

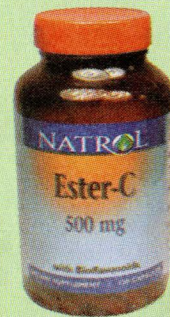
# wellness

NATROL

**Ester C-500**

120 capsules

**\$9<sup>99</sup>**

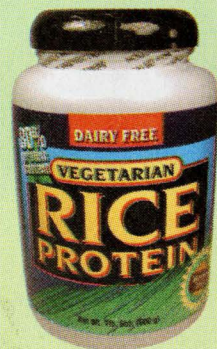


NUTRIBIOTIC

**Rice Protein Powder**

1 lb. 5 oz.,  
selected varieties

**\$9<sup>99</sup>**



EMERITA

**Pro-Gest Menstrual Solutions**

1.5 oz., selected varieties

**\$12<sup>99</sup>**

*Emerita Natural Lubricant \$5.99*



ALBA

**Sun Protection Lotion**

4 oz., selected varieties

**\$4<sup>99</sup> TO \$5<sup>49</sup>**

*Other Alba Sun products also on special*



Co-op Advantage specials are available at the following natural food co-ops:

## CALIFORNIA

**Briar Patch Co-op**  
10061 Joerschke Drive, Grass Valley

**Chico Natural Foods**  
818 Main Street, Chico

**Davis Food Co-op**  
620 G Street, Davis

**Isla Vista Food Co-op**  
6575 Seville Road, Isla Vista

**Quincy Natural Foods**  
30 Harbison Street, Quincy

**Sacramento Natural Foods Co-op**  
1900 Alhambra Boulevard, Sacramento

**North Coast Co-op**  
811 I Street, Arcata  
—and—  
1036 Fifth Street, Eureka

**Ocean Beach People's Food Co-op**  
4765 Voltaire Street, San Diego

**Ukiah Natural Foods**  
721 South State Street, Ukiah

## IDAHO

**Moscow Food Co-op**  
221 E. 3rd Street, Moscow

## MONTANA

**Community Food Co-op**  
908 W. Main Street, Bozeman

## OREGON

**Ashland Community Food Store**  
237 N. 1st Street, Ashland

**First Alternative Co-op**  
1007 S.E. Third Street, Corvallis

**Food Front Co-op Grocery**  
2375 N.W. Thurman Street, Portland

## WASHINGTON

**Central Co-op/Madison Market**  
1600 East Madison, Seattle

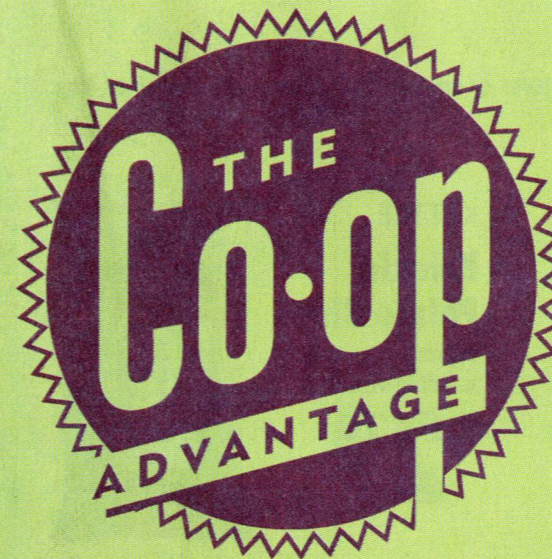
**Community Food Co-op**  
1220 North Forest Street, Bellingham

**Olympia Food Co-op**  
921 N. Rogers East, Olympia  
—and—  
3111 Pacific Avenue S.W., Olympia

**The Food Co-op**  
414 Kearney Street, Port Townsend

**Skagit Valley Food Co-op**  
202 S. First Street, Mt. Vernon

**Sno-Isle Natural Foods Co-op**  
2804 Grand Avenue, Everett



MOTHER'S

**Cereal**

10 - 16 oz.,  
selected varieties

**\$2<sup>39</sup>**



SPECTRUM

**Organic Extra Virgin Olive Oil**

25.4 oz.

