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**COUNTRY LIFE**

NATURAL FOODS

Healthy Made Simple

**PRODUCT CATALOG 2024**

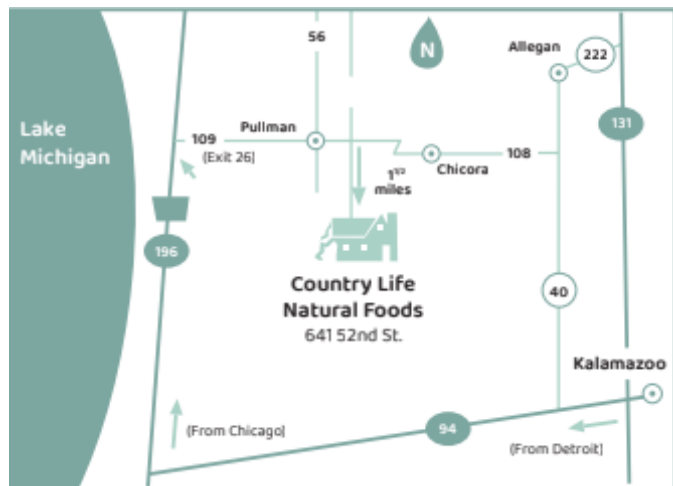
## General Information

Thank you for your interest in our products. Country Life Natural Foods has been a trusted source for natural food products and ingredients for over 50 years. Our desire to help people live better lives through diet is rooted in the ethos of our company. Founded by Seventh-Day Adventists, who are known worldwide for their healthy lifestyles, we are proud to run a business that is inspired by these principles. We buy directly from farmers and food manufacturers when we can, so you are as close to the source of your food as possible.

You may notice that our catalog lacks meat & dairy products. This is intentional. We believe a plant-based diet is better for our bodies and our environment. From our location in southwest Michigan, we supply our products to the local area through our retail outlet, deliver wholesale to 5 states by truck, and reach the rest of the country by FedEx or USPS. With a selection of over 1,400 quality products, we hope you find what you're looking for. We look forward to serving you!

**"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prosper."**

**3 John 1:2**



## Customer Care

Phone 269.236.5011

Email [Mail@CountryLifeFoods.com](mailto:Mail@CountryLifeFoods.com)

Website [www.CountryLifeFoods.com](http://www.CountryLifeFoods.com)

Office Hours

Monday – Thursday 10:00 a.m. – 5:00 p.m. EST  
 Friday 10:00 a.m. – 1:00 p.m. EST  
 Saturday & Sunday Closed

## Retail Store

Address Country Life Natural Foods  
 641 52nd Street  
 Pullman, MI 49450

Retail Store Hours

Sunday – Wednesday 10:00 a.m. – 5:00 p.m. EST  
 Thursday 10:00 a.m. – 7:00 p.m. EST  
 Friday & Saturday Closed

## Holidays Observed

New Years Day	Labor Day
Memorial Day	Thanksgiving Day
4th of July	Christmas Day

If a holiday lands on Saturday, we take Friday off. If the holiday is on Sunday, we take Monday off.

## Orders

Orders may be placed online, via email, phone, or mail. Please have your complete order available, including item numbers. For group orders, please coordinate through one person and pay with one check or credit card transaction. Regrettably, we are not able to process backorders; please order out of stock items on a future order.

Prices are subject to change without notice.

## Pricing

Please note that prices are subject to change without notice. Current pricing, along with additional product information, is available on our website.

## Sales Tax

State and local sales tax will be charged on taxable items in the states where we make deliveries. If you have a sales tax license, please contact our Customer Care Team for assistance.

## Free Shipping

We offer free shipping on ALL products with a \$99 order (excludes shipping & sales tax). This offer applies to all orders delivered within the lower 48 states only; Hawaii, Alaska, U.S. territories, and international orders are not eligible. No discount code is required, and there are no weight restrictions. Please allow approximately 5-7 business days for processing & shipping.

## Terms of Payment

Payments may be made with the following credit cards: MasterCard, Visa, American Express, or Discover. Money order and check payments may be arranged. Contact Customer Care to establish credit terms. Please include invoice number when submitting check payments. Past-due accounts will not receive additional orders without special arrangements. Unpaid account balances over 30 days past due are subject to finance charges of 1.5% per month (18% per annum, with a minimum of \$1.00). Regrettably, checks returned for any reason will receive a \$20.00 charge.

## Returns

- Since natural foods with no preservatives store best in cool, dry conditions, our warehouses are refrigerated, and we guarantee quality at the time of delivery. Unfortunately, we cannot guarantee quality beyond 7 days of delivery due to the variable conditions possible in your location.
- When requesting a return authorization, please have your order number and the product number of the item(s) you wish to return. Items must be in the original unopened, undamaged packaging.
- No returns or exchanges will be processed after 30 days from delivery. A restocking fee of up to \$4 per item may apply unless merchandise is substandard or delivered by our error.
- Refunds will be issued to the original form of payment when requested within 30 days of delivery.

## Bulk Discounts

- Individual customers ordering \$500 or more will receive 10% off their entire online order with code **BULK** at checkout.
- Food service/retail customers, please call Customer Care to set up a business account.
- Customers ordering \$2,000 or more will automatically receive an additional 5% off their entire online order. For questions, please contact our Customer Care Team at (269)236-5011.
- Please note: our system will not allow bulk discounts to combine with any other offers.

## 2024 MN/WI Order Deadlines

Deadline	Delivery
January 10	1/15 thru 1/19
February 7	2/12 thru 2/16
March 6	3/11 thru 3/15
April 3	4/8 thru 4/12
May 1	5/6 thru 5/10
May 29	6/3 thru 6/7
June 26	7/1 thru 7/5
July 24	7/29 thru 8/2
August 21	8/26 thru 8/30
September 18	9/23 thru 9/27
October 16	10/21 thru 10/25
November 13	11/18 thru 11/22
December 11	12/16 thru 12/20

- **Please Note:** Orders submitted by 3 p.m. each Wednesday will be considered for delivery the following week. If we are limited by space or time constraints, we reserve the right to ship orders via FedEx.
- We have consolidated all Wisconsin & Minnesota routes into this schedule. Local customers in MI, IN, and IL may order at any time; total fulfillment time is approximately 5-7 business days from the time your order is placed.
- For orders delivered on our trucks, we will call or email you with delivery times on Friday the week prior to delivery.

## Organic & Non-GMO

- Country Life Natural Foods is certified organic by Oregon Tilth. Our warehouses are temperature controlled and unlike many other food suppliers, we never fumigate our warehouse.
- We carry non-GMO food. Many of the brands we carry are Certified Organic and/or non-GMO Project Verified.

## Allergy Alert

Items that are packaged here at Country Life are processed in a facility that also processes nuts, peanuts, sesame, soy, and wheat.

## Now Accepting EBT

Country Life Natural Foods gladly accepts SNAP/EBT benefits for eligible food purchases on our website. We understand the importance of providing convenient options to our customers and aim to make healthy eating as simple and as accessible to as many people as possible.

To use your SNAP/EBT benefits on our website, simply select eligible items, proceed to checkout, and use the SNAP/EBT payment option.

- Federal law prohibits processing EBT/SNAP orders by phone due to the PIN used to authenticate the purchase.
- Eligible items include breads and cereals, snack foods and non-alcoholic beverages, nuts, seeds, and plants which produce food.
- Non-eligible items include vitamins, medicines and supplements, non-food items such as food storage pails and bags, hygiene products, and cosmetics.

## Food Storage

Bulk food requires proper storage. Our goal is to ensure our products get to you safely, but long-term, foods should not be stored how they were shipped.

According to "Food and Water in an Emergency", a free PDF Published by FEMA, wheat, dried corn, soybeans, white rice, and dry pasta can be stored indefinitely in proper containers and conditions. While these foods are specifically mentioned, the same principals can generally be extended to most grains and beans.

Here are key principles to keep your provisions at their best:

1. **Protect from Water, Sunlight, Pests, and Oxygen:** These elements affect food quality and safety. Store in a cool, dry, and dark place to maintain freshness.
2. **Quality vs. Safety:** Understand that reduced quality doesn't necessarily mean unsafe for consumption.
3. **First In, First Out:** Practice rotation to use older supplies first.

4. **Elevate Storage:** Avoid direct contact with the floor.
5. **Check Packaging:** Always inspect packaging before consuming.
6. **Freeze Nuts:** Freeze nuts for prolonged freshness. Whole nuts will last longer than nut pieces or meal.

### Special Considerations:

- **Storage Containers:** Use 5-gallon plastic buckets (p. 91) with waterproof lids for larger quantities.
- **Preservation Tactics:** Employ mylar bag (p. 91) and oxygen absorbers (p. 92) to combat oxygen threats.
- **Pest Control:** Diatomaceous earth (p. 92) aids in pest prevention.

This is a brief overview. To learn more, read our blog post, [A Guide on Storing Dry Foods Safely](#), and explore other online resources.

When properly stored, our bulk dry goods ensure lasting quality and nutrition.



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Prices are subject to change without notice.

## Beans

SKU	Product	Size	\$/lb	Price
061108	Adzuki Beans, Organic	5 lb	3.99	\$19.95
060007	Adzuki Beans, Organic	25 lb	3.72	\$92.95
060508	Bean Soup Mix, Organic, Country Life Ingredients: Dark red kidney beans*, hulled barley*, pinto beans*, black turtle beans*, adzuki beans*, great northern beans*, red lentils* *Organic	5 lb	3.99	\$19.95
060514	Black Turtle Beans	5 lb	2.19	\$10.95
065021	Black Turtle Beans	50 lb	1.60	\$79.95
060114	Black Turtle Beans, Organic	1 lb	5.95	\$5.95
061113	Black Turtle Beans, Organic	5 lb	3.19	\$15.95
060015	Black Turtle Beans, Organic	25 lb	2.68	\$66.95
060196	Black-Eyed Peas, Organic	1 lb	5.95	\$5.95
060596	Black-Eyed Peas, Organic	5 lb	3.59	\$17.95
060990	Black-Eyed Peas, Organic	25 lb	3.04	\$75.95
060151	Bolita Beans	1 lb	9.95	\$9.95
060551	Bolita Beans	5 lb	3.79	\$18.95
065051	Bolita Beans	50 lb	3.10	\$154.95
060113	Cannellini Beans, White Kidney	1 lb	4.95	\$4.95
060513	Cannellini Beans, White Kidney	5 lb	2.39	\$11.95
065088	Cannellini Beans, White Kidney	50 lb	1.78	\$88.95
060181	Cranberry Beans, Organic	1 lb	5.95	\$5.95
060581	Cranberry Beans, Organic	5 lb	3.79	\$18.95
060087	Cranberry Beans, Organic	25 lb	3.16	\$78.95
062004	Fava Beans, Shelled, Blanched	20 Oz	0.45	\$8.95
060127	Garbanzo Beans (Chickpeas), Organic	1 lb	6.95	\$6.95
065527	Garbanzo Beans (Chickpeas), Organic	5 lb	3.99	\$19.95
060027	Garbanzo Beans (Chickpeas), Organic	25 lb	3.36	\$83.95
060130	Great Northern Beans, Organic	1 lb	6.95	\$6.95
060530	Great Northern Beans, Organic	5 lb	3.99	\$19.95
060030	Great Northern Beans, Organic	25 lb	3.60	\$89.95

SKU	Product	Size	\$/lb	Price
060545	Kidney Beans, Dark Red	5 lb	2.39	\$11.95
065063	Kidney Beans, Dark Red	50 lb	1.76	\$87.95
061633	Kidney Beans, Dark Red, Organic	1 lb	5.95	\$5.95
061133	Kidney Beans, Dark Red, Organic	5 lb	3.19	\$15.95
060035	Kidney Beans, Dark Red, Organic	25 lb	2.64	\$65.95
060139	Kidney Beans, Light Red, Organic	1 lb	6.95	\$6.95
062539	Kidney Beans, Light Red, Organic	25 lb	3.60	\$89.95
060157	Lima Beans, Organic, Baby	1 lb	5.95	\$5.95
060557	Lima Beans, Organic, Baby	5 lb	3.59	\$17.95
060051	Lima Beans, Organic, Baby	25 lb	3.12	\$77.95
060550	Mayocoba Beans	5 lb	2.59	\$12.95
065050	Mayocoba Beans	50 lb	1.72	\$85.95
060155	Mung Beans, Organic	1 lb	5.95	\$5.95
061155	Mung Beans, Organic	5 lb	3.79	\$18.95
060055	Mung Beans, Organic	25 lb	3.20	\$79.95
061655	Mung Dal Beans, Yellow, Organic, Split Peeled	1 lb	5.95	\$5.95
060555	Mung Dal Beans, Yellow, Organic, Split Peeled	5 lb	3.99	\$19.95
062555	Mung Dal Beans, Yellow, Organic, Split Peeled	25 lb	3.52	\$87.95
060563	Navy Beans	5 lb	2.39	\$11.95
065018	Navy Beans	50 lb	1.66	\$82.95





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SKU	Product	Size	\$/lb	Price
061167	Navy Beans, Organic	5 lb	3.39	\$16.95
060060	Navy Beans, Organic	25 lb	2.96	\$73.95
060571	Peas, Green Split	5 lb	2.39	\$11.95
065074	Peas, Green Split	50 lb	1.76	\$87.95
060074	Peas, Green, Organic, Split	1 lb	5.95	\$5.95
061174	Peas, Green, Organic, Split	5 lb	3.19	\$15.95
060072	Peas, Green, Organic, Split	25 lb	2.68	\$66.95
060193	Peas, Green, Organic, Whole	1 lb	4.95	\$4.95
060593	Peas, Green, Organic, Whole	5 lb	2.79	\$13.95
060076	Peas, Green, Organic, Whole	25 lb	2.24	\$55.95
060174	Peas, Yellow, Organic, Split	1 lb	5.95	\$5.95
060574	Peas, Yellow, Organic, Split	5 lb	2.99	\$14.95
060077	Peas, Yellow, Organic, Split	25 lb	2.52	\$62.95
060587	Pinto Beans	5 lb	2.59	\$12.95
065042	Pinto Beans	50 lb	1.80	\$89.95
060183	Pinto Beans, Organic	1 lb	5.95	\$5.95
061183	Pinto Beans, Organic	5 lb	3.19	\$15.95
060080	Pinto Beans, Organic	25 lb	2.68	\$66.95
060189	Red Beans, Organic, Small	1 lb	5.95	\$5.95
060589	Red Beans, Organic, Small	5 lb	3.79	\$18.95
060089	Red Beans, Organic, Small	25 lb	3.28	\$81.95
068756	Refried Instant Black Beans, Organic	10 oz	14.32	\$8.95
061064	Refried Instant Black Beans, Organic	5 lb	8.99	\$44.95
062556	Refried Instant Black Beans, Organic	25 lb	8.40	\$209.95
061068	Refried Instant Pinto Beans, Organic	10 oz	14.32	\$8.95
061070	Refried Instant Pinto Beans, Organic	5 lb	8.99	\$44.95
062560	Refried Instant Pinto Beans, Organic	25 lb	8.40	\$209.95
061097	Soy Beans, Organic	1 lb	5.95	\$5.95
061197	Soy Beans, Organic	5 lb	3.19	\$15.95
060095	Soy Beans, Organic	25 lb	2.80	\$69.95

## Lentils

SKU	Product	Size	\$/lb	Price
060176	French Lentils, Organic	1 lb	5.95	\$5.95
060576	French Lentils, Organic	5 lb	3.99	\$19.95
062574	French Lentils, Organic	25 lb	3.40	\$84.95
060544	Green Lentils	5 lb	2.79	\$13.95
060045	Green Lentils	25 lb	1.32	\$32.95
060046	Green Lentils	50 lb	1.98	\$98.95
060146	Green Lentils, Organic	1 lb	5.95	\$5.95
060546	Green Lentils, Organic	5 lb	3.59	\$17.95
060047	Green Lentils, Organic	25 lb	3.00	\$74.95
060149	Red Lentils, Organic	1 lb	5.95	\$5.95
060549	Red Lentils, Organic	5 lb	3.79	\$18.95
062549	Red Lentils, Organic	25 lb	3.20	\$79.95
060548	Red Lentils, Split	5 lb	3.39	\$16.95
060049	Red Lentils, Split	25 lb	3.00	\$74.95
171402	Ethiopian Red Lentils, Alichia - Mild Red lentils, tomato flakes, onion flakes, Redmond real salt, granulated garlic, ground cardamom, turmeric	14 oz		\$7.95
171401	Ethiopian Red Lentils, Misir Wot - Spicy Ingredients: Red lentils, tomato flakes, onion flakes, Redmond real salt, berbere spice blend (chili pepper, cardamom, thyme, basil, salt), granulated garlic, ground cardamom	14 oz		\$7.95
171109	French Lentil Soup, Organic Ingredients: French lentils*, dehydrated onion*, dehydrated carrot*, dehydrated potato*, nutritional yeast*, celery flakes*, sea salt, cassava flour*, granulated garlic*, paprika*, parsley*, turmeric*, rubbed sage*, thyme*, oregano*, rosemary*, basil*, marjoram*, celery seed*, savory*.	11.7 oz		\$10.95
171124	Red Lentil Curry, Organic Ingredients: Red lentils*, coconut milk powder*, onion flakes*, paprika*, coriander*, granulated garlic*, fennel seed powder*, cumin seed*, turmeric*, ginger*, caraway seed*, celery seed*, cardamom*, cayenne pepper*, coconut sugar*, nutritional yeast*, sea salt	11 oz		\$8.95

Prices are subject to change without notice.

## Rice

SKU	Product	Size	\$/lb	Price
070568	Basmati Brown Rice, Lundberg	5 lb	3.39	\$16.95
070064	Basmati Brown Rice, Lundberg	25 lb	2.96	\$73.95
070164	Basmati Brown Rice, Organic, Lundberg	1 lb	7.95	\$7.95
070564	Basmati Brown Rice, Organic, Lundberg	5 lb	4.39	\$21.95
072564	Basmati Brown Rice, Organic, Lundberg	25 lb	3.84	\$95.95
070161	Basmati White Rice, Lundberg	1 lb	6.95	\$6.95
070561	Basmati White Rice, Lundberg	5 lb	3.99	\$19.95
070063	Basmati White Rice, Lundberg	25 lb	3.52	\$87.95
070565	Basmati White Rice, Organic, Lundberg	5 lb	4.79	\$23.95
072565	Basmati White Rice, Organic, Lundberg	25 lb	4.28	\$106.95
071610	Forbidden Black Rice, Organic	1 lb	6.95	\$6.95
070510	Forbidden Black Rice, Organic	5 lb	4.39	\$21.95
072510	Forbidden Black Rice, Organic	25 lb	3.84	\$95.95
070105	Jasmine Brown Rice, Organic	1 lb	6.95	\$6.95
070505	Jasmine Brown Rice, Organic	5 lb	3.79	\$18.95
072505	Jasmine Brown Rice, Organic	25 lb	3.28	\$81.95
070101	Jasmine White Rice, Organic	1 lb	6.95	\$6.95
070501	Jasmine White Rice, Organic	5 lb	3.79	\$18.95
072501	Jasmine White Rice, Organic	25 lb	3.28	\$81.95



SKU	Product	Size	\$/lb	Price
070556	Long Brown Rice, Lundberg	5 lb	3.39	\$16.95
070054	Long Brown Rice, Lundberg	25 lb	2.96	\$73.95
070183	Long Brown Rice, Organic, Lundberg	1 lb	6.95	\$6.95
070583	Long Brown Rice, Organic, Lundberg	5 lb	3.99	\$19.95
072547	Long Brown Rice, Organic, Lundberg	25 lb	3.60	\$89.95
081282	Quick Cooking Brown Rice, 8 Min	12 oz	7.93	\$5.95
080582	Quick Cooking Brown Rice, 8 Min	5 lb	3.19	\$15.95
075061	Quick Cooking Brown Rice, 8 Min	50 lb	2.52	\$125.95
070537	Short Brown Rice, Lundberg	5 lb	3.59	\$17.95
070059	Short Brown Rice, Lundberg	25 lb	2.96	\$73.95
070181	Short Brown Rice, Organic, Lundberg	1 lb	7.95	\$7.95
070581	Short Brown Rice, Organic, Lundberg	5 lb	3.59	\$17.95
072552	Short Brown Rice, Organic, Lundberg	25 lb	3.40	\$84.95
070114	Sweet Brown Rice, Organic, Lundberg	1 lb	6.95	\$6.95
070514	Sweet Brown Rice, Organic, Lundberg	5 lb	3.99	\$19.95
072562	Sweet Brown Rice, Organic, Lundberg	25 lb	3.60	\$89.95
070180	Wild Rice Blend, Lundberg	1 lb	7.95	\$7.95
070580	Wild Rice Blend, Lundberg	5 lb	5.79	\$28.95
072580	Wild Rice Blend, Lundberg	25 lb	5.20	\$129.95
070155	Wild Rice, Extra Fancy	1 lb	9.95	\$9.95
071256	Wild Rice, Organic	12 oz	18.60	\$13.95
072557	Wild Rice, Organic	25 lb	14.64	\$365.95



