



Member Specials February 2012

Bulk

			Sale	Reg	Save
	Navy Beans OG	per lb	\$ 1.49	\$ 1.99	\$0.50
	Pearled Barley OG	per lb	\$ 0.89	\$ 1.19	\$0.30
	Pearled Farro OG	per lb	\$ 2.89	\$ 3.69	\$0.80

Refrigerated

			Sale	Reg	Save
Earth Balance	Coconut Spread OG	10 OZ	\$ 4.49	\$ 5.49	\$1.00
Earth Balance	Oriinal Mindful Mayo	16 OZ	\$ 2.99	\$ 3.99	\$1.00
Light Line	Smart Ground	12 OZ	\$ 3.29	\$ 3.89	\$0.60
POM WONDERFUL	Pomeranate Juice	16 OZ	\$ 3.49	\$ 4.49	\$1.00
POM WONDERFUL	Ready to Drink TEA	16 OZ	\$ 2.19	\$ 3.29	\$1.10
STONYFIELD FARM	Vanilla Smoothie OG	10 OZ	\$ 1.69	\$ 2.49	\$0.80
Wholesoy	Soy Yogurt OG	24 OZ	\$ 2.79	\$ 3.39	\$0.60
YVES VEGGIE	Good Dog	12 OZ	\$ 3.29	\$ 4.29	\$1.00

Frozen

			Sale	Reg	Save
AMY'S	Lasagna	9.5 OZ	\$ 4.29	\$ 4.89	\$0.60
Blake all Natural	Farmhouse Mac & Cheese OG	8 OZ	\$ 2.49	\$ 3.19	\$0.70
ORGANIC PRAIRIE	Brown & Serve Pork OG	8 OZ	\$ 5.59	\$ 6.29	\$0.70
RUDI'S	OG Bread	22 OZ	\$ 3.59	\$ 4.19	\$0.60
Tandor Chef	Chutney W/Samosa	11 OZ	\$ 2.79	\$ 3.39	\$0.60
Tofuit	Vanilla Cuties	8 PK	\$ 3.59	\$ 4.29	\$0.70
UDI'S	Double Choc Muffins	12 OZ	\$ 4.99	\$ 6.19	\$1.20
Van's	French Toast Sticks	8.5 OZ	\$ 2.79	\$ 3.29	\$0.50
Van's	Buttermilk Pancakes	12.4 OZ	\$ 2.79	\$ 3.29	\$0.50

Nonfood

			Sale	Reg	Save
BIOKLEEN	Stain & Odor Bac Out	16 OZ	\$ 4.49	\$ 7.19	\$2.70
BIOKLEEN	Fab Spray Lemon Bac Out	16 OZ	\$ 4.29	\$ 6.59	\$2.30
BIOKLEEN	Drain Care Bac Out	32 OZ	\$ 5.49	\$ 8.69	\$3.20
BIOKLEEN	Septic Care Bac Out	32 OZ	\$ 5.49	\$ 8.59	\$3.10
CASTOR & POLLUX	Jerky Sticks	3.5 OZ	\$ 3.49	\$ 5.19	\$1.70
CASTOR & POLLUX	Dog Cookies	16 OZ	\$ 3.49	\$ 5.19	\$1.70
DOGSWELL	Dog Treats	5 OZ	\$ 4.79	\$ 7.19	\$2.40
EARTH FRIENDLY	Cleaner Vinegar Window	22 OZ	\$ 2.99	\$ 4.29	\$1.30
EARTH FRIENDLY	Orange Plus Cleaner	22 OZ	\$ 2.99	\$ 4.29	\$1.30
EARTH FRIENDLY	Furniture Polish Spray	22 OZ	\$ 3.99	\$ 5.89	\$1.90
EARTH FRIENDLY	Shampoo Carpet	40 OZ	\$ 5.99	\$ 8.59	\$2.60
ECOVER	Glass & Surface Cleaner	16 OZ	\$ 2.99	\$ 4.49	\$1.50
ECOVER	Hand Soap	250 ML	\$ 3.49	\$ 4.79	\$1.30
ECOVER	Limescale Remover	16 OZ	\$ 3.99	\$ 5.49	\$1.50
ECOVER	Hand Soap Refill	1 LTR	\$ 6.99	\$ 8.99	\$2.00
Earth Friendly	Carpet Cleaner	22 OZ	\$ 4.49	\$ 6.39	\$1.90
NEWMAN'S OWN ORGANICS	Cat Food	5.5 OZ	\$ 1.29	\$ 1.49	\$0.20
NEWMAN'S OWN ORGANICS	Dog Food	4 lbs	\$ 8.99	\$ 10.89	\$1.90
NEWMAN'S OWN ORGANICS	Dog Food	12.5 lbs	\$ 19.99	\$ 23.99	\$4.00
WORLD CENTRIC	Flatware	24 CT	\$ 2.19	\$ 3.19	\$1.00
WORLD CENTRIC	Fiber Plate	20 CT	\$ 2.99	\$ 4.29	\$1.30



