



## 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 March 1 - March 31, 2024

# MARCH TOWARDS HEALTH

Vital Eggs

#### Pasture-Raised Eggs

- Alfresco
- •Certified humane
- •Tended by hand on small farms



12 large eggs Select varieties on sale!

Purely Elizabeth

#### **Ancient Grain** Granola

**Blueberry Hemp** Sweetened with coconut sugar & baked



12 oz Select varieties on sale!

Arrowhead Mills

#### **Organic Buckwheat** Pancake & Waffle Mix

•Whole grain •Pantry staple

22 oz Select varieties on sale!

Birch Benders

#### Organic Classic Pancake & Waffle Mix

·Just add water •Makes 26 four inch pancakes

16 oz Select varieties on sale!

Once Again

#### Organic Creamy Tahini

Only sesame seeds

•No salt added Unsweetened

\$7.49

16 oz Select varieties on sale!

Divina

#### Vegan Pesto Nut-Free

·Basil, pumpkin, olive oil & garlic plus nutritional veast

Dairy-free



6.7 oz Select varieties on sale!

**Beyond Meat** 

#### Plant-Based Spicy Breakfast Sausage

•11g protein per serving Soy free



7.4 oz/6 patties Select varieties on sale!

Miracle Noodle

#### **Pad Thai** Ready Meal

•Gluten-free Plant-based noodles •Ready in seconds!



9.9 oz Select varieties on sale!

**CADIA** 

#### **Organic Wood-Fired**

Italian Pizza Spinach &



\$6.99

12 oz Select varieties on sale!

Daiya

#### Cheddar And Improved Mac & Cheese

Gluten-Free Dairy-Free

Rich & creamy sauce made from oats

\$3.79

10.6 oz Select varieties on sale!

Crown Prince Natural

#### **Smoked Oysters** In Pure Olive Oil

Naturally wood smoked •1,305 mg of omega-3

•Protein & iron



3 oz Select products on sale!

Nixie Water

#### **Organic** Sparkling Water

·Zero calories, sugar or carbs •Tea & botanical



8/12 fl oz cans Select varieties on sale!

Immaculate

#### Organic **Cinnamon Rolls** With Icing

•5 ready-to-bake rolls

•Delicious



17.5 oz Select varieties on sale!

## Daiya

#### **Key Lime Style** Cheezecake

Dairy, soy & gluten free •Plant-based •Tangy, sweet & yummy!



14.1 oz Select varieties on sale!

Miss Jones Baking Co.

#### **Organic** Vanilla Cake Mix

•From-scratch taste Dairy, soy and nut free



15.87 oz Select varieties on sale!

Cosmic Bliss

#### Organic **Ice Cream** Twisted

Cookie Dough Grass-fed dairy



NEW!

Daiya /

\$5.79

14 fl oz Select varieties on sale!

Alden's Organic

#### **Organic** Ice Cream Vanilla Bean

Made with fresh cream and real vanilla beans



LaraBar

48 fl oz Select varieties on sale!

•Just 2 ingredients:

cashews and dates

•Rich & creamy flavor

LARABAR

Cashew Cookie Bar

Pamela's

#### Gluten-Free Lemon Shortbread Cookies

Shortbread texture with zing of lemon

6.25 oz Select varieties on sale!

Sahale Snacks

#### Cashew **Glazed Mix**

Dry-roasted cashews with vanilla bean & pomegranate



4 oz Select varieties on sale!

Newman's Own

#### Fig Newmans

•Wheat & dairy free Organic figs



10 oz Select varieties on sale!

#### Sweet Nothings

#### **Organic Nut Butter Bites**

•Whole food ingredients •No added sugar



1.4 oz/2 bites Select varieties on sale!

#### Bobo's

#### Gluten-Free **Almond Butter** Oat Bar

3 oz Select varieties on sale!

•8g protein Dairy & soy free



1.7 oz Select varieties on sale!

#### **Endangered Species**

#### Extreme Dark **Chocolate Bar**

•88% cocoa •Fairtrade chocolate ·High quality

ingredients

3 oz Select varieties on sale!

