



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 July 1 - July 31, 2026

THE BEAUTIFUL COLORS OF SUMMER

Alden's Organic

Organic Ice Cream Bar
Vanilla
Dark Chocolate
Almond

Alden's signature dark chocolate



\$4.79

3 bars *Select products on sale!*

Oat-Ly
Non-Dairy Frozen Dessert
Strawberry

•Made with oatmilk
•100% vegan



\$4.29

1 pint *Select varieties on sale!*

So Delicious
Dairy Free Cashewmilk Frozen Dessert
Simply Vanilla

•Rich & creamy
•Amazing flavor



\$4.49

16 fl oz *Select varieties on sale!*

Lenny & Larry's
The Complete Cookie
Chocolate Chip

•Soft baked
•10g fiber & 16g protein per cookie



\$1.99

4 oz *Select varieties on sale!*

Pamela's
Gluten Free Lemon Shortbread Cookies

Traditional short-bread texture with strong zing of lemon



\$4.29

6.25 oz *Select varieties on sale!*

Dandies
Vegan Vanilla Marshmallows

•All natural
•Gelatin-free
•Melts & tastes great



\$3.29

10 oz *Select varieties on sale!*

Santa Cruz

Organic Lemonade
Original

•Ready-to-drink
•Make freezer pops
•Add to smoothies
•Refreshing



\$2.49

32 fl oz *Select varieties on sale!*

Mela

Watermelon Water
Passionfruit

•Electrolytes and antioxidants
•Replenishes essential minerals



\$2.29

16.9 fl oz *Select varieties on sale!*

Juni

Organic Sparkling Tea
with Adaptogens
Peach

Super ingredients:
green tea, lion's mane,
ashwagandha & reishi



\$1.79

12 fl oz *Select varieties on sale!*

Fever-Tree

Classic Premium Ginger Ale

•Smooth, balanced ginger flavor with no artificial sweeteners or colors
•Blend of 3 gingers



\$3.99

4/6.8 fl oz bottles *Select varieties on sale!*

GT's

Alive Ancient Mushroom Elixir Root Beer

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



\$2.99

16 fl oz *Select varieties on sale!*

Zevia

Zero Sugar Soda
Ginger Root Beer

•Sweetened with stevia
•Zero calories
•Naturally flavored
•Soda made better



\$5.79

6/12 fl oz cans *Select varieties on sale!*

Brown Cow

Cream Top Whole Milk Yogurt
Vanilla

Rich, creamy and satisfying



89¢

5.3 oz *Select varieties on sale!*

Vital Farms

Organic Pasture-Raised Large Eggs

•Tended by hand
•Small family farms
•Rich flavor



\$7.99

12 large eggs *Select varieties on sale!*

Field Roast

Smoked Apple & Sage Sausages
Plant-Based

•Sweet & savory
•Sizzle on the grill or for breakfast



\$5.49

12.95 oz/4 links *Select products on sale!*

Dr. Praeger's

Plant-Based Perfect Burger

•4 veggies
•20g protein per serving
•Soy free



\$4.49

8 oz/2 burgers *Select varieties on sale!*

CHOMPS

Sea Salt Beef Stick
Mild

•Grass fed beef
•10g protein and 100 calories per serving
•Zero sugar



\$1.99

1.15 oz *Select varieties on sale!*

Bob's Red Mill

Gluten Free Cornbread Mix

Rich flavor, tender crumb and a touch of sweetness



\$2.99

20 oz *Select products on sale!*

Angie's

BoomChickaPop Popcorn
Sea Salt

•Whole grain
•40 calories per cup
•Gluten free



\$2.49

4.8 oz *Select varieties on sale!*

Terra

Sweet Potato Chips
No Salt Added

•Real vegetable chips
•Sliced thin
•Gluten free



\$3.29

6 oz *Select varieties on sale!*

Boulder Canyon

Avocado Oil Potato Chips
Classic Sea Salt

•Kettle Style
•Thick sliced
•100% avocado oil
•Gluten free



\$2.99

5.25 oz *Select varieties on sale!*

Siete

Spicy Fuego Puff Snacks
Grain Free

•With lentils & avocado oil
•Crunchy!
•Gluten free



\$2.99

4 oz *Select varieties on sale!*

Grain Free Tortilla Chips
Sea Salt

•Light & crispy
•100% avocado oil
•Vegan & paleo
•Gluten free



\$3.79

5 oz *Select varieties on sale!*

LARABAR

Fruit & Nut Bar
Pecan Pie

•Made with 3 ingredients: dates, pecans & almonds
•Delicious & wholesome
•Quarter cup of fruit



