



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 April 1 - April 30, 2024

SPRINTING TOWARD SPRING

Earth Balance

Natural Peanut Butter and Flaxseed

- On toast, add to smoothies or in stir-fries
- Vegan



\$4.79

16 oz *Select varieties on sale!*

Good Good

Concord Grape Jelly

- No added sugar
- Stevia sweetened
- Low calorie & low carbs
- Keto friendly



\$4.49

12 oz *Select varieties on sale!*

Alter Eco

Organic Granola Cinnamon Raisin

- Sweetened with fruit
- No added sugar
- No soy or corn



\$5.29

8 oz *Select varieties on sale!*

Bob's Red Mill

Organic Old Fashioned Rolled Oats

- Whole grain
- Good source of fiber
- Farm fresh oats



\$5.49

32 oz *Select products on sale!*

Cascadian Farms

Organic Cinnamon Crunch Cereal

- Real cinnamon
- 17g whole grains per serving



2/\$7

9.2 oz *Select varieties on sale!*

NUCO

Organic Coconut Wraps

- Raw
- Gluten-free
- No grains
- Vegan



\$5.99

2.47 oz/5 wraps *Select products on sale!*

Amy's

Gluten-Free Dairy-Free Burrito

- Made with organic rice & beans



\$3.49

5.5 oz *Select varieties on sale!*

Red's All Natural

Steak & Cheddar Burrito

- Made with beef raised without antibiotics
- 15g protein



\$2.29

5 oz *Select varieties on sale!*

Hilary's

Organic Veggie Burgers

- World's Best
- Free from: gluten, soy, corn & nuts
- Plant-based



2/\$7

10 oz/4 burgers *Select varieties on sale!*

Tasty Bite

Indian Bombay Potatoes

- Chickpeas & potatoes with spices in a tomato sauce



\$2.99

10 oz *Select products on sale!*

Indian Channa Masala

- Chickpeas with onions, tomatoes and spices



\$3.29

10 oz *Select products on sale!*

Pitaya Foods

Organic Jackfruit Bite-Sized Pieces

- 100% fruit
- Sweet-ripe
- Keep frozen



\$4.99

12 oz *Select varieties on sale!*

Jolly Llama

Gluten-Free Dairy-Free Frozen Dessert Cones Vanilla Fudge



\$3.99

3 cones *Select varieties on sale!*

So Delicious

Dairy-Free Cashewmilk Frozen Dessert Very Vanilla Rich & creamy



\$4.79

1 pint *Select varieties on sale!*

Lenny & Larry's

The Complete Cookie Chocolate Donut

- 16g protein
- 10g fiber
- Plant-based
- Soy free



\$1.79

4 oz *Select varieties on sale!*

Quinn

Gluten-Free Filled Pretzel Nuggets Cheddar Cheezy

- Dairy-free
- Crunchy shell & "cheezy" filling



\$4.29

5.8 oz *Select varieties on sale!*

The Ginger People

Gin-Gins® Crystallized Ginger

- Made with real ginger
- Spicy & sweet



\$2.79

3.5 oz *Select varieties on sale!*

KIND Bars

Nut Bars Blueberry Vanilla Cashew

- Gluten-free
- Low glycemic index
- Good source of fiber



2/\$3

1.4 oz *Select varieties on sale!*

Three Trees

Organic Unsweetened AlmondMilk Vanilla Bean

- Madagascar vanilla beans
- 4g protein per serving



\$5.49

28 fl oz *Select varieties on sale!*

Four Sigmatic

Balance Organic Half Caf' Ground Coffee

- With holy basil, ashwagandha, eleuthero & chaga



\$13.99

12 oz *Select varieties on sale!*

Pressed Juicery

Strawberry Orange Mango Smoothie

- Apple, orange, strawberries, mango, peach, lemon, elderberry & vit. C



\$4.79

12 fl oz *Select varieties on sale!*

Recess

Mood Peach Ginger

- Infused with magnesium & adaptogens
- Helps maintain calm & balance*



2/\$4

12 fl oz *Select varieties on sale!*

Rishi Tea

Sparkling Botanicals Water Dandelion Ginger

- Ginger beer
- Fermented green tea + black koji



\$1.89

12 fl oz *Select varieties on sale!*

Steaz Antioxidant Brew

Organic Yerba Mate Unsweetened Elderberry

- 165 mg caffeine from Coffeeberry fruit & yerba mate



\$1.79

16 fl oz *Select varieties on sale!*

Supplements


Bluebonnet
Liquid Cellular Active Methycobalamin Vitamin B12 1000 mcg
 Cellular energy production*
Save 20%
 All Bluebonnet now on sale!