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## Grains

SKU	Product	Size	\$/lb	Price
070110	Barley, Hulled, Organic	1 lb	4.95	\$4.95
071110	Barley, Hulled, Organic	5 lb	2.39	\$11.95
070004	Barley, Hulled, Organic	25 lb	1.80	\$44.95
081219	Buckwheat, Kasha, Brown Roasted, Organic	12 oz	7.93	\$5.95
080519	Buckwheat, Kasha, Brown Roasted, Organic	5 lb	3.99	\$19.95
082505	Buckwheat, Kasha, Brown Roasted, Organic	25 lb	3.48	\$86.95
080121	Buckwheat, Unhulled for Sprouting, Organic	1 lb	4.95	\$4.95
080025	Buckwheat, Unhulled for Sprouting, Organic	25 lb	2.72	\$67.95
081625	Buckwheat, White, Hulled, Organic	1 lb	6.95	\$6.95
080525	Buckwheat, White, Hulled, Organic	5 lb	3.79	\$18.95
082520	Buckwheat, White, Hulled, Organic	25 lb	3.32	\$82.95
080101	Bulgar Wheat, Cracked, Course Grind	1 lb	4.95	\$4.95
080501	Bulgar Wheat, Cracked, Course Grind	5 lb	1.99	\$9.95
080030	Bulgar Wheat, Cracked, Course Grind	50 lb	1.20	\$59.95
072502	Corn Grits, Polenta, Bob's Red Mill	25 lb	2.16	\$53.95
348470	Corn Grits, Polenta, Bob's Red Mill, Organic	24 oz	4.63	\$6.95
342571	Corn Grits, Polenta, Bob's Red Mill, Organic	25 lb	2.60	\$64.95
070520	Corn Grits, Yellow, Organic	5 lb	2.59	\$12.95
072520	Corn Grits, Yellow, Organic	25 lb	2.00	\$49.95
070512	Corn, Whole Yellow, Organic	5 lb	2.19	\$10.95
070012	Corn, Whole Yellow, Organic	50 lb	1.58	\$78.95
080126	Cornmeal, Blue, Organic	1 lb	5.95	\$5.95
080526	Cornmeal, Blue, Organic	5 lb	3.19	\$15.95
082526	Cornmeal, Blue, Organic	25 lb	2.60	\$64.95
080534	Cornmeal, Yellow, Organic	5 lb	2.59	\$12.95
080033	Cornmeal, Yellow, Organic	25 lb	2.00	\$49.95
080554	Couscous, Semolina	5 lb	2.99	\$14.95
080044	Couscous, Semolina	50 lb	3.00	\$149.95

SKU	Product	Size	\$/lb	Price
081265	Couscous, Semolina, Organic	12 oz	0.50	\$5.95
080565	Couscous, Semolina, Organic	5 lb	3.39	\$16.95
080064	Couscous, Semolina, Organic	50 lb	2.60	\$129.95
080570	Cream of Wheat, Organic	4 lb	3.24	\$12.95
080070	Cream of Wheat, Organic	25 lb	2.40	\$59.95
070115	Einkorn Berries, Organic	1 lb	8.95	\$8.95
070515	Einkorn Berries, Organic	5 lb	5.59	\$27.95
072515	Einkorn Berries, Organic	25 lb	5.04	\$125.95
070208	Farro Grain, Organic, Bob's Red Mill	24 oz	5.30	\$7.95
080513	Kamut Grain, Organic	5 lb	2.79	\$13.95
082515	Kamut Grain, Organic	25 lb	2.40	\$59.95
070620	Millet, Hulled, Organic	16 oz	5.95	\$5.95
071116	Millet, Hulled, Organic	5 lb	3.19	\$15.95
070014	Millet, Hulled, Organic	25 lb	2.76	\$68.95
075029	Millet, Hulled, Organic	50 lb	2.44	\$121.95
072469	Popcorn, Tri-Color, Organic	24 oz	3.97	\$5.95
070569	Popcorn, Tri-Color, Organic	5 lb	2.39	\$11.95
072569	Popcorn, Tri-Color, Organic	25 lb	1.80	\$44.95
070138	Popcorn, White	1 lb	4.95	\$4.95
070538	Popcorn, White	5 lb	1.99	\$9.95
070035	Popcorn, White	50 lb	1.40	\$69.95
070533	Popcorn, Yellow	5 lb	1.99	\$9.95
070030	Popcorn, Yellow	50 lb	1.38	\$68.95
070160	Popcorn, Yellow, Organic	1 lb	6.95	\$6.95
070560	Popcorn, Yellow, Organic	5 lb	2.99	\$14.95
075063	Popcorn, Yellow, Organic	50 lb	2.08	\$103.95



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SKU	Product	Size	\$/lb	Price
081606	Quinoa, Organic	1 lb	7.95	\$7.95
080562	Quinoa, Organic	5 lb	4.99	\$24.95
082564	Quinoa, Organic	25 lb	4.40	\$109.95
357563	Quinoa, Tri-Color, Organic, Cadia	16 oz	6.95	\$6.95
072545	Quinoa, Tri-Color, Organic	25 lb	2.80	\$69.95
070167	Rye Berries, Organic	1 lb	4.95	\$4.95
070567	Rye Berries, Organic	5 lb	2.19	\$10.95
070065	Rye Berries, Organic	25 lb	1.80	\$44.95
075065	Rye Berries, Organic	50 lb	1.52	\$75.95
070192	Spelt Berries, Organic	1 lb	6.95	\$6.95
070592	Spelt Berries, Organic	5 lb	3.19	\$15.95
070095	Spelt Berries, Organic	25 lb	2.68	\$66.95
392418	Teff Grain, Gluten Free, Bob's Red Mill	24 oz	5.97	\$8.95
071022	Wheat Berries, Bronze Chief (Red)	10 lb	1.80	\$17.95
075070	Wheat Berries, Bronze Chief (Red)	50 lb	1.40	\$69.95
070068	Wheat Berries, Hard Red, Organic	25 lb	1.96	\$48.95
070588	Wheat Berries, Hard Red, Winter Wheat	5 lb	2.19	\$10.95
075088	Wheat Berries, Hard Red, Winter Wheat	50 lb	1.40	\$69.95
070080	Wheat Berries, Hard White, Organic	25 lb	2.16	\$53.95
071026	Wheat Berries, Prairie Gold (White)	10 lb	1.80	\$17.95
075085	Wheat Berries, Prairie Gold (White)	50 lb	1.60	\$79.95
070572	Wheat Berries, Soft White, Organic	5 lb	2.79	\$13.95
070072	Wheat Berries, Soft White, Organic	25 lb	2.20	\$54.95
080524	Wheat Bran, Organic	2 lb	2.48	\$4.95
080010	Wheat Bran, Organic	30 lb	1.40	\$41.95
900860	Wheat Germ, Raw	8 oz	7.90	\$3.95
900561	Wheat Germ, Raw	5 lb	1.59	\$7.95
900060	Wheat Germ, Raw	25 lb	1.20	\$29.95

## Flour

SKU	Product	Size	\$/lb	Price
396402	1-1 Baking Flour, Gluten Free, Bob's Red Mill	4 lb	3.99	\$15.95
392502	1-1 Baking Flour, Gluten Free, Bob's Red Mill	25 lb	3.00	\$74.95
092588	6-Grain Flour, Organic	25 lb	3.04	\$75.95
392501	All Purpose Flour, Gluten Free, Bob's Red Mill	25 lb	3.20	\$79.95
348620	Amaranth Flour	18 oz	8.84	\$9.95
090517	Barley Flour, Organic	5 lb	3.19	\$15.95
090017	Barley Flour, Organic	25 lb	2.00	\$49.95
392505	Brown Rice Flour, Organic, Gluten Free, Bob's Red Mill	25 lb	3.84	\$95.95
090520	Buckwheat Flour, Organic	5 lb	3.99	\$19.95
090019	Buckwheat Flour, Organic	25 lb	3.00	\$74.95
332649	Cassava Flour	20 oz	11.16	\$13.95
391670	Chickpea (Garbanzo Bean) Flour, Gluten Free, Bob's Red Mill	1 lb	3.95	\$3.95
392570	Chickpea (Garbanzo Bean) Flour, Gluten Free, Bob's Red Mill	25 lb	2.96	\$73.95
391605	Coconut Flour, Organic	1 lb	6.95	\$6.95
092240	Corn Flour, White, Masa Harina, Non-GMO (1 kg)	2.2 lb	6.34	\$13.95
093262	Einkorn Flour, All Purpose, Organic	32 oz	7.48	\$14.95
093224	Einkorn Flour, Whole Wheat, Organic	32 oz	7.48	\$14.95
091123	Gluten Flour, 75% Protein	5 lb	5.19	\$25.95
095024	Gluten Flour, 75% Protein	50 lb	3.80	\$189.95
110046	Gold N White Flour, with Germ, Organic	5 lb	3.59	\$17.95
090020	Gold N White Flour, with Germ, Organic	25 lb	2.32	\$57.95
090025	Gold N White Flour, with Germ, Organic	50 lb	1.40	\$69.95
092515	Khorasan Flour, Organic, Kamut	25 lb	2.48	\$61.95
090521	Millet Flour, Organic	5 lb	3.39	\$16.95
090504	Oat Flour, Organic	5 lb	3.79	\$18.95
092504	Oat Flour, Organic	25 lb	3.12	\$77.95



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SKU	Product	Size	\$/lb	Price
030572	Potato Flour	5 lb	4.59	\$22.95
390208	Quinoa Flour, Bob's Red Mill	18 oz	14.18	\$15.95
090508	Rice Flour, Brown, Organic	5 lb	3.79	\$18.95
092508	Rice Flour, Brown, Organic	25 lb	2.80	\$69.95
090510	Rye Flour, Dark, Organic	5 lb	4.59	\$22.95
090010	Rye Flour, Dark, Organic	25 lb	1.88	\$46.95
364131	Semolina Flour	24 oz	3.97	\$5.95
364250	Sorghum Flour, Gluten Free, Bob's Red Mill	22 oz	5.05	\$6.95
392530	Sorghum Flour, Gluten Free, Bob's Red Mill	25 lb	3.20	\$79.95
090516	Soy Flour, Organic, Full Fat	4 lb	4.24	\$16.95
092055	Soy Flour, Organic, Full Fat	25 lb	2.68	\$66.95
091160	Spelt Flour, Organic	5 lb	3.19	\$15.95
090060	Spelt Flour, Organic	25 lb	2.76	\$68.95
091165	Spelt Flour, White, Organic	5 lb	3.59	\$17.95
092565	Spelt Flour, White, Organic	25 lb	3.12	\$77.95
330580	Tapioca Flour	4.5 lb	3.99	\$15.95
392504	Tapioca Flour, Gluten Free, Bob's Red Mill	25 lb	3.20	\$79.95
090293	Teff Flour, Gluten Free	20 oz	7.96	\$9.95
392419	Teff Flour, Gluten Free	25 lb	4.80	\$119.95
091006	White Flour Natural, Premium, Unbleached	10 lb	2.20	\$21.95
095064	White Flour Natural, Premium, Unbleached	50 lb	1.60	\$79.95
091000	Whole Wheat Flour, Bronze Chief	10 lb	2.00	\$19.95
095068	Whole Wheat Flour, Bronze Chief	50 lb	1.40	\$69.95
090132	Whole Wheat Flour, Organic	5 lb	2.99	\$14.95
090030	Whole Wheat Flour, Organic	25 lb	1.96	\$48.95
090035	Whole Wheat Flour, Organic	50 lb	1.80	\$89.95

SKU	Product	Size	\$/lb	Price
091002	Whole Wheat Flour, Prairie Gold	10 lb	2.00	\$19.95
095062	Whole Wheat Flour, Prairie Gold	50 lb	1.40	\$69.95
090039	Whole Wheat Pastry Flour, Organic	5 lb	2.79	\$13.95
090038	Whole Wheat Pastry Flour, Organic	25 lb	2.28	\$56.95
090040	Whole Wheat Pastry Flour, Organic	50 lb	2.00	\$99.95

## Flaked Grains

SKU	Product	Size	\$/lb	Price
080110	4-Grain Flakes	1 lb	4.95	\$4.95
080510	4-Grain Flakes	5 lb	2.19	\$10.95
082510	4-Grain Flakes	25 lb	2.00	\$49.95
Ingredients: Barley rolled flakes, rolled oats, rye rolled flakes, wheat rolled flakes, sunflower seeds				
081204	Barley, Rolled Flakes	12 oz	5.27	\$3.95
080504	Barley, Rolled Flakes	5 lb	1.99	\$9.95
080004	Barley, Rolled Flakes	50 lb	1.30	\$64.95
081227	Rye, Rolled Flakes	12 oz	5.27	\$3.95
080527	Rye, Rolled Flakes	5 lb	1.99	\$9.95
080027	Rye, Rolled Flakes	50 lb	1.18	\$58.95
080523	Wheat, Rolled Flakes, White	5 lb	1.79	\$8.95
080125	Wheat, Rolled Flakes, White	50 lb	1.20	\$59.95



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## Oats

SKU	Product	Size	\$/lb	Price
072500	Oat Bran	25 lb	\$2.16	\$53.95
085000	Oat Bran	50 lb	\$1.86	\$92.95
080842	Oat Bran, Organic	1 lb	\$5.95	\$5.95
080544	Oat Bran, Organic	4.5 lb	\$3.32	\$14.95
080142	Oat Bran, Organic	25 lb	\$2.80	\$69.95
085042	Oat Bran, Organic	50 lb	\$2.62	\$130.95
080559	Oat Groats, Steel Cut	5 lb	\$1.99	\$9.95
080157	Oat Groats, Steel Cut	25 lb	\$1.60	\$39.95
085057	Oat Groats, Steel Cut	50 lb	\$1.38	\$68.95
395030	Oat Groats, Steel Cut, Gluten Free	50 lb	\$1.92	\$95.95
070139	Oat Groats, Steel Cut, Organic	1 lb	\$4.95	\$4.95
070547	Oat Groats, Steel Cut, Organic	5 lb	\$2.59	\$12.95
072539	Oat Groats, Steel Cut, Organic	25 lb	\$2.16	\$53.95
075039	Oat Groats, Steel Cut, Organic	50 lb	\$1.72	\$85.95
072294	Oat Groats, Steel Cut, Organic, Quick Cooking, Bob's Red Mill	22 oz	\$5.05	\$6.95
070534	Oat Groats, Whole	5 lb	\$1.99	\$9.95
075025	Oat Groats, Whole	50 lb	\$1.36	\$67.95
070182	Oat Groats, Whole, Organic	1 lb	\$4.95	\$4.95
070582	Oat Groats, Whole, Organic	5 lb	\$2.59	\$12.95
080159	Oat Groats, Whole, Organic	25 lb	\$2.16	\$53.95
075059	Oat Groats, Whole, Organic	50 lb	\$1.84	\$91.95
010260	Oatmeal, Organic, Bob's Scottish	20 oz	\$0.35	\$6.95
080537	Oats, Quick Rolled	5 lb	\$1.99	\$9.95
080137	Oats, Quick Rolled	25 lb	\$1.60	\$39.95
080037	Oats, Quick Rolled	50 lb	\$1.38	\$68.95
392560	Oats, Quick Rolled, Gluten Free, Bob's Red Mill	25 lb	\$1.72	\$42.95
395020	Oats, Quick Rolled, Gluten Free, Grain Millers Canada	50 lb	\$1.60	\$79.95

SKU	Product	Size	\$/lb	Price
080556	Oats, Quick Rolled, Organic	5 lb	\$2.59	\$12.95
080056	Oats, Quick Rolled, Organic	25 lb	\$2.00	\$49.95
080055	Oats, Quick Rolled, Organic	50 lb	\$1.84	\$91.95
392880	Oats, Quick Rolled, Organic, Gluten Free, Bob's Red Mill	28 oz	\$0.36	\$9.95
392580	Oats, Quick Rolled, Organic, Gluten Free, Bob's Red Mill	25 lb	\$3.48	\$86.95
080540	Oats, Regular Rolled	5 lb	\$1.99	\$9.95
080139	Oats, Regular Rolled	25 lb	\$1.60	\$39.95
080040	Oats, Regular Rolled	50 lb	\$1.50	\$74.95
395010	Oats, Regular Rolled, Gluten Free	50 lb	\$1.60	\$79.95
392520	Oats, Regular Rolled, Gluten Free, Bob's Red Mill	25 lb	\$2.84	\$70.95
080552	Oats, Regular Rolled, Organic	5 lb	\$2.59	\$12.95
082552	Oats, Regular Rolled, Organic	25 lb	\$2.00	\$49.95
080052	Oats, Regular Rolled, Organic	50 lb	\$1.80	\$89.95
393290	Oats, Regular Rolled, Organic, Gluten Free, Bob's Red Mill	32 oz	\$0.37	\$11.95
392590	Oats, Regular Rolled, Organic, Gluten Free, Bob's Red Mill	25 lb	\$3.48	\$86.95
080550	Oats, Thick Rolled	5 lb	\$2.19	\$10.95
080050	Oats, Thick Rolled	50 lb	\$1.56	\$77.95
080558	Oats, Thick Rolled, Organic	5 lb	\$2.59	\$12.95
085058	Oats, Thick Rolled, Organic	50 lb	\$1.80	\$89.95



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## Cereals & Granolas

SKU	Product	Size	\$/lb	Price
010015	Apple Natural Muesli, Swiss Style	12 oz	7.93	\$5.95
014010	Apple Natural Muesli, Swiss Style	40 oz	3.98	\$9.95
010005	Apple Natural Muesli, Swiss Style	25 lb	3.40	\$84.95
	Ingredients: Rolled oats, sunflower seeds, raisins, coconut, oat bran, cane juice crystals, date pieces in oat flour, apple dices, almonds, honey, and hazelnuts			
011202	Slow-Baked Almond Delicious Granola	12 oz	9.27	\$6.95
010303	Slow-Baked Almond Delicious Granola	3 lb	5.32	\$15.95
010101	Slow-Baked Almond Delicious Granola	25 lb	3.92	\$97.95
	Ingredients: Rolled oats, honey, sunflower oil, almonds, coconut, sunflower seeds, sesame seeds, pure vanilla, almond extract, salt, coconut oil.			
011230	Slow-Baked Cashew Date Granola	12 oz	7.93	\$5.95
010325	Slow-Baked Cashew Date Granola	3 lb	3.65	\$10.95
010020	Slow-Baked Cashew Date Granola	25 lb	3.16	\$78.95
	Ingredients: Rolled oats, corn barley malt syrup, date paste, sunflower oil, cashews, coconut, sunflower seeds, vanilla, salt, coconut oil			
010186	Slow-Baked Cherry Almond Granola	12 oz	9.27	\$6.95
010486	Slow-Baked Cherry Almond Granola	3 lb	5.65	\$16.95
012586	Slow-Baked Cherry Almond Granola	25 lb	4.80	\$119.95
	Ingredients: Rolled oats, tart cherries (tart cherries, sugar, sunflower oil), cane juice crystals, sunflower oil, almonds, coconut, brown rice flour, puffed rice, brown rice syrup, tapioca flour, sunflower seeds, coconut oil, cherry extract, almond extract, salt			
010176	Slow-Baked Health Nut Granola, Organic	12 oz	9.27	\$6.95
010376	Slow-Baked Health Nut Granola, Organic	3 lb	6.32	\$18.95
012576	Slow-Baked Health Nut Granola, Organic	25 lb	5.88	\$146.95
	Ingredients: Regular rolled oats*, quick rolled oats*, extra virgin coconut oil*, coconut chips*, coconut sugar*, raw honey*, dates* in rice flour*, goji berries*, sunflower seeds*, walnuts*, almonds*, chia seeds*, pumpkin seeds*, hemp seeds*, sesame seeds*, brown flax seeds*, almond extract (water, alcohol*, natural oil of bitter almond, sweet almond oil*), sea salt *Organic			
010146	Slow-Baked Maple Pecan Granola	12 oz	7.93	\$5.95
010346	Slow-Baked Maple Pecan Granola	3 lb	4.98	\$14.95
012546	Slow-Baked Maple Pecan Granola	25 lb	4.24	\$105.95
	Ingredients: Old fashioned rolled oats*, quick rolled oats*, sunflower oil, granulated sugar*, shredded coconut, maple syrup, pecan meal, brown rice flour, coconut oil, pecan pieces, tapioca flour, sunflower seeds, natural maple flavor (glycerin, water, caramel color, and natural flavors), sea salt *Organic			