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Grocery

			Sale	Reg	Save
Alter Eco America	Dark Choc Quinoa OG	3.5 OZ	\$ 2.99	\$ 4.49	\$1.50
ARROWHEAD MILLS	WF GF Brownie Mix	5 OZ	\$ 3.99	\$ 5.69	\$1.70
ANNIES CHUN'S	Ramen Spring Noddles	4.9 OZ	\$ 1.29	\$ 1.99	\$0.70
ANNIES CHUN'S	Seaweed Snacks	.35 OZ	\$ 1.19	\$ 1.59	\$0.40
ANNIE'S HOMEGROWN	Wis Mac & Cheese Microwavable	10.7 OZ	\$ 4.49	\$ 5.99	\$1.50
ANNIE'S HOMEGROWN	Stroganof or Crm Tuna Sprials	7.25 OZ	\$ 3.29	\$ 4.29	\$1.00
BACK TO NATURE	Granola	12 OZ	\$ 3.99	\$ 4.99	\$1.00
Bragg's	Liquid Aminos	16 OZ	\$ 3.79	\$ 5.19	\$1.40
Bragg's	Liquid Aminos	32 OZ	\$ 6.29	\$ 8.59	\$2.30
Bragg's	Raw Apple Cider Vinger OG	16 OZ	\$ 2.79	\$ 3.99	\$1.20
Bragg's	Ex Virg Olive Oil OG	16 OZ	\$ 8.39	\$ 11.99	\$3.60
Bragg's	Salad Dressing or Marinade	12 OZ	\$ 4.39	\$ 5.99	\$1.60
Bragg's	Heab Sprinkle OG	1.5 OZ	\$ 3.49	\$ 4.99	\$1.50
Bragg's	Sea Kelp Seasoning	2.7 OZ	\$ 3.49	\$ 4.99	\$1.50
Bragg's	Nurt Yeast Seasoning	4.5 OZ	\$ 4.79	\$ 6.39	\$1.60
Crown Prince	Smoked Oysters in Olive Oil	3 OZ	\$ 2.49	\$ 3.49	\$1.00
Crown Prince	Pink Salmon	7.5 OZ	\$ 2.89	\$ 3.89	\$1.00
Drew all Natural	Dressing	12 OZ	\$ 2.39	\$ 3.59	\$1.20
Dr. McDougalls	Chicken Noodle Soup LS	1.4 OZ	\$ 1.19	\$ 1.59	\$0.40
EARTH'S BEST	Apple Snack Bar OG	5.3 OZ	\$ 2.99	\$ 3.29	\$0.30
EARTH'S BEST	Original Crackers OG	5.3 OZ	\$ 2.49	\$ 3.49	\$1.00
EARTH'S BEST	Puree or Yogurt Smoothie OG	4.2 OZ	\$ 1.49	\$ 1.69	\$0.20
Edward & Sons	Breadcrumbs	15 OZ	\$ 3.79	\$ 5.29	\$1.50
Edward & Sons	Panko	10.5 OZ	\$ 3.79	\$ 5.29	\$1.50
Edward & Sons	Miso-cup	2.5 OZ	\$ 3.79	\$ 5.29	\$1.50
Edward & Sons	Miso-cup	.705 OZ	\$ 0.99	\$ 1.29	\$0.30
Endanered Species	Bug Bites Choc OG	ea	\$ 0.49	\$ 0.69	\$0.20
Equal Exchange	Baking Cocoa OG	8 OZ	\$ 6.99	\$ 8.59	\$1.60
Equal Exchange	Hot Cocoa OG	12 OZ	\$ 6.99	\$ 7.99	\$1.00
GARDEN OF EATIN	Mini Corn Chips	7.5 OZ	\$ 1.79	\$ 2.39	\$0.60
GOOD HEALTH	Avocado Sea Salt Chips	5 OZ	\$ 2.29	\$ 3.29	\$1.00
GOOD HEALTH	Popcorn OG	3.5 OZ	\$ 1.99	\$ 2.89	\$0.90
Ginger People	Pnut Ginger or Spy Ginger Sauce	12.7 OZ	\$ 3.79	\$ 5.59	\$1.80
GLUTINO	Choc or Van Wafers	4.6 OZ	\$ 3.79	\$ 4.69	\$0.90
GLUTINO	Choc Pretzels	5.5 OZ	\$ 4.79	\$ 5.89	\$1.10
Go Raw	Super Ginger Cookie	3 OZ	\$ 3.49	\$ 4.99	\$1.50
Go Raw	Bars	1.7 OZ	\$ 2.19	\$ 2.99	\$0.80
Guayaki	Loose Yerbmate OG	8 OZ	\$ 6.49	\$ 8.89	\$2.40
Honest Cocoanova	Mocha or Mint Cacao RTD	10.1 OZ	\$ 1.29	\$ 1.89	\$0.60
Justins Nut Butter	Milk or Dark Peanut Butter Cup	1.4 OZ	\$ 1.33	\$ 1.99	\$0.66
KASHI	TLC Chewy Bars	6 pk	\$ 3.99	\$ 4.99	\$1.00
Lotus	Black Forbidden Rice	15 OZ	\$ 3.29	\$ 4.29	\$1.00
LUNDBERG FARMS	Brown Rice Pasta	10 OZ	\$ 2.99	\$ 3.99	\$1.00
MANITOBA HARVEST	Hemp Seed Nut Butter	10 OZ	\$ 6.49	\$ 9.19	\$2.70
Mary Gone Cracker	Sea Salt Sticks & Twigs	7.5 OZ	\$ 3.49	\$ 4.79	\$1.30