Himalaya
Organic Gymnema
 •Glucose metabolism
 •Reinforces pancreatic function*
Save 20%
 All Himalaya now on sale!



Jarrow Formulas
BoneUp
 •Bone density support*
 •Skeletal nutrition
 •Bone health vitamins
 •1,000 mg calcium per day
Save 25%
 All Jarrow Formulas on sale!



MegaFood
Blood Builder Iron
 •Increases iron levels without side effects*
 •Real food
 •Vitamin B12 & folic acid
Save 20%
 All Mega Food now on sale!



Sovereign Silver
Bio-Active Silver Hydrosol Daily + Immune Support
 •10 PPM
 •Bolsters the immune system*
Save 20%
 All Sovereign Silver now on sale!



Amazing Grass *Save 32%*
Organic Greens Blend Superfood
 •Digestion*
 •Immunity & gut health
 •Energy boost
\$26.99
 8.5 oz/30 servings Reg \$39.99



Ancient Nutrition *Save 26%*
Organic Super Greens
 •Detox, digest, gut & energize*
 •25+ superfoods
 •2 billion CFUs of SBO probiotics
\$32.99
 8.82 oz Reg \$44.95



Gaia Herbs *Save 35%*
Turmeric Supreme Joint Health*
 •Joint support
 •Inflammation & foundational support*
\$19.99
 60 vegan liq. phyto-caps Reg \$30.99



Terry Naturally *Save 15%*
Healthy Feet & Nerves
 Supports healthy nerve function in feet, legs and fingers
\$25.46
 60 caps Reg \$29.95



Medinatura *Save 37%*
T-Relief Pain Relief Cream
 •Arnica + 12 natural pain relievers
 •With organic shea butter
 •Homeopathic
\$16.99
 4 oz Reg \$26.99



Great Lakes Wellness *Save 27%*
Collagen Peptides Quick Dissolve
 •Skin, hair, nails & joints*
 •Types I and III hydrolyzed collagen
\$26.99
 16 oz Reg \$36.98



Vital Proteins *Save 22%*
Collagen Peptides
 •20g collagen per serving
 •Grass fed
 •Skin, hair, nails & joint support*
\$20.99
 10 oz Reg \$27.00



Garden of Life *Save 26%*
Vitamin Code 50 & Wiser Women
 •Raw whole food multivitamin
 •Live probiotics & enzymes
 •Healthy heart & blood pressure*
\$35.99
 120 veg caps Reg \$48.99



Natural Factors *Save 27%*
Whole Earth & Sea Women's 50+ Multivitamin & Mineral
 •Raw ingredients
 •Energy, vitality, antioxidant*
\$30.99
 60 tabs Reg \$42.95




Country Life *Save 20%*
Coenzyme B-Complex With Choline
 Supports energy, cognitive function, & metabolism of fats & cholesterol*
\$27.99
 120 vegan caps Reg \$34.99



Solaray *Save 41%*
Vitamin D3 + K2
 •Bone strength*
 •125 mcg of D3 & 50 mcg of K2
 •Helps immune system & helps absorb calcium
\$11.99
 60 vegcaps Reg \$20.39



D-Mannose With CranActin *Save 41%*
 •Healthy urinary tract support*
 •CranActin 400 mg cranberry extract with Vitamin C
\$37.99
 120 caps Reg \$65.39



Carlson *Save 20%*
Wild Norwegian Cod Liver Oil
 •1100 mg Omega-3s
 •Promotes heart, brain, vision, & joint health*
 •Lemon flavor
\$27.98
 8.4 fl oz Reg \$34.98



