



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 Nov. 1 - Nov. 30, 2023

Wishing You A Healthy Thanksgiving

Alden's Organic

Organic Vanilla Bean Ice Cream

- With real vanilla beans
- Gluten-free



\$8.29

1.5 qts *Select varieties on sale!*

Immaculate

Organic Cinnamon Rolls With Icing

- 5 ready-to-bake rolls
- Ready in minutes
- Delicious



\$5.79

17.5 oz *Select products on sale!*

Farmers Market

Organic Pumpkin Pie Mix

- 9 allergen-free
- Infused with sugar & spices
- Non-GMO



\$2.99

15 oz *Select products on sale!*

Wholly Wholesome

Organic Traditional 9" Pie Shells

- Bake at home
- 2 pie shells
- Perfect for holiday baking!



\$5.29

14 oz *Select varieties on sale!*

Mi-Del

Gluten Free Graham Style Pie Crust

- Free from 8 common allergens



\$3.29

7.1 oz *Select products on sale!*

Annie's Homegrown

Organic Honey Grahams

- Graham crackers made with real honey



\$3.49

14.4 oz *Select varieties on sale!*

Bob's Red Mill

Organic All-Purpose Flour Unbleached White

- For all baking
- Perfect results



\$7.99

5 lbs *Select varieties on sale!*

Swerve

Confectioners Zero Calorie Sweetener

- 1:1 measure like powdered sugar
- Keto friendly
- New great taste



\$5.79

12 oz *Select varieties on sale!*

Wholesome

Organic Light Brown Sugar

- Soft, moist & rich in natural molasses
- Gluten free



\$4.49

24 oz *Select varieties on sale!*

SweetLeaf

Stevia Sweetener Packets

- Zero calories, sugar or carbs
- Keto friendly



\$4.29

70 packets *Select products on sale!*

Chatfield's

Carob Chips

- Nut & dairy free
- Gluten-free
- Perfect for baking



\$4.79

12 oz *Select varieties on sale!*

Lily's

Dark Chocolate Baking Chips

- Stevia sweetened
- 55% cocoa
- No sugar added



\$6.29

9 oz *Select varieties on sale!*

Let's Do...Organic

Unsweetened Organic Shredded Coconut

- Fine shred for baking



\$3.29

8 oz *Select products on sale!*

Kerrygold

Pure Irish Butter

- Milk from grass-fed cows
- The made for baking butter



\$3.99

8 oz *Select varieties on sale!*

Birch Benders

Organic Classic Pancake & Waffle Mix

- Just add water
- Makes about 26 4-inch pancakes



\$4.29

16 oz *Select varieties on sale!*

Pamela's

Gluten Free Pancake & Waffle Mix

- Made with almond meal
- No added sugar



\$7.49

24 oz *Select varieties on sale!*

Beyond Meat

Beyond Breakfast Sausage

- 11g plant protein per serving
- Soy free
- Gluten free



\$3.79

7.4 oz/6 patties *Select varieties on sale!*

Hilary's

Organic Meatless Breakfast Sausage

- Free from top 12 food allergens



\$2.99

7.3 oz/4 patties *Select varieties on sale!*

Zevia

Zero Calorie Soda

- Sweetened with stevia
- Naturally flavored



\$5.49

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

Chameleon

Organic Handcrafted Cold-Brew

- Espresso coffee
- Unsweetened
- Ready-to-drink



\$2.79

10 fl oz *Select varieties on sale!*

Four Sigmatic

Organic Mushroom Ground Coffee

- With lion's mane & chaga
- Focus & immune support*



\$12.99

12 oz *Select varieties on sale!*

Late July Snacks

Organic Tortilla Chips Sea Salt & Lime

- Thin & crispy
- Restaurant style



2/\$7

10.1 oz *Select varieties on sale!*

Artisan Tropic

Cassava Strips Sea Salt

- Crunchy root vegetable
- Nightshade free
- Grain free



\$3.99

4.5 oz *Select varieties on sale!*

Terra

Sweets & Beets Chips

- Real sweet potatoes & beets
- No salt added



\$3.29

6 oz *Select varieties on sale!*

Supplements

New Chapter

Every Woman's 55+ Multivitamin

- One daily
- Immune, heart, bone & cellular energy support*



Save 25%

All New Chapter on sale!