SKU	Product	Size	\$/lb	Price
010156	Slow-Baked Morning Manna Granola, Organic	12 oz	9.27	\$6.95
010356	Slow-Baked Morning Manna Granola, Organic	3 lb	5.32	\$15.95
012556	Slow-Baked Morning Manna Granola, Organic	25 lb	4.72	\$117.95
	Ingredients: Rolled oats*, quick oats*, coconut chips*, sunflower seeds*, cane sugar*, coconut oil*, salt, water		*Organic	
1280825	Cereal, Corn Flakes, Juice Sweetened	26.4 oz	9.20	\$14.95
082465	Cereal, Creamy Wheat, Hot	24 oz	3.79	\$5.95
082460	Cereal, Creamy Wheat, Organic, Hot	24 oz	5.30	\$7.95
1038629	Cereal, Mesa Sunrise	26.4 oz	9.20	\$14.95
082421	Cereal, Organic, 6-Grain, Hot	24 oz	3.97	\$5.95
070301	7-Grain Flakes w/ Flax	3 lb	2.98	\$8.95
075001	7-Grain Flakes w/ Flax	50 lb	1.80	\$89.95
070513	Cereal, Organic, 7-Grain	5 lb	4.79	\$23.95
072513	Cereal, Organic, 7-Grain	25 lb	4.56	\$113.95
010233	Cereal, Puffed Corn	6 oz	10.53	\$3.95
010259	Granola, Hemp Plus, Organic	2 lb	6.48	\$12.95
012559	Granola, Hemp Plus, Organic	25 lb	5.32	\$132.95
	Ingredients: Whole grain rolled oats*, cane sugar*, soy oil*, brown rice flour*, flax seeds*, oat syrup solids* (oat syrup solids*, tocopherols*), hemp seeds*, sea salt, molasses*		*Organic	
010237	Kamut Khorasan Wheat Puffs, Organic	6 oz	10.53	\$3.95
011805	Puffed Brown Rice, Organic	18 oz	7.96	\$8.95
011005	Puffed Brown Rice, Organic	10 lb	5.00	\$49.95



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## Seeds

SKU	Product	Size	\$/lb	Price
051207	Alfalfa Seeds, Organic	12 oz	15.93	\$11.95
050514	Alfalfa Seeds, Organic	5 lb	12.59	\$62.95
050006	Alfalfa Seeds, Organic	25 lb	11.92	\$297.95
050121	Amaranth Seed, Organic	1 lb	5.95	\$5.95
050521	Amaranth Seed, Organic	5 lb	3.79	\$18.95
052513	Amaranth Seed, Organic	25 lb	3.20	\$79.95
050113	Amaranth Seed, Organic	50 lb	3.06	\$152.95
050899	Broccoli Seed, Organic	8 oz	17.90	\$8.95
050394	Broccoli Seed, Organic	3 lb	13.32	\$39.95
052592	Broccoli Seed, Organic	25 lb	12.36	\$308.95
050104	Chia Seeds, Organic	1 lb	7.95	\$7.95
050504	Chia Seeds, Organic	5 lb	6.19	\$30.95
052504	Chia Seeds, Organic	25 lb	5.60	\$139.95
051281	Clover Seeds, Red, Organic	12 oz	11.93	\$8.95
050534	Clover Seeds, Red, Organic	5 lb	8.19	\$40.95
052571	Fenugreek Seeds, Organic	25 lb	4.40	\$109.95
054079	Fenugreek Seeds, Organic	40 lb	6.00	\$239.95
054080	Fenugreek Seeds, Organic	50 lb	5.98	\$298.95



SKU	Product	Size	\$/lb	Price
050117	Flax Seeds, Brown, Organic	1 lb	6.95	\$6.95
050517	Flax Seeds, Brown, Organic	5 lb	3.99	\$19.95
050015	Flax Seeds, Brown, Organic	25 lb	3.48	\$86.95
050510	Flax Seeds, Golden	5 lb	4.19	\$20.95
052510	Flax Seeds, Golden	25 lb	2.00	\$49.95
055010	Flax Seeds, Golden	50 lb	1.50	\$74.95
050118	Flax Seeds, Golden, Organic	1 lb	7.95	\$7.95
051518	Flax Seeds, Golden, Organic	5 lb	4.19	\$20.95
052518	Flax Seeds, Golden, Organic	25 lb	3.64	\$90.95
050170	Hemp Seeds, Hulled	1 lb	8.95	\$8.95
050370	Hemp Seeds, Hulled	3 lb	6.65	\$19.95
052570	Hemp Seeds, Hulled	25 lb	6.60	\$164.95
055070	Hemp Seeds, Hulled	50 lb	6.20	\$309.95
051080	Hemp Seeds, Hulled, Organic	10 oz	20.72	\$12.95
050380	Hemp Seeds, Hulled, Organic	3 lb	10.98	\$32.95
055258	Hemp Seeds, Hulled, Organic	25 lb	9.20	\$229.95
055080	Hemp Seeds, Hulled, Organic	50 lb	10.12	\$505.95
050125	Pepitas (Pumpkin Seeds)	10 oz	15.92	\$9.95
050525	Pepitas (Pumpkin Seeds)	5 lb	6.99	\$34.95
050025	Pepitas (Pumpkin Seeds)	25 lb	6.52	\$162.95
055025	Pepitas (Pumpkin Seeds)	50 lb	6.36	\$317.95
051086	Pepitas (Pumpkin Seeds), Organic	10 oz	11.12	\$6.95
050592	Pepitas (Pumpkin Seeds), Organic	5 lb	5.99	\$29.95
052786	Pepitas (Pumpkin Seeds), Organic	27.5 lb	5.45	\$149.95
330175	Poppy Seeds, Blue	12 oz	10.60	\$7.95
330575	Poppy Seeds, Blue	5 lb	4.79	\$23.95
335075	Poppy Seeds, Blue	50 lb	4.18	\$208.95
051269	Radish Seeds, Organic	12 oz	11.93	\$8.95
051569	Radish Seeds, Organic	25 lb	7.36	\$183.95



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SKU	Product	Size	\$/lb	Price
050120	Sesame Seeds, Black, Natural	1 lb	7.95	\$7.95
050520	Sesame Seeds, Black, Natural	5 lb	3.79	\$18.95
050020	Sesame Seeds, Black, Natural	50 lb	3.12	\$155.95
050167	Sesame Seeds, Natural	1 lb	5.95	\$5.95
051167	Sesame Seeds, Natural	5 lb	3.39	\$16.95
050035	Sesame Seeds, Natural	50 lb	2.76	\$137.95
050664	Sesame Seeds, Natural, Organic	1 lb	6.95	\$6.95
050530	Sesame Seeds, Natural, Organic	5 lb	4.59	\$22.95
055235	Sesame Seeds, Natural, Organic	25 lb	4.04	\$100.95
055535	Sesame Seeds, Natural, Organic	50 lb	3.50	\$174.95
050526	Sesame Seeds, Tri-Color, Organic	5 oz	12.64	\$3.95
051163	Sesame Seeds, White, Hulled	5 lb	3.79	\$18.95
050040	Sesame Seeds, White, Hulled	50 lb	3.06	\$152.95
050666	Sesame Seeds, White, Hulled, Organic	1 lb	6.95	\$6.95
050540	Sesame Seeds, White, Hulled, Organic	5 lb	4.59	\$22.95
052539	Sesame Seeds, White, Hulled, Organic	25 lb	4.12	\$102.95
055040	Sesame Seeds, White, Hulled, Organic	50 lb	3.94	\$196.95
052024	Sprouting Seeds, Organic, High Mowing, Spring Salad Mix	3 oz	31.73	\$5.95
052015	Sprouting Seeds, Organic, High Mowing, Sandwich Booster Blend	3 oz	31.73	\$5.95
1701	Sprouting Seeds, Organic, High Mowing, Spicy Salad Mix	3 oz	31.73	\$5.95
052017	Sprouting Seeds, Organic, High Mowing, Kale	3 oz	47.73	\$8.95
050171	Sunflower Seeds, Black Oil, Unhulled For Sprouting, Organic	10 oz	9.52	\$5.95
050571	Sunflower Seeds, Black Oil, Unhulled For Sprouting, Organic	5 lb	5.19	\$25.95
055071	Sunflower Seeds, Black Oil, Unhulled For Sprouting, Organic	50 lb	4.58	\$228.95
121610	Sunflower Seeds, Organic	1 lb	6.95	\$6.95
050573	Sunflower Seeds, Organic	5 lb	4.39	\$21.95
050075	Sunflower Seeds, Organic	25 lb	3.88	\$96.95
120180	Sunflower Seeds, Raw	1 lb	5.95	\$5.95
050547	Sunflower Seeds, Raw	5 lb	3.59	\$17.95
050045	Sunflower Seeds, Raw	50 lb	2.80	\$140.00

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SKU	Product	Size	\$/lb	Price
050563	Sunflower Seeds, Roasted, No Salt	5 lb	3.79	\$18.95
050065	Sunflower Seeds, Roasted, No Salt	25 lb	3.32	\$82.95
120185	Sunflower Seeds, Roasted, Salted	1 lb	7.95	\$7.95
051158	Sunflower Seeds, Roasted, Salted	5 lb	3.79	\$18.95
050055	Sunflower Seeds, Roasted, Salted	25 lb	3.32	\$82.95
051667	Zestful Sprouting Mix	1 lb	13.95	\$13.95
050367	Zestful Sprouting Mix	3 lb	7.98	\$23.95



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## Nuts

SKU	Product	Size	\$/lb	Price
031222	Almond Meal, Blanched, Fine Ground	12 oz	10.60	\$7.95
030522	Almond Meal, Blanched, Fine Ground	5 lb	6.79	\$33.95
032522	Almond Meal, Blanched, Fine Ground	25 lb	6.20	\$154.95
031221	Almond Meal, Natural, Fine Ground	12 oz	11.93	\$8.95
031121	Almond Meal, Natural, Fine Ground	5 lb	6.99	\$34.95
032520	Almond Meal, Natural, Fine Ground	25 lb	6.48	\$161.95
031216	Almonds, Sliced, Blanched	12 oz	11.93	\$8.95
030316	Almonds, Sliced, Blanched	3 lb	5.98	\$17.95
120014	Almonds, Sliced, Blanched	25 lb	5.24	\$130.95
031214	Almonds, Sliced, Natural	12 oz	10.60	\$7.95
030314	Almonds, Sliced, Natural	3 lb	6.65	\$19.95
030015	Almonds, Sliced, Natural	25 lb	5.84	\$145.95
030375	Almonds, Sliced, Organic, Natural	3 lb	13.98	\$41.95
032075	Almonds, Sliced, Organic, Natural	20 lb	10.50	\$209.95
031212	Almonds, Slivered, Blanched	12 oz	10.60	\$7.95
030312	Almonds, Slivered, Blanched	3 lb	6.98	\$20.95
120012	Almonds, Slivered, Blanched	25 lb	6.20	\$154.95
031248	Almonds, Whole	12 oz	9.27	\$6.95
031148	Almonds, Whole	5 lb	5.59	\$27.95
030005	Almonds, Whole	25 lb	4.68	\$116.95
030006	Almonds, Whole	50 lb	4.60	\$229.95
030800	Almonds, Whole, Organic	12 oz	13.27	\$9.95
030300	Almonds, Whole, Organic	3 lb	7.98	\$23.95
032500	Almonds, Whole, Organic	25 lb	7.12	\$177.95
031226	Brazil Nuts, Whole	12 oz	11.93	\$8.95
030325	Brazil Nuts, Whole	3 lb	8.65	\$25.95
030025	Brazil Nuts, Whole	44 lb	7.34	\$322.95

SKU	Product	Size	\$/lb	Price
030823	Brazil Nuts, Whole, Organic	8 oz	19.90	\$9.95
030323	Brazil Nuts, Whole, Organic	3 lb	13.98	\$41.95
034425	Brazil Nuts, Whole, Organic	44 lb	12.91	\$567.95
030162	Cashews, Large Pieces	10 oz	9.52	\$5.95
030362	Cashews, Large Pieces	3 lb	5.65	\$16.95
030030	Cashews, Large Pieces	25 lb	4.84	\$120.95
035030	Cashews, Large Pieces	50 lb	4.54	\$226.95
030346	Cashews, Large Pieces, Organic	3 lb	7.98	\$23.95
032546	Cashews, Large Pieces, Organic	25 lb	6.96	\$173.95
035044	Cashews, Large Pieces, Organic	50 lb	6.74	\$336.95
030841	Cashews, Rosemary Maple	8 oz	15.90	\$7.95
030151	Cashews, Whole 320s	10 oz	11.12	\$6.95
030350	Cashews, Whole 320s	3 lb	5.98	\$17.95
030050	Cashews, Whole 320s	25 lb	5.20	\$129.95
035050	Cashews, Whole 320s	50 lb	4.84	\$241.95
030345	Cashews, Whole 320s, Organic	3 lb	9.65	\$28.95
032577	Cashews, Whole 320s, Organic	25 lb	8.88	\$221.95
035077	Cashews, Whole 320s, Organic	50 lb	8.56	\$427.95
030343	Cashews, Whole 320s, Roasted & Salted	3 lb	12.98	\$38.95
030040	Cashews, Whole 320s, Roasted & Salted	25 lb	12.00	\$299.95
030248	Cashews, Whole 320s, Roasted, No Salt	2 lb	12.48	\$24.95
030055	Cashews, Whole 320s, Roasted, No Salt	25 lb	11.12	\$277.95



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SKU	Product	Size	\$/lb	Price
270861	Hazelnuts, Candied, Large, Ennis Variety	8 oz	17.90	\$8.95
270361	Hazelnuts, Candied, Large, Ennis Variety	3 lb	11.32	\$33.95
030855	Hazelnuts, Whole, Organic	8 oz	17.90	\$8.95
030355	Hazelnuts, Whole, Organic	3 lb	11.32	\$33.95
032568	Hazelnuts, Whole, Organic	25 lb	10.60	\$264.95
031261	Hazelnuts, Whole, Raw, Large, Ennis Variety	12 oz	13.27	\$9.95
030361	Hazelnuts, Whole, Raw, Large, Ennis Variety	3 lb	9.32	\$27.95
032561	Hazelnuts, Whole, Raw, Large, Ennis Variety	25 lb	8.68	\$216.95
030867	Macadamias, Halves	8 oz	19.90	\$9.95
030267	Macadamias, Halves	2 lb	12.98	\$25.95
032567	Macadamias, Halves	25 lb	12.00	\$299.95
030597	Peanuts, 1/2s Dry Roasted, No Salt	5 lb	2.99	\$14.95
030095	Peanuts, 1/2s Dry Roasted, No Salt	30 lb	2.50	\$74.95
031065	Peanuts, 1/2s Dry Roasted, Organic, No Salt	10 oz	9.52	\$5.95
030565	Peanuts, 1/2s Dry Roasted, Organic, No Salt	5 lb	4.79	\$23.95
033065	Peanuts, 1/2s Dry Roasted, Organic, No Salt	30 lb	4.30	\$128.95
031077	Peanuts, Whole Blanched, Roasted, Salted	1 lb	7.95	\$7.95
030577	Peanuts, Whole Blanched, Roasted, Salted	5 lb	4.59	\$22.95
030080	Peanuts, Whole Blanched, Roasted, Salted	25 lb	4.00	\$99.95
030804	Pecan Halves, Junior Mammoth, Organic	8 oz	19.90	\$9.95
030204	Pecan Halves, Junior Mammoth, Organic	2 lb	13.48	\$26.95
033004	Pecan Halves, Junior Mammoth, Organic	30 lb	12.07	\$361.95
031236	Pecan Meal, Fancy	12 oz	11.93	\$8.95
031136	Pecan Meal, Fancy	5 lb	8.39	\$41.95
030135	Pecan Meal, Fancy	30 lb	7.87	\$235.95
030224	Pecans, 1/2s, Fancy, Jumbo	2 lb	11.98	\$23.95
030524	Pecans, 1/2s, Fancy, Jumbo	5 lb	11.19	\$55.95
032808	Pecans, 1/2s, Fancy, Jumbo	30 lb	10.67	\$319.95

SKU	Product	Size	\$/lb	Price
031330	Pecans, Pieces	10 oz	15.92	\$9.95
030230	Pecans, Pieces	2 lb	9.98	\$19.95
030530	Pecans, Pieces	5 lb	9.19	\$45.95
030130	Pecans, Pieces	30 lb	8.70	\$260.95
030832	Pinenuts, Large	8 oz	31.90	\$15.95
030232	Pinenuts, Large	2 lb	26.98	\$53.95
035531	Pinenuts, Large	55 lb	16.29	\$895.95
030138	Pistachios, In Shell, Dry Roasted, Salted	10 oz	12.72	\$7.95
030338	Pistachios, In Shell, Dry Roasted, Salted	3 lb	8.32	\$24.95
030140	Pistachios, In Shell, Dry Roasted, Salted	25 lb	7.44	\$185.95
030844	Pistachios, Shelled, Raw	8 oz	21.90	\$10.95
032243	Pistachios, Shelled, Raw	25 lb	15.04	\$375.95
031090	Walnut Pieces, Organic	10 oz	14.32	\$8.95
030390	Walnut Pieces, Organic	3 lb	9.32	\$27.95
032590	Walnut Pieces, Organic	25 lb	8.68	\$216.95
030168	Walnuts, 1/2s and Pieces	10 oz	9.52	\$5.95
030364	Walnuts, 1/2s and Pieces	3 lb	5.65	\$16.95
030165	Walnuts, 1/2s and Pieces	25 lb	5.00	\$124.95
030576	Walnuts, Black Fancy, Large Pieces	5 lb	13.99	\$69.95



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## Nut & Seed Butters

SKU	Product	Size	Price
021632	Almond Butter, Creamy, Lightly Toasted, No Salt	16 oz	\$11.95
020219	Almond Butter, Creamy, No Salt	16 oz	\$12.95
020919	Almond Butter, Creamy, No Salt	9 lb	\$91.95
021680	Almond Butter, Creamy, Organic, Lightly Toasted	16 oz	\$18.95
021674	Almond Butter, Creamy, Organic, No Salt	16 oz	\$22.95
020217	Almond Butter, Crunchy, No Salt	16 oz	\$11.95
021665	Cashew Butter, Creamy, Organic	16 oz	\$12.95
020047	Peanut Butter, Creamy	16 oz	\$7.95
020947	Peanut Butter, Creamy	9 lb	\$45.95
020105	Peanut Butter, Creamy	35 lb	\$177.95
020045	Peanut Butter, Creamy, No Salt	16 oz	\$6.95
020945	Peanut Butter, Creamy, No Salt	9 lb	\$44.95
020115	Peanut Butter, Creamy, No Salt	35 lb	\$177.95
020150	Peanut Butter, Creamy, Organic	16 oz	\$8.95
020950	Peanut Butter, Creamy, Organic	9 lb	\$63.95
020134	Peanut Butter, Creamy, Organic, No Salt	16 oz	\$8.95
020042	Peanut Butter, Crunchy	16 oz	\$6.95
020942	Peanut Butter, Crunchy	9 lb	\$49.95
020141	Peanut Butter, Crunchy, Organic	16 oz	\$8.95
020941	Peanut Butter, Crunchy, Organic	9 lb	\$58.95
020122	Peanut Butter, Crunchy, Organic No Salt	16 oz	\$8.95
370027	Sesame Tahini, Smooth	15 oz	\$8.95
346252	Sesame Tahini, Beirut	2 lb	\$11.95
021660	Sunflower Butter, Organic	16 oz	\$8.95
021690	Sunflower Butter, Organic, No Salt	16 oz	\$8.95

## Trail Mixes

SKU	Product	Size	\$/lb	Price
160145	Cabana Mix	9 oz	10.58	\$5.95
160548	Cabana Mix	5 lb	5.99	\$29.95
160049	Cabana Mix	25 lb	5.64	\$140.95
Ingredients: Raisins, Brazil nuts, unsulphured Turkish apricots, sweetened banana chips (banana, vegetable oil, sugar), almonds, walnuts, coconut, raw sunflower seeds, pineapple, pecans, dates in oat flour, and papaya.				
161020	Cascadia Trail Mix	10 oz	12.72	\$7.95
160520	Cascadia Trail Mix	5 lb	7.19	\$35.95
162530	Cascadia Trail Mix	25 lb	6.80	\$169.95
Ingredients: Raisins (raisins, sunflower oil), pecans, cherries (cherries, sugar, sunflower oil), apple dices, banana chips (banana, coconut oil, sugar, natural banana flavor), coconut.				
160180	Mixed Nuts Deluxe, Raw	1 lb	10.95	\$10.95
160380	Mixed Nuts Deluxe, Raw	3 lb	8.65	\$25.95
162580	Mixed Nuts Deluxe, Raw	25 lb	7.84	\$195.95
Ingredients: Almonds, Brazil nuts, walnuts, pecans, cashews, hazelnuts				
030885	Mixed Nuts Deluxe, Raw, Organic	8 oz	17.90	\$8.95
030385	Mixed Nuts Deluxe, Raw, Organic	3 lb	11.98	\$35.95
Ingredients: Almonds*, Brazil nuts*, walnuts*, pecans*, cashews*, hazelnuts* *Organic				
031060	Mixed Nuts, Premium, Roasted, Salted	10 oz	1.20	\$11.95
030247	Mixed Nuts, Premium, Roasted, Salted	2 lb	13.48	\$26.95
032560	Mixed Nuts, Premium, Roasted, Salted	25 lb	12.36	\$308.95
Ingredients: Cashews, almonds, pecans, hazelnuts, peanut oil, salt.				
161065	Paleo Trail Mix	10 oz	11.12	\$6.95
160570	Paleo Trail Mix	5 lb	5.59	\$27.95
160069	Paleo Trail Mix	25 lb	5.20	\$129.95
Ingredients: Raisins (oil treated with sunflower oil), raw sunflower seeds, walnuts, pecans, dates in oat flour, pepitas, almonds, dried apple dices, cashews.				
161011	Palm Beach Trail Mix	10 oz	11.12	\$6.95
160511	Palm Beach Trail Mix	5 lb	5.59	\$27.95
162513	Palm Beach Trail Mix	25 lb	5.20	\$129.95
Ingredients: Raisins (treated with sunflower oil), pineapple (with cane sugar), papaya (with cane sugar), dates in oat flour, almonds, walnuts, raw sunflower seeds, Brazil nuts, coconut chips, pepitas, cashews				