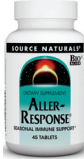
Solgar *Save 31%*
Liquid Calcium Magnesium Citrate With Vitamin D3
 Supports strong bones & teeth & immune system*
\$10.99
 16 fl oz Reg \$15.99



Source Naturals *Save 30%*
Activated Quercetin
 •Seasonal & immune defence
 •Natural histamine blocker
 •Immune health*
\$14.35
 50 tabs Reg \$20.50



Aller-Response *Save 29%*
 Seasonal formula that provides systemic support for the sinuses, lungs & immune system*
\$16.63
 45 tabs Reg \$23.75



Prince of Peace *Save 25%*
Blood Pressure Herbal Tea
 With hawthorn, ligustrum seed, sophora flower, green tea & stevia
\$4.49
 18 tea bags Reg \$5.99



Manitoba *Save 35%*
Organic Hemp Seed Oil
 •Cold pressed
 •Unrefined
 •12g omegas 3 & 6 per serving
\$11.99
 16.9 fl oz Reg \$18.69



Nordic Naturals *Save 25%*
Ultimate Omega-D3
 •Heart & cognitive support*
 •Healthy bones & immunity
\$22.99
 60 soft gels Reg \$30.95



Flora Health *Save 27%*
Udo's Oil 3•6•9 Blend Udo's Choice
 •Balanced ratio of omega fatty acids
 •Organic oils
 •Blends easily
\$15.99
 8.5 fl oz Reg \$21.99



Flora Health *Save 25%*
Flor•Essence Liquid Tea Blend
 •Natural full body cleanse & detox
 •Gentle & safe for everyday use
 •8 herb formula
\$27.99
 17 fl oz Reg \$37.49



Liquid I.V. *Save 23%*
Hydration Multiplier + Immune support Drink Mix
 •Powered by CTT
 •Convenient
 •Great taste!
\$17.99
 10 stick packs Reg \$23.39



Bragg *Save 21%*
Apple Cider Vinegar Caps
 1877mg ACV blend 750 mg Acetic Acid
 Supports healthy: weight, blood glucose & cholesterol levels*
\$16.99
 90 caps Reg \$21.59



Wedderspoon *Save 28%*
Organic Manuka Honey Drops with Echinacea
 •Cough drops
 •Soothes throat
 •All natural
\$7.79
 4 oz Reg \$10.89



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

NOW Foods

Pure Essential Oils
Peppermint

- Aroma: fresh, strong mint
- Revitalizing, cooling & invigorating



Save 30%

All Essential Oils on sale!

Xlear

Natural Saline Nasal Spray

- With xylitol
- Opens airways
- Relieves congestion
- Cleanses the nose & the sinuses



\$5.79

0.75 fl oz *Select products on sale!*

Forces of Nature

Organic Skin Tag Remover
Roll On Remedy

- Extra strength
- Quickly eliminates skin tags*



\$9.49

0.14 oz *Select products on sale!*

Tiger Balm

Pain Relieving Ointment
Red Extra Strength

- Muscles, joints, simple backache, arthritis & more



\$5.79

0.63 oz *Select products on sale!*

Desert Essence

Activated Charcoal Toothpaste
Fresh Mint

- Removes surface stains & polishes your teeth
- Deep cleaning



Tea Tree Oil Whitening Plus Toothpaste
Cool Mint

- Baking soda & bamboo extracts
- Bright smile



Save 20%

All Dental Care products now on sale!

Himalaya

Whitening Complete Care Toothpaste
Simply Mint

- Whiten teeth
- Plaque fighting
- Healthy gums



\$5.49

5.29 oz *Select varieties on sale!*

Seaweed Bath Co.

Detox Body Soap
Exfoliate

- Atlantic seaweed & charcoal exfoliate & moisturize for smooth, firm skin



\$5.29

3.75 oz bar *Select varieties on sale!*

Dr. Bronner's

Pure-Castile Soap
18-in-1 Hemp Peppermint

- With organic oils
- 18-in-1 uses: face, body, hair, laundry, pets & dishes etc.



