



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 Oct.1- Oct 31, 2025



WARMED UP AND RELAXED



Four Sigmatic Organic Mushroom Ground Coffee Focus with Lion's Mane and Chaga Mental clarity and energy  \$12.99 10 oz <i>Select varieties on sale!</i>	Host Defense <i>Mushrooms</i> Organic MycoBrew Mocha Lion's Mane, Coffee, & Cocoa Drink Mix •760 mg Lion's Mane per serving •With coconut sugar  \$14.99 5 oz/10 packets <i>Select varieties on sale!</i>	Teeccino Organic Roasted Herbal Tea Dandelion Dark Roast •Prebiotic •Caffeine free •Acid free  \$4.49 10 tea bags <i>Select varieties on sale!</i>	Organic India Organic Tulsi Sweet Rose Tea •Stress relieving & elevating* •Caffeine free  \$3.79 18 infusion bags <i>Select varieties on sale!</i>	Recess Recess Mood Magnesium & Adaptogen Sparkling Drink •Relax & unwind •Eases tension •Magnesium for your brain*  \$2.79 12 fl oz <i>Select varieties on sale!</i>	Clean Cause Organic Yerba Maté Mint & Honey •160 mg caffeine from yerba maté & green tea extract •Cane sugar  \$2.29 15.5 fl oz <i>Select varieties on sale!</i>
Happy Egg Free Range Eggs 18 Eggs •Hens outside on pasture •Small family farms •Rich & flavorful •Orange yolks  \$9.49 18 eggs <i>Select varieties on sale!</i>	Vital Farm Organic Pasture Raised Large Eggs •Forage outdoors all year •Small family farms •Tended by hand  \$8.99 12 eggs <i>Select products on sale!</i>	Upton's Naturals Seitan Bacon •Smoky seitan •High in protein •Low in fat •Meat-like texture  \$3.79 5 oz <i>Select products on sale!</i>	Cocojune Organic Protein Yogurt Blueberry Lemonade •Greek-style cultured coconut •Pre & probiotics •Thick & creamy  \$2.19 5 oz <i>Select varieties on sale!</i>	Three Wishes Grain Free Cereal Cocoa •8g protein and 3g sugar per serving •Gluten-free •Perfect crunch  \$4.79 8.6 oz <i>Select varieties on sale!</i>	Purely Elizabeth Ancient Grain Granola Blueberry Hemp Salty-sweet clusters with organic oats, chia & coconut sugar  \$5.99 12 oz <i>Select varieties on sale!</i>
Tofurky Plant-Based Sausage Italian •24g protein per serving •Perfect for soups & pasta  \$5.49 13 oz/4 links <i>Select varieties on sale!</i>	Beyond Meat Beyond Chicken Tenders •Plant-based breaded tenders •13g protein per serving  \$4.29 8 oz <i>Select products on sale!</i>	Red's Organic Burrito Chicken, Cilantro & Lime •Free range raised chickens •12g of protein  \$1.99 4.5 oz <i>Select varieties on sale!</i>	Amy's Margherita Pizza •Thin crust •Mozzarella and basil •Organic flour and tomatoes  \$8.99 13 oz <i>Select varieties on sale!</i>	Annie's Homegrown Macaroni & Classic Cheddar •Made with organic pasta •Made with real cheese •Great taste!  2/\$4 6 oz <i>Select varieties on sale!</i>	Near East Rice Pilaf Mix Garlic & Herb •Rice & orzo with onions, garlic and parsley •Ready in 30 mins  \$2.29 6.3 oz <i>Select varieties on sale!</i>
Back To Nature Peanut Butter Creme Sandwich Cookies •Made with real peanut butter •Plant-based •Delicious snack  \$3.79 8.25 oz <i>Select varieties on sale!</i>	Simple Mills Gluten Free Crunchy Almond Flour Cookies Chocolate Chip With organic coconut oil & coconut sugar  \$3.79 5.5 oz <i>Select varieties on sale!</i>	Nature's Bakery Whole Wheat Blueberry Fig Bar •Real fruit •Whole grains •Plant-based •No corn syrup  \$4.79 6/2 oz twin packs <i>Select varieties on sale!</i>	BEAR Strawberry Fruit Minis •Just 4 ingredients: apple, pear, strawberry & black carrot ext. •No added sugar  \$3.79 3.5 oz/5 packs <i>Select varieties on sale!</i>	Bobo's Almond Butter Oat Bar •8g protein per bar •Gluten free •Dairy free •Soy free •Vegan  \$1.99 3 oz <i>Select products on sale!</i>	Cocomels Chocolate Covered Sea Salt Cocomels •Coconut milk caramels in dark chocolate •Smooth & luscious •2 caramels  \$1.39 1 oz <i>Select varieties on sale!</i>

Supplements

Source Naturals

Wellness Formula Advanced Daily Immune Support

Bio-aligned vitamin & herbal defense*



Save 35%

All Source Naturals on sale!