\$2.75

1.6 oz *Select varieties on sale!*

Supplements

WishGarden Herbs *Save 19%*

Kick-Ass Throat Spray

Helps maintain comfort during voice strain, dry throat and environmental exposure*



\$12.99

1 fl oz Reg \$15.99

Liquid I.V. *Save 40%*

Hydration Multiplier Electrolyte Drink Mix Concord Grape

Faster hydration than water alone



\$15.99

5.64 oz/10 sticks Reg \$26.69

Irwin Naturals *Save 20%*

Nitric Oxide Pre•Sport with L-Citulline

•Pre-workout booster*
•MCT's & beet root
•Ginkgo & ginseng



\$24.52

60 liq soft gels Reg \$30.65

2-in-1 Kidney & Liver Super Cleanse

Cleanse & detox with milk thistle and PACran plus dandelion & reishi



\$26.66

60 liq soft gels/14 day Reg \$33.32

New Chapter *Save 45%*

Zyflamend Prostate

•Prostate function* & normal urine flow
•Herbal blend with saw palmetto and pumpkin seed oil



\$30.23

60 veg caps Reg \$54.97

Bone Strength Take Care

Plant calcium in easy-to-swallow slim tabs, with K2 & fermented D3 that guide calcium to bones*



\$22.41

60 veg slim tabs Reg \$40.74

Terry Naturally *Save 20%*

Berberine MetX Metabolic Health

Supports healthy blood sugar and cholesterol levels + joint & cognitive health*



\$31.96

60 caps/2 months supply Reg \$39.95

CuraMed Super Absorption Curcumin

•750 mg curcumin complex
•Healthy inflammation response*



\$33.56

30 softgels Reg \$41.95

LifeSeasons Therapeutics *Save 41%*

Inflamma-X Inflammation Support

•Eases occasional stiffness & soreness
•Supports healthy inflammatory response & cellular repair*



\$25.99

60 veg caps Reg \$44.00

GS Stabili-T Blood Sugar Support

•Helps maintain healthy blood sugar, circulation and vision
•Increases energy levels*



\$42.88

90 veg caps Reg \$53.60

Vibrant Health *Save 20%*

Metabolic Vibrance Blood Sugar Balance*

Helps control cravings & supports healthy weight loss



\$36.00

90 veg caps Reg \$45.00

Natural Factors *Save 21%*

DGL Deglycyrrhized Licorice Root Extract

Protects stomach lining & intestinal wall*



\$14.99

90 chewable tabs Reg \$18.95

Herbs Etc. *Save 20%*

ChlorOxygen Chlorophyll Concentrate Mint

Supports overall vitality, cleansing, blood health, the immune system & energy*



\$13.10

1 fl oz/66 servings Reg \$16.38

Organic India *Save 32%*

Organic Moringa Caps Green Super Food

•Immune support
•Energizing*
•Digestion
•Whole herb



\$14.99

90 veg caps Reg \$22.19

Sunfood Superfoods *Save 35%*

Organic Moringa Leaf Powder

Supports vitality, metabolism, cellular health & nutritional balance*



\$12.99

8 oz Reg \$19.99

BiOptimizers *Save 25%*

Magnesium Breakthrough Drink Organic Fruit Punch

•8 forms of magnesium
•Sleep health*
•Stress support



\$29.99

5.4 oz/30 servings Reg \$39.99

Source Naturals *Save 20%*

Ultra-Mag™

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



\$10.20

90 veg caps Reg \$12.75

OptiZinc Zinc Methionine Sulfate Complex

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



\$6.80

60 tabs Reg \$8.50

Nature's Way *Save 25%*

Alive! Women's Ultra Multivitamin

Promotes energy, metabolism and muscle function*



\$22.49

60 tabs Reg \$29.99

Alive! Men's Ultra Multivitamin

Promotes healthy heart and muscle function*



\$22.49

60 tabs Reg \$29.99

Primadophilus Reuteri Probiotic Capsules

•Supports digestive & immune health*
•5 billion CFU



\$11.25

30 caps Reg \$14.99

Chlorofresh Liquid Chlorophyll Regular or Mint

•Supports healthy skin & body detox
•Supports liver detox pathways*



\$11.25

16 fl oz Reg \$14.99

Carlson *Save 20%*

Norwegian Cod Liver Oil

•Omega-3s EPA & DHA
•Promotes heart, brain, vision and joint health*
•Purity guaranteed