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Grocery Cont....

			Sale	Reg	Save
MEDITERRANEAN SNACK FD	Lentil Chips	4.5 OZ	\$ 2.99	\$ 3.99	\$1.00
Natural Sea	Yellow Fin Tuna	6 OZ	\$ 2.29	\$ 3.19	\$0.90
Natural Sea	Albacore Tuna White	6 OZ	\$ 2.39	\$ 3.39	\$1.00
Natural Sea	Tongol Tuna	6 OZ	\$ 1.99	\$ 2.79	\$0.80
Natural Sea	Red Salmon	7.5 OZ	\$ 3.79	\$ 5.59	\$1.80
NEWMAN'S OWN ORGANICS	Balsamic Vinear OG	17 OZ	\$ 5.99	\$ 8.29	\$2.30
NEWMAN'S OWN ORGANICS	Super Dark Choc Bar OG	3.25 OZ	\$ 2.49	\$ 3.39	\$0.90
NEWMAN'S OWN ORGANICS	Twist Licorice	5 OZ	\$ 1.99	\$ 2.89	\$0.90
NEWMAN'S OWN ORGANICS	Dried Apricots OG	6 OZ	\$ 3.99	\$ 5.39	\$1.40
NEWMAN'S OWN ORGANICS	Pitted Prunes	6 OZ	\$ 2.79	\$ 3.89	\$1.10
PAMELAS PRODUCTS	Choc Brownie Mix	16 OZ	\$ 4.79	\$ 6.49	\$1.70
PAMELAS PRODUCTS	Choc Cake Mix	21 OZ	\$ 4.49	\$ 6.29	\$1.80
PAMELAS PRODUCTS	Dark Choc or Vanilla Frosting	12 OZ	\$ 3.49	\$ 4.89	\$1.40
PAMELAS PRODUCTS	Pancake or Brownie Mix	100 GM	\$ 1.49	\$ 1.99	\$0.50
Panda	Licorice Natural Chew	7 OZ	\$ 2.79	\$ 3.89	\$1.10
SAN-J	Soybean Tamari	20 OZ	\$ 4.79	\$ 6.59	\$1.80
Seeds of Change	Simmer Sauce	12 OZ	\$ 3.29	\$ 4.69	\$1.40
SIMPLY ORGANIC	Dips	1 OZ	\$ 1.19	\$ 1.69	\$0.50
SIMPLY ORGANIC	Spicy Chili, Sloppy Joe or Pesto	1.16 OZ	\$ 1.19	\$ 1.59	\$0.40
SPECTRUM NATURALS	Sesame Oil	16 OZ	\$ 6.49	\$ 9.29	\$2.80
SPECTRUM NATURALS	Vinegar OG	16.9 OZ	\$ 6.79	\$ 9.49	\$2.70
Sunspire	Sundrops Plain or Peanut	1.19 OZ	\$ 0.99	\$ 1.49	\$0.50
Sunspire	Dark Choc Almond Cups	1.2 OZ	\$ 1.29	\$ 1.69	\$0.40
SWEET LEAF	Liquid Stevia	2 OZ	\$ 9.99	\$ 12.89	\$2.90
SWEET LEAF	Stevia Clear Liq	4 OZ	\$ 15.99	\$ 21.49	\$5.50
SWEET LEAF	Steiva Powder	.9 OZ	\$ 9.99	\$ 13.79	\$3.80
Wholesome Sweetners	Dark Brown Sugar	24 OZ	\$ 4.39	\$ 5.79	\$1.40
WOODSTOCK FARMS	Veggie Chips	6.25 OZ	\$ 4.49	\$ 5.79	\$1.30
WOODSTOCK FARMS	Natural Wasabi Peas	8 OZ	\$ 2.79	\$ 3.79	\$1.00
WOODSTOCK FARMS	Rice Cracker Mix	10 OZ	\$ 2.79	\$ 3.79	\$1.00