Country Life

Methyl B12 Lozenges 3000 mcg

•Supports energy and stamina*
•Easily absorbed
•Berry flavor



Save 25%

All Country Life now on sale!

MegaFood

Blood Builder Iron

•Increases iron levels without side effects*
•Vitamin B12 & folic acid



Save 25%

All MegaFood now on sale!

NOW Foods

Super Enzymes Supports Healthy Digestion*

•Breaks down fats, carbs & protein
•With bromelain, ox bile, papain and pancreatin



Save 25%

All NOW Foods now on sale!

Nordic Naturals

Ultimate Omega

•1280 mg omega-3s per 2 soft gels
•Heart, brain and immune system*
•Lemon taste



Save 25%

All Nordic Naturals on sale!

Carlson Labs

Norwegian Cod Liver Oil

•1,100 mg omega-3's + vitamins A & D3
•Cardiovascular & cognitive health
•Joint support*



\$38.99

16.9 fl oz Reg. \$52.50

Charlotte's Web

Save 23%

Organic Calm

10 mg full-spectrum CBD + 75 mg organic lemon balm per serving



\$4.99

6 gummies lemon lime flavor Reg. \$6.49

Host Defense

Mushrooms Save 23%

Organic Lion's Mane

•Supports: memory, focus & nerve health*
•Made with organic mushroom mycelium



\$25.99

60 caps Reg. \$33.95

Sovereign Silver

Save 18%

Bio-Active Silver Hydrosol Daily+ Immune Support 10 PPM

•Actively charged
•Easily absorbed*
•Dropper-top



\$46.99

16 fl oz value size Reg. \$57.99

WishGarden Herbs

Save 10%

Kick-Ass Sinus Natural Sinus Relief

•Upper respiratory tract support*
•Calms & cleanses sinus tissue
•Soothes irritations



\$21.99

2 fl oz Reg. \$24.59

Youtheory

Save 36%

Spore Probiotics Advanced

•6 billion CFU + triphala blend
•Resists stomach acid*



\$16.99

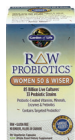
60 veg caps Reg. \$26.69

Garden of Life

Save 36%

Raw Probiotics Women 50 & Wiser

•85 billion live cultures
•33 probiotic strains



\$37.99

90 veg caps Reg. \$59.99

Zhou

Save 8%

Colostrum Gummies

•Immune support
•Overall health*
•Ethically sourced
•Sugar free
•Gluten free



\$40.99

60 gummies Reg. \$44.99

BIOOptimizers

Save 23%

HCL Breakthrough Natural Digestive Support

•Acid reflux relief
•Better digestion*
•Natural ingredients



\$22.99

90 veggie caps Reg. \$29.99

Organic India

Save 27%

Organic Moringa Powder Green Superfood
•Immune support
•Energizing*
•Digestion support
•Whole herb



\$15.99

8 oz Reg. \$22.19

Sunfood Superfood

Save 35%

Organic Beet Powder

Supports athletic performance, stamina and recovery*



\$9.99

8 oz Reg. \$15.49

Flora

Save 25%

Organic Red Beet Crystals

•Energizing*
•Nitric oxide booster
•Pressed farm fresh harvested beets



\$23.99

7 oz Reg. \$31.99

Floradix

Save 27%

Floravital Liquid Extract Iron + Herbs

•Rich in iron and B vitamins
•Yeast-free*
•Non-constipating



\$21.99

8.5 fl oz Reg. \$30.49

New Chapter

Save 40%

Prostate 5LX

Saw Palmetto Blend

•Support for prostate health, supporting normal urine flow*
•Pure extracts



\$25.97

60 veg caps Reg. \$43.28

Natural Factors

Save 34%

Whole Earth & Sea Men's 50+ Multivitamin & Mineral

•Over 20 whole food sourced nutrients
•Brain & heart health*



\$27.99

60 tabs Reg. \$42.95

Solgar

Save 37%

B-Complex "100"

•Energy metabolism
•Cardiovascular health*
•Nervous system support



\$16.99

100 veg caps Reg. \$26.99

Amazing Grass

Save 34%

Organic Wheat Grass

•Whole leaf powder
•For energy and detox*



\$22.99

8.5 oz Reg. \$34.99

Kyolic

Save 30%

Cholesterol Health Formula #104

•Supports healthy cholesterol levels & heart health*
•Organic aged garlic



\$10.99

100 caps Reg. \$15.89

Liquid I.V.

