olive Oil

18 oz Select varieties on sale!

California Olive Ranch

EPIC

Beef Tallow Grass Fed

•Alternative to vegetable oils Time honored cooking fat

•High smoke point

11 oz Select products on sale!

Dandies Coombs Family Farms Vegan Organic

Marshmallows Vanilla Flavored

•Perfect Cocoa topper Nothing

artificial •Taste great

10 oz Select varieties on sale!

Kerrygold

Pure Irish Butter

•Milk from Irish grass-fed cows •Rich and



creamy

Maple

Syrup

•Robust taste

8 oz/2 sticks Select products on sale!

•Grade A dark color

•Perfect for holiday

cooking & baking

32 fl oz Select products on sale!

Melt Organic

Organic Plant Butter **Cold Pressed**

•Allergen free •Rich & creamy Spread, melt or bake with it



13 oz Select varieties on sale!

Wholesome Sweetener

Organic Dark Brown Sugar

•Soft, moist and fine grained •Rich molasses flavor



24 oz Select products on sale!

Earth Balance **Buttery Spread**

Original

•78% vegetable oil ·Spread, fry, saute or bake



Soy free

·Great taste

15 oz Select varieties on sale!

Navitas Organics

Organic Cacao Powder Unsweetened

•100% cacao •Rich chocolate taste for baking or hot chocolate

8 oz Select products on sale!

Cobram Estate

Extra Virgin Olive Oil **Classic Flavor**

•100% California •Cold pressed •Everyday essential multi-purpose oil

12.7 fl oz Select varieties on sale!

Flavorganics

Organic Vanilla Extract

•Finest imported vanilla beans •Perfect for any baking recipe

4 fl oz Select varieties on sale!

Perfect for baking and hot drinks

Ceylon

Regenerative

1.76 oz Select products on sale!



