Barlean's

Organic Lignan Flax Oil

- Pure & unfiltered
- Freshly cold pressed
- Antioxidant rich



Save 20%

All Barlean's now on sale!

Carlson

The Very Finest Fish Oil

- 1600 mg omega-3s
- Promotes heart, brain, vision, & joint health*
- Lemon flavor



\$42.00

16.9 fl oz Reg \$52.20

Nordic Naturals

Ultimate Omega-D3

- 1280 mg of omega-3
- 1000 IU Vit. D3
- Heart, bones & immunity*



\$21.99

60 softgels Reg \$28.95

RidgeCrest

ClearLungs Chinese Herbal Formula

- Supports free breathing*
- Balance mucus levels



\$14.99

60 Vcaps Reg \$21.19

OM Mushroom Superfood

Master Blend Plant-Based Protein

- 10 mushroom species
- 21g protein
- 3 botanical adaptogens



\$24.99

18.27 oz Reg \$36.29

Kyolic

Red Rice Yeast & CoQ10

- Aged garlic extract
- Formula 114
- Total heart health
- Whole body support*



\$20.32

75 caps Reg \$27.09

Cardiovascular Health Original

- Supports & strengthens
- Immune support
- Inflammation & detoxification*



\$11.47

100 caps Reg \$15.29

Source Naturals

Daily Essential Enzymes 500mg

- Bio-aligned
- Digestive aid*
- Vegetarian



\$9.80

60 caps Reg \$12.25

American Health

Chewable Super Papaya Enzyme Plus

- Digestive support
- Promotes nutrient absorption*
- High-potency



\$8.99

180 chewable tabs Reg \$13.99

Prince of Peace

Mango Ginger Chews

- Real ginger to support digestive health & comfort the stomach*



\$2.29

4 oz Reg \$2.69 *Select varieties on sale!*

Natrol

Melatonin Advanced Sleep 10mg

- Time released
- Maximum strength*
- Fall asleep faster



\$9.99

60 tabs Reg \$11.69

Hyland's Naturals

Calms Forte Sleep Aid

- Sleeplessness
- Restless sleep
- Stress



\$9.79

100 tabs Reg \$13.09

Bach

Rescue Pastilles

- Natural stress relief*
- Natural flower essence



2/\$13

35 pastilles Reg \$10.39

Terry Naturally

CuraMed 750 mg Curcumin Complex

- Healthy inflammation response*
- 500 times stronger than turmeric



\$50.07

60 softgels Reg \$62.59

Healthy Feet & Nerves

- Supports healthy nerve function in feet, legs & fingers*



\$24.61

60 caps Reg \$28.95

Sovereign Silver

Bio-Active Silver Hydrosol Daily + Immune Support 10 PPM

- Safe for the whole family



\$19.99

4 fl oz dropper top Reg \$23.19

Boiron

Chestal Honey Adult Cold & Cough Syrup

- For nasal & chest congestion, runny nose & sore throat relief



\$8.99

6.7 fl oz Reg \$11.79

Nature's Answer

Sambucus

- From 12,000 mg of black Elderberry
- Supports a healthy immune system*
- Alcohol-free