Save 17%

Hydration Multiplier Electrolyte Drink Mix

•Fast hydration
•8 vitamins and nutrients



\$16.99

5.64 oz - 10 sticks Reg. \$20.69

Manitoba Harvest

Save 28%

Organic Hemp Yeah! Max Protein Powder

•20g hemp protein concentrate
•4.5g omegas 3 & 6



\$14.99

16 oz/14 servings Reg. \$20.99

Biochem

Save 26%

100% Whey Isolate Protein Natural Flavor

•20g grass-fed vegetarian protein
•Complete amino acid profile



\$24.99

12.3 oz Reg. \$33.99

Renew Life

Save 27%

3-Day Cleanse Total Body Reset

•Waste & toxin elimination*
•Reduces bloating & water retention
•Herbal formula



\$6.49

2 part kit Reg. \$8.99

Forces of Nature

Save 31%

Hemorrhoid Organic Medicine Extra Strength

•Heals acute & chronic conditions
•Eases pain, itch & soreness*



\$9.99

0.17 oz Reg. \$14.49

MediNatura

Save 36%

Arnica +12 Extra Strength Pain Relief Cream

•Lasting pain relief for muscles, joints and back*
•Plant power



\$11.99

3 oz Reg. \$18.99

Lily of the Desert

Save 32%

Organic Aloe Vera Juice Whole Leaf

•Filtered
•Preservative free
•Bio-active
•Gut health



\$6.99

32 fl oz Reg. \$10.39

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

Lily of the Desert

99% Aloe Vera Gelly

- Replenishes, moisturizes and hydrates your skin
- Hydrates at least 3 epidermal layers



\$3.29

4 fl oz *Select varieties on sale!*

Heritage Store

Organic Castor Oil

- 100% cold pressed
- For wellness packs
- Stronger fuller hair
- Bold lashes & brows
- Hexane-free



\$17.99

16 fl oz *Select products on sale!*

Alaffia

Pure Unrefined Shea Butter Unscented

- Moisturizing + nourishing*
- Softens skin with fatty acids & vit.



\$9.99

11 oz *Select products on sale!*

Andalou Naturals

Body Lotion 1000 Roses

- Nourish, smooth & soften dry skin
- Helps protect skins moisture barrier*
- Shea & cocoa butters



\$6.99

8 fl oz *Select varieties on sale!*

Giovanni

More Body Hair Thickener

- Pumps hair
- Seals split ends
- Adds shine
- Color safe
- Paraben-free



\$6.49

6.8 fl oz *Select products on sale!*

Dr. Bronner's

Organic Pure-Castile Soap 18-in-1 Hemp Peppermint

- With organic oils
- Uses: face, body, hair, laundry, pets & dishes



\$14.99

32 fl oz *Select varieties on sale!*

Crystal

Mineral Deodorant Spray Pomegranate

- 24 hour protection
- Rapid dry and no white marks
- Paraben free



\$3.79

4 fl oz *Select varieties on sale!*

Desert Essence

Tea Tree Oil & Neem Toothpaste Wintergreen

- Fluoride free
- Botanical care for teeth and gums*



\$5.79

6.25 oz *Select varieties on sale!*

Spry

Natural Xylitol Toothpaste Peppermint

- Fluoride free
- Hardens enamel
- Sensitive teeth friendly
- With aloe



\$5.29

5 oz *Select varieties on sale!*

GT's

Synergy Raw Kombucha Gingerade

- 9 billion living probiotics*
- Pure & unfiltered



2/\$6

16 fl oz *Select varieties on sale!*

Health-Ade

Organic Kombucha Tropical Pineapple

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



2/\$6

16 fl oz *Select varieties on sale!*

Alô Drink

Aloe Vera Juice Drink Enrich

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



\$1.79

16.9 fl oz *Select varieties on sale!*

LIFE AID

FitAid Citrus Medley

- Recovery + BCAAs, electrolytes, turmeric, CoQ10, vitamins B, C, D3 & E, glucosamine and quercetin