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SKU	Product	Size	\$/lb	Price
161006	Tropicana Fruit Mix	10 oz	0.70	\$6.95
160506	Tropicana Fruit Mix	5 lb	5.59	\$27.95
162506	Tropicana Fruit Mix	25 lb	5.12	\$127.95
Ingredients: Date pieces in oat flour, raisins (treated with sunflower oil), papaya & pineapple (with cane sugar), coconut chips				
161030	Yosemite Mix	10 oz	11.12	\$6.95
160530	Yosemite Mix	5 lb	6.39	\$31.95
162560	Yosemite Mix	25 lb	6.12	\$152.95
Ingredients: Raisins (raisins, sunflower oil), pecans, cranberries (cranberries, sugar, sunflower oil), apple dices, banana chips (banana, coconut oil, sugar, natural banana flavor), coconut.				
032454	Chia Walnuts, Organic, Elan	4.5 oz		\$9.95
032452	Coconut Cashews, Organic, Elan	5.6 oz		\$9.95
163656	Fiji Mix, Elan	4.8 oz		\$6.95
163658	Oh Mega Mix, Elan	4.8 oz		\$6.95
163654	Sweet and Salty Mix, Elan	5.3 oz		\$6.95



## Dried Fruits

SKU	Product	Size	\$/lb	Price
040837	Apple Dices, Natural, Organic	8 oz	17.90	\$8.95
040537	Apple Dices, Natural, Organic	5 lb	12.59	\$62.95
042537	Apple Dices, Natural, Organic	25 lb	12.00	\$299.95
130135	Apple Rings, Natural	5 lb	7.59	\$37.95
040010	Apple Rings, Natural	25 lb	7.16	\$178.95
040835	Apple Rings, Organic	8 oz	15.90	\$7.95
040507	Apple, Dices, Natural	5 lb	9.19	\$45.95
040206	Apple, Dices, Natural	25 lb	8.80	\$219.95
040321	Apples w/ Cinnamon, Elan	3.17 oz	37.07	\$6.95
041613	Apricots, 1/2s, Sulphured, California	1 lb	9.95	\$9.95
040113	Apricots, Organic, Turkish	1 lb	10.95	\$10.95
045513	Apricots, Organic, Turkish	5 lb	8.19	\$40.95
040013	Apricots, Organic, Turkish	28 lb	7.71	\$215.95
040128	Apricots, Turkish, Diced, Sulphured	1 lb	11.95	\$11.95
040528	Apricots, Turkish, Diced, Sulphured	5 lb	9.19	\$45.95
042828	Apricots, Turkish, Diced, Sulphured	28 lb	8.57	\$239.95
130105	Apricots, Turkish, Sulphured	1 lb	9.95	\$9.95
040539	Apricots, Turkish, Sulphured	5 lb	7.39	\$36.95
040015	Apricots, Turkish, Sulphured	28 lb	6.86	\$191.95
040812	Banana Chips, Sweetened	8 oz	9.90	\$4.95
130012	Banana Chips, Sweetened	2 lb	3.98	\$7.95
040035	Banana Chips, Sweetened	14 lb	3.21	\$44.95
040880	Banana Chips, Sweetened, Organic	8 oz	9.90	\$4.95
040280	Banana Chips, Sweetened, Organic	2 lb	4.98	\$9.95
041470	Banana Chips, Sweetened, Organic	14 lb	4.14	\$57.95
130820	Banana Chips, Unsweetened	8 oz	9.90	\$4.95
130220	Banana Chips, Unsweetened	2 lb	4.48	\$8.95
040048	Banana Chips, Unsweetened	14 lb	3.21	\$44.95

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SKU	Product	Size	\$/lb	Price
041008	Blueberries, Juice Sweetened	10 oz	15.92	\$9.95
040508	Blueberries, Juice Sweetened	5 lb	11.79	\$58.95
042508	Blueberries, Juice Sweetened	25 lb	11.20	\$279.95
041066	Cherries, Bing, Sweet	10 oz	14.32	\$8.95
040566	Cherries, Bing, Sweet	5 lb	9.99	\$49.95
042566	Cherries, Bing, Sweet	25 lb	9.80	\$244.95
041010	Cherries, Tart, Juice Sweetened	10 oz	12.72	\$7.95
045010	Cherries, Tart, Juice Sweetened	5 lb	9.39	\$46.95
040510	Cherries, Tart, Juice Sweetened	25 lb	8.96	\$223.95
040560	Cherries, Tart, Sugar Sweetened	5 lb	8.59	\$42.95
043020	Cherries, Tart, Sugar Sweetened	25 lb	8.00	\$199.95
040834	Cherries, Tart, Sugar Sweetened, Organic	8 oz	15.90	\$7.95
040234	Cherries, Tart, Sugar Sweetened, Organic	10 lb	10.70	\$106.95
040868	Cherries, Tart, Unsweetened	8 oz	21.90	\$10.95
040233	Cherries, Tart, Unsweetened	10 lb	17.00	\$169.95
040667	Coconut Chips	6 oz	13.20	\$4.95
040367	Coconut Chips	3 lb	3.98	\$11.95
040065	Coconut Chips	25 lb	3.20	\$79.95
040865	Coconut Chips, Organic	5 oz	0.99	\$4.95
040365	Coconut Chips, Organic	3 lb	4.65	\$13.95
042565	Coconut Chips, Organic	25 lb	3.80	\$94.95



SKU	Product	Size	\$/lb	Price
041240	Coconut, Macaroon	12 oz	7.93	\$5.95
040540	Coconut, Macaroon	5 lb	4.59	\$22.95
040050	Coconut, Macaroon	25 lb	4.00	\$99.95
041155	Coconut, Medium	5 lb	3.59	\$17.95
040055	Coconut, Medium	25 lb	3.12	\$77.95
048075	Coconut, Medium, Organic	8 oz	9.90	\$4.95
040575	Coconut, Medium, Organic	5 lb	3.59	\$17.95
042575	Coconut, Medium, Organic	25 lb	3.16	\$78.95
040133	Cranberries, Juice Sweetened	1 lb	9.95	\$9.95
040533	Cranberries, Juice Sweetened	5 lb	6.99	\$34.95
042533	Cranberries, Juice Sweetened	25 lb	6.40	\$159.95
042501	Cranberries, Juice Sweetened, Organic	25 lb	8.56	\$213.95
040525	Cranberries, Sugar Sweetened	5 lb	4.99	\$24.95
042545	Cranberries, Sugar Sweetened	25 lb	4.36	\$108.95
040165	Cranberries, Sugar Sweetened, Organic	1 lb	9.95	\$9.95
040565	Cranberries, Sugar Sweetened, Organic	5 lb	6.99	\$34.95
042560	Cranberries, Sugar Sweetened, Organic	25 lb	6.40	\$159.95
041285	Date Coconut Roll, Almond, Organic	12 oz	9.27	\$6.95
040585	Date Coconut Roll, Almond, Organic	5 lb	5.99	\$29.95
040125	Date Coconut Roll, Almond, Organic	18 lb	5.44	\$97.95
040587	Date Coconut Roll, Organic	5 lb	5.99	\$29.95
040087	Date Coconut Roll, Organic	15 lb	5.60	\$83.95
040579	Date Paste	5 lb	7.99	\$39.95
040279	Date Paste	40 lb	3.12	\$124.95
040801	Date Pecan Logs, Organic	12 oz	9.27	\$6.95
040523	Date Pieces, Oat Flour	5 lb	3.99	\$19.95
030035	Date Pieces, Oat Flour	30 lb	3.33	\$99.95
040520	Date Pieces, Oat Flour, Organic	5 lb	4.99	\$24.95
040120	Date Pieces, Oat Flour, Organic	30 lb	5.00	\$149.95

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SKU	Product	Size	\$/lb	Price
041215	Dates, Chopped, Rice Flour	12 oz	7.93	\$5.95
040515	Dates, Chopped, Rice Flour	5 lb	3.79	\$18.95
042215	Dates, Chopped, Rice Flour	22 lb	3.27	\$71.95
043015	Dates, Chopped, Rice Flour, Organic	30 lb	4.57	\$136.95
040581	Dates, Deglet Noor, Pitted	5 lb	4.99	\$24.95
040081	Dates, Deglet Noor, Pitted	15 lb	4.46	\$66.95
041204	Dates, Deglet Noor, Pitted, Organic	12 oz	10.60	\$7.95
040505	Dates, Deglet Noor, Pitted, Organic	5 lb	6.79	\$33.95
040105	Dates, Deglet Noor, Pitted, Organic	15 lb	6.00	\$89.95
041291	Dates, Halawi, Whole, Organic	12 oz	7.93	\$5.95
040091	Dates, Halawi, Whole, Organic	15 lb	4.40	\$65.95
040501	Dates, Hard Pack, Pitted, Imported	5 lb	3.59	\$17.95
042200	Dates, Hard Pack, Pitted, Imported	15 lb	3.13	\$46.95
041292	Dates, Khadrawi, Whole, Organic	12 oz	0.50	\$5.95
040090	Dates, Khadrawi, Whole, Organic	15 lb	4.00	\$59.95
040184	Dates, Medjool, Choice, Pits, Organic	12 oz	9.27	\$6.95
040584	Dates, Medjool, Choice, Pits, Organic	5 lb	6.39	\$31.95
040084	Dates, Medjool, Choice, Pits, Organic	15 lb	5.73	\$85.95
041575	Dates, Zahidi, Pits, Organic	15 lb	3.66	\$54.95
480811	Elderberries, Organic	8 oz	2.12	\$16.95
041278	Figs, Golden, Organic	12 oz	14.60	\$10.95
040578	Figs, Golden, Organic	30 lb	10.87	\$325.95
041216	Figs, Mission, X-Choice, Organic	12 oz	14.60	\$10.95
045516	Figs, Mission, X-Choice, Organic	5 lb	11.39	\$56.95
040516	Figs, Mission, X-Choice, Organic	30 lb	9.97	\$298.95
040543	Figs, Turkish, Organic	5 lb	6.59	\$32.95
040143	Figs, Turkish, Organic	28 lb	6.07	\$169.95
040701	Freeze Dried Jackfruit	7 oz	13.60	\$5.95
040702	Freeze Dried Mixed Fruit Chips	7 oz	13.60	\$5.95

SKU	Product	Size	\$/lb	Price
041251	Fruit Medley, Natural	12 oz	13.27	\$9.95
041151	Fruit Medley, Natural	5 lb	9.19	\$45.95
040153	Fruit Medley, Natural	25 lb	9.08	\$226.95
041229	Ginger Slices	12 oz	9.27	\$6.95
040529	Ginger Slices	5 lb	6.19	\$30.95
040329	Ginger Slices	11 lb	5.72	\$62.95
040875	Goji Berries, Organic	8 oz	17.90	\$8.95
040275	Goji Berries, Organic	2 lb	11.98	\$23.95
044075	Goji Berries, Organic	40 lb	10.75	\$429.95
041086	Mango Slices, Low Sugar, Imported	10 oz	9.52	\$5.95
043586	Mango Slices, Low Sugar, Imported	5 lb	5.59	\$27.95
040283	Mango Slices, Low Sugar, Imported	11 lb	5.00	\$54.95
040544	Mango Slices, Natural, No Added Sugar	5 lb	11.19	\$55.95
040545	Mango Slices, Natural, No Added Sugar, Organic	20 lb	11.00	\$219.95
040195	Papaya Chunks, Low Sugar	1 lb	6.95	\$6.95
045295	Papaya Chunks, Low Sugar	5 lb	4.79	\$23.95
044495	Papaya Chunks, Low Sugar	11 lb	4.27	\$46.95
045319	Papaya Dices, Low Sugar	5 lb	5.19	\$25.95
231217	Papaya Dices, Low Sugar	11 lb	4.54	\$49.95
041290	Papaya Spears, Low Sugar	12 oz	7.93	\$5.95
040590	Papaya Spears, Low Sugar	5 lb	4.99	\$24.95
044490	Papaya Spears, Low Sugar	11 lb	4.54	\$49.95



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SKU	Product	Size	\$/lb	Price
041205	Pineapple Dices, Low Sugar	12 oz	10.60	\$7.95
045213	Pineapple Dices, Low Sugar	5 lb	6.99	\$34.95
040213	Pineapple Dices, Low Sugar	11 lb	6.36	\$69.95
041091	Pineapple Rings, Low Sugar	10 oz	11.12	\$6.95
040591	Pineapple Rings, Low Sugar	5 lb	5.39	\$26.95
040210	Pineapple Rings, Low Sugar	11 lb	5.00	\$54.95
040412	Pineapple Slices, Natural, Organic	10 lb	13.40	\$133.95
041212	Pineapple Wedges, Low Sugar, Imported	12 oz	9.27	\$6.95
045212	Pineapple Wedges, Low Sugar, Imported	5 lb	5.39	\$26.95
040212	Pineapple Wedges, Low Sugar, Imported	11 lb	5.00	\$54.95
041616	Prunes, Pitted, Organic	12 oz	11.93	\$8.95
045316	Prunes, Pitted, Organic	5 lb	7.99	\$39.95
040316	Prunes, Pitted, Organic	30 lb	7.63	\$228.95
130167	Prunes, Pitted, Unsorbated	5 lb	5.99	\$29.95
040415	Prunes, Pitted, Unsorbated	30 lb	5.33	\$159.95
041019	Raisins, Golden, Sulphured	1 lb	6.95	\$6.95
040519	Raisins, Golden, Sulphured	5 lb	3.99	\$19.95
040318	Raisins, Golden, Sulphured	30 lb	3.53	\$105.95
130322	Raisins, Thompson	1 lb	5.95	\$5.95
041320	Raisins, Thompson	5 lb	3.39	\$16.95
040320	Raisins, Thompson	30 lb	2.80	\$83.95
040127	Raisins, Thompson Jumbo, Organic	1 lb	6.95	\$6.95
040527	Raisins, Thompson Jumbo, Organic	5 lb	3.99	\$19.95
043010	Raisins, Thompson Jumbo, Organic	30 lb	3.50	\$104.95
130141	Raisins, Thompson, Organic	2 lb	4.48	\$8.95
130140	Raisins, Thompson, Organic	5 lb	3.79	\$18.95
040325	Raisins, Thompson, Organic	30 lb	3.20	\$95.95
040220	Strawberries, Dried, Whole, Sugar Infused, Non GMO	2.2 lb	9.07	\$19.95
040582	Zante Currants, Organic	5 lb	5.59	\$27.95
042582	Zante Currants, Organic	25 lb	5.60	\$139.95

## Cooking & Baking

### Gels & Starches

SKU	Product	Size	\$/lb	Price
360803	Agar Powder	4 oz		\$11.95
362500	Agar Powder	25 lb		\$889.95
331005	Arrowroot Powder	24 oz	5.97	\$8.95
330522	Arrowroot Powder	4.5 lb	5.32	\$23.95
361205	Cornstarch, Non GMO, Rumford	12 oz	6.60	\$4.95
360305	Cornstarch, Non GMO, Rumford	3 lb	4.98	\$14.95
360105	Cornstarch, Organic	1 lb	9.95	\$9.95
360139	Guar Gum	1 lb		\$8.95
230100	Pectin, Pomonas Universal	1 oz		\$8.95
330570	Potato Starch	5 lb	4.59	\$22.95
362224	Potato Starch, Gluten Free, Bob's Red Mill	22 oz		\$5.95
360195	Tapioca, Granulated	1 lb	8.95	\$8.95
330595	Tapioca, Granulated	5 lb	6.79	\$33.95
360194	Tapioca, Small Pearl	1 lb	7.95	\$7.95
330594	Tapioca, Small Pearl	5 lb	4.19	\$20.95
360146	E-Z Gel, Instant Thickener	1 lb		\$14.95
360147	Thick Gel, All Purpose Thickener	1 lb		\$10.95
390810	Xanthan Gum, Bob's Red Mill	8 oz		\$11.95





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## Honey

SKU	Product	Size	\$/lb	Price
200503	Honey, Organic, Amber, Madhava, Plastic	5 lb	7.99	\$39.95
200127	Honey, Organic, Raw	16 oz	11.95	\$11.95
200128	Honey, Organic, Raw	32 oz	9.98	\$19.95
200005	Honey, Raw, Glass	2 lb	6.48/gal	\$12.95
200511	Honey, Raw, Glass	5 lb	6.19/gal	\$30.95
200202	Honey, Raw, Plastic	2 lb	5.98	\$11.95
020270	Honey, Raw, Plastic	1 gal	66.95	\$66.95
200015	Honey, Raw, Plastic	5 gal	53.99	\$269.95
200910	Honey, Raw, Sticks	100	0.20/stick	\$19.95
200108	Manuka Honey	8.8 oz	49.00	\$26.95

## Other Sweeteners

SKU	Product	Size	\$/lb	Price
212302	Agave Nectar, Amber, Organic, Raw, Madhava	23.5 oz	0.42/oz	\$9.95
210102	Agave Nectar, Amber, Organic, Raw, Madhava	11 lb	4.54	\$49.95
7132	Allulose Sweetener, Organic, Slender Zero	12 oz	13.27	\$9.95
211012	Barley Malt Powder	10 oz	9.52	\$5.95
210512	Barley Malt Powder	5 lb	4.59	\$22.95
215010	Barley Malt Powder	50 lb	3.66	\$182.95
211675	Blackstrap Molasses, Organic	16 oz	8.95	\$8.95
232714	Brown Sugar, Dark, Organic	24 oz	5.30	\$7.95
210532	Cane Juice Crystals, Organic	5 lb	3.39	\$16.95
215032	Cane Juice Crystals, Organic	50 lb	2.68	\$133.95
211609	Coconut Sugar, Organic, Madhava	1 lb	7.95	\$7.95
212509	Coconut Sugar, Organic, Madhava	25 lb	8.04	\$200.95
040174	Date Sugar	1 lb	8.95	\$8.95
040574	Date Sugar	5 lb	5.59	\$27.95

SKU	Product	Size	\$/lb	Price
040070	Date Sugar, Powdered	30 lb	4.33	\$129.95
043070	Date Sugar, Granulated	30 lb	4.33	\$129.95
043030	Date Sugar, Granulated, Organic	30 lb	5.73	\$171.95
210205	Ginger Syrup, Fiji	8 oz	1.24/oz	\$9.95
210228	Glycerite, Organic, Stevia	2 oz	4.48/oz	\$8.95
210235	Glycerite, Organic, Stevia	8 oz	2.99/oz	\$23.95
210015	Malt Syrup (Corn, Barley)	5 gal	0.22/oz	\$139.95
210852	Maple Cream, Organic	8 oz	1.99/oz	\$15.95
210130	Maple Sugar Granules, Organic	1 lb	13.95	\$13.95
210530	Maple Sugar Granules, Organic	5 lb	11.59	\$57.95
213234	Maple Syrup, Organic, Grade A	32 oz	0.69/oz	\$21.95
210032	Maple Syrup, Organic, Grade A	1 Gal	0.55/oz	\$69.95
210055	Molasses, Blackstrap	32 oz	0.31/oz	\$9.95
210050	Molasses, Blackstrap	1 Gal	0.27/oz	\$34.95
216040	Molasses, Blackstrap	60 lb	2.83	\$169.95
210063	Molasses, Golden	1 Gal		\$38.95



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SKU	Product	Size	\$/lb	Price
210120	Monkfruit Sweetener with Erythritol, Classic	30 Packets		\$6.95
210149	Monkfruit Sweetener with Erythritol, Powdered Baking	1 lb	15.95	\$15.95
210125	Monkfruit Sweetener with Erythritol, Powdered	1 lb	17.95	\$17.95
210251	Monkfruit Sweetener with Erythritol, Golden	28.22 oz	0.78/oz	\$21.95
210268	Monkfruit Sweetener with Erythritol, Classic	28.22 oz	0.85/oz	\$23.95
7112	Monkfruit Sweetener, Organic, Caramel	1.8 oz	7.75/oz	\$13.95
7113	Monkfruit Sweetener, Organic, Amaretto	1.8 oz	7.75/oz	\$13.95
7114	Monkfruit Sweetener, Organic, Pumpkin Spice	1.8 oz	7.75/oz	\$13.95
210021	Rice Syrup, Organic, Lunderg	16 oz	0.62/oz	\$9.95
230086	Stevia Drops, Chocolate Flavored	1.7 oz	3.50/oz	\$5.95
210246	Stevia Drops, Vanilla Creme Flavored	2 oz	5.48/oz	\$10.95
210230	Stevia Drops, Vanilla Flavored	1.7 oz	3.50/oz	\$5.95
210043	Stevia Extract Powder, White, Organic	2 oz	5.48/oz	\$10.95
210143	Stevia Extract Powder, White, Organic	12 oz	4.00/oz	\$47.95
330843	Stevia Leaf, Organic, Cut, Sifted	8 oz	1.37/oz	\$10.95
210229	Stevia Packets, Organic	75 packets		\$8.95
210144	Sucanat	1 lb	5.95	\$5.95
210544	Sucanat	5 lb	3.19	\$15.95
215044	Sucanat	50 lb	2.44	\$121.95
210155	Xylitol	1 lb	12.95	\$12.95
210355	Xylitol	3 lb	9.98	\$29.95

