



October 2024

Deals run Sept 25 - Oct 22

BREW. SIP. THINK.

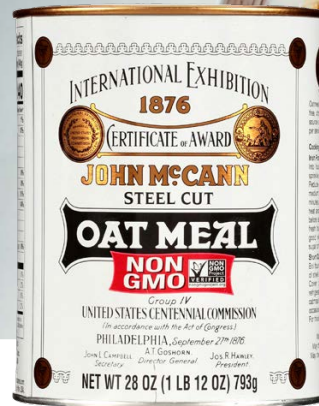
Lion's Mane supports productivity & creativity.
Chaga supports immune function



\$12⁹⁹

12 oz

Four Sigmatic
Think Organic
Mushroom Coffee



McCann's
Irish Gluten Free
Steel Cut Oats

\$5⁷⁹

28 oz

Lesser Evil
Organic Popcorn
(selected varieties)



2/\$6

4.6-6.4 oz

Siete
Kettle Cooked
Potato Chips
selected varieties



2/\$6

5.5 oz



2/\$5

2-2.4 oz

GoMacro
Organic
MacroBar
(selected varieties)

Birch Benders
Organic
Pancake &
Waffle Mix
(selected varieties)



\$4²⁹

14-16 oz



\$4⁹⁹

9-10 oz

Enjoy Life Foods
Chocolate
Chips
(selected varieties)

GT's
Kombucha
(selected varieties)



2/\$6

16 oz

841 S Ponce de Leon Blvd, St Augustine, FL 32084

Deals run September 25 to October 22, 2024

Annie's
Mac & Cheese
(selected varieties)

2/\$3

5.26–6 oz



The Ginger People
Gin Gins®
Ginger Candy
(selected varieties)

2/\$5

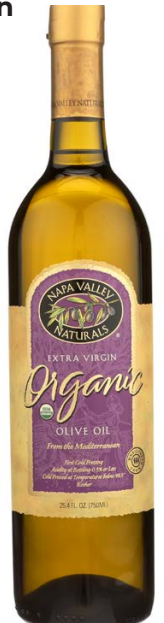
3–3.5 oz



Napa Valley Naturals
Organic Extra Virgin
Olive Oil
(selected varieties)

\$17.99

25.4 oz



Tasty Bite
Indian Entrée
(selected varieties)

\$2.79

10 oz



Navitas
Organic
Cacao Powder
(selected varieties)

\$7.99

8 oz



Rao's Homemade
Pasta Sauce
(selected varieties)

\$6.79

24 oz



Annie's
Organic Dressing
(selected varieties)

2/\$8

8 oz



\$3.99

7 oz

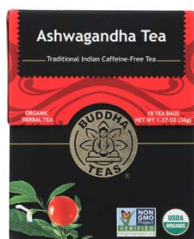
Miracle Noodle
Plant Based
Noodles
(selected varieties)



Buddha Tea
Organic Tea
(selected varieties)

\$4.99

18 ct



nutpods
Dairy-Free Creamer
(selected varieties)

\$2.79

11.2 oz



Traditional Medicinals
Organic Tea
(selected varieties)

\$4.49

16 ct



Plus hundreds of other Super Deals at

Serving Up Some Super Savings

**Amy's
Macaroni
& Cheese**
(selected varieties)



\$3⁷⁹
9 oz



2/\$6 Amy's
Burrito
(selected varieties)
6 oz



\$3⁹⁹ Van's
Waffles
(selected varieties)
9 oz



\$4⁹⁹ Food For Life
Organic
Ezekiel 4:9®
English Muffins
16 oz



\$5⁷⁹ Beyond Meat
Meatballs
(selected varieties)
10 oz

**Elmhurst
Plant-Based Milk**
selected varieties

\$4⁷⁹
32 oz



\$3⁷⁹ Vital Farms
Butter
(selected varieties)
8 oz

**Stonyfield
Organic Yogurt**
(selected varieties)

\$3⁷⁹
32 oz



**Udi's Gluten Free
Gluten Free
Hamburger Buns**
(selected varieties)



\$3⁷⁹
10.4-10.8 oz

**Organic Valley
Organic
String Cheese**
(selected varieties)



\$5²⁹
8 oz

**Simple Mills
Gluten Free
Cookies**
(selected varieties)



\$3⁷⁹
5.5 oz

**Late July
Tortilla Chips**
(selected varieties)



2/\$7
7.5-7.8 oz

**MI-DEL
Ginger Snaps**
(selected varieties)



\$3⁷⁹
8-10 oz

**Absolutely Gluten Free
Grain Free
Flatbread**
(selected varieties)



\$3⁹⁹
5.29 oz

30% or MORE off of our Every Day Low Prices

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easy PUMPKIN PIE OATMEAL

Curl up with the earthy, warm flavors of pumpkin pie for breakfast. Fast. Easy. YUM!

Serves 6

3 cups Old Fashioned Rolled Oats
1 can (15 oz) Farmers Market Pumpkin Pie Mix
Pinch Himalayan or Celtic Salt
2 cups milk of choice
1 cup water
Pecans for garnish

Add all ingredients except pecans to a sauce pan, stir to combine and bring to a simmer over the stove top.
Stir and allow to thicken and cook for about 5 - 8 minutes.
Once desired consistency is achieved, remove from heat.
Top with pecans and serve.