\$2.29

12 fl oz *Select varieties on sale!*

Flow Water

Organic Alkaline Spring Flavored Water Strawberry Rose

- Electrolytes and essential minerals
- Alkaline pH 8.1



\$1.19

16.9 fl oz *Select varieties on sale!*

Essentia

Naturally Alkaline Mineral Spring Water

- Electrolytes & minerals
- pH 7.8 - 8.2



2/\$3

1 Lt. *Select varieties on sale!*

Eternal Water

Naturally Alkaline Spring Water

- Smooth taste
- 7.8 - 8.2 pH
- Hydrating



89¢

20.2 fl oz *Select varieties on sale!*

Steaz

Organic Green Tea Peach

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



2/\$3

16 fl oz *Select varieties on sale!*

OLIPOP

Sparkling Tonic Soda Classic Root Beer

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



2/\$4

12 fl oz *Select varieties on sale!*

R.W. Knudsen

Organic Just Tart Cherry Juice

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



\$6.79

32 fl oz *Select juices on sale!*

MALK

Organic Oat Malk Original

- 3 ingredients: filtered water, gluten free oats & pink salt
- Plant based



\$4.99

28 fl oz *Select varieties on sale!*

Blue Diamond

Almond Breeze Almondmilk Unsweetened Original

- California almonds
- Creamy
- 30 calories per serving



\$2.79

32 fl oz *Select varieties on sale!*

Endangered Species

Chocolate Bars Extreme Dark

- 88% cocoa
- Bold cocoa with hints of fruit and spice



\$3.49

3 oz *Select varieties on sale!*

Honey Stinger

Organic Honey Stinger Waffle

- Energy snack for endurance & performance



\$1.29

1.06 oz *Select varieties on sale!*

Terra Chips

Sweet & Beets No Salt Added

- With real sweet potatoes & beets
- Gluten free
- Perfection!