\$12.99

4 fl oz Reg \$16.99

ChildLife Essentials

Liquid Vitamin C Nutrition for Kids

- Immune system support*
- Natural orange flavor



\$5.79

4 fl oz Reg \$8.09

Nature's Way

Alive! Women's 50+ Ultra Potency Multivitamin

- Eye, bone, heart, immune, skin & energy metabolism*



\$22.49

60 tabs Reg \$29.99

MegaFood

Men's 55+ One Daily Multivitamin

- Immune support
- Healthy aging
- Muscle & bone health*



\$29.59

60 tabs Reg \$36.99

Country Life

Max for Men Multivitamin & Mineral complex

- Saw palmetto & lycopene
- Heart support
- Iron free



\$21.75

60 tabs Reg \$27.19

High Potency Biotin 10 mg

- Nail, scalp & hair vitamin
- Healthy energy metabolism



\$18.55

60 Vcaps Reg \$23.19

Pure Essence Labs

Ionic-Fuzz Magnesium Plus

- Anti-stress mix for sleep, bone & heart health*



\$22.67

6 oz Reg \$28.34

Solaray

D-Mannose With CranActin

- Urinary tract health & bladder support*
- Bacterial antiadherence



\$19.99

60 veg caps Reg \$33.19

Natural Factors

DGL 400 mg Deglycyrrhizinated Licorice Root Extract

- Protects stomach lining & intestinal wall*



\$13.99

90 chewable tabs Reg \$18.95

Garden of Life

Vitamin Code Raw Zinc

- 30 mg
- High potency
- Whole food zinc with vitamin C



\$11.99

60 vegan caps Reg \$15.99

Grass Fed Collagen Peptides Powder

- Hair, skin, nails & joints*
- 20g per serving



\$34.99

19.75 oz/28 servings Reg \$46.99

Irwin Naturals

Nitric Oxide Pre-Sport with L-Citrulline

- Pre-workout booster*
- Plus MCT's & beet root



\$21.32

60 liquid soft-gels Reg \$26.65

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

Tiger Balm

Pain Relieving Ointment

- Red extra strength
- Sore muscles
- Concentrated



\$5.79

0.63 oz *Select products on sale!*

Mineral Fusion

Highlighter Palette Stargazing

- Lightweight shimmer
- All skin tones & eye colors



Save 25%

All Mineral Fusion on sale!

ACURE

Curiously Clarifying Shampoo

Gently cleanses, removes buildup, boosts shine and replenishes moisture



\$6.99

8 oz *Select products on sale!*

Herbatint

Permanent Haircolor Gel

- 100% grey cover
- 8 herbal extracts
- Sensitive skin
- Up to 2 applications



\$13.99

4.56 oz *Select varieties on sale!*

Alaffia

Authentic African Black Soap Peppermint

All in one body wash, face wash, shampoo & shave soap



\$6.79

16 fl oz *Select varieties on sale!*

ECOS

Plant Powered Hand Soap

- Hypoallergenic
- pH balanced
- With vitamin E + antioxidants



\$4.29

17 fl oz *Select varieties on sale!*

Tom's of Maine

Long Lasting Deodorant

Beautiful Earth

- 24 hour natural protection
- No aluminum



\$6.49

2.25 oz *Select varieties on sale!*

Andalou Naturals

Body Lotion Mandarin Vanilla

- Superfruit antioxidants
- Vitalizing
- Super hydrating



\$6.99

8 oz *Select varieties on sale!*

Xlear

Spry Oral Rinse Mouthwash

- Made with xylitol
- Fluoride free
- Helps fight cavities



\$6.49

16 fl oz *Select varieties on sale!*

Dr. Bronner's

Organic All-One Toothpaste

- Fluoride-free
- Whitens teeth
- Freshens breath
- Reduces plaque



\$5.29

5 oz *Select varieties on sale!*

Nature's Answer

PerioBrite Toothpaste

- Natural brightening
- With CoQ10 & folic acid
- Fluoride-free



\$5.29

4 oz *Select varieties on sale!*

Radius

Big Brush Toothbrush

- Cleans teeth & gums
- Replaceable head
- Right or left hand brushes



\$7.99

1 toothbrush *Select varieties on sale!*

a2 Milk Company

Whole Milk

- Naturally contains a2 protein & easier on digestion
- Vitamins D ultra-pasteurized