\$31.12

8.4 fl oz Reg \$38.90

Wild Norwegian Super D Omega-3 Cod Liver Oil

•2000 IU vit. D3
•1100 mg omega-3s
•Heart, brain & immune support*



\$27.60

6.7 fl oz Reg \$34.50

Nordic Naturals *Save 26%*

Omega-3 690 mg per 2 Soft Gels

Essential fatty acids EPA & DHA in fish oil: support heart, brain, eye and immunity health*



\$13.99

60 veg caps Reg \$18.95

Country Life *Save 25%*

Coenzyme B-Complex

Supports: energy, healthy cognitive function, plus metabolism of fats & cholesterol*



\$17.39

60 veg caps Reg \$23.19

High Potency *Save 25%*

Maxi-Collagen 7000

•Types 1 & 111 grass-fed collagen
•Reduces depth of wrinkles



\$20.99

7.5 oz Reg \$27.99

Garden of Life *Save 39%*

Raw Organic Protein Vanilla

•22g plant protein
•Probiotics and enzymes
•4g BCAAs



\$30.99

23.28 oz/20 servings Reg \$50.99

Grassfed Collagen Peptides

•20g per serving
•Type 1 & 111 plus probiotics
•Hair, skin & nails and joints*



\$16.99

9.87 oz/14 servings Reg \$27.99

Kyolic *Save 20%*

Cardiovascular & Immune Reserve Formula 200

Supports circulation, blood pressure, cholesterol and immune health*



\$26.79

120 caps Reg \$33.49

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

Sunfood Superfoods

Organic Matcha Powder

Fine-milled whole green leaf tea has a well rounded flavor profile



\$10.99

4 oz *Select products on sale!*

Lily of the Desert

99% Aloe Vera Gelly

- Replenish, hydrate & moisturize skin
- Hydrates at least 3 epidermal layers
- Soothes tender skin



\$3.49

4 oz *Select products on sale!*

The Seaweed Bath Co.

Tropical Lip Balm SPF 30 Coconut

- Antioxidant-rich with cocoa butter & vit. E to soften & protect lips
- Helps prevent sunburn



\$3.79

0.14 oz *Select varieties on sale!*

Derma•E

Vitamin C Concentrated Serum

- Hyaluronic acid
- Probiotics
- Supports collagen health*



\$20.99

2 fl oz *Select varieties on sale!*

Kirk's

Gentle Castile Soap Bars Original Fresh Scent

- 100% premium coconut oil
- Sensitive skin friendly



\$4.99

3/4 oz bars *Select varieties on sale!*

Dauids

Hydroxi Toothpaste Peppermint

Nano-hydroxyapatite for remineralizing, sensitive support, whitening, SLS free and antiplaque



\$5.99

4 oz *Select varieties on sale!*

Almond Breeze

Dairy-Free Almondmilk Vanilla

- Calcium and vitamin enriched
- 80 calories per cup
- Deliciously creamy



\$2.49

32 fl oz *Select varieties on sale!*

So Delicious

Organic Coconutmilk Unsweetened

- Dairy & lactose free
- No added sugar
- Smooth & creamy texture



\$2.79

32 fl oz *Select varieties on sale!*

Milkadamia

Macadamia Milk Unsweetened

- Raw - not roasted
- Creamy & rich
- Excellent source of calcium



\$4.29

32 fl oz *Select varieties on sale!*

C2O

Coconut Water The Original

- Nutrients plus electrolyte-rich hydration
- 100% natural, never from concentrate