\$14.99

32 fl oz *Select varieties on sale!*

Everyone

3 in 1 Soap
Citrus + Mint

- Essential oils soothe & nurture skin
- Body wash, bubble bath & shampoo
- Leaves skin soft



\$8.29

32 fl oz *Select varieties on sale!*

Tints of Nature

Tints of Nature 2N Natural Darkest Brown

- Permanent dye
- Nourishes hair
- Covers greys
- Ammonia-free



\$14.99

4.4 fl oz *Select varieties on sale!*

Late July Snacks

Organic Tortilla Chips
Sea Salt

- Restaurant style
- Thin & crispy



2/\$7

10.1 oz *Select varieties on sale!*

C2O

Pure Coconut Water with Pulp

- Electrolytes
- Plant hydration
- Never from concentrate



\$1.79

17.5 fl oz *Select varieties on sale!*

Eternal

Naturally Alkaline Spring Water

- High pH
- Pure & pristine
- Natural occurring electrolytes



89¢

20.2 fl oz *Select products on sale!*

Essentia

Ionized Alkaline Water

- pH 9.5 or higher
- 99% pure
- Enhanced with electrolytes



2/\$4

1.5 lt. *Select products on sale!*

Walakea

Hawaiian Volcanic Water

- Natural minerals & electrolytes
- Alkaline pH 8.2
- Recycled bottle



\$1.19

16.9 fl oz *Select varieties on sale!*

Beetology

Organic Beet + Lemon + Ginger Juice

- 100% cold pressed
- Supports overall health & well-being
- Rejuvenating



\$2.49

8.45 fl oz *Select varieties on sale!*

R.W. Knudsen

Organic Cranberry Pomegranate Juice

- 100% Juice
- No added sugar



\$4.29

32 fl oz *Select varieties on sale!*

Zevia

Zero Sugar Soda
Ginger Root Beer

- Zero calories
- Stevia sweetened
- Zero sugar
- Naturally flavored



\$1.39

12 fl oz *Select varieties on sale!*

Poppi

Sparkling Prebiotic Soda
Classic Cola

- Apple cider vinegar, seltzer water, fruit juice & prebiotics
- Low sugar & calorie