## Oils & Aminos

SKU	Product	Size	\$/oz	Price
303280	Apple Cider Vinegar, Organic	32 oz	0.28	\$8.95
300180	Apple Cider Vinegar, Organic	1 Gal	0.23	\$29.95
240214	Avocado Oil	16.9 oz	0.94	\$15.95
240155	Canola Oil, Organic	1 Gal	0.25	\$31.95
240160	Coconut Oil	1 Gal	0.16	\$19.95
240065	Coconut Oil	44 lb	2.25/lb	\$98.95

SKU	Product	Size	\$/oz	Price
240560	Coconut Oil, Organic, RBD	44 lb	2.89/lb	\$126.95
241270	Coconut Oil, Virgin, Organic	12 oz	0.66	\$7.95
245470	Coconut Oil, Virgin, Organic	54 oz	0.46	\$24.95
240170	Coconut Oil, Virgin, Organic	128 oz	0.39	\$49.95
240150	Grape Seed Oil, Grapeola®	1 Liter	0.38	\$12.95
240350	Grape Seed Oil, Grapeola®	3 Liter	0.32	\$32.95
230645	Liquid Aminos, Braggs	6 oz	0.83	\$4.95
231645	Liquid Aminos, Braggs	16 oz	0.37	\$5.95
231045	Liquid Aminos, Braggs	32 oz	0.34	\$10.95
301286	Liquid Aminos, Braggs	1 gal	0.30	\$38.95
231085	Liquid Aminos, Coconut, Organic, Braggs	10 oz	0.80	\$7.95
243380	Olive Oil, Extra Virgin, DeLallo	33.8 oz	0.59	\$19.95
240114	Olive Oil, Extra Virgin, DeLallo	3 ltr	0.49	\$49.95
241690	Olive Oil, Extra Virgin, DeLallo, Organic	16.9 oz	0.88	\$14.95
241600	Olive Oil, Extra Virgin, Organic, Braggs	16 oz	1.00	\$15.95
241280	Olive Oil, Extra Virgin, Organic, Braggs	1 gal	0.62	\$78.95
240030	Safflower Oil, Vitamin E	1 Gal	0.26	\$32.95
240202	Sesame Oil	16 oz	1.12	\$17.95
240256	Sesame Oil, Toasted	8 oz	1.62	\$12.95
240206	Shortening, Organic, All-Vegetable	24 oz	0.75	\$17.95
390254	Soy Sauce, Organic, Tamari Brewed, Gluten Free	20 oz	0.65	\$12.95
241672	Sunflower Lecithin, Non-GMO, Liquid	16 oz	1.12	\$17.95
240090	Sunflower Oil, HI OLEIC	4.5 gal	0.24	\$138.95
240221	Sunflower Oil, Organic	16.9 oz	0.71	\$11.95

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## Salt

SKU	Product	Size	\$/oz	Price
304059	Himalayan Pink Salt	2.5 lb	0.20	\$7.95
300707	Himalayan Black Salt, Fine Ground, Kala Namak	7 oz	0.85	\$5.95
300232	Himalayan Black Salt, Fine Ground, Kala Namak	2 lb	0.50	\$15.95
301018	Popcorn Salt, Redmond	10 oz	0.60	\$5.95
301673	Real Salt, Coarse	16 oz	0.56	\$8.95
301683	Real Salt, Kosher	16 oz	0.62	\$9.95
232663	Salt, Real Salt, Fine Ground	26 oz	0.42	\$10.95
301059	Salt, Real Salt, Fine Ground	10 lb	0.33	\$52.95
232563	Salt, Real Salt, Fine Ground	25 lb	0.23	\$90.95
5342	Sea Salt, Black Hawaiian	4 oz	1.99	\$7.95
330269	Sea Salt, Herbed	8.8 oz	1.47	\$12.95
330204	Sea Salt, Iodized	21 oz	0.24	\$4.95
330233	Sea Salt, Non-Iodized	21 oz	0.24	\$4.95
230519	Sea Salt, Non-Iodized	5 lb	0.14	\$10.95
230119	Sea Salt, Non-Iodized	50 lb	0.09	\$70.95
301556	Smoked Salts, Redmond, Chef's Blend	5.5 oz	1.45	\$7.95
301459	Smoked Salts, Redmond, Chef's Blend	14 oz	1.07	\$14.95
301454	Smoked Salts, Redmond, Cherry	14 oz	1.07	\$14.95
301554	Smoked Salts, Redmond, Hickory	5.5 oz	1.45	\$7.95
301456	Smoked Salts, Redmond, Hickory	14 oz	1.07	\$14.95



## Herbs, Spices, & Seasonings

SKU	Product	Size	\$/oz	Price
330255	Allspice, Ground	2 oz	1.48	\$2.95
5004	Allspice, Whole	16 oz	1.25	\$19.95
5346	Anise Seeds, Whole	4 oz	1.24	\$4.95
331078	Bell Pepper, Green, Dried, Organic	9 oz	3.88	\$34.95
331079	Bell Pepper, Red, Dried, Organic	11 oz	3.18	\$34.95
330427	Basil Leaves	4 oz	0.99	\$3.95
331527	Basil Leaves	24 oz	0.46	\$10.95
330241	Basil Leaves, Organic	0.75 oz	5.27	\$3.95
331757	Bay Leaves, Whole	.17 oz	11.47	\$1.95
330157	Bay Leaves, Whole	1.5 oz	5.95	\$5.95
330240	Bay Leaves, Whole, Organic	.15 oz	26.33	\$3.95
5115	Caraway Seeds, Whole	16 oz	0.50	\$7.95
330244	Cardamom, Ground, Organic	2 oz	5.98	\$11.95
330262	Cayenne Pepper, Ground, Organic	1.75 oz	2.26	\$3.95
331080	Cayenne Pepper, Ground, Red	16 oz	0.56	\$8.95
349000	Celery Leaf Flakes, Organic	16 oz	1.75	\$27.95
330259	Celery Seed, Organic	2 oz	1.98	\$3.95
331619	Celery Seed, Whole	16 oz	0.37	\$5.95
330901	Chili Powder	9 oz	0.55	\$4.95
300265	Chili Seasoning Mix, Vegetarian	1 oz	2.25	\$2.25
330290	Chipotle, Ground	2.5 oz	1.58	\$3.95
330223	Chives, Dehydrated	2.5 oz	1.98	\$4.95
331025	Cilantro Flakes	3 oz	1.65	\$4.95
330305	Cilantro Flakes	3.5 oz	1.70	\$5.95
5269	Cinnamon Powder, Ceylon, Organic	16 oz	1.75	\$27.95
5268	Cinnamon Powder, Vietnamese, Organic	16 oz	1.00	\$15.95

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SKU	Product	Size	\$/oz	Price
330904	Cinnamon Sticks	8 oz	1.24	\$9.95
330253	Cinnamon Sticks, Organic	0.75 oz	5.27	\$3.95
331614	Cinnamon, Ground, Non-Irradiated	16 oz	0.62	\$9.95
330252	Cinnamon, Ground, Organic	2 oz	1.98	\$3.95
330073	Cinnamon, Ground, Organic	16 oz	1.12	\$17.95
331002	CLNF Not Chicken Seasoning, Organic	10 oz	1.00	\$9.95
330824	CLNF Red Curry Seasoning, Organic	8 oz	1.12	\$8.95
330934	CLNF Ranch Seasoning Blend, Vegan	9 oz	1.11	\$9.95
330651	CLNF Tofu Scramble Seasoning, Classic	7 oz	1.42	\$9.95
330653	CLNF Tofu Scramble Seasoning, Lemon Herb	8 oz	1.24	\$9.95
330652	CLNF Tofu Scramble Seasoning, Smoked BBQ	9 oz	1.11	\$9.95
330350	CLNF Tofu Scramble Seasonings, 3-Pack	3-Pack		\$26.95
330221	Cloves, Ground	1.75 oz	1.69	\$2.95
331627	Cloves, Whole	12 oz	1.25	\$14.95



SKU	Product	Size	\$/oz	Price
5345	Coriander Seeds, Whole	4 oz	0.74	\$2.95
331429	Coriander, Ground	14 oz	0.43	\$5.95
5033	Cream of Tartar Powder	16 oz	0.87	\$13.95
331634	Cumin Seed, Ground	16 oz	0.43	\$6.95
330154	Cumin Seed, Ground, Organic	16 oz	0.56	\$8.95
330243	Cumin, Ground, Organic	2 oz	1.98	\$3.95
331675	Curry Powder	16 oz	0.43	\$6.95
5352	Dill Seeds, Whole	4 oz	0.74	\$2.95
330440	Dill Weed	7 oz	0.71	\$4.95
300289	Dip Mix, Creamy Dill	0.7 oz	2.79	\$1.95
330228	Dulse, Granules, Organic	1.5 oz	5.97	\$8.95
5344	Fennel Seed, Whole	4 oz	0.74	\$2.95
5356	Fennel Seed, Whole	16 oz	0.43	\$6.95
5129	Fenugreek Seed, Whole	16 oz	0.43	\$6.95
331550	Garlic, Granulated	24 oz	0.46	\$10.95
330558	Garlic, Granulated	5.5 lb	0.33	\$28.95
330050	Garlic, Granulated, Organic	14 oz	0.85	\$11.95
331547	Garlic, Minced	24 oz	0.46	\$10.95
331598	Garlic, Minced, Organic	17 oz	0.59	\$9.95
332049	Garlic, Powder	16 oz	0.50	\$7.95
330264	Garlic, Powder, Organic	3 oz	1.32	\$3.95
331249	Garlic, Powder, Organic	14 oz	0.71	\$9.95
5046	Ginger Root, Cut, Sifted	16 oz	0.81	\$12.95
331206	Ginger, Ground	12 oz	0.58	\$6.95
338750	Ginger, Ground, Organic	14 oz	0.64	\$8.95
330561	Italian Seasoning	5 oz	0.99	\$4.95
330235	Kelp, Granules, Organic	1.5 oz	4.63	\$6.95
331054	Marjoram, Ground	10 oz	0.60	\$5.95



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SKU	Product	Size	\$/oz	Price
331288	McKay's Beef Style Seasoning	12 oz	0.75	\$8.95
330208	McKay's Beef Style Seasoning	2 lb	0.53	\$16.95
330508	McKay's Beef Style Seasoning	5 lb	0.40	\$31.95
331008	McKay's Beef Style Seasoning	100 lb	0.37	\$595.95
331244	McKay's Chicken Style Seasoning	12 oz	0.83	\$9.95
330205	McKay's Chicken Style Seasoning	2 lb	0.40	\$12.95
330505	McKay's Chicken Style Seasoning	5 lb	0.37	\$29.95
331004	McKay's Chicken Style Seasoning	100 lb	0.34	\$549.95
18667	Mulling Spice Mix, Organic			\$3.75
330258	Mustard Powder, Organic	2 oz	1.98	\$3.95
331059	Mustard Seed, Whole	26 oz	0.38	\$9.95
331653	Mustard, Ground	16 oz	0.37	\$5.95
331158	Nutmeg, Ground, Organic	18 oz	1.50	\$26.95
5204	Nutmeg, Whole	4 oz	3.24	\$12.95
331463	Onion Flakes, Chopped	14 oz	0.50	\$6.95
330355	Onion Flakes, Chopped	3 lb	0.46	\$21.95
330457	Onion Flakes, Chopped, Organic	4 lb	0.62	\$39.95
332063	Onion, Granulated	20 oz	0.45	\$8.95
331251	Onion, Granulated, Organic	20 oz	0.65	\$12.95
330152	Onion, Minced, Organic	16 oz	0.68	\$10.95



SKU	Product	Size	\$/oz	Price
331275	Onion, Powder	18 oz	0.44	\$7.95
330266	Onion Powder, Organic	1.75 oz	2.26	\$3.95
331348	Onion Powder, Organic	22 oz	0.59	\$12.95
330256	Oregano, Organic	.75 oz	3.93	\$2.95
330669	Oregano, Whole	5.5 oz	1.08	\$5.95
331672	Paprika	16 oz	0.62	\$9.95
330245	Paprika, Organic	2 oz	1.98	\$3.95
330165	Paprika, Organic	16 oz	0.93	\$14.95
331682	Paprika, Smoked	16 oz	0.56	\$8.95
330184	Paprika, Smoked, Organic	16 oz	1.06	\$16.95
331076	Parsley Flakes	2 oz	1.48	\$2.95
331280	Parsley Flakes	12 oz	1.00	\$11.95
50082	Pumpkin Pie Spice, Organic			\$2.95
330246	Red Pepper, Crushed, Organic	1.25 oz	3.16	\$3.95
330885	Rosemary Leaves	8 oz	0.62	\$4.95
330270	Rosemary Leaves, Organic	1 oz	3.95	\$3.95
5343	Sage Powder	4 oz	1.24	\$4.95
330112	Sage, Ground	1.25 oz	2.36	\$2.95
5157	Savory, Cut, Sifted	16 oz	0.93	\$14.95
5342	Sea Salt, Black Hawaiian	4 oz	1.99	\$7.95
330269	Sea Salt, Herbed	8.8 oz	1.47	\$12.95
330488	Smoke Seasoning, Hickory, Bacon	3.5 oz	2.84	\$9.95
332140	Taco Seasoning	21 oz	0.33	\$6.95
300284	Taco Seasoning, Mild	1 oz	1.95	\$1.95
330268	Thyme Leaves, Organic	.75 oz	5.27	\$3.95
330898	Thyme Leaves, Whole	8 oz	0.62	\$4.95

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SKU	Product	Size	\$/oz	Price
331610	Turmeric, Ground	16 oz	0.43	\$6.95
330254	Turmeric, Ground, Organic	2 oz	1.98	\$3.95
331024	Turmeric, Ground, Organic	16 oz	0.50	\$7.95
330222	Vege-Sal Seasoning, Spike	20 oz	0.75	\$14.95
330226	Vegetable Base, Organic, Better Than Bouillon	8 oz	1.24	\$9.95
230815	Yeast Flakes, Nutritional Organic	8 oz	2.49	\$19.95
235015	Yeast Flakes, Nutritional Organic	44 lb	1.85	\$1,299.95
230850	Yeast Flakes, Nutritional w/B-12, Red Star	8 oz	1.12	\$8.95
230350	Yeast Flakes, Nutritional w/B-12, Red Star	3 lb	0.62	\$29.95
231215	Yeast Flakes, Nutritional w/B-12, Red Star	10 lb	0.54	\$85.95
231250	Yeast Flakes, Nutritional w/B-12, Red Star	50 lb	0.50	\$399.95
5334	Za'atar Seasoning Blend	16 oz	1.56	\$24.95



## Flavorings

SKU	Product	Size	\$/oz	Price
280206	Curry Paste, Thai, Red	4 oz	1.74	\$6.95
280240	Curry Paste, Thai, Green	4 oz	1.74	\$6.95
280210	Flavorings, Non-Alcoholic, Almond	3 oz	1.98	\$5.95
280214	Flavorings, Non-Alcoholic, Coconut	8 oz	1.12	\$8.95
280207	Flavorings, Non-Alcoholic, Lemon, Organic	4 oz	1.49	\$5.95
23081	Flavorings, Non-Alcoholic, Maple	5 oz	1.19	\$5.95
31065	Flavorings, Non-Alcoholic, Orange, Organic	6 oz	0.99	\$5.95
280266	Flavorings, Non-Alcoholic, Peppermint	2 oz	2.48	\$4.95
31070	Flavorings, Non-Alcoholic, Peppermint, Organic	7 oz	0.85	\$5.95
23106	Flavorings, Non-Alcoholic, Raspberry	9 oz	1.11	\$9.95
23116	Flavorings, Non-Alcoholic, Strawberry	10 oz	1.00	\$9.95
280252	Liquid Smoke, Wright's, Hickory	3.5 oz	1.99	\$6.95
280277	Liquid Smoke, Wright's, Mesquite	3.5 oz	1.99	\$6.95
280115	Maple Flavor, Natural	16 oz	1.62	\$25.95
280594	Superfood Powders, Black Carrot	12 oz	1.50	\$17.95
280579	Superfood Powders, Maca	10 oz	1.20	\$11.95
280510	Superfood Powders, Moringa	11 oz	1.09	\$11.95
280562	Superfood Powders, Ripe Banana	9 oz	1.11	\$9.95
280587	Superfood Powders, Ripe Mango	13 oz	1.38	\$17.95
280556	Superfood Powders, Strawberry	14 oz	1.71	\$23.95
280503	Superfood Powders, Organic, Acai	8 oz	2.24	\$17.95
280532	Superfood Powders, Organic, Camu Camu	6 oz	2.66	\$15.95
280549	Superfood Powders, Organic, Lucuma	5 oz	2.99	\$14.95
280517	Superfood Powders, Organic, Rosehips	7 oz	2.42	\$16.95
281216	Vanilla Flavor, Pure	16 oz	2.37	\$37.95
280140	Vanilla Flavor, Pure	1 Gal	2.03	\$259.95
280203	Vanilla, Ground, Organic, Pure Madagascar	1 oz	29.95	\$29.95



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## Other Cooking & Baking Ingredients

SKU	Product	Size	\$/oz	Price
230082	Baking Powder, Aluminum Free, Ener-G	7.05 oz	1.70	\$11.95
390225	Baking Powder, Gluten Free, BRM	14 oz	0.35	\$4.95
301074	Baking Powder, Rumford	8.1 oz	0.73	\$5.95
300582	Baking Powder, Rumford	4 lb	0.47	\$29.95
310218	Baking Soda, Gluten Free	1 lb	0.25	\$3.95
300101	Bread Kits, Sourdough, All-Purpose White			\$49.95
300149	Bread Kits, Sourdough, Gluten Free			\$49.95
300132	Bread Kits, Sourdough, Whole Wheat			\$49.95

Bag of flour, sourdough starter package, instructions, bread proofing basket, dough whisk, dough scraper



SKU	Product	Size	\$/oz	Price
80995	BRM Blueberry Muffin Mix, Grain Free, Gluten Free	9 oz		\$5.95
81293	BRM Brownie Mix, Grain Free, Gluten Free	12 oz		\$6.95
81086	BRM Chocolate Cake Mix, Grain Free, Gluten Free	10.5 oz		\$5.95
80747	BRM Flatbread Mix, Grain Free, Gluten Free	7.05 oz		\$3.95
392415	BRM Pancake Mix, Gluten Free	24 oz		\$6.95
240250	Cacao Butter, Organic	8 oz	1.87	\$14.95
271202	Cacao Nibs, Organic	12 oz	0.75	\$8.95
270502	Cacao Nibs, Organic	5 lb	0.50	\$39.95
273302	Cacao Nibs, Organic	33 lb	0.48	\$254.95
6678	Cacao Powder, Organic, Raw	12 oz	0.83	\$9.95
190405	Cocoa Powder, Unsweetened	10 oz	1.20	\$11.95
361605	Instant Jel Desserts, Vegan, Simply Delish, Black Cherry	0.7 oz		\$2.95
361606	Instant Jel Desserts, Vegan, Simply Delish, Lime	0.7 oz		\$2.95
361601	Instant Jel Desserts, Vegan, Simply Delish, Orange	0.7 oz		\$2.95
361602	Instant Jel Desserts, Vegan, Simply Delish, Peach	0.7 oz		\$2.95
361603	Instant Jel Desserts, Vegan, Simply Delish, Raspberry	0.7 oz		\$2.95
361604	Instant Jel Desserts, Vegan, Simply Delish, Strawberry	0.7 oz		\$2.95
361608	Instant Puddings, Simply Delish, Banana	1.7 oz		\$2.95
361611	Instant Puddings, Simply Delish, Butterscotch	1.7 oz		\$2.95
360117	Instant Puddings, Simply Delish, Chocolate	1.7 oz		\$2.95
360169	Instant Puddings, Simply Delish, Strawberry	1.7 oz		\$2.95
360138	Instant Puddings, Simply Delish, Vanilla	1.7 oz		\$2.95
82444	Pancake & Waffle Mix, 7-Grain, Organic	24 oz		\$6.95
170530	Pancake & Waffle Mix, Pohonka	5 lb		\$24.95
310149	Starter Culture, Sourdough, Gluten-Free	0.19		\$13.95
310101	Starter Culture, Sourdough, San Francisco	0.19		\$13.95
310132	Starter Culture, Sourdough, Whole Wheat	0.19		\$13.95
310184	Starter Culture, Yogurt, Vegan	0.19		\$13.95
210241	Sugar, Powdered Confectioners, Organic	1 lb		\$7.95
230180	Yeast, SAF-Instant Red, Baking	1 lb		\$7.95

Prices are subject to change without notice.