\$3.99

33.8 fl oz *Select varieties on sale!*

Vita Coco

Coconut Water The Original

- Nutrients & electrolytes
- Potassium
- Natural hydration



\$3.99

1 lt. *Select varieties on sale!*

Nixie

Organic Sparkling Water Lime Ginger

- Refreshing and energizing
- 0 sugar, sodium or calories



\$4.79

8/12 fl oz cans *Select varieties on sale!*

Eternal Water

Naturally Alkaline Spring Water

- Smooth taste
- pH 7.8 to 8.2
- Hydrating



69¢

20.2 fl oz *Select varieties on sale!*

Essentia

Naturally Alkaline Mineral Spring Water

- Electrolytes & minerals
- pH 7.8 - 8.2



\$1.69

1lt. *Select varieties on sale!*

Evamor

Natural Artesian Water

- Rare alkaline source
- pH 8.8 - 9.1
- Fresh, smooth taste



\$1.39

20 fl oz *Select varieties on sale!*

Just Water

100% Natural Still Spring Water

- Naturally alkaline
- pH 8.0
- Crisp & refreshing



99¢

16.9 fl oz *Select varieties on sale!*

Proud Source

Alkaline Spring Water

- Rocky mountains
- Minerals and electrolytes
- Aluminum bottle



\$1.39

16 fl oz *Select varieties on sale!*

Recess

Recess Mood Raspberry Lemon

- Magnesium & adaptogen infused sparkling water
- Relax & unwind



\$2.79

12 fl oz *Select varieties on sale!*

OLIPOP

Sparkling Tonic Soda Strawberry Vanilla

- Probiotics, plant fiber & botanicals
- Supports digestive health*



\$1.79

12 fl oz *Select varieties on sale!*

Health•Ade

Organic Kombucha Tropical Punch

- Bubbly probiotic tea for gut health*
- Gut healthy acids
- Antioxidants



\$2.79

16 fl oz *Select varieties on sale!*

Brew Dr.

Organic Kombucha Clear Mind

- Live cultures
- Fermented
- Tea & botanicals
- Herbal flavor



\$2.29

14 fl oz *Select varieties on sale!*

Guru

Organic Good Energy Drink

- 140 mg caffeine
- Helps concentration
- Boosts physical vitality*



\$2.49

12 fl oz *Select varieties on sale!*

Odyssey

Functional Sparkling Energy Drink 222 Pineapple Mango

- 222 mg caffeine
- Lion's Mane
- Cordyceps



\$2.49

12 fl oz *Select varieties on sale!*

Organic India

Organic Tulsi Sweet Rose

- Stress relieving and elevating*
- Caffeine free



\$3.79

18 infusion bags *Select varieties on sale!*

Lakewood Organic

Organic Pure Carrot Juice

- Fresh pressed
- With organic lemon juice
- Not from concentrate



\$5.49

32 fl oz *Select varieties on sale!*

R.W. Knudsen

Organic Cranberry Pomegranate Juice

- 100% juice
- No added sugar
- Great for smoothies



\$4.29

32 fl oz *Select varieties on sale!*

Chocolove xoxox

Chocolate Bar Almonds & Sea Salt in Dark Chocolate

- 55% cocoa
- Belgian chocolate
- Dairy free
- Gluten free



\$3.49

3.2 oz *Select varieties on sale!*

TCHO

Organic Dark & Salty 81% Dark Chocolate Bars

- Dark chocolate blend & pink Himalayan salt



\$3.79

2.1 oz/3 bars *Select varieties on sale!*

World Centric

9" Fiber Plates

- Made from bamboo & unbleached plant fiber
- Great for hot or cold foods



\$3.79

20 plates *Select varieties on sale!*

Tru Earth

Laundry Detergent Sheets

- Fragrance free
- Up to 64 loads
- Hypoallergenic
- Easy & effective



\$9.49

32 eco-strips *Select varieties on sale!*

Visit Our Store For Additional Sale Items

Healthy Choices

Navitas Organics

Organic Goji Berries

- High in antioxidants
- Unsulfured & gently dried



\$5.49

4 oz *Select varieties on sale!*

Mavuno Harvest

Organic Pitted Dates

- Deglet Noor
- Plump & chewy with caramel-like goodness sweetener



\$2.79

4 oz *Select dried fruit on sale!*

Organic Dried Mango

- Sweet & delicious
- High in vitamin C, antioxidants and potassium
- No added sugar



\$2.79

2 oz *Select products on sale!*

Let's Do...Organic

100% Organic Unsweetened Shredded Coconut

- Fine shred for cooking & baking
- Gluten free



\$3.29

8 oz *Select varieties on sale!*

Lesser Evil

Organic Popcorn Himalayan Pink Salt

- Extra virgin coconut oil
- Gluten free



\$3.49

4.6 oz *Select varieties on sale!*

The Good Crisp Co.

