

Feeling Good From The Inside Out.®



Organic Kombucha

Select Varieties

2 For \$6 Regular Price \$3.89



Organic Valley



Field Day

Organic Large Eggs

\$4,49 Harvest Values Price \$4.99





Other Field Day eggs are also on sale.

Painterland Sisters

Organic Skyr Yoğurt

\$2,19

Regular Price \$2.59



Field Day **Organic**

Coffee 10 oz, Ground

\$7.49 Harvest Values Price \$8.79



Organic Shredded Cheese

6 oz

\$4.99 Regular Price \$5.49





Organic Valley ghee is also on sale.

Field Day

Organic Beans



Rumiano

Organic Cheese

8 oz Blocks

\$4.99 Regular Price \$5.99









Field Day dried beans are also on sale.



Shredded cheeses are also on sale \$3.99

Health Requires Healthier Choices.

Oatmilk Yogurt

Other Nancy's products are also on sale.

ithaca

Cold-crafted hummus. It tastes just like it came from your blender, but better.

ithaca

Nancy's

\$1.69

Regular Price \$2.29

Hummus

Regular Price \$5.19

Malk

Almond or Oat Milk

\$4.99 Regular Price \$5.99



Good Culture

Cottage Cheese

5 oz

2 For \$4 Regular Price \$2.49



almond



Other Good Culture products are also on sale.



Forage Kombucha

Organic Kombucha

2 For \$4 Regular Price \$2.69



Tepache is a naturally fermented beverage from Mexico that is made from pineapples.

Food For Life

Select Sprouted Grain Breads





gePAC49

Organic Coconut Yogurt

\$6,49 Regular Price \$8.19



HOPE

Organic Hummus

\$4,19 Regular Price \$4.99



cocojune



Bitchin' Sauce

Dairy-Free Sauces

\$5.79 Regular Price \$6.69



2 For \$5

Regular Price \$2.99

De La Calle!

Organic Tepache

Miso Master

Organic Miso

\$9,49 Regular Price \$13.49



Harmless Harvest

Coconut Water

\$4.29 Regular Price \$5.19





Brazilian Cheese Bread

Regular Price \$6.99





Maria and Ricardo's **Tortillas** Assorted Varieties

15% Off Regular Price





Eat To Nourish Your Body.

Woodstock

Organic Fruit

10 oz. Assorted Varieties

\$4.29 Harvest Values Price \$4.59



USDA NON CHARLES

Bonafide Provisions

Organic Bone Broth

Assorted Varieties

25% Off Regular Price



USDA NON SANO

Bob's Red Mill

Pancake Mixes

20% Off Regular Price



LOVEBIRD

Lovebird

Grain-Free Cereal





Choice Organics

Organic Teas

16 Tea Bags

2 For \$7 Regular Price \$5.49



Cascadian Farms

Hashbrowns and **Spud Puppies**

2 For \$8 Regular Price \$5.49



Dr. Praeger's

Veggie **Burgers**

2 For \$9 Regular Price \$5.99





Cosmic Bliss

Frozen **Desserts**

Dairy Free

2 For \$7 Regular Price \$7.69



Tillamook

Ice Cream

1.5 Quart

\$6.49 Regular Price \$7.49

Nature's Path

Organic Toaster



Shady Maple

Organic Maple Syrup

20% Off Regular Price



\$3.79 Regular Price \$4.49

Pastries



Cascadian Farm

Organic Granola

\$3.99 Regular Price \$6.49



USDA NON PROBET

Bravo Tea

Health Teas

20 Bags

NON MANAGEMENT

\$4.99 Regular Price \$6.79



Cascadian Farm Organic

Organic Cereals

Assorted Varieties





Organic Teas

16 Tea Bags







USDA NON SAME

The Only Thing I Like Better Than Talking About Food Is Eating. John Walters

Muir Glen **Organic Tomatoes** 14.5 oz -15 oz

2 For \$3 Regular Price \$2.49-\$2.69

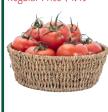


MUIR GLEN

CRUSHED

28 oz

2 For \$6 Regular Price \$4.49







30% Off Regular Price

Bionaturae





Other Bionaturae products are also on sale.

Annie's Homegrown

Organic Mac & Cheese

2 For \$6 Regular Price \$3.89



Muir Glen

Bionaturae

Bionaturae

ORGANIC.

Organic Pasta Sauce

2 For \$6 Regular Price \$4.29



Field Day

Organic Quinoa

\$3.99 Harvest Values Price \$5.19





Crown Prince

Albacore Tuna

\$4.49



CROWN-PRINCE Regular Price \$5.89





Imagine Foods

Organic Soups

\$4,49 Regular Price \$5.99





Spectrum Naturals

Select Culinary Oils

20% Off Regular Price



Field Day

Organic Apple Sauce

24 07

\$3.99





\$5.99 Regular Price \$8.99

Cooking Sauces



Bachan's

Japanese Sauces







Primal Kitchen

Dressings

\$6.49 Regular Price \$7.89



Pasta Sauces

\$6.99 Regular Price \$8.99



Mayo \$8.99

Regular Price \$10.99



Healthy Delivered, Right To Your Door.

Eat Good, Feel Good!

Lakewood

Select Organic luices

Assorted Varieties

25% Off





Natural Alkaline Spring Water

\$1.29

Harvest Values Price \$1.69 Case of 12 is on sale for \$14.99.