Body Care

			Sale	Reg	Save
DR BRONNERS	Patchouli or Lavender Lotion	8 OZ	\$ 6.99	\$ 9.89	\$2.90
EMERITA	Phytoestrogen Body Cream	2 OZ	\$ 15.99	\$ 21.99	\$6.00
EMERITA	Naural Lubricant	2 OZ	\$ 6.99	\$ 9.99	\$3.00
Herbal Clear	Deod Stick	1.8 OZ	\$ 3.99	\$ 5.29	\$1.30
JASON NATURAL PRODUCTS	Super-C Toner	6 OZ	\$ 6.49	\$ 7.99	\$1.50
JASON NATURAL PRODUCTS	Vitamin E Oil	4 OZ	\$ 6.49	\$ 7.99	\$1.50
JASON NATURAL PRODUCTS	Super-C Cleanser	6 OZ	\$ 7.49	\$ 9.29	\$1.80
JASON NATURAL PRODUCTS	Vitamin E	1.1 OZ	\$ 9.29	\$ 11.59	\$2.30
JASON NATURAL PRODUCTS	Super E Crème	4 OZ	\$ 10.99	\$ 13.79	\$2.80
JASON NATURAL PRODUCTS	Pefect Solution	2 OZ	\$ 11.99	\$ 16.99	\$5.00
JASON NATURAL PRODUCTS	Ultra-C Eye Lift	.47 OZ	\$ 14.99	\$ 18.69	\$3.70
JASON NATURAL PRODUCTS	Skin Tone Balance	1 OZ	\$ 14.99	\$ 18.69	\$3.70
JASON NATURAL PRODUCTS	Hyper-C Serum	1 OZ	\$ 26.99	\$ 36.99	\$10.00



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Lily Desert	Aloe Vere Gelly	4 OZ	\$ 3.29	\$ 4.49	\$1.20
MyChelle	Fruit Enzyme Cleanser	4.4 oz	\$ 14.99	\$ 17.19	\$2.20
MyChelle	White Cranberry Cleanser	4.4 oz	\$ 14.99	\$ 17.19	\$2.20
MyChelle	Fruit Enzyme Mist	4.4 oz	\$ 23.99	\$ 27.49	\$3.50
MyChelle	Oil Free Grapefruit Cream	1 oz	\$ 26.99	\$ 29.89	\$2.90
MyChelle	Deep Repair Cream	1.2 oz	\$ 24.99	\$ 28.29	\$3.30
MyChelle	Pumpkin Renew Cream	1.2 oz	\$ 22.99	\$ 25.79	\$2.80
MyChelle	Clear Skin Serum	1 oz	\$ 27.99	\$ 31.69	\$3.70
MyChelle	Fabulous Eye Cream	.5 oz	\$ 24.99	\$ 28.29	\$3.30
MyChelle	Polypeptide Cream Scented	1.2 oz	\$ 46.99	\$ 53.39	\$6.40
MyChelle	Incredible Pumpkin Peel	1.2 oz	\$ 23.99	\$ 26.69	\$2.70
MyChelle	Fruit Enzyme Scrub	2.3 oz	\$ 14.99	\$ 17.09	\$2.10
MyChelle	The Perfect C Serum	.5 oz	\$ 36.99	\$ 41.69	\$4.70
MyChelle	Sun Shield	2.3 oz	\$ 16.99	\$ 19.19	\$2.20
MyChelle	NOTOX Anti-Wrinkle Serum	1 oz	\$ 47.99	\$ 54.89	\$6.90
MyChelle	Magnolia Fresh Eyes	.5 oz	\$ 33.99	\$ 38.89	\$4.90
Natures Gate	Moist Liq Soap	12.5 OZ	\$ 4.99	\$ 6.49	\$1.50
Olbas	Olbas Oil	.32 OZ	\$ 6.99	\$ 8.29	\$1.30
SHIKAI PRODUCTS	Pom Handy Body Lotion	8 OZ	\$ 5.99	\$ 8.99	\$3.00
SOOTHING TOUCH	Lavender or Peppermint Bath Salt	32 OZ	\$ 8.99	\$ 12.19	\$3.20
Tea Tree	Tea Tree Oil	1 OZ	\$ 8.49	\$ 10.39	\$1.90