\$4.29

59 fl oz *Select products on sale!*

Califia Farms

Go Coconuts Coconutmilk

- Coconut milk + coconut water
- Light & subtly sweet



\$3.99

48 fl oz *Select varieties on sale!*

MALK

Organic Oat Milk

3 ingredients: filtered water, organic gluten-free oats & himalayan salt



\$5.29

28 fl oz *Select varieties on sale!*

Vita Coco

Pure Coconut Water

- Replenish lost electrolytes
- Full of nutrients & vitamins



\$3.99

33.8 fl oz *Select varieties on sale!*

Lakewood Organic

Organic Pure Cranberry Juice

- Fresh pressed
- Not from concentrate



\$8.99

32 fl oz *Select varieties on sale!*

R.W. Knudsen

Morning Blend Juice

- Blend of five fruit juices
- No added sugar



\$3.49

32 fl oz *Select products on sale!*

Eternal Water

Naturally Alkaline Mineral Spring Water

- Electrolytes & minerals
- pH 7.8 - 8.2



\$2.99

2.5 lt *Select varieties on sale!*

Yogi

Kava Stress Relief

- Eases tension
- Promotes relaxation
- With organic carob pod



\$3.49

16 tea bags *Select varieties on sale!*

Health•Ade

Organic Kombucha

- Bubbly probiotic tea for gut health*
- Living probiotics
- Low sugar
- Healthy acids



\$5.99

48 fl oz *Select varieties on sale!*

Ke Vita

Organic Probiotic Refresher Sparkling Drink

Live probiotics



\$2.49

15.2 fl oz *Select varieties on sale!*

Garden of Eatin'

Red Hot Blues Corn Tortilla Chips

Made with organic blue corn



2/\$5

5.5 oz *Select varieties on sale!*

Pipcorn Snacks

Twists Cinnamon Sugar

- Heirloom corn flour
- Gluten-free
- Crunchy



\$3.29

4.5 oz *Select varieties on sale!*

Back to Nature

Classic Round Crackers

- Baked to flaky, crisp perfection
- Buttery flavor
- Hint of sea salt



\$3.29

4.5 oz *Select varieties on sale!*

Crunchmaster

Original Multi-Seed Crackers

- Crunchy
- Baked rice crackers
- With olive oil



\$3.29

4 oz *Select varieties on sale!*

PUR

Aspartame Free Chewing Gum

- 100% xylitol
- Allergen free
- Natural flavor



4/\$5

0.44 oz/79 pieces *Select varieties on sale!*

ECOS

Dish Soap

- Plant powered
- Hypoallergenic
- Cuts grease
- Gentle on skin



2/\$7

25 fl oz *Select varieties on sale!*

Better Life

Glass Cleaner

- Streak free
- Ammonia free
- Multipurpose
- Plant derived safe for children & pets



Save 20%

All Better Life now on sale!

BioKleen

All Purpose Cleaner

- Super concentrated: makes 32 gallons
- Non-toxic
- Plant-based



\$6.79

32 fl oz *Select varieties on sale!*

Visit Our Store For Additional Sale Items

Healthy Choices

Brown Cow

Whole Milk Yogurt

- Cream on top: sweet, rich & creamy
- Non-GMO



\$3.79

32 oz *Select varieties on sale!*

Arrowhead Mills

Organic Maple Buckwheat Flakes

- Gluten free
- 33g whole grains per serving



\$4.99

10 oz *Select products on sale!*

Coombs Family Farms

Organic Maple Syrup

- Grade A dark color
- Robust taste



\$21.99

32 fl oz *Select products on sale!*

Mori-Nu

Silken Tofu Extra Firm

- For stir fry & sauteing
- Gluten free
- Non-GMO



\$2.29

12.3 oz *Select varieties on sale!*

Organic Valley

Organic Grassmilk Raw Sharp Cheddar Cheese

Aged at least 6 months



\$5.99

8 oz *Select varieties on sale!*

Follow Your Heart

Dairy-Free Cheddar

- Soy free
- Vegan
- Lactose free
- Marvelous melt!