# Vegan Substitutes

## Dairy Substitutes

SKU	Product	Size	\$/oz	Price
331202	Cheez Mix, Vegan, Instant	12.5 oz	1.20	\$14.95
333303	Cheez Mix, Vegan, Instant	33.4 oz	0.87	\$28.95
330503	Cheez Mix, Vegan, Instant	5 lb	0.81	\$64.95
Ingredients: Cashew flour*, tapioca flour*, nutritional yeast, onion granules*, sea salt, garlic granules*, paprika*, turmeric* *Organic				
230138	Cheeze Sauce, Vegan Deluxe, Daiya, Alfredo	14.2 oz		\$8.95
230183	Cheeze Sauce, Vegan Deluxe, Daiya, Zesty Cheddar	14.2 oz		\$8.95
231372	Coconut Cream, Organic, Heavy 30% Fat	13.5 oz	0.59	\$7.95
231371	Coconut Cream, Organic, Unsweetened	13.5 oz	0.37	\$4.95
230193	Coconut Milk, Condensed, Sweetened	11.25 oz	0.44	\$4.95
231375	Coconut Milk, Organic, Unsweetened	13.5 oz	0.29	\$3.95
231001	Coconut Milk Powder, Organic	10 oz	0.80	\$7.95
230201	Coconut Milk Powder, Organic	2 lb	0.59	\$18.95
333401	Coconut Milk Powder, Organic	22 lb	0.51	\$179.95
231235	Milk Powder, Oat, Organic	12 oz	0.91	\$10.95
233301	Milk Powder, Organic, Coconut	33 lb	0.57	\$299.95
232037	Milk Powder, Organic, Soy	20 oz	0.75	\$14.95
338808	Parmesan, Organic, Vegan	6 oz	2.16	\$12.95
Cashew flour*, nutritional yeast*, sea salt, granulated garlic*, lemon juice powder* *Organic				



## Egg Replacers & Binders

SKU	Product	Size	\$/oz	Price
230202	Egg Replacer, Bob's Red Mill	12 oz	0.50	\$5.95
230084	Egg Replacer, Ener-G	16 oz	0.75	\$11.95
393201	Flaxseed Meal, Brown, Organic, Bob's Red Mill	32 oz	0.31	\$9.95
331272	Psyllium Husks, Ground	12 oz	0.91	\$10.95
330572	Psyllium Husks, Ground	5 lb	0.72	\$57.95
330882	Psyllium Husks, Whole	8 oz	0.99	\$7.95
330282	Psyllium Husks, Whole	2 lb	0.69	\$21.95
330582	Psyllium Husks, Whole	5 lb	0.65	\$51.95

## Meat Substitutes

SKU	Product	Size	\$/lb	Price
41301	Jackfruit, Organic, Young	13.5 oz		\$3.75
181401	Not Meatloaf Ingredients: Soy Fines (textured non-GMO soybeans), chickpea flour, onion dices, shiitake mushroom powder, tomato powder, nutritional yeast, coconut sugar, real salt, paprika, granulated garlic, oregano, cayenne pepper	14.25 oz		\$9.95
181402	Not Turkey Roast Ingredients: Soy Fines (textured non-GMO soybeans), chickpea (garbanzo bean) flour, not chicken seasoning* (cassava flour*, sea salt, nutritional yeast*, onion powder*, paprika*, granulated garlic*, turmeric*, parsley flakes*, celery seed*, ground savory (summer)*, ground basil*, rosemary*, thyme*, oregano*, marjoram*, rubbed sage*), nutritional yeast flakes, coconut sugar, real salt, rubbed sage, rosemary, thyme *Organic	14.5 oz		\$9.95
180911	Seitan Tidbits, Braised Gluten, Cha'i Pow Yu	10 oz		\$3.95
180050	Sesame Oatburger Mix	1 lb	6.95	\$6.95
180550	Sesame Oatburger Mix Rolled oats, soy fines, sesame seeds, sunflower seeds, nutritional yeast flakes, onion, garlic, dill, parsley, kelp, basil, and oregano.	5 lb	4.59	\$22.95
180800	Soy Curls, Non-GMO, Butler	8 oz	13.90	\$6.95
180613	Soy Curls, Non-GMO, Butler	3 lb	7.32	\$21.95
180612	Soy Curls, Non-GMO, Butler	12 lb	6.75	\$80.95
180120	Soy Fines, Non-GMO, Butler	12 oz	7.93	\$5.95
180300	Soy Fines, Non-GMO, Butler	3 lb	4.98	\$14.95
180700	Soy Fines, Non-GMO, Butler	24 lb	4.16	\$99.95



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SKU	Product	Size	\$/lb	Price
301298	Tofu, Extra-Firm	12.3 oz		\$3.50
301284	Tofu, Firm	12.3 oz		\$3.50
301267	Tofu, Soft, Organic	12 oz		\$3.95
181028	TVP Minced, No Added Color or Flavor, Non-GMO	10 oz	7.92	\$4.95
180328	TVP Minced, No Added Color or Flavor, Non-GMO	3 lb	3.32	\$9.95
185028	TVP Minced, No Added Color or Flavor, Non-GMO	50 lb	2.32	\$115.95
180172	Vegan Jerky, Primal Strips, Hickory Smoked	1 oz		\$2.25
180175	Vegan Jerky, Primal Strips, Texas BBQ	1 oz		\$2.25
180761	Vege Shreds, Dark, Wheat Gluten	7 oz	13.60	\$5.95
181262	Vege Shreds, Dark, Wheat Gluten	12 lb	11.58	\$138.95
180751	Vege Shreds, Light, Wheat Gluten	7 oz	13.60	\$5.95
181252	Vege Shreds, Light, Wheat Gluten	12 lb	11.58	\$138.95



## Savory Snacks

SKU	Product	Size	\$/lb	Price
300236	Kelp, Wild Atlantic, Kombu	2 oz		\$11.95
371226	Pumpkies, Original	12 oz	9.27	\$6.95
370226	Pumpkies, Original	2 lb	6.98	\$13.95
370639	Rice Cakes, Organic, Salted	8.5 oz		\$4.95
371075	Sesame Sticks, Oat Bran	10 oz	11.12	\$6.95
370075	Sesame Sticks, Oat Bran	7.5 lb	3.73	\$27.95
371074	Sesame Sticks, Salted	10 oz	11.12	\$6.95
370074	Sesame Sticks, Salted	7.5 lb	3.99	\$29.95
370855	Soya Sticks, Garden Herb	8 oz	13.90	\$6.95
370255	Soya Sticks, Garden Herb	2 lb	9.98	\$19.95
375255	Soya Sticks, Garden Herb	22 lb	8.63	\$189.95
370850	Soya Sticks, Honey Mustard	8 oz	13.90	\$6.95
370250	Soya Sticks, Honey Mustard	2 lb	9.98	\$19.95
375250	Soya Sticks, Honey Mustard	22 lb	8.63	\$189.95
371060	Soynuts, Dry Roasted, Organic, Low Salt	10 oz	12.72	\$7.95
370560	Soynuts, Dry Roasted, Organic, Low Salt	5 lb	5.59	\$27.95
373057	Soynuts, Dry Roasted, Organic, Low Salt	30 lb	3.43	\$102.95
371261	Soynuts, Dry Roasted, Organic, No Salt	12 oz	13.27	\$9.95
370561	Soynuts, Dry Roasted, Organic, No Salt	5 lb	4.79	\$23.95
373058	Soynuts, Dry Roasted, Organic, No Salt	30 lb	3.67	\$109.95
300244	Sushi Nori, Organic	.81 oz		\$6.95



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## Sweet Treats

### Candy

SKU	Product	Size	\$/oz	Price
270805	Choco Bites, (Puffed Quinoa, Chia, Maca), Organic	8 oz	1.12	\$8.95
270205	Choco Bites, (Puffed Quinoa, Chia, Maca), Organic	2 lb	0.87	\$27.95
272405	Choco Bites, (Puffed Quinoa, Chia, Maca), Organic	14.3 lb	0.80	\$183.95
270202	Ginger Candy, Gin-Gins, Hard	3 oz	1.65	\$4.95
270286	Ginger Chews, Blood Orange	4 oz	0.99	\$3.95
270265	Ginger Chews, Lemon	5 oz	0.79	\$3.95
238898	Ginger Chews, Lemon	8 oz	0.62	\$4.95
235603	Ginger Chews, Lychee	6 oz	0.66	\$3.95
238900	Ginger Chews, Lychee	9 oz	0.55	\$4.95
238899	Ginger Chews, Mango	10 oz	0.50	\$4.95
271073	Ginger Chews, Original	10 oz	1.10	\$10.95
270273	Ginger Chews, Original	2 lb	0.84	\$26.95
274673	Ginger Chews, Original	11 lb	0.78	\$137.95
239545	Ginger Chews, Pineapple Coconut	7 oz	0.56	\$3.95
270252	Ginger Chews, Reeds	2 oz	1.48	\$2.95
201238	Ginger Pastilles, Organic	1.5 oz	2.63	\$3.95
287620	Gum, Pur, Chocolate Mint	2.72 oz		\$5.95
96381	Gum, Pur, Peppermint	2.72 oz		\$4.95
58544	Gum, Pur, Pomegranate Mint	9 count		\$1.95
231000	Hard Candy, Organic, Pear & Cinnamon	2 oz		\$5.95
120608	Hard Candy, Organic, Blood Orange & Honey	3 oz		\$5.95
145702	Hard Candy, Organic, Lemon & Raspberry	4 oz		\$5.95
120614	Hard Candy, Organic, Pomegranate & Nectarine	5 oz		\$5.95
276245	Honey Candies, Individually Wrapped	10 oz	0.70	\$6.95
270245	Honey Candies, Individually Wrapped	2.2 lb	0.45	\$15.95
503722	Licorice, Raspberry, Panda	7 oz		\$5.95
270268	Licorice, Soft Black, Panda	7 oz		\$5.95
270220	Licorice, Soft Black, Panda	Single		\$1.25

SKU	Product	Size	\$/oz	Price
271030	Marshmallows, Dandies, Vegan	10 oz	0.50	\$4.95
271035	Marshmallows, Dandies, Vegan (Mini)	10 oz	0.50	\$4.95
271045	Marshmallows, Dandies, Vegan, Maple (Mini)	5 oz	0.79	\$3.95
271040	Marshmallows, Dandies, Vegan, Peppermint (Mini), Seasonal Flavor	5 oz	0.79	\$3.95
271050	Marshmallows, Dandies, Vegan, Pumpkin (Mini), Seasonal Flavor	5 oz	0.79	\$3.95
261286	Mints, PUR, No Sugar or Aspartame, Mojito Mint	20 count		\$2.95
261287	Mints, PUR, No Sugar or Aspartame, Tangerine Tango	20 count		\$2.95
270812	Sour Gummy Mix, Organic, Vegan	8 oz	1.37	\$10.95
270212	Sour Gummy Mix, Organic, Vegan	2 lb	0.94	\$29.95
271412	Sour Gummy Mix, Organic, Vegan	5.5 lb	0.85	\$74.95
201239	Sour Lemon Tarts, Organic	1.5 oz		\$3.95
216883	Tummy Soothers, Organic	1.5 oz		\$4.95
270243	YumEarth Pops, Organic	40 count		\$12.95

## Carob

Despite precautions taken by Country Life Natural Foods, there is a possibility of melting during transit.

Due to this risk, we are unable to ship 20lb + items during the summer months (May-September).

SKU	Product	Size	\$/lb	Price
271242	Carob Bridge Mix	12 oz	9.27	\$6.95
270542	Carob Bridge Mix	5 lb	5.99	\$29.95
271215	Carob Chips, Sugar Sweetened	12 oz	7.93	\$5.95
270515	Carob Chips, Sugar Sweetened	5 lb	4.19	\$20.95
270005	Carob Chips, Sugar Sweetened	25 lb	3.68	\$91.95
271213	Carob Chips, Unsweetened	12 oz	7.93	\$5.95
270513	Carob Chips, Unsweetened	5 lb	4.59	\$22.95
270003	Carob Chips, Unsweetened	25 lb	4.00	\$99.95
271216	Carob Coated Almonds	12 oz	10.60	\$7.95
272016	Carob Coated Almonds	20 lb	6.15	\$122.95

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SKU	Product	Size	\$/lb	Price
271217	Carob Coated Peanuts	12 oz	9.27	\$6.95
270517	Carob Coated Peanuts	5 lb	5.79	\$28.95
272017	Carob Coated Peanuts	20 lb	5.35	\$106.95
273017	Carob Coated Peanuts	30 lb	5.33	\$159.95
271218	Carob Coated Raisins (Sugar Sweetened)	12 oz	9.27	\$6.95
270518	Carob Coated Raisins (Sugar Sweetened)	5 lb	5.99	\$29.95
272018	Carob Coated Raisins (Sugar Sweetened)	20 lb	5.70	\$113.95
273018	Carob Coated Raisins (Sugar Sweetened)	30 lb	5.63	\$168.95
271674	Carob Powder (Chatfields)	16 oz	8.95	\$8.95
260523	Carob Powder, Medium Roast	4 lb	4.49	\$17.95
265010	Carob Powder, Medium Roast	50 lb	3.00	\$149.95
270735	Carob Powder, Organic, Raw	7.05 oz		\$6.95
270725	Carob Powder, Organic, Roasted	7.05 oz		\$5.95
270745	Raw Carob Kibble Nibbles, Organic	7.05 oz		\$5.95

## Chocolate

Despite precautions taken by Country Life Natural Foods, there is a possibility of melting during transit.

Due to this risk, we are unable to ship 20lb + items during the summer months (May-September).

SKU	Product	Size	Price
270215	Chocolate Bars, Dark, Chocolove, Dark Chocolate, Raspberry	3.1 oz	\$4.95
270266	Chocolate Bars, Dark, Chocolove, Dark Chocolate, Crystallize Ginger	3.2 oz	\$4.95
270271	Chocolate Bars, Dark, Chocolove, Strong Dark Chocolate, Almond	3.2 oz	\$4.95
390335	Chocolate Bars, Dark, Chocolove, Dark Chocolate, Mint Crème	3.2 oz	\$4.95
969329	Chocolate Bars, Dark, Chocolove, Dark Chocolate, Cherries & Almonds	3.2 oz	\$4.95
2204159	Chocolate Bars, Dark, Chocolove, Strong Dark Chocolate, Hawaiian Sea Salt	3 oz	\$4.95
270256	Chocolate Bars, Dark, Stevia Sweetened, Lily's, Extra Dark Chocolate, Blood Orange	2.8 oz	\$6.95
270238	Chocolate Bars, Dark, Stevia Sweetened, Lily's, Extra Dark Chocolate, Salted Almond	2.8 oz	\$6.95
352777	Chocolate Bars, Dark, Stevia Sweetened, Lily's, Extra Dark Chocolate, Salted Caramel	2.8 oz	\$6.95
270246	Chocolate Bars, Dark, Stevia Sweetened, Lily's, Intensely Dark Chocolate	2.8 oz	\$6.95

SKU	Product	Size	Price
270226	Chocolate Bars, Dark, Organic, Pascha	2.82 oz	\$5.95
270222	Chocolate Bars, White, Vegan, Pascha	2.82 oz	\$5.95
271240	Chocolate Chips, Organic, Dark, Vegan	12 oz	\$10.95
270540	Chocolate Chips, Organic, Dark, Vegan	5 lb	\$54.95
274040	Chocolate Chips, Organic, Dark, Vegan	40 lb	\$416.95
270213	Chocolate, Dark, Morsels	9 oz	\$9.95

## Cookies

SKU	Product	Size	Price
390153	Cookies, Gluten-Free, Vegan, Chocolate Cherry	3 oz	\$4.00
390139	Cookies, Gluten-Free, Vegan, Chocolate Hazelnut	7 oz	\$4.00
390054	Cookies, Gluten-Free, Vegan, Chocolate Orange	5 oz	\$4.00
390016	Cookies, Gluten-Free, Vegan, Golden Milk	3 oz	\$4.00
390122	Cookies, Gluten-Free, Vegan, Horchata	6 oz	\$4.00
390009	Cookies, Gluten-Free, Vegan, Walnut Chocolate Chip	4 oz	\$4.00
270278	Cookies, Vegan, Colossal Chocolate Chip	4.25 oz	\$2.95
270260	Cookies, Vegan, Cookie of the Season	4.25 oz	\$2.95
270228	Cookies, Vegan, Double Chocolate Decadence	4.25 oz	\$2.95
270254	Cookies, Vegan, Luscious Lemon Poppy Seed	4.25 oz	\$2.95
270261	Cookies, Vegan, Oatmeal Chocolate Chip	4.25 oz	\$2.95
270292	Cookies, Vegan, Outrageous Oatmeal Raisin	4.25 oz	\$2.95
270235	Cookies, Vegan, Peanut Butter Chocolate Chip	4.25 oz	\$2.95
270285	Cookies, Vegan, Peanut Butter Persuasion	4.25 oz	\$2.95
270208	Cookies, Vegan, Phenomenal Pumpkin Spice	4.25 oz	\$2.95
270211	Cookies, Vegan, Snickerdoodle	4.25 oz	\$2.95
238756	Dough Bars, Cookie, Vegan, Brownie Batter	1.6 oz	\$2.95
238751	Dough Bars, Cookie, Vegan, Chocolate Chip	1.6 oz	\$2.95
238752	Dough Bars, Cookie, Vegan, Peanut Butter	1.6 oz	\$2.95
238753	Dough Bars, Cookie, Vegan, Peanut Butter Choc Chip	1.6 oz	\$2.95
238755	Dough Bars, Cookie, Vegan, Sprinkle Sugar	1.6 oz	\$2.95
270269	Sandwich Cookies, Organic, Maple, Cadia	11.4 oz	\$6.95

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## Pasta & Noodles

SKU	Product	Size	Price
230755	Fusilli, Einkorn, Organic, Jovial	12 oz	\$5.95
101601	Angel Hair, Semolina, Organic	1 lb	\$3.95
101602	Elbows, Semolina, Organic	1 lb	\$3.95
101610	Fusilli, Semolina, Organic	1 lb	\$3.95
101606	Penne Rigate, Semolina, Organic	1 lb	\$3.95
101609	Spaghetti, Semolina, Organic	1 lb	\$3.95
101625	Fusilli, Whole Wheat, Organic	1 lb	\$3.95
101621	Penne Rigate, Whole Wheat, Organic	1 lb	\$3.95
101623	Shells, Whole Wheat, Medium, Organic	1 lb	\$3.95
101624	Spaghetti, Whole Wheat, Organic	1 lb	\$3.95
100114	Mac, Cheddar Flavor, Vegan, Annie's	6 oz	\$5.95
100115	Mac, Vegan Deluxe, Daiya, Bac'n Cheddar	10.9 oz	\$6.95
100108	Mac, Vegan Deluxe, Daiya, Four Cheeze with Herbs	10.6 oz	\$6.95
100157	Mac, Vegan Deluxe, Daiya, White Cheddar	10.6 oz	\$6.95
496745	Spring Roll Wrappers	4.7 oz	\$3.95



## Gluten Free Pasta

SKU	Product	Size	Price
101261	Elbows, Brown Rice, Organic, Jovial, Gluten Free	12 oz	\$6.75
316072	Farfalle, Brown Rice, Organic, Jovial, Gluten Free	12 oz	\$6.95
332013	Fettuccine, Brown Rice, Organic, Jovial, Gluten Free	12 oz	\$6.95
101260	Fusilli, Brown Rice, Organic, Jovial, Gluten Free	12 oz	\$6.75
118525	Lasagna, Brown Rice, Organic, Jovial, Gluten Free	9 oz	\$6.95
101258	Manicotti, Brown Rice, Organic, Jovial, Gluten Free	7 oz	\$4.95
65437	Penne, Brown Rice, Organic, Jovial, Gluten Free	12 oz	\$6.95
101259	Shells, Brown Rice, Organic, Jovial, Gluten Free	12 oz	\$6.50
101257	Spaghetti, Brown Rice, Organic, Jovial, Gluten Free	12 oz	\$6.50
361929	Elbows, Cassava, Organic, Jovial, Gluten Free, Grain Free	8 oz	\$5.95
360513	Fusilli, Cassava, Organic, Jovial, Gluten Free, Grain Free	8 oz	\$5.95
360516	Orzo, Cassava, Organic, Jovial, Gluten Free, Grain Free	8 oz	\$5.95
360515	Penne, Cassava, Organic, Jovial, Gluten Free, Grain Free	8 oz	\$5.95
360514	Spaghetti, Cassava, Organic, Jovial, Gluten Free, Grain Free	8 oz	\$5.95
100510	Elbows, Quinoa, Organic, Gluten Free	5 lb	\$43.95
100520	Fusilli, Quinoa, Organic, Gluten Free	5 lb	\$41.95
100530	Penne, Quinoa, Organic, Gluten Free	5 lb	\$41.95
100540	Spaghetti, Quinoa, Organic, Gluten Free	5 lb	\$43.95





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## Soups & Broths

SKU	Product	Size	Price
1121938	Bouillon Cubes, Vegan, Garden Veggie	2.5 oz	\$3.95
1121946	Bouillon Cubes, Vegan, Garden Veggie Low Sodium	2.5 oz	\$3.95
330219	Bouillon Cubes, Vegan, Not-Chick'n	2.5 oz	\$3.95
290225	Miso-Cup, Organic, Instant	1.3 oz	\$6.95
271449	Rice Ramen Soup, Buckwheat Shiitake Mushroom	2.8 oz	\$3.95
290214	Rice Ramen Soup, Forbidden Rice w/ White Miso	2.8 oz	\$3.95
136771	Rice Ramen Soup, Jade Pearl Wakame Miso	2.8 oz	\$3.95
136769	Rice Ramen Soup, Millet & Brown Rice w/ Red Miso	2.8 oz	\$3.95
330226	Vegetable Base, Organic, Better Than Bouillon	8 oz	\$9.95