Nutrition

			Sale	Reg	Save
Amazing Grass	OG Wheat Grass Powder	8.5 oz	\$ 19.99	\$ 24.99	\$5.00
Amazing Grass	OG Wheat Grass Powder	17 oz	\$ 34.99	\$ 42.99	\$8.00
Amazing Grass	OG Wheat Grass Box of Pks	8 g	\$ 1.29	\$ 1.49	\$0.20
BOIRON	Chestal for Children	4.2 OZ	\$ 5.99	\$ 7.79	\$1.80
BOIRON	Chestal for Children	8.45 OZ	\$ 9.99	\$ 12.99	\$3.00
Country Life	Core Daily Mens or Womens	ea	\$ 13.99	\$ 16.99	\$3.00
Country Life	Maxi Sorb or Core Daily	ea	\$ 17.99	\$ 25.49	\$7.50
Country Life	Mens Daily Nutrition	ea	\$ 23.99	\$ 27.99	\$4.00
Country Life	Womens Daily Nuturition	ea	\$ 25.99	\$ 30.59	\$4.60
Country Life	Max for Men	ea	\$ 25.99	\$ 31.49	\$5.50
Country Life	Liquid Multi	ea	\$ 27.99	\$ 31.49	\$3.50
Country Life	Meag Q-Gel	ea	\$ 34.99	\$ 57.79	\$22.80
Gaia Herbs	Hibiscus	60 CAPS	\$ 14.99	\$ 16.59	\$1.60
Gaia Herbs	Milk Thistle Seed	60 CAPS	\$ 21.99	\$ 24.79	\$2.80
Gaia Herbs	Libido Womens	60 CAPS	\$ 18.99	\$ 21.49	\$2.50
Gaia Herbs	Adrenal Health	60 CAPS	\$ 21.99	\$ 24.79	\$2.80
Gaia Herbs	Cinnamon Bark	60 CAPS	\$ 18.99	\$ 21.49	\$2.50
Hyland	Cold n' Cough Kids	4 OZ	\$ 6.99	\$ 8.19	\$1.20
LAKEWOOD	Aloe Vera Juice	32 OZ	\$ 5.99	\$ 8.29	\$2.30
Mega Food	Blood Builder	60 ct	\$ 16.99	\$ 21.49	\$4.50
Mega Food	Balanced B Complex	60 ct	\$ 20.99	\$ 26.49	\$5.50
Mega Food	Un-Stress	90 ct	\$ 29.99	\$ 38.49	\$8.50
Natural Factors	RxOmega-3 Factors	60 SG	\$ 10.99	\$ 13.59	\$2.60
Natures Plus	Ultra Sol w/ Lutein	90 tab	\$ 32.99	\$ 40.49	\$7.50



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Natures Plus	Source of Life	30 tab	\$ 9.99	\$ 12.19	\$2.20
Natures Plus	Source of Life	90 tab	\$ 25.99	\$ 32.19	\$6.20
Natures Plus	Source of Life	180 tab	\$ 48.99	\$ 60.49	\$11.50
Natures Plus	Ultra Sol	180 tab	\$ 32.99	\$ 41.39	\$8.40
Natures Plus	Ultra Sol	90 tab	\$ 31.99	\$ 39.89	\$7.90
Natures Plus	Ultra Sol	180 tab	\$ 56.99	\$ 70.49	\$13.50
Natures Plus	No Iron Tablets	90 tab	\$ 25.99	\$ 31.79	\$5.80
Natures Plus	Source of Life	180 tab	\$ 25.99	\$ 32.79	\$6.80
Natures Plus	Source of Life	360 tab	\$ 46.99	\$ 58.39	\$11.40
Natures Plus	Source of Life	90 tab	\$ 35.99	\$ 44.89	\$8.90
Sambucol	Sambucol Blk	4 OZ	\$ 11.99	\$ 14.89	\$2.90
SPECTRUM ESSENTIALS	Flax Oil	24 OZ	\$ 21.99	\$ 30.79	\$8.80
SPECTRUM ESSENTIALS	Flax Oil	8 OZ	\$ 8.99	\$ 13.19	\$4.20
SPECTRUM ESSENTIALS	Flax Oil	16 OZ	\$ 15.99	\$ 23.29	\$7.30
UAS LABS	Acidph Plus DDS	100 CAP	\$ 16.99	\$ 21.99	\$5.00