\$1.89

12 fl oz *Select varieties on sale!*

IZZE

Sparkling Juice
Mango

- It's bubbly, 70% real fruit juice beverage with a splash of sparkling water



\$3.79

4/8.4 fl oz cans *Select varieties on sale!*

Vive Organic

Organic Immunity Boost Wellness Shot
Cayenne Ginger & Turmeric

- Organic roots & fruit
- Immune strengthener



2/\$5

2 fl oz *Select varieties on sale!*

GT's

Organic Synergy Raw Kombucha
Peach Paradise

- Raw
- 9 billion probiotics
- Gluten-free



2/\$5

16 fl oz *Select varieties on sale!*

Bragg

Organic Apple Cider Vinegar
with 'The Mother' Citrus Ginger

- ACV plus blend of lemon, lime, ginger & honey



\$5.79

16 fl oz *Select varieties on sale!*

Lifeway

Organic Lowfat Kefir
Strawberry

- Cultured lowfat milk & 1% milkfat
- Live & active probiotics



\$4.49

32 fl oz *Select varieties on sale!*

Teccino

Mushroom Herbal Tea
Cordyceps Schisandra

- Prebiotic
- Acid free
- Adaptogen blend



\$4.49

10 tea bags *Select varieties on sale!*

Numi

Organic Green Tea
Gunpowder Green

- Full-bodied & gently rolled
- Medium caffeine
- Fair Trade



\$4.99

18 tea bags *Select varieties on sale!*

Organic India

Organic Tulsi Tea
Turmeric Ginger

- Stress relieving & harmonizing
- Caffeine free
- Non-GMO



\$3.79

18 tea bags *Select varieties on sale!*

Traditional Medicinals

Organic Dandelion Leaf & Root Herbal Tea

- Detox + Kidney health*
- Balanced & earthy



\$3.99

16 tea bags *Select varieties on sale!*

Organic Ginger Herbal Tea

- Digestion support*
- Spicy & warm
- Caffeine free



\$3.99

16 tea bags *Select varieties on sale!*

Visit Our Store For Additional Sale Items

Healthy Choices

<p>a2 Milk Co.</p> <p>Whole Milk</p> <ul style="list-style-type: none"> Naturally contains a2 protein and is easier on digestion Vitamin A & D  <p>\$4.49</p> <p>59 fl oz <i>Select products on sale!</i></p>	<p>Califia Farms</p> <p>Coconut Milk & Coconut Water Blend</p> <ul style="list-style-type: none"> Creamy & smooth Cooking, baking or sipping Source of calcium  <p>\$3.99</p> <p>48 fl oz <i>Select products on sale!</i></p>	<p>Chomps</p> <p>Turkey Stick Pepperoni seasoned</p> <ul style="list-style-type: none"> Free-range turkey 10g protein per serving Zero sugar Gluten-free  <p>\$1.69</p> <p>1.15 oz stick <i>Select varieties on sale!</i></p>	<p>Mike's Mighty Good</p> <p>Savory Miso Ramen Soup Vegetarian Miso Pillow Pack</p> <ul style="list-style-type: none"> Made with organic ramen Rich broth  <p>\$1.89</p> <p>2.1 oz <i>Select varieties on sale!</i></p>	<p>Amy's</p> <p>Indian Dal Golden Lentil Soup</p> <ul style="list-style-type: none"> Seasoned with Indian spices Organic lentils & beans  <p>\$3.99</p> <p>14.4 oz <i>Select varieties on sale!</i></p>	<p>Organic Butternut Squash Soup</p> <ul style="list-style-type: none"> Low fat Light in sodium Dairy free  <p>\$3.99</p> <p>14.4 oz <i>Select varieties on sale!</i></p>
<p>Annie's Homegrown</p> <p>Classic Cheddar Macaroni & Cheese with Organic Pasta</p> <ul style="list-style-type: none"> Real cheddar cheese Creamy & cheesy  <p>4/\$5</p> <p>6 oz <i>Select varieties on sale!</i></p>	<p>Mori-Nu</p> <p>Silken Tofu Extra Firm</p> <ul style="list-style-type: none"> For stir fry & sautéing Gluten-free Non-GMO  <p>\$2.29</p> <p>12.3 oz <i>Select varieties on sale!</i></p>	<p>Cascadian Farm Organic</p> <p>Organic Spud Puppies</p> <p>Crispy outside & tender inside</p>  <p>\$3.79</p> <p>16 oz <i>Select products on sale!</i></p>	<p>Lundberg Family Farms</p> <p>Organic Brown Long Grain Gourmet Rice</p> <p>Non-stick rice that is easily fluffed with a fork</p>  <p>\$6.29</p> <p>2 lbs <i>Select varieties on sale!</i></p>	<p>Seeds of Change</p> <p>Organic Quinoa & Brown Rice With Garlic</p> <p>Microwave in the pouch for 90 seconds</p>  <p>\$2.79</p> <p>8.5 oz <i>Select rice & grains on sale!</i></p>	<p>Bitchin Sauce</p> <p>The Almond Dip</p> <p>Dip, spread or smother on your favorite savory food</p>  <p>\$3.99</p> <p>8 oz <i>Select products on sale!</i></p>