**\$7<sup>99</sup>**



LIGHTLIFE

**Smart Dogs**

12 oz., selected varieties

**\$2<sup>29</sup>**



*Look for other Lightlife products also on special*

BOCA FOODS

**Boca Burger**

10 oz.,  
selected varieties

**\$2<sup>89</sup>**



MOUNTAIN SUN

**Organic Juice**

32 oz., selected varieties

**\$1<sup>29</sup>**

TO

**\$1<sup>99</sup>**



*Suggested special retail pricing through*

**MAY 2002**

*The highest quality natural foods at the best prices.*



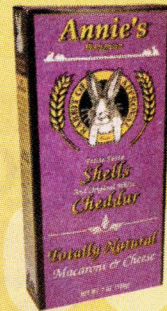
# grocery

Some items may not be available at all stores or on the same days in the month of May.

ANNIE'S HOMEGROWN

**Pasta and Cheese**  
7 oz.,  
selected varieties

**99¢**



TRINITY SPRINGS

**Spring Water**  
1.5 liter

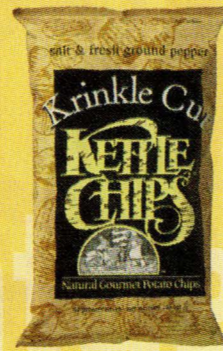
**\$1.19**



KETTLE

**Krinkle Potato Chips**  
16 oz.,  
selected varieties

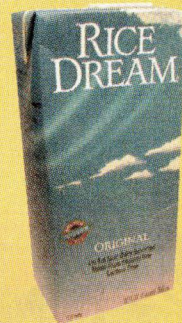
**\$2.79**



RICE DREAM

**Organic Rice Drink**  
32 oz.,  
selected varieties

**\$1.29**



GUILTLESS GOURMET

**Organic Corn Chips**  
7 oz., selected varieties

**\$1.59**



MUIR GLEN

**Organic Salsa**  
16 oz.,  
selected varieties

**\$1.99**



WESTBRAE

**Organic Beans**  
15 oz.,  
selected varieties

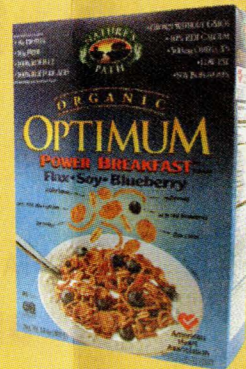
**79¢**



NATURE'S PATH

**Cereal**  
13.2 to 14 oz.,  
selected varieties

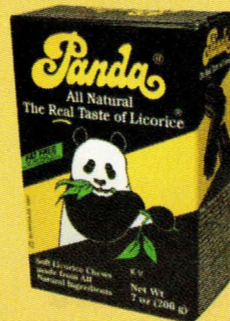
**\$2.39**



NEW WORLD

**Panda Licorice Chews**  
7 oz.,  
selected varieties

**\$1.69**



# refrigerated

BROWN COW

**Whole Milk Yogurt**  
8 oz., selected varieties

**65¢**



CHINO EGG

**Omega-3 Large Brown Eggs**  
dozen

**\$1.99**



# freezer

IMAGINE

**Organic Soy Dream**  
16 oz., selected varieties

**\$1.99**



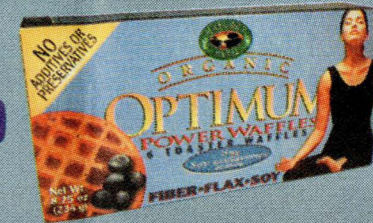
32 oz., selected varieties

**\$3.29**

NATURE'S PATH

**Organic Power Waffles**  
8.25 oz.,  
selected varieties

**\$1.79**



CAP

**Organic Peas**  
10 oz.

**\$1.29**



SEEDS OF CHANGE

**Organic Pasta Sauce**  
25 oz., selected varieties

**\$2.39**



KNUDSEN

**Recharge Sports Drink**  
32 oz.,  
selected varieties

**99¢**

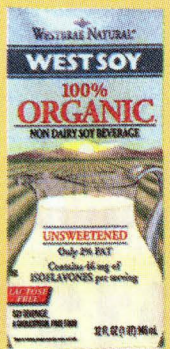


Organic and Plus Recharge at \$1.29

WESTBRAE

**Westsoy Organic Unsweetened Soy Drink**  
32 oz.,  
selected varieties

**\$1.49**



BARBARA'S

**Organic Fig Bars**  
12 oz., selected varieties

**\$1.79**



TRADITIONL MEDICINALS

**Women's Tea**  
16 count, selected varieties

**\$2.49**

Cranberry Aid \$2.79