2/\$6

6 oz *Select varieties on sale!*

Solely

Organic Fruit Jerky Mango

- Only one ingredient
- One whole mango in each strip
- Healthy snack



\$1.29

0.8 oz *Select varieties on sale!*

Mavuno Harvest

Organic Dried Mango

- Ethically sourced
- No sugar added
- No preservatives



\$2.99

2 oz *Select dried fruit on sale!*

Made in Nature

Organic Dried Plums

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



\$3.99

6 oz *Select dried fruit on sale!*

Gimme

Organic Roasted Seaweed Snacks Sea Salt

- Vitamin B12 and iodine
- Light & crispy



\$1.69

0.35 oz *Select varieties on sale!*

Quinn

Gluten Free Sea Salt Pretzel Sticks

- Soy & corn free
- Crunchy
- Non-GMO
- Vegan



\$3.29

5.6 oz *Select varieties on sale!*

SkinnyPop

Popcorn Original

- 3 ingredients: popcorn, salt & sunflower oil
- Light & crunchy
- Rich flavor



\$3.29

4.4 oz *Select varieties on sale!*

Visit Our Store For Additional Sale Items

Healthy Choices

Siete Potato Chips Sea Salt •Made with avocado oil •Kettle cooked •Gluten-free •Vegan  2/\$6 5.5 oz <i>Select products on sale!</i>	Boulder Canyon Thin & Crispy Potato Chips Classic Sea Salt •Made with avocado oil •Cooked in small batches  \$2.99 6 oz <i>Select varieties on sale!</i>	The Good Crisp Co. Classic Original Potato Crisps •Allergen friendly •Potato chip snack •Great taste •Gluten free  2/\$7 5.6 oz <i>Select varieties on sale!</i>	Late July Snacks Nacho Cheese Tortilla Chips •Naturally flavored •Made with organic yellow corn •Whole grain •Non-GMO  \$3.49 7.8 oz <i>Select varieties on sale!</i>	Food For Life Ezekiel 4:9 Organic Sprouted Grain Cereal Cinnamon Raisin •Live grain •Old world flavor •7g protein per serving  \$7.49 16 oz <i>Select varieties on sale!</i>	Catalina Crunch Keto Friendly Protein Cereal Cinnamon Toast •11g protein & 9g fiber per serving •Gluten free •No sugar  \$6.29 9 oz <i>Select varieties on sale!</i>
Bob's Red Mill Organic Old Fashioned Rolled Oats •Whole grain •High quality farm fresh oats •Cereal & baking  \$4.99 32 oz <i>Select products on sale!</i>	Safe Catch Wild Sardines Skinless & Boneless •In extra virgin olive oil •Each catch is mercury tested •Omega-3 •Protein  \$2.79 4.4 oz <i>Select varieties on sale!</i>	Amy's Organic Canned Soup Lentil Vegetable •Light in sodium •High in protein •Ready in minutes  \$3.79 14.5 oz <i>Select varieties on sale!</i>	Health Valley Organic Canned Soup Chicken Noodle •Light in sodium •Low in fat •Good source of fiber  \$2.99 14.5 oz <i>Select varieties on sale!</i>	Dr. McDougall's Big Soup Cup Split Pea Soup •15g vegan protein •16g fiber •Gluten free •Ready in 90 seconds  \$1.89 2.5 oz <i>Select varieties on sale!</i>	Kettle & Fire Bone Broth Classic Beef •100% grass-fed & grass-finished beef bones •No preservatives •Gluten-free  \$5.29 16.9 fl oz <i>Select varieties on sale!</i>
Chickapea Organic Gluten Free Pasta Spirals •Chickpeas and yellow peas •24g protein  \$3.29 8 oz <i>Select varieties on sale!</i>	Westbrae Organic Beans Garbanzo Beans •No salt added •Excellent fiber •Ready-to-serve  \$2.49 15 oz <i>Select canned beans on sale!</i>	Tasty Bite Organic Basmati Rice Aromatic Indian Rice •Real ingredients •Easy to make •Gluten free  \$2.29 8.8 oz <i>Select products on sale!</i>	Artisana Organics Raw Tahini Sesame Seed Butter •Digests easily •Smooth & creamy •Raw pure ground sesame seeds  \$8.99 14 oz <i>Select products on sale!</i>	Field Roast Chao Slices Creamy Original •Coconut based and seasoned with fermented tofu •Dairy free •Melts perfectly  \$4.99 7 oz <i>Select varieties on sale!</i>	Organic Valley 3 Cheese Mexican Finely Shredded •Blend of colby, cheddar and monterey jack •Small dairy farms  \$3.99 6 oz <i>Select varieties on sale!</i>
Melt Organic Organic Plant Butter Cold Pressed •Allergen free •Rich & creamy •Spread, melt or bake with it  \$4.79 13 oz <i>Select products on sale!</i>	California Olive Ranch 100% California Extra Virgin Olive Oil •Cold pressed •Medium heat •Rich & vibrant  \$16.99 16.9 fl oz <i>Select products on sale!</i>	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 <i>Select varieties on sale!</i>	Primal Kitchen Pure Avocado Oil •High heat makes it ideal for grilling, broiling, air frying, baking and more •Natural light flavor  \$11.99 16.9 fl oz <i>Select products on sale!</i>	Navitas Organics Organic Cacao Powder Unsweetened •100% cacao •Rich chocolate taste for baking or hot chocolate  \$8.99 8 oz <i>Select products on sale!</i>	Frontier Co-Op Pumpkin Pie Spice •Cinnamon, cloves, ginger & nutmeg •Non-irradiated •Non-GMO •Versatile & flavorful  \$3.29 1.72 oz <i>Select spices on sale!</i>
Lakewood Organic Organic Pure Lemon Juice •Fresh pressed juice •Not from concentrate •Allergen free •100% vegan  \$3.29 12.5 fl oz <i>Select products on sale!</i>	Madhava Organic Light Agave •100% pure •Multi-use liquid sweetener •Gluten-free •Vegan  \$5.99 23.5 fl oz <i>Select products on sale!</i>	Shady Maple Farms 100% Pure Organic Maple Syrup •U.S. Grade A •Dark, robust taste •Fair Trade  \$11.99 12.7 fl oz <i>Select products on sale!</i>	Sweetleaf Stevia Sweetener Packets •Delicious natural sugar alternative •Zero calories •Zero carbs  \$4.99 2 oz / 70 packets <i>Select varieties on sale!</i>	Manitoba Harvest Organic Hemp Hearts •Shelled hemp seeds •10g protein & 12g omegas 3 & 6 per serving  \$10.99 12 oz <i>Select products on sale!</i>	Sunfood Superfoods Organic Matcha Tea Powder •Whole green tea leaf is used for well rounded flavor profile  \$9.99 4 oz <i>Select products on sale!</i>

Organic & All-Natural Products