# emen

Quantum Health

SuperImmune+ Lysine, Olive Leaf & Astragalus

 Daily immune system support & oral health\*

•Vegetarian power formula

90 veg caps Reg. \$15.19

Trace Mineral Drops Helps restore pH balance, sleep, mood,

Same 25%

system functions\*

muscles & electrical

Trace Minerals

ConcenTrace

8 fl oz/3 month supply Reg \$43.29

Natural Factors

WellBetX Berberine 500 mg

•Cardiovascular support\* Supports weight management



For heart health

Wakunaga

Cardiovascular

**Kyolic** 

Health

function\*

Formula 250

& circulatory

60 vegan caplets Reg. \$30.69

Vibrant Health

#### Joint Vibrance

Kyolic

Same 25%

Save 40%

**BIOTIN** 

•10,600 mg collagen ·Hyaluronic acid, glucosame, MSM & chondroitin

·Hair, skin & nails



Maximum

Vibrance

Meal shake

•Plant protein

Antioxidants

•Probiotics

Wellness

Formula

•Multivitamins

21.82 oz/15-30 day supply Reg \$98.00

Source Naturals

Save 40%

BioSil

Collagen Generator Drops

Generates and protects elastin, collagen & Keratin levels\*

1 fl oz/120 servings Reg. \$40.23

Ancient Nutrition

Multi Collagen Protein

•20g protein per serving •5 types of collagen ·Skin, hair, joints & digestion\*



\$26.36

Terry Naturally

CuraMed 750 mg Curcumin Complex

60 veg caps Reg. \$28.95

•Up to 500 times stronger than turmeric Superior absorption BCM-95

\$28.46

30 soft gels Reg. \$37.95

Carlson

Wild Norwegian **Cod Liver Oil** 

•1100 mg Omega-3s ·Promotes heart, brain, vision, & joint health\* ·Lemon flavor

16.9 fl oz Reg. \$52.50

Nordic Naturals

13.7 oz/21 day supply Reg. \$69.00

Omega-3  $690~\widetilde{\mathbf{mg}}$ 

·Supports brain & heart health\*

•Immune support •Fresh lemon taste

\$13.99

60 softgels Reg. \$17.95



·Bio-aligned vitamins & herbal defense\* Antioxidant

•Immune support

90 tabs Reg. \$27.50

Garden of Life

MyKind Organics Organic

**B-12 Spray** 

One spray delivers 500 mcg vit. B-12 for energy, heart health & metabolism\*

\$13.99

2 fl oz Reg. \$19.99

**Probiotics Immune** Dr. Formulated

•50 billion •14 strains •Pre + pro + postbiotics



30 vegan caps Reg. \$41.99

Country Life Save 26%

Coenzyme **B-Comples** With Choline

Supports energy, cognitive function, & metabolism of fats & cholesterol\*

60 vegan caps Reg. \$23.19

Biotin 5 mg



High Potency

60 veg tabs Reg. \$18.39

New Chapter

**Every Women's** Multivitamin 55+ One Daily

Immune, heart, bone & cellular energy support\*



Save 22%

Save 20%

24 veg tabs Reg. \$39.96

NatureWorks®

CV Sciences

+ Plus CBD Calm

•Relaxation & stress support? •10 mg CBD per gummy with L-Theanine

& 5-HTP

Irwin Naturals

Nitric Oxide

with L-Citulline

Energy activator

Pre-Sport

Pre-workout

booster

•MCTs

30 gummies Reg. \$34.99

Youtheory Men Save 41%

Shilajit Advanced

Boosts healthy testosterone levels & supports the body during



Youtheory Spore

Probiotic Advanced

•6 billion CFU+ triphala blend •Resists stomach



Save 42%

60 veg caps Reg. \$27.99

American Health

RenewLife

Women's Care **Probiotic** 

•50 billion CFU+ •12 diverse strains •Urinary, digestive & immune health\*



Save 39%

Nature's Way Save 31%

**Primadophilus** Reuteri

•5 billion CFU •Multi strain with scFOS Delayed-release

30 caps Reg. \$14.99



**Swedish Bitters** •The traditional European herbal extract

•Used for digestion\* •Herbal elixir

\$36.99 16 fl oz Reg. \$47.49

60 liq soft gels Reg. \$26.65

Yerba Prima

Whole Husks

Colon Cleanser

•Pure psyllium

Fiber supplement

**Psyllium** 

NOW Foods

60 veg caps Reg. \$28.99

**Double Strength** L-Theanine  $200 \, \mathrm{mg}$ 

•Stress management •Healthy vascular function\* With inositol



Save 25%

100 tabs Reg. \$6.69

**Original** Papaya Enzyme



Aloe Herbal **Detox Formula** 

Lily of the Desert

30 veg caps Reg. \$44.99

Gut health, glowing skin, immunity, cleansing, regularity, & liver support\*



enzymes \*

Hyland's Naturals Save 30% **Muscle Therapy** 

With Arnica Pain Relief Gel

Relief from: soreness, stiffness, swelling & bruising\*



•For regularity\* •For heart health

60 veg caps Reg \$25.99



•The "after meal" supplement •Aids digestion\* Soy free



32 fl oz Reg. \$18.89

•Whole leaf •Filtered

Aloe Vera

Gel

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

•With vitamins & digestive

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



calm

Same 20%

Derma•E

#### Vitamin C Concentrated Serum

Hyaluronic Acid •Supports collagen health\*

•Stable vitamin C



All Derma•E now on sale!