Aged White Cheddar Potato Crisps

- Soy & gluten free
- Stacked potato chips



\$2.99

5.6 oz *Select varieties on sale!*

Good Health

Avocado Oil Kettle Style Potato Chips Sea Salt

- Made with 100% avocado oil
- Gluten free



\$2.49

5 oz *Select varieties on sale!*

Late July Snacks

Organic Restaurant Style Tortilla Chips Sea Salt

- Thin & crispy
- Gluten free
- Perfect with salsa



\$3.49

10.1 oz *Select varieties on sale!*

Stacy's

Pita Chips Rosemary & Olive Oil

- Baked with real pita bread
- No artificial colors or flavors



\$3.29

7.33 oz *Select varieties on sale!*

Madhava

Organic Light Agave

- Natural sugar substitute
- Low-glycemic (GI of 32)
- 100% blue agave



\$6.29

23.5 oz *Select products on sale!*

SweetLeaf

Stevia Sweetener Packets

- Sweetener + prebiotic fiber
- Zero calories
- Zero erythritol



\$4.79

70 packets (2 oz) *Select products on sale!*

Wholesome Sweeteners

Organic Powdered Confectioners Sugar

- For frostings, fillings, dusting and baking



\$3.99

16 oz *Select products on sale!*

Sir Kensington's

Classic Mayonnaise

- Free range eggs
- Soy free
- No canola oil
- Keto certified



\$6.49

12 fl oz *Select varieties on sale!*

Primal Kitchen

Mayo Real Mayonnaise Made with Avocado Oil

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



\$7.99

12 oz *Select varieties on sale!*

Organic Pure Avocado Oil

- High smoke point up to 500 degrees F
- Ideal for frying, baking and grilling



\$15.99

16.9 fl oz *Select varieties on sale!*

California Olive Ranch

Extra Virgin Olive Oil Global Blend

- Cold pressed
- Medium intensity
- Perfect for everyday cooking & baking



\$11.99

16.9 fl oz *Select varieties on sale!*

Cobram Estate

Extra Virgin Olive Oil Classic Flavor

- 100% California
- First cold pressed
- Rich & harmonious
- Moderate intensity



\$8.49

12.7 fl oz *Select products on sale!*

Napa Valley Naturals

Organic Extra Virgin Olive Oil

- First cold pressing
- Acidity in bottle 0.5% or less
- From Mediterranean



\$17.99

25.4 fl oz *Select products on sale!*

Bragg

Nutritional Yeast

- Cheesy savory seasoning without the dairy
- Good source of protein



\$4.79

4.5 oz *Select products on sale!*

Organic Valley

Organic Raw Sharp Cheddar Cheese

- Made with raw milk



\$4.49

8 oz *Select varieties on sale!*

Follow Your Heart

Dairy-Free Cheese Shredded Cheddar

- Creamy and delicious
- Soy free



\$2.99

7 oz *Select varieties on sale!*

Bubbies

Sauerkraut

- Old world recipe fermented in brine
- Only cabbage, water and salt
- No preservatives
- No added sugar



\$6.49

25 fl oz *Select products on sale!*

Wildbrine

Raw Fermented Kimchi Korean Style

- Probiotic rich
- Vegan version of Korean kimchi



\$5.79

18 oz *Select varieties on sale!*

Bitchin Sauce

Original Bitchin Sauce The Almond Dip

- Dip, spread, or smother on food
- Vegan



\$3.79

8 oz *Select varieties on sale!*

Divina

Vegan Pesto Nut-Free

- D.O.P. genovese basil from Italy
- Dairy & nut free
- Savory, aromatic flavor profile



\$3.79

6.7 oz *Select products on sale!*

Safe Catch

Wild Ahi Yellowfin Tuna

- Lowest mercury of any brand
- Skinless & boneless



\$3.79

5 oz *Select products on sale!*

Lotus Foods

Millet & Brown Rice Ramen Red Miso Soup

- Made with organic rice
- Gluten free
- Ready in 4 minutes



\$1.79

2.8 oz *Select products on sale!*

Westbrae Natural

Organic Chili Beans

- No salt added
- Pinto, kidney & black beans
- Excellent fiber
- Ready to serve



\$2.49

15 oz *Select varieties on sale!*

Ancient Harvest

Plant-Based Protein Pasta Green Lentil Penne

- 25g protein
- Free of top 9 allergens



Gluten-free

\$3.79

9.6 oz *Select varieties on sale!*

Chickapea

Organic Pasta Shells

- Made with chickpeas and yellow peas
- 24g protein
- Gluten free



\$3.29

8 oz *Select varieties on sale!*

Visit Our Store For Additional Sale Items