## Dried Vegetables

SKU	Product	Size	Price
301515	Mushroom Dices, Freeze Dried	1.5 oz	\$13.95
300113	Potato Flakes, Bob's Red Mill	16 oz	\$5.95
300404	Potato Flakes, Organic	4 lb	\$22.95
304040	Potato Flakes, Organic	40 lb	\$214.95
2788	Tomato Flakes, Organic	16 oz	\$27.95
351222	Tomato, Organic, Sundried, Halves	12 oz	\$12.95
350322	Tomato, Organic, Sundried, Halves	3 lb	\$41.95
352222	Tomato, Organic, Sundried, Halves	11 lb	\$142.95
290279	Vegetable Blend for Soup	16 oz	\$20.95
290243	Vegetable Blend for Stew	16 oz	\$18.95



## Condiments & Sauces

SKU	Product	Size	Price
997353	French Dressing, Organic, Annie's	8 oz	\$8.95
300254	Ketchup, Organic, Cadia	24 oz	\$4.95
230075	Olives, Black, Pitted	6oz	\$3.95
230070	Olives, Green, Pitted	6oz	\$3.95
327055	Pimientos, Diced	4 oz	\$3.95
351651	Salsa, Mild, Cilantro Lime, Vinegar Free, Chip Magnet	16 oz	\$5.95
351652	Salsa, Mild, Mildly Delicious, Vinegar Free, Chip Magnet	16 oz	\$5.95
351654	Salsa, Mild, Mango, Vinegar Free, Chip Magnet	16 oz	\$5.95
351653	Salsa, Medium, Wildly Delicious, Vinegar Free, Chip Magnet	16 oz	\$3.95
351655	Salsa, Medium, Mango Habanero, Vinegar Free, Chip Magnet	16 oz	\$5.95
351656	Salsa, Medium, Garlic Chipotle Lime, Vinegar Free, Chip Magnet	16 oz	\$5.95
351657	Salsa, Hot, Wickedly Delicious, Vinegar Free, Chip Magnet	16 oz	\$5.95
351658	Salsa, Hot, Hot Mess, Vinegar Free, Chip Magnet	16 oz	\$5.95
18961	Sauce Mix, White Cheddar	0.85 oz	\$2.95
352960	Tomato Sauce, DeLallo	29 oz	\$4.95
352800	Tomatoes, Crushed, Imported	28 oz	\$4.95

## Jams, Jellies, & Preserves

SKU	Product	Brand	Size	Price
191202	Apple Butter, No Sugar		12 oz	\$4.95
220269	Apricot Preserves, Organic	Cadia	11 oz	\$5.95
220245	Blueberry Preserves, Organic	Cadia	11 oz	\$5.95
220276	Cherry Preserves, Morello, Organic	Cadia	11 oz	\$5.95
272833	Grape Preserves, Concord Jelly, Organic	Cadia	11 oz	\$5.95
220298	Mixed Berry Preserves, Organic	Cadia	11 oz	\$5.95
220252	Raspberry Preserves, Organic	Cadia	11 oz	\$5.95
46052	Strawberry Preserves, Organic	Cadia	11 oz	\$5.95

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KU	Product	Brand	Size	Price
221020	Apricot, All Fruit Spread	Polaner	10 oz	\$5.95
221050	Blackberry Seedless, All Fruit Spread	Polaner	10 oz	\$6.95
221035	Blueberry, All Fruit Spread	Polaner	10 oz	\$5.95
221030	Cherry, All Fruit Spread	Polaner	10 oz	\$6.95
221040	Grape, All Fruit Spread	Polaner	10oz	\$6.95
221540	Grape, All Fruit Spread	Polaner	15.25 oz	\$7.95
221015	Red Raspberry, All Fruit Spread	Polaner	10 oz	\$6.95
221546	Red Raspberry, Seedless, All Fruit Spread	Polaner	10 oz	\$6.95
221545	Red Raspberry, Seedless, All Fruit Spread	Polaner	15.25 oz	\$5.95
221510	Strawberry, All Fruit Spread	Polaner	15.25 oz	\$6.95



## Beverages

### Juice

SKU	Product	Size	Price
143242	Aloe Juice, Organic, Inner Fillet Juice with Lemon, Lakewood	32 oz	\$10.95
140020	Apple Juice, Organic, Pure, Lakewood	32 oz	\$9.95
143240	Beet Juice, Organic, Pure, Lakewood	32 oz	\$9.95
140188	Black Cherry Juice from Concentrate, Organic	12.5 oz	\$10.95
140291	C2O Coconut Water 100% Pure (8 Can Pack)	10.5 fl oz	\$19.95
143212	Cherry Juice, Concentrate	32 oz	\$26.95
141266	Cranberry Juice Blend, Organic, Lakewood	12.5 oz	\$5.95
140187	Cranberry Juice Concentrate, Organic, Pure	12.5 oz	\$14.95
140071	Cranberry Juice, Pure, Lakewood	32 oz	\$12.95
140024	Grape Juice, Concord, Organic, Lakewood	32 oz	\$10.95
140058	Grapefruit Juice, Organic, Lakewood	32 oz	\$8.95
143215	Juice Blend, Pineapple & Ginger, Organic, Lakewood	32 oz	\$10.95
141208	Lemon Juice, Organic	12.5 oz	\$5.95
143208	Lemon Juice, Organic	32 oz	\$11.95
141217	Lime Juice, Organic, Pure	12.5 oz	\$6.95
140059	Orange Juice, Organic, Lakewood	32 oz	\$9.95
143261	Orange Mango Juice, Organic, Lakewood	32 oz	\$7.95
141258	Pineapple Juice, Organic, Lakewood	12.5 oz	\$4.95
140186	Pomegranate Juice from Concentrate, Organic	12.5 oz	\$13.95
140081	Pomegranate Juice, Pure, Lakewood	32 oz	\$13.95

Prices are subject to change without notice.

## Tea & Infusions

SKU	Product	Size	Price
150232	Ginger Honey Crystals, Lemon	30 count	\$12.95
150211	Ginger Honey Crystals, Original	30 count	\$12.95
239348	Ginger Honey Crystals, Turmeric	25 count	\$9.95
BT-19ALE	Herbal Tea, Aller-Easy, Bravo	20 count	\$6.00
BT-25BCG	Herbal Tea, Bye Cough, Bravo	20 count	\$5.95
BT-65ATTW	Herbal Tea, Hawthorn, Bravo	20 count	\$6.00
BT-58AHS	Herbal Tea, Honeysuckle, Bravo	20 count	\$6.00
BT-17LSG	Herbal Tea, Lung Soother, Bravo	20 count	\$5.95
BT-14MPC	Herbal Tea, Menopause Comfort, Bravo	20 count	\$6.00
BT-61APG	Herbal Tea, Panax Ginseng, Bravo	20 count	\$6.00
BR09DI	Herbal Tea, Triple Immune Support, Bravo	20 count	\$5.95
5355	Herbal Tea, Apple Cinnamon, Loose Leaf Blend	1 lb	\$38.95
5354	Herbal Tea, Cranberry Orange, Loose Leaf Blend	1 lb	\$36.95
5353	Herbal Tea, Crimson Berry, Loose Leaf Blend	1 lb	\$21.95
150179	Herbal Tea, Mushroom Wonders, Bravo, 6 Mushroom Defense	20 count	\$7.95
150174	Herbal Tea, Mushroom Wonders, Bravo, Chaga	20 count	\$7.95
150178	Herbal Tea, Mushroom Wonders, Bravo, Cordyceps	20 count	\$7.95
150173	Herbal Tea, Mushroom Wonders, Bravo, Lion's Mane	20 count	\$7.95
150176	Herbal Tea, Mushroom Wonders, Bravo, Maitake	20 count	\$7.95
150177	Herbal Tea, Mushroom Wonders, Bravo, Reishi	20 count	\$7.95
150175	Herbal Tea, Mushroom Wonders, Bravo, Turkey Tail	20 count	\$7.95
150154	Herbal Teas, NOW, Ginger Mint Comfort	24 count	\$5.95
150116	Herbal Teas, NOW, Nighttime	24 count	\$5.95
150123	Herbal Teas, NOW, Ojibwa Native American Blend	24 count	\$5.95
150244	Herbal Teas, NOW, Organic Chamomile	24 count	\$5.95
150124	Herbal Teas, NOW, Organic Dandelion Traditional Cleansing	24 count	\$5.95
150108	Herbal Teas, NOW, Red Raspberry Blend	24 count	\$5.95
150378	Herbal Teas, NOW, TLC Throat & Lung Care	24 count	\$5.95
150156	Herbal Teas, Traditional Medicinals, Breathe Easy Eucalyptus Mint	16 count	\$7.95
150170	Herbal Teas, Traditional Medicinals, Cup of Calm	16 count	\$7.95
150146	Herbal Teas, Traditional Medicinals, Dandelion Chai Probiotic	16 count	\$7.95

SKU	Product	Size	Price
150042	Herbal Teas, Traditional Medicinals, Echinacea + Elderberry	16 count	\$7.95
150014	Herbal Teas, Traditional Medicinals, Echinacea + Spearmint	16 count	\$7.95
150197	Herbal Teas, Traditional Medicinals, Everyday Detox	16 count	\$6.95
150111	Herbal Teas, Traditional Medicinals, Gas Relief	16 count	\$7.95
150163	Herbal Teas, Traditional Medicinals, Herbal Cold Care	16 count	\$6.95
150023	Herbal Teas, Traditional Medicinals, Nighty Night	16 count	\$6.95
150039	Herbal Teas, Traditional Medicinals, Peppermint Delight Probiotic	16 count	\$6.95
150180	Herbal Teas, Traditional Medicinals, Seasonal Sampler	16 count	\$6.95
150113	Herbal Teas, Traditional Medicinals, Smooth Move	16 count	\$6.95
150171	Herbal Teas, Traditional Medicinals, Stress Ease Cinnamon	16 count	\$6.95
150097	Herbal Teas, Traditional Medicinals, Throat Coat Lemon Echinacea	16 count	\$7.95
150132	Herbal Teas, Traditional Medicinals, Throat Coat w/ Slippery Elm	16 count	\$7.95
302660	Moringa Tea, Organic	16 count	\$7.95
233796	Red Clover Tea, Organic	16 count	\$6.95
5111	Rooibos Tea, Green, Organic	1 lb	\$20.95
5254	Rooibos Tea, Red	1 lb	\$18.95
280932	Rose Hips with Hibiscus Tea, Organic	16 count	\$7.95
280935	Turmeric with Meadowsweet and Ginger Tea, Organic	16 count	\$7.95
300206	Mesh Tea Strainer with Drip Bowl	each	\$7.95
300210	Tea Bags, Cotton, Reusable	3 bags	\$2.95
300218	Tea Filters, Disposable	40 count	\$4.95
300235	Tea Infusers, 2 Inch		\$2.95
200282	Tea Infusers, 2.5 Inch		\$3.95
300211	Tea Infusers, 3 Inch		\$4.95
300272	Tea Infusers, Infuser Stick		\$3.95



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## Coffee Substitutes

SKU	Product	Size	Price
150210	Cafix Beverage Crystals	7 oz	\$9.95
300700	Coffee Substitute, Kaffree Roma	7 oz	\$9.95
300107	Dandy Blend, Organic, Instant Beverage	3.53 oz	\$11.95
300222	Dandy Blend, Instant Beverage	14.1 oz	\$26.95
231225	Golden Milk Beverage Mix, Organic, Instant, Vegan Ingredients: Coconut milk powder*, maple syrup granules*, turmeric*, ginger*, coriander*, maca*, cardamom*, cayenne*, sea salt *Organic	12 oz	\$24.95
150102	Herbal Beverage, Teeccino, Vanilla Nut	10 count	\$7.95
150109	Herbal Beverage, Teeccino, Organic French Roast	10 count	\$7.95
150167	Herbal Beverage, Teeccino, Hazelnut	10 count	\$7.95
223749	Herbal Beverage, Teeccino, Maca Chocolate	10 count	\$7.95
150122	Herbal Beverage, Teeccino, Dandelion Carmel Nut	10 count	\$8.95
150107	Herbal Beverage, Teeccino, Organic Reishi Eleuthero	10 count	\$8.95

## Vitamins & Supplements

SKU	Product	Size	Price
482061	5-HTP	120 Count	\$20.95
480229	Acid Relief With Enzymes 60 Count	60 Chewables	\$11.95
482932	Acidophilus & Bifidus 8 Billion	120 VCaps	\$20.95
480262	Alfalfa 650mg 250 Count	250 Tablets	\$9.95
482082	Allibiotic CDZ	60 Softgels	\$21.95
482011	Allium Biotic	60 Count	\$15.95
402024	Aloe Herbal Stomach Formula	32 oz	\$21.95
402087	Aloe Vera Juice	1 Gallon	\$37.95
480246	American Ginseng 500mg	100 VCaps	\$13.95
484603	Ashwagandha 450mg	90 VCaps	\$11.95
480255	Astragalus 500mg	100 VCaps	\$8.95

SKU	Product	Size	Price
482068	B-1 100mg	100 Tablets	\$5.95
480436	B-100	100 Count	\$23.95
482080	B-12 1,000mcg 250 Count	250 Lozenges	\$14.95
480236	B-12 10,000mcg Energy Boost Mixed Berry Flavor	12 Count	\$19.95
480459	B-12 2,000mcg	100 Lozenges	\$11.95
0464	B-12 Liquid B Complex	2 oz	\$6.95
0428	B-50	250 Tablets	\$26.95
482022	B-50	250 VCaps	\$29.95
300840	Bee Pollen Granules	8 oz	\$10.95
231046	Bee Pollen Granules	10 lb	\$126.95
484884	Berberine Glucose Support	90 Softgels	\$27.95
2936	Berry Dophilus Chewables	60 Count	\$7.95
2949	Berry Dophilus Chewables	120 Count	\$18.00
480474	Biotin 5000 mcg	120 VCaps	\$17.95
482016	Black Cumin Seed Oil 1,000mg	60 Softgels	\$14.95
127159	Black Walnut & Wormwood Tincture	1 oz	\$13.95
3066	Blood Pressure Health	90 VCaps	\$23.95
482012	Boron 3mg	250 VCaps	\$14.95
482047	Boswellia Extract 250mg	120 VCaps	\$21.95
480206	Brewers Yeast	1 lb	\$10.95





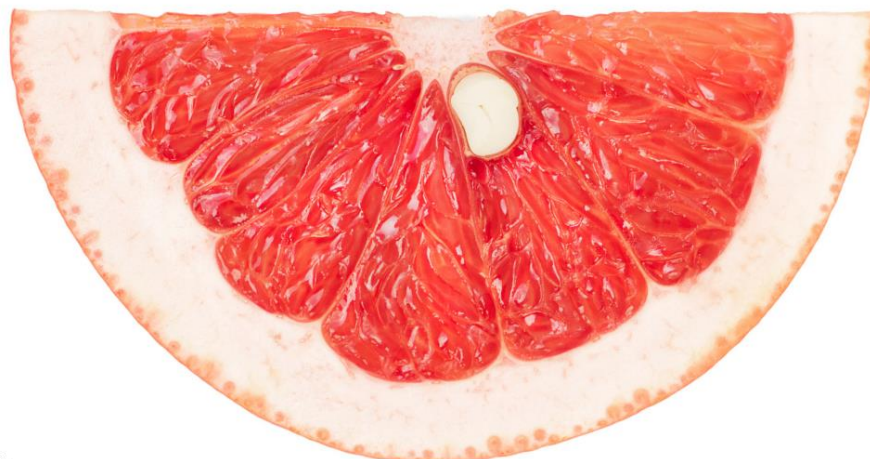
Prices are subject to change without notice.

SKU	Product	Size	Price
480682	C 1000mg	250 Tabs	\$23.95
482020	C-1,000 Zinc Immune	90 VCaps	\$11.95
482060	C-1000 with Rose Hips	100 Tablets	\$9.95
482021	C-500	250 Tablets	\$12.95
482000	C-500 Chewable Cherry-Berry	100 Count	\$11.95
482063	C-500 Chewable Orange	100 Count	\$10.95
482008	Calcium & Magnesium	100 Tablets	\$9.95
482042	Calcium & Magnesium	240 Softgels	\$20.95
481272	Calcium & Magnesium	250 Tablets	\$20.95
482023	Calcium Citrate	120 VCaps	\$11.95
482024	Calcium Citrate Pure Powder	8 oz	\$10.95
480217	Calm Magnesium Supplement, Raspberry Lemonade	16 oz	\$42.95
480225	Calm Magnesium Supplement, Unflavored	16 oz	\$42.95
482416	Cardio 911 Dietary Supplement Drink Mix, Berry	30 Servings	\$40.95
482099	Cardio 911 Dietary Supplement Drink Mix, Cherry	30 Servings	\$40.95
482009	Cardio 911 Dietary Supplement Drink Mix, Lemon Lime	30 Servings	\$40.95
482032	Cardio 911 Dietary Supplement Drink Mix, Tropical Mango	30 Servings	\$40.95
482046	Cardio911 SPORT Amino Plus Dietary Supplement Drink Mix	20 Servings	\$33.95
4625	Cayenne 500 mg	100 Count	\$7.95
230026	Charcoal Capsules	125 Count	\$13.95
230031	Charcoal Powder, Activated, Coconut	12 oz	\$12.95
230029	Charcoal Powder, Activated, Hardwood	10 oz	\$10.95
236218	Charcoal Tablets	135 Tablets	\$15.95
482007	Cherry Concentrate	90 VCaps	\$14.95
480260	Chewable Papaya Enzymes	180 Lozenges	\$9.95
482152	Chill Time Supplement Drink Mix	30 Servings	\$33.95
480256	Chlorella Pure Powder, Organic	4 oz	\$13.95
2645	Chlorophyll 100 mg	90 VCaps	\$9.95
2644	Chlorophyll, Liquid	16 oz	\$19.95

SKU	Product	Size	Price
307321	Citric Acid Non-GMO	1 lb	\$10.95
482033	Clinical Cardio	90 VCaps	\$29.95
1405	Colloidal Minerals - Essential Trace Minerals, Plant Derived, Unflavored	32 oz	\$19.95
483212	CoQ10 100mg	90 VCaps	\$29.95
483230	Cranberry 700mg	100 VCaps	\$13.95
3776	Daily Vits - Multivitamin & Mineral	120 VCaps	\$18.95
402021	Detox Formula, Aloe Herbal	32 oz	\$21.95
2811	D-Mannose 500 mg	120 Count	\$21.95
482039	Dry E-400 D-Alpha Tocopheryl	100 VCaps	\$17.95
484662	Echinacea 400mg	250 VCaps	\$21.95
482059	Echinacea And Goldenseal Root 225/225mg Blend	100 VCaps	\$21.95
480288	Elderberry 500mg	60 VCaps	\$11.95
4852	Elderberry Liquid	8 oz	\$14.95
314645	Elderberry Zinc Lozenges Honey Lemon	24 Count	\$6.95
4664	Eldermune	90 VCaps	\$15.95
480275	Epicor Plus Immunity	60 VCaps	\$24.95
3798	Eve Women's Multivitamin Iron-Free	120 VCaps	\$25.95
482055	Feverfew	100 VCaps	\$12.95
482034	Flax Oil 1,000mg Vegan Formula	120 Softgels	\$14.95
482003	Flax Oil 1000 mg	100 Softgels	\$8.95
482065	Folic Acid With Vitamin B-12	250 Tablets	\$5.95
482044	Garlic 5,000 mcg	90 Tablets	\$17.95
482076	Garlic, Odorless	100 Count	\$7.95
4689	Ginger Root Extract 250mg	90 VCaps	\$9.95
482071	Ginkgo Biloba	120 VCaps	\$12.95
483130	Glucosamine & MSM	120 VCaps	\$15.95
3248	Grape Seed Extract 100mg	100 VCaps	\$13.95

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SKU	Product	Size	Price
1006	Grapefruit Seed Extract 250mg	60 Count	\$9.95
480257	Grapefruit Seed Extract Defense Plus	90 Count	\$24.95
480253	Grapefruit Seed Extract Ear Drops	1 oz	\$6.95
480203	Grapefruit Seed Extract Liquid Concentrate	2 oz	\$12.95
482051	Hawthorn Berry	100 VCaps	\$7.95
3157	Hyaluronic Acid 50 mg	120 VCaps	\$20.95
482018	Hyaluronic Acid, Double Strength	120 VCaps	\$34.95
482066	Indole-3-Carbinol 13c-200mg	60 VCaps	\$20.95
480270	Instant Energy B12	75 Count	\$13.95
480286	Ionic-Fizz Calcium Plus, Mixed Berry	7.41 oz	\$22.95
480293	Ionic-Fizz Calcium Plus, Mixed Berry	14.82 oz	\$36.95
480283	Ionic-Fizz Magnesium Plus Mixed Berry	6.03 oz	\$20.95
480214	Ionic-Fizz Magnesium Plus, Raspberry Lemonade	6.03 oz	\$20.95
482036	Iron 18 mg	120 VCaps	\$9.95
1440	Iron Complex	100 Tablets	\$9.95
240208	Lecithin Granules NON-GMO Soy	1 lb	\$17.95
4789	Lion's Mane 500 mg	60 VCaps	\$18.95
480299	Liquid Multi	16 oz	\$19.95
480280	Liver Refresh	90 VCaps	\$18.95
480238	L-Lysine 1000mg	250 Tablets	\$19.95
0110	L-Lysine 500mg	100 VCaps	\$8.95
480102	L-Lysine 500mg	250 Count	\$12.95



