

Coupon Specials

Savings good through June 30, unless otherwise stated.

In the Grocery Aisles

R.W. Knudsen Family® Juice

Delicious juices in a variety as rich as nature herself! Choose from these juice lines: Organics, Just Juice, Simply Nutritious®, Natural Juices, Very Veggie®, or Recharge® in sizes selling for \$1.99 or more.

75¢ off with coupon

R.W. Knudsen Family® Spritzer

Delicious juices paired with sparkling water – what a great thirst quencher! Plenty of all natural flavors to choose from, with no added sugar and no high fructose corn syrup. 10.5 oz. cans in a handy 4-pack.

\$1 off with coupon

Santa Cruz Organic® Sparkling Beverages

These folks have been making quality organic foods and beverages since 1972 with no added sugar, preservatives, artificial flavors, or high fructose corn syrup. Save on all of their fun fruity flavors in a 4-pack of 10.5 ounce cans.

\$1 off with coupon

Woodstock Farms® Natural and Organic Trail Mixes and Snacks

Munch 'em by the handful snacks your whole family will love! Choose a wide selection of delicious combinations.

\$1 off two with coupon

Traditional Medicinals® Herbal Teas for the Digestive System

What's good for your body should be good for the earth – when it's from Traditional Medicinals, you can rest easy. They've been committed to organic agriculture for more than thirty years. Choose Heartburn Soother™, Lemon Everyday Detox®, or Everyday Detox®.

\$1 off with coupon

Nature's Path® Eco Pac™ Cereals

Help reduce the use of packaging and still give your kids a breakfast they'll *want* to eat! Nature's Path family-size Eco Pac cereals are kid pleasers and environmentally very, very friendly. Choose from Corn Flakes or Mesa Mix for you, Koala Crisp or Panda Puffs for the young ones.

\$1.50 off with coupon

Mary's Gone Crackers® Crackers and Snacks

This delightfully-named company makes yummy wheat-free, gluten-free, Kosher, and organic crackers, pretzels, "snacks and twigs," along with wheat- and gluten-free organic Love Cookies in Oatmeal Raisin, Chocolate Chip, and Ginger Snap varieties. Um, um good!

\$1 off with coupon

In the Refrigerator/Freezer

Tofurkey® Deli Slices or Tempeh Strips

The #1 meatless deli slices in the US...and now, award-winning Tempeh Strips that reduce prep time for tempeh from two hours to only two minutes. Just sauté and serve right out of the package for sandwiches, stir-frys, and salads. Choose Lemon Pepper or Sesame Garlic.

\$1 off two with coupon

Food for Life® Gluten Free English Muffins

Certified organic, these new gluten free brown rice muffins are a great snack, or a nutritious change of pace from your morning toast! Just toast and enjoy -- they're naturally delicious! Several varieties to choose from, too.

50¢ off with coupon

Quorn™ Meatless and Soy-Free Cuisine

Everything Quorn in the store is eligible – so stock up! Taste for yourself why Quorn is such a top-selling meatless brand. Choose from Beef-Style Ground, Turk'y Burger, Meatballs, and more!

\$2 off two with coupon

Nate's Meatless Meatballs and Taquitos

The #1 meatless meatball on the Natural Food Channel! These delicious, hand made meatballs and taquitos are ready in minutes...and come in so many varieties, including gluten free! Choose any in-stock varieties.

\$2 off two with coupon

P.J.'s Organic Mexican Classics

Chicken and beef burritos, flautas, gluten-free enchiladas and taquitos – wow! Even the meat is organic in these great frozen entrées. Stock up now and save.

\$1.50 off two with coupon

In the Household Corner

Method® Household Products

Method products give you a cleaner clean™ while still being tough on dirt and grease. Naturally derived, non-toxic dishwashing detergent, glass cleaner, and more help you keep the planet as clean as you keep your home.

\$1 off with coupon

Biokleen™ Household Cleaners

The save, natural way to clean just about any surface in your home. Choose from in-stock supplies of bathroom cleaner, multi-purpose floor cleaner, ammonia-free glass cleaner, and others.

\$2 off two with coupon

New items!

Method Laundry Detergent

Powered by plant-based “Smart Clean” technology, this concentrated laundry detergent is safe for both standard and HE washers and so easy to use! Totally plant-based, it is biodegradable, too. Peony fragrance. 20 ounce 50-load pump bottle. Just 4 pumps = 1 wash load.

\$18.65

R. W. Knudsen Spritzer

Wholesome fruit teams up with sparkling water in these deliciously bubbly fruit beverages. Each is all-natural, with no added sugar and no high-fructose corn syrup. Gluten-free. Several flavors to choose from – why not try the newest, Mango Fandango? Save 95¢ when you buy a four-pack!

