

February 2012



Natural SOLUTIONS



Valentine's Day!



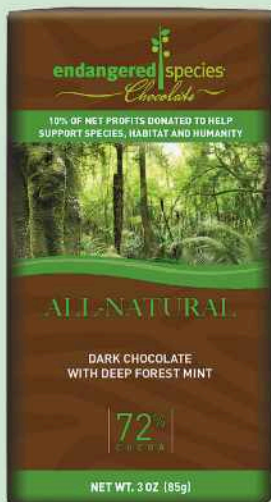
BLUE DIAMOND
Almond Coconut Blend
Beverages
Select Variety, 32 oz.

\$2²⁹



KETTLE CUISINE
All Natural GF Soup
Select Soups, 10 oz.

\$2⁶⁹



**ENDANGERED
SPECIES
CHOCOLATE**
Chocolate Bar
Select Chocolate
Bars, 3 oz.

\$2³⁹



**STRETCH
ISLAND FRUIT
CO.**
The Original Fruit Leather
Select Flavors
0.5 oz.

59¢



JUSTINS
Peanut Butter
Cups
Dark & Milk
Chocolate, 1.4 oz.

\$1⁵⁹

NOT ALL ITEMS AVAILABLE AT ALL LOCATIONS.

PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Stay Warm The Rest Of The Winter Season!

Common Cardiovascular Drug Interactions

Millions of Americans take medicine everyday for cardiovascular problems such as high blood pressure and cholesterol. Caution is needed because a few common groups of prescription drugs can cause nutrient depletions or interact with dietary supplements in negative ways.

ACE INHIBITORS are used to lower blood pressure and can be used in people who have had heart attacks or who have kidney disease. Some brand names include Lotensin (benazepril), Monopril (fosinopril), Altace (ramipril) and Accupril (quinapril). ACE inhibitors can raise potassium levels in the blood so it is recommended to avoid potassium-containing salt substitutes, potassium-sparing diuretics and potassium supplements. Zinc can become depleted by this class of drugs. Using capsaicin cream on the skin may increase the risk of cough associated with ACE inhibitors. Do not take cold medicines or weight loss pills and supplements containing ephedra, ephedrine or pseudoephedrine.

STATINS are a group of drugs used to lower cholesterol levels. Lipitor (atorvastatin) and Zocor (simvastatin) are two popular brand name statins you may recognize. Statins can cause coenzyme Q10 to become depleted in the body. This antioxidant is important for energy production and studies suggest it may play an important role in protecting heart health. Many health experts recommend taking CoQ10 supplements while on statin therapy to replenish stores. Also, limit alcohol consumption to reduce the risk of liver damage, a potential side effect of statins.

There are many potential interactions with any medication. So always be honest with your physician, pharmacist or nutritionist and tell them about all the supplements you take so they can provide you with the best care possible.



DR. MCDUGALL'S
All Natural GF Soup
Select Flavors, 18.2 oz.

\$2⁶⁹



BOB'S RED MILL
Rolled Oats
Gluten Free, Whole Grain, 24 oz.

\$6³⁹



ARROWHEAD MILLS
Pancake Mix
Select Variety, 26 oz.

\$3⁹⁹



YOGI TEA
Organic Tea
Select Flavors, 16 bags

\$2⁹⁹

Sweet Treats For Valentine's Day!



TREE OF LIFE
Creamed Clover Honey, 16 oz. **\$5⁴⁹**



DAGOBA CHOCOLATE
Organic Chocolate
Select Flavors, 2 oz. **\$1⁸⁹**



ENJOY LIFE
GF Soft Baked Cookies
Select Flavors, 6 oz. **\$3⁴⁹**



ANNA'S
Organic Thin Cookies
Select Variety 5.25 oz. **\$1⁸⁹**



UDI'S
GF Muffins
Select Flavors 4 Pack, 12 oz. **\$4⁹⁹**

Salty & Sweet For All Of Your Cravings!



**EARTH
BALANCE**
Natural Peanut
Butter
Creamy &
Crunchy, 16 oz.

\$3³⁹



MEDITERRANEAN
Snack Chips
Select Flavors, 4.5 oz.

\$2⁸⁹



EARNEST EATS

Country Squares
Select Variety
2.15 oz.

\$1³⁹



HOL GRAIN
Seasoning Mix
Chili & Fajita
1.25 oz.

\$1²⁹



LITTLE BEAR
Tortilla Chips
Yellow Corn
Salted & Unsalted
16 oz.

\$3⁵⁹



ALTER ECO
Dark Chocolate
Select Variety,
3.5 oz.

\$3¹¹



**MICHAEL
SEASON'S**
Reduced Fat
Potato Chips
Select Variety
8.5 oz.

\$2⁵⁹



BLUE SKY
Natural Soda
Select Variety
6 Pack
12 fl. oz. Cans

**2
FOR \$6⁴⁹**

Stay Fit In February!



HOUSE FOODS
Premium Tofu
Select Varieties, 12 oz.

\$1³⁹



NUTIVA
Organic Coconut Oil
Extra Virgin, 15 oz.

\$8⁹⁹



TRIPLE LEAF TEA
All Natural Caffeine-Free
Herbal Tea
Select Variety, 20 bags

\$2⁴⁹



**SPECTRUM
ESSENTIALS**
Organic Flax Oil Shelf Stable
With Omega-3 ALA, 8 fl. oz.

\$9⁶⁹



MARANATHA
All Natural No Stir
Almond Butter
Select Variety, 12 oz.

\$5⁹⁹



PHARMA NUTRIENTS
Omega Products, 60 Caps

\$15³⁹

February Favorites!



MODERN
Spike All Purpose
All Natural
Seasoning
Select Variety
3 oz.

\$2⁰⁹



TREE OF LIFE
Tofu Firm Style
16 oz.

\$2⁴⁹



AMANDE
Yogurt
Select Variety
6 oz.

\$1¹⁹



TINKYADA
GF Brown
Brice Pasta
Select
Variety, 16 oz.

\$2⁵⁹



PACIFIC CHAI
Chai Mix
Select Variety
10 oz.

\$3⁹⁹



EARTH'S BEST
Baby Puree
Select Variety
3.1 oz.

\$1⁵⁹



SPECTRUM
Chia Seed
Whole Seeds
12 oz.

\$8²⁹



SPECTRUM NATURALS
Organic Canola Oil
Refined for
Medium High
Heat, 32 fl. oz.

\$10¹⁹

J/Ä/S/Ö/N

JASON

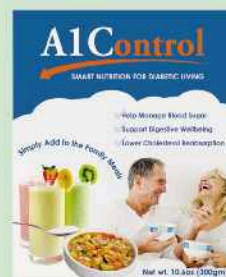
Entire Line On Sale!
Prices Starting At

\$3⁸⁹



TREE OF LIFE
Noni Juice
Liquid Dietary
Supplement
32 fl. oz.

\$21⁹⁹



A1 CONTROL
A1 Control
10.6 oz.

\$15⁵⁹



NELSON
Spatone Pur
Absorb Iron
28 Pieces

\$18¹⁹