Pacific Foods
Organic Soup
(selected varieties)

\$4²⁹
32 oz



One Degree Organics
Organic
Sprouted Cereal
(selected varieties)

\$4⁴⁹
8-10 oz



Bob's Red Mill
Organic
Old Fashioned
Rolled Oats

\$3²⁹
16 oz



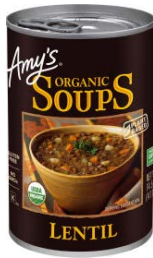
Farmer's Market
Organic Pumpkin Pie Mix

\$3²⁹
15 oz

Plus hundreds of other Super Deals at

Serving Up Some Super Savings

**Amy's
Organic Soup**
(selected varieties)



\$3.79

13.65–14.7 oz

**Kettle & Fire
Bone Broth**
(selected varieties)



\$5.49

16.9 oz

**Manitoba Harvest
Organic
Hemp Hearts**



\$11.99

12 oz

**Nature's Bakery
Fig Bar**
(selected varieties)

10/\$10

2 oz



**R.W. Knudsen
Organic Apple Juice**
(selected varieties)



\$3.79

32 oz

**R.W. Knudsen
Organic Just
Tart Cherry Juice**
(selected varieties)



\$6.79

32 oz



PUR Gum
(selected varieties)

4/\$5

0.44 oz

**ROAR Organic
Organic Vitamin
Enhanced Beverage**
(selected varieties)



\$1.59

18 oz

**REBBL
Organic
Protein Elixir**
(selected varieties)



\$3.79

12 oz

**Olipop
Sparkling Tonic**
(selected varieties)



\$1.79

12 oz

**Poppi
Prebiotic Soda**
(selected varieties)



2/\$4

12 oz

**C2O
Coconut Water**
(selected varieties)



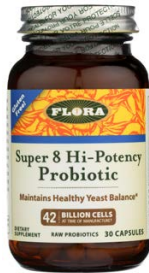
\$1.69

17.5 oz

30% or MORE off of our Every Day Low Prices

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**Flora
Super 8 Hi-Potency
Probiotic**



\$18⁹⁹

30 cap

**Forces of Nature
Organic
Nail Fungus Control**



\$10⁴⁹

5 ml

**Carlson
Cod Liver Oil**



\$38⁹⁹

500 ml

**Boiron
Oscillococcinum**



\$18⁹⁹

12 ct

**Garden of Life
Organic Elderberry
Gummy
(selected varieties)**



\$27⁹⁹

120 ct

**KAL
Magnesium
Glycinate 350**



\$16⁹⁹

160 ct

**MegaFood
Relax + Calm
Magnesium
Soft Chews**



\$11⁴⁹

30 ct

**Organic India
Organic
Ashwagandha**



\$16⁹⁹

90 cap



**Ancient Nutrition
Organic Gut
Recovery Probiotics**

\$43⁹⁹

60 ct



**Ancient Nutrition
Multi Collagen
Protein Powder
selected varieties**

\$38⁹⁹

459-525 g

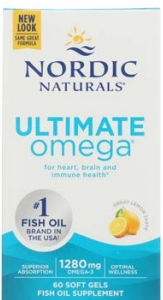
**Organic India
Organic
Psyllium Husk**



\$14⁹⁹

12 oz

**Nordic Naturals
Ultimate Omega
(selected varieties)**



\$21⁹⁹

60 ct

Plus hundreds of other Super Deals at

Serving Up Some Super Savings

Beekeeper's Naturals
Propolis
Immune Support
Throat Spray



\$10⁴⁹
30 ml

Lily of the Desert
Organic
Aloe Vera Juice



\$5⁷⁹
32 oz

Jarrow Formulas
MK-7 90 mcg



\$20⁹⁹
60 sgel

Solgar
No. 7 Advanced
Joint Support
Complex



\$18⁹⁹
30 vcap

Floradix
Floravital
Iron & Herbs



\$22⁹⁹
8.5 oz

Charlotte's Web
Hemp Extract
Sleep Gummies



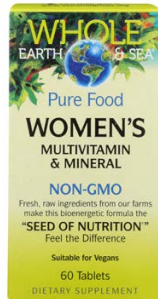
\$23⁹⁹
30 ct

Orgain
Organic
Protein Powder
(selected varieties)



\$37⁹⁹
32.4 oz

Natural Factors
Whole Earth
& Sea™ Women's
Multivitamin
& Mineral



\$30⁹⁹
60 tab



ESTABLISHED
— 1971 —
**Country
Life**

**20%
OFF**

OFFER ENDS OCT 31, 2024



30% or MORE off of our Every Day Low Prices



Where Lower Prices Come Naturally

**Dr. Bronner's
Organic Castile
Liquid Soap**

\$14⁹⁹

32 oz



**Himalaya
Toothpaste**
(selected varieties)

\$5⁴⁹

4-5.29 oz



**Andalou Naturals
Shampoo or Conditioner**
(selected varieties)

\$6⁷⁹

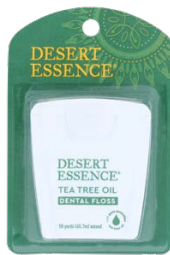
11.5 oz



**Desert Essence
Dental Floss**

\$3²⁹

1 ct



**ECOS
Laundry
Detergent**
(selected varieties)

\$13⁹⁹

100 oz



**Ecover
Liquid Dish Soap**

\$3²⁹

25 oz



**Ecover
Dishwasher
Tablets**

\$4⁷⁹

25 ct



**Aura Cacia
Organic
Lavender
Essential Oil**

\$10⁹⁹

.25 oz



DIY Natural Hand Soap

1 cup water

1 oz Dr. Bronners
castile liquid soap

1/4 tsp essential oil

Mix in a bottle
and shake.



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