<p>Primal Kitchen</p> <p>No Dairy Garlic Alfredo Sauce</p> <p>Made with avocado oil, garlic & creamy pumpkin butter</p>  <p>\$6.49</p> <p>15 oz <i>Select pasta sauces on sale!</i></p>	<p>CADIA</p> <p>Organic Mild Cheddar Cheese</p> <p>Milk from pasture-raised cows</p>  <p>\$4.29</p> <p>8 oz <i>Select products on sale!</i></p>	<p>Follow Your Heart</p> <p>Smoked Gouda Style Slices Dairy-Free Cheese</p> <ul style="list-style-type: none"> Soy-free Lactose free Plant-based Vegan  <p>\$3.99</p> <p>7 oz <i>Select products on sale!</i></p>	<p>Violife</p> <p>Just Like Cream Cheese Original</p> <ul style="list-style-type: none"> Made with coconut oil Vit. B12 100% vegan  <p>\$4.79</p> <p>7.05 oz <i>Select products on sale!</i></p>	<p>Nuts for Cheese</p> <p>Organic Dairy Free Wedge Style Cheese Black Garlic Fermented cashew product</p>  <p>\$5.99</p> <p>4.2 oz <i>Select varieties on sale!</i></p>	<p>Spectrum Culinary</p> <p>Organic Extra Virgin Mediterranean Olive Oil</p> <ul style="list-style-type: none"> First cold pressed Unrefined Medium heat  <p>\$19.99</p> <p>32 fl oz <i>Select products on sale!</i></p>
<p>Vital Farms</p> <p>Sea Salted Butter</p> <ul style="list-style-type: none"> Made with only cream & salt 85% butterfat  <p>\$3.79</p> <p>8 oz/2 sticks <i>Select varieties on sale!</i></p>	<p>Earth Balance</p> <p>Soy-Free Buttery Spread</p> <ul style="list-style-type: none"> Vegan Spread, fry, sauté & bake 78% vegetable oils  <p>\$3.99</p> <p>15 oz <i>Select products on sale!</i></p>	<p>Navitas Organics</p> <p>Organic Chickpea Flour</p> <ul style="list-style-type: none"> Superfine texture Fiber rich Gluten-free  <p>\$4.29</p> <p>10 oz <i>Select products on sale!</i></p>	<p>Organic Cacao Powder</p> <ul style="list-style-type: none"> Nature's dark chocolate Antioxidants Plant-based  <p>\$7.29</p> <p>8 oz <i>Select products on sale!</i></p>	<p>Coombs Family Farms</p> <p>Organic Maple Syrup</p> <ul style="list-style-type: none"> Grade A dark color Robust taste  <p>\$21.95</p> <p>32 fl oz <i>Select products on sale!</i></p>	<p>Madhava</p> <p>Organic Light Agave</p> <ul style="list-style-type: none"> 100% blue agave Natural sugar alternative Multi-use liquid sweetener  <p>\$6.49</p> <p>23.5 fl oz <i>Select products on sale!</i></p>
<p>SweetLeaf</p> <p>Stevia Sweetener Packets</p> <ul style="list-style-type: none"> 1 packet = 2 tsp. of sugar 0 calories 0 carbs  <p>\$5.29</p> <p>2 oz/70 packets <i>Select products on sale!</i></p>	<p>Bragg</p> <p>Organic Apple Cider Vinegar</p> <ul style="list-style-type: none"> Raw & unfiltered With the "Mother" Unpasteurized  <p>\$5.49</p> <p>32 fl oz <i>Select products on sale!</i></p>	<p>CADIA</p> <p>Organic Ground Ginger</p> <ul style="list-style-type: none"> Ideal for breads, cookies & cakes Non-irradiated Non-ETO  <p>\$2.49</p> <p>1.6 oz <i>Organic herbs & spices on sale!</i></p>	<p>Edward & Sons</p> <p>Bouillon Cubes Not-Chick'n</p> <p>Mix with hot water for broth or add to soups, stews or sauces</p>  <p>\$1.99</p> <p>2.5 oz/8 cubes <i>Select varieties on sale!</i></p>	<p>ECOS</p> <p>Plant powered Laundry Detergent Free & Clear</p> <ul style="list-style-type: none"> Hypoallergenic Biodegradable pH-balanced  <p>\$12.99</p> <p>100 fl oz/100 loads <i>Select varieties on sale!</i></p>	<p>Seventh Generation</p> <p>Dishwasher Detergent Powder Free & Clear</p> <p>Plant-based enzymes for greasy food</p>  <p>\$4.79</p> <p>45 oz <i>Select products on sale!</i></p>

Organic & All-Natural Products