\$3.29

7 oz *Select varieties on sale!*

Daiya

Cheddar Style Slices

- Free of dairy, soy & gluten
- Source of calcium



\$3.79

7.8 oz *Select products on sale!*

Gluten-Free Pizza Cheeze Lover's

- Thin crust
- Dairy & soy free
- Cheeze shreds



\$6.79

15.7 *Select varieties on sale!*

Deluxe Mac & Cheeze

Dairy free cheeze sauce & gluten-free elbow pasta



\$3.79

10.6 oz *Select varieties on sale!*

Earth Balance

Peanut Butter + Flaxseed Spread

- Flaxseed for ALA omega-3s
- Creamy & delicious



\$4.79

16 oz *Select varieties on sale!*

Organic Vegan Buttery Spread

- Whipped
- Spread, fry, saute or bake
- 78% vegetable oils



\$5.79

13 oz *Select varieties on sale!*

Once Again

Organic Tahini

- Only sesame seeds
- No salt added
- Unsweetened



\$7.49

16 oz *Select varieties on sale!*

Mike's Mighty Good

Chicken Ramen Soup

- Made with organic ramen
- Rich broth
- Craft ramen



\$1.89

1.6 oz *Select varieties on sale!*

CADIA

Organic Jellied Cranberry Sauce

Tart & bold with a sweet finish



\$2.79

14 oz *Select products on sale!*

Cascadian Farm

Organic Frozen Crinkle Cut French Fries

- Quick & easy
- Tasty snack



2/\$7

16 oz *Select products on sale!*

Lundberg Family Farms

Wild Blend Gourmet Rice

- Sustainable
- Full bodied flavor
- Rich color



\$4.99

16 oz *Select rice pouches on sale!*

Eden

Organic Garbanzo Beans

Add to salads, soups, stews, casseroles or grain burgers



\$2.29

15 oz *Select canned beans on sale!*

Muir Glen

Organic Diced Tomatoes

- California tomatoes
- No salt added



2/\$3

14.5 oz *Select products on sale!*

DIVINA

Organic Pitted Greek Olive Mix

Perfect for cheese boards & grain bowls



\$3.49

5.3 oz *Select products on sale!*

HOPE

Organic Hummus

- With extra virgin olive oil
- Plant based
- Vegan
- Gluten free



\$2.99

8 oz *Select varieties on sale!*

Bitchin' Sauce

Chipotle Bitchin' Sauce

- Almond dip
- Spread, dip or smother on favorite food



\$4.79

8 oz *Select varieties on sale!*

Dr. Bronner's

Regenerative Organic Virgin Coconut Oil

- Unrefined
- Whole kernel
- Fresh pressed



\$7.79

14 oz *Select products on sale!*

La Tourangelle

Delicate Avocado Oil

- Light buttery avocado flavor
- Extra virgin
- Saute, wisk or bake



\$11.99

16.9 fl oz *Select products on sale!*

Spectrum Culinary

Organic Extra Virgin Mediterranean Olive Oil

- First cold pressed
- Everyday cooking
- Delicate flavor



\$14.99

33.8 fl oz *Select varieties on sale!*

Primal Kitchen

Mayo Made With Avocado Oil

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



\$7.99

12 fl oz *Select products on sale!*

Bragg

Organic Apple Cider Vinegar

- With the "Mother"
- Raw & unfiltered
- Unpasteurized



\$5.49

32 fl oz *Select products on sale!*

CADIA

Organic Onion Powder

- Non-irradiated
- Amazing addition to most savory dishes



\$2.49

2.3 oz *Organic herbs & spices on sale!*

Imagine Foods

Organic Vegetable Broth

- Made with fresh vegetables
- Low sodium



\$3.49

32 fl oz *Select varieties on sale!*

Pacific Foods

Organic Vegetable Broth

- Perfect start for soups or side dishes
- Vegan



\$3.99

32 fl oz *Select varieties on sale!*

If You Care

Parchment Baking Paper

- Unbleached
- Chlorine-free
- Silicone coated



\$4.49

70 sq feet *Select products on sale!*

Organic & All-Natural Products