Save 20%

Everyone

Lotion

**Nourishing** 

Citrus + Mint

·With coconut,

•Moisturizing

aloe vera & vit. C

Pure essential oils

All Everyone products on sale!

#### Giovanni

#### 100% Pure **Castor Oil Hair Treatment**

All hair types •Moisturize hair & scalp •Reduces frizz & helps rebond split ends

All Smoothing Caster Oil on sale!

#### **CV** Sciences

#### +Plus CBD Pain Relief Penetrating **Pain Cream**

·For neuropathic, joint & muscle pain •100 mg of CBD

2 oz Select products on sale!

#### Inesscents

#### **CBD Botanically Infused Bath Salts**

•40-50 mg CBD •Essential oils Calming

4 oz Select varieties on sale!

## Andalou Naturals

#### Moisture Rich Shampoo Argan Oil & Shea

Brings dry & dull hair back to life Softer, smoother hair with sheen

**ECOS** 

**Hand Soap** Lavender

•Hypoallergenic

•Tough on dirt

and germs

Plant-based

11.5 fl oz Select products on sale!

#### Alba Botanica

#### Very Emollient **Body Lotion** Maximum

•24 hour hydration •Hypo-allergenic



32 oz Select products on sale!

#### ShiKai

#### **Borage Therapy** Advanced **Formula**

**Body Moisturizer** For extremely dry skin with oatmeal & rooibos extract



8 fl oz Select varieties on sale!

#### Herbatint

#### **Permanent** Haircolor Gel

•100% grey cover •8 herbal extracts •For sensitive skin •Up to 2 applications



8.5 fl oz

## Crystal

#### Mineral **Deodorant** Roll-On

•24 hour protection No aluminum chlorohydrate •Paraben free

2.25 fl oz Select varieties on sale!

## Every Man Jack

#### **Deodorant** Stick

Sandalwood •Aluminum free

•24 hour protection •Plant-based



#### Zevia

#### Zero Sugar Soda

Cream Soda

- •Zero calories •Sweetened with stevia
- •No added color

6/12 fl oz cans Select varieties on sale!

#### Eternal

#### **Naturally** Alkaline **Spring Water**

•High pH •Pure & pristine •Natural occurring electrolytes



1 lt. Select products on sale!

#### Essentia

#### **Ionized** Alkaline Water

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



20 fl oz Select products on sale!

#### Vita Coco

#### Coconut Water Original

•Nutrients & electrolytes

•Potassium •Natural hydration

33.8 fl oz Select products on sale!

#### Harmless Harvest

#### **Organic** Coconut Water

 Natural hydration and electrolytes No added sugar •Nothing artificial

32 fl oz Select products on sale!

#### Caboo

#### **Tree Free** Bamboo **Toilet Paper**

Biodegradable

•Septic safe •2 ply sheets/ 300 sheet rolls



12 double rolls Select products on sale!

## MALK

#### **Organic** Oat Malk **Original**

3 ingredients: filtered water, sprouted gluten-



28 fl oz Select varieties on sale!

**OWYN** 

#### Plant-Based **Protein Shake** Smooth Vanilla

•20g protein •3g net carbs •Superfoods &



4/11.15 fl oz shakes Select varieties!

## Almond Breeze

#### Vanilla Almondmilk Unsweetened

•50% more calcium than dairy milk •30 calories per serving •No added sugar



Brew Dr.

Kombucha

•Live & active

cultures

•Raw & probiotic

·Alcohol extracted

14 fl oz Select varieties on sale!

**Clear Mind** 

**Organic** 

64 fl oz Select varieties on sale!

## Yogi

#### **Organic Bedtime Herbal Tea**

Supports a good night's sleep ·Caffeine free •16 tea bags



Save ZU

All Yogi Teas now on sale!

#### KeVita

**Organic** Apple Cider Vinegar Tonic Turmeric Ginger

 Live probiotics Supports your immune system\*

15.2 fl oz Select varieties on sale!

## Celestial Seasonings

#### **Peppermint** Herbal Tea

•Taste fresh & delicious

·Caffeine free •Non-GMO

20 bags Select varieties on sale!

#### Goldthread Green

**Minerals Plant-Based Tonic** 

•Helps gently detoxify the body\* Enhance vitality ·Hair, skin & nails

12 fl oz Select varieties on sale!

## Buddha Tea

#### Organic Elderberry **Herbal Tea**

 Antioxidants plus immunity boost\*

Caffeine free

GT's

Alive

18 tea bags Select varieties on sale!

**Probiotic Cider** 

Mushroom Elixir

Pu-erh tea with

organic root beer

spices plus reishi,

chaga & turkey tail

16 fl oz Select varieties on sale!

·Antioxidants •Minerals

Organic

•Vitamin C •Caffeine free

**Burdock Root** 

**Herbal Tea** 

## 18 tea bags Select varieties on sale!

#### Odyssey

#### **Sparkling** Mushroom Elixir

Energy + Focus •2750mg Lion's Mane & Cordyceps

85mg caffeine

12 fl oz Select varieties on sale!