\$1.35 10.5 ounce can

\$4.45 four-pack

Steaz Energy Shot

Organic fuel for the mind, body, and soul® – ready right when you need it! This proprietary blend of green tea, yerba mate, acai, and guarana –plus 8 vitamins – gives you the boost you need, when you need it, without “the jitters.” Delicious berry flavor is sweetened with organic cane juice. Certified organic. Certified vegan. Contains 150 mg of natural caffeine. 2.5 fl. ounces.

\$2.39

Cliff Luna Bar

It's The Whole Nutrition Bar for Women® -- in a delicious white chocolate macadamia flavor. With just 80 calories and 4g of protein, this handy 0.7 ounce mini bar is high in folic acid and a good source of calcium. Certified organic. Kosher.

75¢

Justin's Natural Almond Butter

Great tasting and packed with 6g of protein, this all-natural almond butter in a handy squeeze packet is perfect for kids' lunches, office snacks, or an energy boost while hiking, biking, or working in the yard. Drop one in your purse or pocket and you'll have a truly nutritious “fast food.” Made without hydrogenated oils. Maple flavor. Gluten- and dairy-free. Kosher. 1.15 ounces.

\$1.15

Coffee Freak Coffee

It's great tasting coffee you can feel good about! Local company Coffee Freak knows you love coffee, but want to be sensitive to the "cost" of coffee growing for growers the world over. Now you can enjoy Coffee Freak's fresh, delicious coffee without guilt. All of their beans are Fair Trade Certified® beans from Peru, Sumatra, Ethiopia, Nicaragua, and other countries. Fair Trade Certified farmers "use sustainable growing and processing methods that reduce resource use and threats to the environment...[and] have complied with rigorous environmental standards governing pesticide use, water conservation, wastewater treatment, and ecosystem protections." So come on in for coffee you can truly savor.

Luscious Cheeses

Mahon Cheese

Rich and buttery-tasting, this semi-soft cheese is one of great versatility, often served over pasta, potato, rice and/or vegetables dishes. It's also delicious sliced and drizzled with olive oil. Imported from Spain.

Le Gruyère Cheese

Sweet and slightly salty, this aged hard cheese is ideal for baking as it melts easily, making it also the cheese of choice for fondue and the traditional topping for French Onion Soup. Imported from Switzerland.

Solgar Supplements – supplements you can count on since 1947.

Vitamin D3

A growing number of researchers are recommending an increase in the RDI of Vitamin D to 2000 IU. That's why Solgar is introducing new potencies of Vitamin D3 (Cholecalciferol).

Vitamin D3 600 IU Vegetable Capsules

Vitamin D3 5000 IU Vegetable Capsules

Vitamin D3 2200 IU Vegetable Capsules

Vitamin D3 1000 IU Tablets

Vitamin B12

The B Vitamins must be replenished regularly because they are water soluble and because absorption of these nutrients can decline with age. Now Solgar introduces two new ways to get them!

Sublingual Liquid B-12 with B-complex 2000mcg

Vitamin B-12 (Methylcobalamin) 1000mcg

Lutein

This antioxidant is of the most abundant carotenoids in fruits, vegetables, and other plants... and the principal carotenoid in the macula of healthy eyes. Solgar introduces FloraGLO® Lutein, a patented and purified lutein from marigolds.

Lutein 20mg Softgels

Melatonin and More

Everyone has trouble sleeping sometimes. Solgar has help! Two new products offer melatonin, a naturally-secreted hormone that is vital for promoting calm, restful sleep, alone or teamed with L-theanine.

Sweetest Dreams™ Vegetable Capsules (3mg melatonin, 100mg L-theanine)

Melatonin 5mg Nuggets

Acidophilus

A new formula of acidophilus that is truly dairy-, lactose-, and milk-free – no dairy whatsoever is used in the manufacturing process. Helps support a healthy balance of intestinal flora. Get 1.5 billion microorganisms per use.

Advanced 40+ Acidophilus Vegetable Capsules

Resveratrol

First isolated in grape skins, this polyphenol also occurs in peanuts, red wine, and some herbs. This new formula is derived from polygonum cuspidatum for optimal antioxidant support and enhanced with red wine extract.

Resveratrol 250mg Softgels

Heart Health Choices

Several new choices from Solgar support heart health naturally – with acai, folate, sterol esters, and reduced CoQ-10.

Ubiquinol 100 mg Softgels (reduced CoQ-10)

Super Acai Softgels (Brazilian berry)

Folate 400mcg and 800mcg Tablets (as Metafolin®)