Organic Iced Teas

steaz

Antioxidant Brews

\$1.69 Regular Price \$2.19





Sparkling Waters

2 For \$4 Regular Price \$2.79





steaz

Apple Cider Vinegar Blends

\$6.49 Regular Price \$7.69







Spring Water

Sparkling and Still 1 Liter

\$2.29

Regular Price \$2.99



Swoon

steaz

Zero Sugar Tea

\$1.79 Regular Price \$2.29



Riot Energy

Plant Powered Energy Drink

\$2.19

Regular Price \$2.89



RIOT RIOT 100% PLANT POWERED 100% PLANT POWERED

Terra Chips

Select Varieties

\$3.69 Regular Price \$4.49 NON GMIO Frequent



Muir Glen

Organic Salsa

2 For \$7 Regular Price \$4.49



Mānuka Honey

From New Zealand

30% Off

Regular Price





Waterloo

Sparkling Water

\$5,49 Regular Price \$6.49 NON GMBO Propert



Clean Mixers

\$1.69

Regular Price \$1.

Real juice mixers.



Zero Calorie Soda

Sug

12/12 oz

\$10.29 Harvest Values

Price \$11.49





Laundry **Detergent**

\$11.99

Harvest Values Price \$14.99



zevia

Field Day

Paper Products

20% Off Harvest Values Price





Organic Tortilla Chips

2 For \$7 Harvest Values Price \$4.49



Garden of Eatin'

Tortilla Chips 5 oz

2 For \$6 Regular Price \$4.29









When Choosing Chocolate, Choose Better!

Bob's Red Mill

Peanut Butter and Oat Bars

4 For \$5 Regular Price \$1.79



Rhythm Superfoods

Veggie Bites

25% Off Regular Price





From the Ground Up

Plant Based Snacks

2 For \$6 Regular Price \$4.29



Field Day

Organic Popcorn

3/3.5 oz bags

Price \$3.59

2 For \$6 Harvest Values



Thunderbird

Real Food **Bars**

\$1.89 Regular Price \$2.69

Grain-Free

&OATS

PHYTHM

MHTYHM



Hippeas

Organic Chickpea Puffs

\$3.29 Regular Price \$3.99





Cheese Snacks

2 For \$6 Regular Price \$4.59



HIPPEAS IPPEAS

Other Siete snacks are also on sale.

YOU

You Need This

Puffs

\$3.69

Regular Price \$4.49

Grain-Free Snacks 2 For \$6

Regular Price \$4.29



Pipcorn

Snacks Assorted Varieties

\$3.69 Regular Price \$4.69





Simple Mills

Seed Flour Crackers

\$4,49 Regular Price \$5.49





Muddy Bites

Waffle Cone Snacks

2 For \$7 Regular Price \$4.59



Chocolove xoxox

Chocolate 55 **Bars**

2 For \$5



Maria Other Chocolove products are also on sale



Bars

Endangered Species

2 For \$5







Organic Chocolate Bars

2 For \$7 Regular Price \$4.99-\$6.99





OCH0

Organic Candy 3.5 oz Varieties

\$3.99





Unreal

Candy

\$4.79 Regular Price \$5.99



Just like your favorite candy but with less sugar.

Simply Gum



Assorted Varieties

\$2,19 Regular Price \$3.19





Take Care Of Your Body, It's The Only Place You Have To Live.

Serenity Kids

Baby Food Pouches

With Meat

\$2.99

Regular Price \$3.69



Products

20% Off Regular Price



All Derma E **Formulas**







Other Serenity Kids products are also on sale.

Now Foods

Carrier Oils

20% Off Regular Price



Skin Care

25% Off Regular Price

100% Clean, vegan beauty.



Andalou

Hair Care

Select Varieties

25% Off Regular Price





All Inesscents Formulas

20% Off

Suggested Retail



A La Maison

French Milled Soap

\$5.99 Regular Price \$8.49

A La Maison single bars are also on sale.



Organix South

Theraneem **Products**

30% Off Regular Price



Fuel For Fire

Protein Smoothies

2 For \$5

Regular Price \$3.79

10g of protein, no added sugar.



Organic Mushroom

Select Formulas

Proteins, Capsules, and **Functional Beverages**

25% Off Suggested Retail





All Vega Formulas

25% Off Suggested Retail



MegaFood

Multivitamins

25% Off

Suggested Retail Other MegaFood formulas are also on sale.



LifeSeasons

NeuroQ Formulas 30% Off

Suggested Retail



REDD Remedies

Brain Awakening 25% Off

Suggested Retail



American Health

Kid Probiotics

30% Off Suggested Retail



Nordic Naturals

Complete Omega Formulas

25% Off

Suggested Retail



All New Chapter Formulas

30% Off



Healthy From The Outside Starts From The Inside.





Gaia Herbs

All Gummies Formulas

25% Off Suggested Retail



Terry Naturally

Curamin® and CuraMed® **Formulas**

25% Off Suggested Retail



All Herb Pharm Formulas **#**

20% Off Suggested Retail



All Enzymedica **Formulas**

25% Off Suggested Retail



All Garden of Life Formulas

30% O Suggested Retail







Irwin Naturals

Select Healthy Weight and Mood

Formulas 30% Off

Suggested Retail



Boiron

NON MARK

Arnicare Value Pack

Cream and Gel Formulas

25% Off Suggested Retail



Nature's Way

Sambucus Formulas

25% Off Suggested Retail



Nature's Way

Umcka

Cold and Flu Formulas



25% Off Suggested Retail

Other Nature's Way formulas are also on sale.



Three convenient locations in the Grand Rapids area.

1944 Eastern Ave. SE Grand Rapids (616) 245-6268 Mon-Sat 9-7 Closed Sundays

6807 Cascade Road SE Grand Rapids (616) 975-7555 4150 32nd Ave Hudsonville (616) 896-6630 Mon-Sat 9-8 Closed Sundays

New Location Coming Late 2023 - US-31 & Greenly St. Holland