Van's

#### **Gluten Free** Waffles

Blueberry •Brown

rice





9 oz/6 waffles Select varieties on sale!

Mary's Gone Crackers

#### Organic **Super Seed** Crackers

Seaweed + Black Sesame



5.5 oz Select varieties on sale!

Siete

#### Potato Chips Sea Salt

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



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

Kettle Brand

#### Potato Chips Jalapeno

•Hot! •Kettle cooked •Non-GMO



2/\$6

Garden of Eatin'

# **Red Hot Blues**

Corn Tortilla Chips

•With organic blue corn •Gluten-free

•Now even tastier

ED Ho

5.5 oz Select products on sale!

Late July Snacks

#### Nacho Cheese **Tortilla** Chips

•With organic yellow corn Naturally flavored



7.8 oz Select varieties on sale!

Kettle & Fire

**Organic** Classic Chicken **Bone Broth** 

•19g protein •Free range

chicken & herbs

16.9 fl oz Select varieties on sale!

Gardein

#### **Plant-Based** Saus'ge Gumbo

•Plant-based saus'ge, rice & vegetables •10g protein per car



15 oz Select products on sale!

Koyo

#### Asian Vegetable

Ramen

Organic noodles •Heirloom grains •Reduced sodium •Vegan



Lotus Foods

#### Forbidden Rice Ramen with White **Miso Soup**

•Organic rice •Ready in 4 mins. •Gluten-free

2.8 oz Select varieties on sale!

**PUR** 

#### Sugar-Free **Chewing Gum** Peppermint Gum

•Aspartame free •Refreshing

minty flavor •100% xylitol

9 pieces Select varieties on sale!

Lily's

#### **Dark Chocolate Baking Chips**

•Stevia sweetened

•55% cacao

•Vegan



9 oz Select prducts on sale!

Bob's Red Mill

Super-Fine Almond Flour

•Gluten-free •From blanched whole almonds



16 oz Select products on sale!

Simply Organic

**Organic** Cayenne

heat units

Kerrygold

**Irish Butter** 

or baking

•Rich &

creamy

Perfect for cooking

•Pure ground cayenne peppers •Rich, earthy color •25,000 to 35,000



All Simply Organic on sale!

Flavorganics

#### **Organic** Vanilla Extract

•From the finest vanilla beans in the world •Gluten-free



2 fl oz Select varieties on sale!

Wholesome

#### **Organic Blue Agave**

•100% pure •Low glycemic Multipurpose sweetener



23.5 fl oz Select products on sale!

Organic Valley

#### **Organic** Ghee

•Clarified butter •Great for

sautéing •Rich buttery taste

7.5 oz Select products on sale!

Organic **Salted Butter** 

•Cream from pasture-

raised cows Lightly



1lb/4 quarters Select varieties on sale!

Miyoko's

**Organic Cultured Vegan Butter** 

•Cashew & coconut oil

•European

•Cultured & churned



style

Lakewood

8 oz/2 sticks Select products on sale!

Spectrum Culinary

**Organic** Extra Virgin Olive Oil

•First cold pressed •Unrefined Balanced fruity

8.5 fl oz Select products on sale!

Muir Glen Organic

Organic Diced

**Tomatoes** ·No salt added ·California tomatoes

•Peeled & diced 2/\$3

14.5 oz Select products on sale!

San-J

#### Organic Gluten-Free Tamari Sauce

Brewed soy sauce •Richer & milder taste than regular sov sauce



10 fl oz Select products on sale!

Plant powered

Dish Soap

•Cuts grease

•Gentle on skin

Hypoallergenic

Lavender

**Bubbies** Sauerkraut

> naturally present cultures No vinegar

> •Fermented with



**Dryer Sheets** Lavender

·Softens fabric

Biokleen

•Non-toxic •Reduces

static ·Plant-



biokleen

DRYER SHEETS

80 sheets Select products on sale!

Pure

**Pure Cranberry** Juice

•Fresh pressed

 Not from concentrate

**Organic Tart Cherry Blend Juice** 

•100% juice •Blend of tart

32 fl oz Select varieties on sale!

iuice

•Pulp free

·Vitamin C

52 fl oz Select products on sale!

**ECOS** Uncle Matt's Organic

**Organic** Orange Juice •100% orange

25 fl oz Select varieties on sale!



Organic & All-Natural Products

8 oz Select varieties on sale!

HOPE

**Organic** Hummus Sea Salt & Olive Oil

8 oz Select varieties on sale!

•100% extra virgin olive oil •A hint of rosemary

•100% juice Unsweetened

32 fl oz Select varieties on sale!

cherry, apples, pears & grapes