SKU	Product	Size	Price
1277	Magnesium & Calcium 2:1 Ratio	100 Tablets	\$12.95
482001	Magnesium And Potassium Aspartate	120 VCaps	\$15.95
481290	Magnesium Citrate 200 mg	100 Tablets	\$14.95
400487	Magnesium Flakes	54 oz	\$20.95
480176	Magnesium Plus, Ionic Fizz™, Orange-Vanilla	12.06 oz	\$30.95
482083	Magnesium With Trace Minerals, Liquid	8 oz	\$17.95
2390	Magtein™ Magnesium L-Threonate	90 VCaps	\$34.95
482043	Mannose Cranberry	90 VCaps	\$21.95
2199	MCT Oil	32 oz	\$29.95
3779	Mega B-12 Daily Vits - Multivitamin & Mineral	60 Tablets	\$17.95
482088	Melatonin 3mg	90 Count	\$4.95
483257	Melatonin 3mg	180 VCaps	\$10.95
482054	Melatonin 5mg	60 Count	\$6.95
402074	Melatonin 5mg Sustained Release	120 Count	\$10.95
482056	Methyl B-12 1,000mcg	100 Lozenges	\$9.95
482052	Methyl B-12 5,000mcg	90 VCaps	\$21.95
482014	Methyl B-12 Extra Strength 10,000mcg	60 Lozenges	\$24.95
482081	Methyl Folate 1,000mcg	90 Tablets	\$15.95
480992	MK-7 Vitamin K-2 100mcg	60 VCaps	\$15.95
482094	MK-7 Vitamin K-2 Extra Strength-300mcg	60 VCaps	\$24.95
480298	MSM Methylsulfonylmethane 1000mg	120 Count	\$11.95
3055	Mushroom Immune Renew	90 VCaps	\$13.95
480212	MYcoMune 4X	30 Count	\$27.95
480285	NAC 1000mg	120 Tablets	\$24.95
480200	NAC 600 mg	100 VCaps	\$23.95
0086	NAC 600mg	250 VCaps	\$32.95
0186	NAC Pure Powder	4 oz	\$17.95
484722	Olive Leaf Extract 500mg	120 VCaps	\$15.95
480259	Omega 3-6-9 1000mg	100 Count	\$11.95
480273	Omega 3-6-9 1000mg	250 Count	\$24.95
480284	Optimal Digestive System	90 Count	\$15.95

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SKU	Product	Size	Price
480211	P-5-P 50mg	90 Count	\$13.95
480274	Peppermint Gels	90 Count	\$10.95
480269	Plant Enzymes	120 Count	\$16.95
402008	Plant Protein Complex, Chocolate Mocha	2 lb	\$35.95
402007	Plant Protein Complex, Creamy Vanilla	2 lb	\$35.95
480228	Potassium Plus Iodine	180 Count	\$10.95
3168	PQQ Energy Cognitive Support	30 VCaps	\$21.95
2918	Probiotic Defense	90 Count	\$23.95
482926	Probiotic-10 25 Billion CFU	50 VCaps	\$21.95
2912	Probiotics Gr8-Dophilus	60 Count	\$12.95
2910	Probiotics Gr8-Dophilus	120 Count	\$24.95
480261	ProFema Menopause Multi	120 Count	\$49.95
482010	Propolis 1500 5:1 Extract	100 Count	\$13.95
3340	Prostate Support	90 Softgels	\$20.95
3341	Prostate Support	180 Softgels	\$39.95
5970	Psyllium Husk Caps 500mg	200 VCaps	\$12.95
400202	Pumpkin Seed Protein Powder, Organic	1 lb	\$22.95
482417	PURA Cleanse & Detoxify Powder for Bowels	16 oz	\$49.95
29005	Purebiotics Maxima	30 Count	\$45.95
29007	Purebiotics Women	30 Count	\$25.95
3072	Quercetin 500mg	100 VCaps	\$24.95
483070	Quercetin With Bromelain	120 Count	\$31.95
480271	Quercetin With Bromelain	240 Vcaps	\$54.95
3334	Red Yeast Rice 600mg with CoQ10 30mg	120 VCaps	\$33.95
482038	Reds & Greens Complete	30 VCaps	\$25.95
480237	Rei-Shi Mushrooms 270mg	100 Count	\$11.95
481544	Re-Lyte Electrolyte Drink Mix, Lemon Lime	15 Sticks	\$16.95
481543	Re-Lyte Electrolyte Drink Mix, Mixed Berry	15 Sticks	\$16.95
481545	Re-Lyte Electrolyte Drink Mix, Strawberry Lemonade	15 Sticks	\$16.95

SKU	Product	Size	Price
2909	Respiratory Care Probiotic	60 Count	\$18.95
484754	Rhodiola 500mg Ext. 3%	60 Count	\$26.95
2565	Royal Jelly 1500mg	60 VCaps	\$18.95
480215	Saffron 50mg	60 Count	\$23.95
480240	Sambucus Zinc-C	60 Count	\$8.95
482072	Saw Palmetto Berries	100 Count	\$9.95
482089	Saw Palmetto Berries	250 Count	\$17.95
481486	Selenium 200mcg	180 VCaps	\$13.95
480241	Silver Sol Mist	4 oz	\$14.95
480272	Sinu-Orega Aromatic Spice Formula Nasal Spray	2 oz	\$19.95
480294	Sleep Regimen 3-in-1	90 Count	\$22.95
3868	Special Two Multivitamin & Greens	120 VCaps	\$19.95
480289	Spirulina Organic	200 Count	\$16.95
2690	Spirulina Powder	4 oz	\$9.95
480210	St. John's Wort 300mg	100 Count	\$12.95
240248	Sunflower Lecithin NON-GMO Powder	1 lb	\$21.95
480282	Super D-K Calcium Plus, Mixed Berry	7.41 oz	\$27.95
482075	Super D-K Calcium Plus, Orange Vanilla	14.82 Ounces	\$36.95
480244	Super Primrose 1300mg	120 Count	\$19.95



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SKU	Product	Size	Price
480205	Taurine 500mg	100 Count	\$7.95
270218	Throat Drops, Organic - Traditional Medicinals, Eucalyptus Mint	16 Count	\$6.95
363304	Throat Drops, Organic - Traditional Medicinals, Lemon Ginger Echinacea	16 Count	\$6.95
270201	Throat Drops, Organic - Traditional Medicinals, Sweet Orange Fennel	16 Count	\$6.95
13416	Thyroid Care Plus	60 Capsules	\$17.95
483368	Thyroid Support	90 Count	\$18.95
480233	Transitions Menopause Support	60 Count	\$25.95
155	True Calm	90 VCaps	\$13.95
483110	Turmeric & Bromelain	90 VCaps	\$22.95
480239	Turmeric Curcumin	60 Count	\$21.95
484771	Valerian Root 500mg	250 VCaps	\$16.95
93142	Vegan Omega 3 EPA + DHA	30 Count	\$29.95
485107	Vegan Protein Powder Doctor's Blend, Chocolate	15 Servings	\$36.95
485121	Vegan Protein Powder Doctor's Blend, Strawberry Cream	15 Servings	\$36.95
485114	Vegan Protein Powder Doctor's Blend, Vanilla	15 Servings	\$36.95
485039	VidaMIST Oral Immune Spray	50 Servings	\$24.95
482350	Vitality Mushroom SuperBlend Powder with Ashwagandha	10 oz	\$39.95
230868	Vitamin C Crystals	8 oz	\$10.95
480368	Vitamin D 1000iu	120 VCaps	\$6.95
482077	Vitamin D-3 1,000 IU, Chewable	180 Chewables	\$8.95
482006	Vitamin D-3 Liquid	2 oz	\$7.95
480369	Vitamin D-3 & K-2	120 Count	\$9.95
482086	Vitamin D-3 10,000 IU High Potency	120 Softgels	\$11.95
377	Vitamin D-3 2,000 IU	240 Softgels	\$11.95
0372	Vitamin D-3 5,000 IU	120 Softgels	\$9.95
482037	Vitamin D-3 5,000 IU High Potency	240 Softgels	\$17.95
482062	Vitamin D-3 50,000 IU Max Potency	50 Count	\$13.95
482084	Vitamin D-3 Chewable 5,000 IU	120 Count	\$10.95
400203	Vitamin E Oil	1 oz	\$15.95
480208	Water Out	100 Count	\$12.95
480277	Willow Bark Extract 400mg-15% Salicin	100 Count	\$8.95

SKU	Product	Size	Price
270200	Zand Herbal Lozenges, Menthol	15 Lozenges	\$3.95
270295	Zand Herbal Lozenges, Orange C	15 Lozenges	\$3.95
971481	Zand Herbal Lozenges, Very Cherry	15 Lozenges	\$3.95
1520	Zinc 50mg	100 Count	\$5.95
480222	Zinc 50mg	250 Count	\$11.95
480249	Zinc Glycinate	120 Count	\$10.95
480290	Zinc Picolinate 50mg	60 Count	\$6.95
480248	Zinc Picolinate 50mg	120 Count	\$11.95
300266	Veg Capsules Double "00"	250 Count	\$9.95
300280	Veg Capsules Double "00"	750 Count	\$21.95
8500	Capsule Machine	For "00" Capsules	\$18.95
300282	Veg Capsules Single "0"	300 Count	\$8.95
300242	Veg Capsules Single "0"	1000 Count	\$19.95
208722	Capsule Machine	For "0" Capsules	\$18.95

## Herbs

SKU	Product	Size	Price
6065	Arnica Flowers, Whole	1 lb	\$19.95
5347	Ashwagandha Powder	1/4 lb	\$11.95
5169	Astragalus Root, Cut, Sifted	1 lb	\$25.95
5339	Barley Grass Powder	1/4 lb	\$10.95
5275	Beet Root Powder, Organic	1 lb	\$29.95
5014	Black Cohosh Root, Cut, Sifted	1 lb	\$41.95
5338	Black Walnut Hull Powder	1/4 lb	\$10.95
5017	Burdock Root, Cut, Sifted	1 lb	\$13.95
5020	Calendula Flower Petals	1 lb	\$17.95
5351	Cascara Sagrada Bark Powder	1/4 lb	\$9.95
5349	Catnip Leaf and Flower, Organic, Cut, Sifted	1/4 lb	\$16.95
5096	Cayenne Pepper, Ground, 130,000 MIL HU	1 lb	\$15.95
5023	Chamomile Flowers	1 lb	\$27.95
5030	Comfrey Leaf, Cut, Sifted	1 lb	\$25.95
8000	Comfrey Root, Organic, Cut, Sifted	1 lb	\$23.95



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SKU	Product	Size	Price
5035	Dandelion Leaf, Cut, Sifted	1 lb	\$12.95
5036	Dandelion Root, Organic, Cut, Sifted	1 lb	\$26.95
5038	Echinacea Purpurea Root, Cut, Sifted	1 lb	\$16.95
5041	Elderflowers, Whole	1 lb	\$27.95
5304	Eleuthero Root, Siberian Ginseng, Cut, Sifted	1 lb	\$13.95
5360	Eucalyptus Leaf, Cut, Sifted	1 lb	\$10.95
5344	Fennel Seed, Whole	1/4 lb	\$2.95
5356	Fennel Seed, Whole	1 lb	\$6.95
5129	Fenugreek Seed, Whole	1 lb	\$6.95
5048	Ginkgo Leaf, Cut, Sifted	1 lb	\$15.95
5049	Goldenseal Leaf, Cut, Sifted	1 lb	\$89.95
5340	Goldenseal Root Powder	1/4 lb	\$74.95
5054	Hawthorn Berries, Whole	1 lb	\$11.95
5214	Hibiscus Flowers	1 lb	\$14.95
5093	Horse Tail (Shavegrass) Cut, Sifted	1 lb	\$22.95
5350	Irish Moss Powder	1/4 lb	\$15.95



SKU	Product	Size	Price
5133	Kelp Powder	1 lb	\$9.95
5208	Kelp, Granules	1 lb	\$9.95
5061	Lavender Flowers, Whole	1 lb	\$27.95
5062	Lemon Balm Leaf, Cut, Sifted	1 lb	\$19.95
5063	Lemon Peel Powder	1/4 lb	\$9.95
5158	Lemon Peel, Cut, Sifted	1 lb	\$27.95
5357	Lemon Verbena, Cut, Sifted	1 lb	\$17.95
5358	Lemongrass Cut, Sifted	1 lb	\$11.95
5065	Licorice Root, Organic, Cut, Sifted	1 lb	\$21.95
5221	Maca Root Powder	1 lb	\$22.95
5069	Marshmallow Root, Cut, Sifted	1 lb	\$19.95
5179	Milk Thistle Seeds, Whole	1 lb	\$11.95
5147	Moringa Leaf Powder	1 lb	\$18.95
5070	Mullein Leaf, Cut, Sifted	1 lb	\$15.95
5073	Nettle Leaf, Cut, Sifted	1 lb	\$16.95
5255	Oat Straw, Organic, Cut, Sifted	1 lb	\$20.95
5075	Orange Peel, Cut, Sifted	1 lb	\$12.95
5080	Passion Flower, Cut, Sifted	1 lb	\$19.95
5081	Pau D'Arco Bark, Cut, Sifted	1 lb	\$12.95
5361	Plantain Leaf, Organic, Cut, Sifted	1 lb	\$21.95
5084	Raspberry Leaf, Cut, Sifted	1 lb	\$14.95
5085	Red Clover Blossoms	1 lb	\$23.95
5025	Roasted Chicory Root	1 lb	\$9.95
5087	Rosehips Seedless, Cut, Sifted	1 lb	\$23.95
5089	Saw Palmetto Berries Powder	1 lb	\$46.95
330179	Slippery Elm Powder	1 lb	\$44.95
5149	Spearmint Leaf, Cut, Sifted	1 lb	\$12.95
5210	Star Anise, Whole	1 lb	\$36.95
5302	Sumac Berries, Ground	1 lb	\$21.95
5290	Tulsi Holy Basil Leaf, Cut, Sifted	1 lb	\$21.95

Prices are subject to change without notice.

SKU	Product	Size	Price
5101	Valerian Root, Cut, Sifted	1 lb	\$24.95
5341	Wheatgrass Powder	1/4 lb	\$8.95
5337	White Oak Bark, Cut, Sifted	1/4 lb	\$6.95
5105	White Willow Bark, Cut, Sifted	1 lb	\$14.95
5348	Wormwood Herb, Cut, Sifted	1/4 lb	\$6.95
5187	Yarrow Flowers, Cut, Sifted	1 lb	\$17.95

## Essential Oils

SKU	Product	Size	Price
450230	Balsam Fir Needle Essential Oil	1 fl oz	\$10.95
450285	Bergamot Essential Oil	1 fl oz	\$14.95
450130	Bug Ban Essential Oil Blend	1 fl oz	\$11.95
450208	Camphor Essential Oil	1 fl oz	\$5.95
7604	Cheer Up Buttercup Essential Oil Blend	1 fl oz	\$11.95
450207	Cinnamon Cassia Essential Oil	1 fl oz	\$7.95
450124	Citronella Essential Oil	1 fl oz	\$5.95
7538	Clary Sage Essential Oil	1 fl oz	\$18.95
450252	Clear the Air Essential Oil Blend	1 fl oz	\$11.95
450102	Clove Essential Oil	1 fl oz	\$5.95
450226	Cypress Essential Oil	1 fl oz	\$8.95
450103	Eucalyptus Essential Oil	1 fl oz	\$5.95
450291	Eucalyptus Essential Oil	2 fl oz	\$7.95
450268	Eucalyptus Essential Oil	4 fl oz	\$13.95
450202	Eucalyptus Essential Oil, Organic	1 fl oz	\$7.95
450105	Frankincense Essential Oil, 20%	1 fl oz	\$12.95
450104	Frankincense Essential Oil, Pure	1 fl oz	\$23.95
450122	Geranium Essential Oil	1 fl oz	\$19.95
450126	Ginger Essential Oil	1 fl oz	\$11.95
450117	Grapefruit Essential Oil	1 fl oz	\$8.95

SKU	Product	Size	Price
450250	Jasmine Essential Oil	1 fl oz	\$8.95
450128	Lavender & Tea Tree Essential Oil	1 fl oz	\$10.95
7560	Lavender Essential Oil	1 fl oz	\$12.95
7492	Lavender Essential Oil	2 fl oz	\$19.95
7561	Lavender Essential Oil	4 fl oz	\$34.95
450200	Lavender Essential Oil, Organic	1 fl oz	\$21.95
450108	Lemon Essential Oil	1 fl oz	\$5.95
7638	Lemon Eucalyptus Essential Oil	1 fl oz	\$8.95
450109	Lemongrass Essential Oil	1 fl oz	\$4.95
450273	Lime Essential Oil	1 fl oz	\$6.95
450237	Myrrh Essential Oil Blend, 20%	1 fl oz	\$13.95
450115	Nature's Shield Essential Oil Blend	1 fl oz	\$16.95
450121	Neem Essential Oil	1 fl oz	\$7.95
450272	Oil of Oregano Essential Oil Blend, 25%	1 fl oz	\$11.95
450110	Orange Essential Oil	1 fl oz	\$3.95
450289	Orange Essential Oil	4 fl oz	\$8.95
450209	Orange Essential Oil, Organic	1 fl oz	\$6.95
450111	Oregano Essential Oil	1 fl oz	\$13.95
450116	Patchouli Essential Oil	1 fl oz	\$13.95
450276	Peaceful Sleep Essential Oil Blend	1 fl oz	\$11.95
450112	Peppermint Essential Oil	1 fl oz	\$7.95
450259	Peppermint Essential Oil	2 fl oz	\$12.95
450412	Peppermint Essential Oil	4 fl oz	\$21.95
450127	Pine Needle Essential Oil	1 fl oz	\$8.95
450277	Pumpkin Spice Essential Oil Blend	1 fl oz	\$13.95
450113	Rose Absolute Essential Oil, 5%	1 fl oz	\$15.95
450120	Rosemary Essential Oil	1 fl oz	\$7.95
450210	Rosemary Organic Essential Oil	1 fl oz	\$12.95
450205	Spearmint Essential Oil	1 fl oz	\$6.95
450265	Spiced Cider Essential Oil Blend	1 fl oz	\$13.95
450254	Star Anise Essential Oil	1 fl oz	\$6.95
7955	Sugar Plum Essential Oil Blend	1 fl oz	\$11.95

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SKU	Product	Size	Price
450236	Tangerine Essential Oil	1 fl oz	\$4.95
7643	Tangerine Essential Oil	4 fl oz	\$11.95
450114	Tea Tree Essential Oil	1 fl oz	\$7.95
450298	Tea Tree Essential Oil	2 fl oz	\$13.95
450414	Tea Tree Essential Oil	4 fl oz	\$22.95
450206	Tea Tree Essential Oi, Organic	1 fl oz	\$11.95
450203	Wintergreen Essential Oil	1 fl oz	\$10.95
450248	Woodland Walk Essential Oil Blend	1 fl oz	\$13.95
450002	Diffuser, Ultrasonic, Essential Oil, Real Bamboo		\$49.95
450067	Diffuser, Ultrasonic, Essential Oil, Metal Touch		\$49.95

## Personal Care

### Soaps

SKU	Product	Size	Price
400274	3in1 Soap, Everyone, Berry Blast (Kids)	32 fl oz	\$14.95
107337	3in1 Soap, Everyone, Cedar Citrus	32 fl oz	\$14.95
400211	3in1 Soap, Everyone, Citrus Mint	32 fl oz	\$14.95
400264	3in1 Soap, Everyone, Vanilla Lavender	32 fl oz	\$14.95
402023	Biodegradable Cleaner, Concentrated, Sal Suds	32 fl oz	\$20.95
400260	Castile Soap, Liquid, Almond	32 fl oz	\$17.95
402053	Castile Soap, Liquid, Almond	128 fl oz	\$54.95
400218	Castile Soap, Liquid, Gentle Unscented	32 fl oz	\$17.95
402034	Castile Soap, Liquid, Lavender	128 fl oz	\$54.95
400216	Castile Soap, Liquid, Lemon	32 fl oz	\$17.95
400233	Castile Soap, Liquid, Orange	32 fl oz	\$17.95
400240	Castile Soap, Liquid, Peppermint	32 fl oz	\$17.95
400258	Castile Soap, Liquid, Peppermint	128 fl oz	\$54.95
400252	Castile Soap, Liquid, Sage Lime	32 fl oz	\$17.95

SKU	Product	Size	Price
400236	Hand Soap, Everyone, Apricot Vanilla	12.75 fl oz	\$6.95
406508	Hand Soap, Everyone, Pacific Eucalyptus	12.75 fl oz	\$6.95
400287	Hand Soap, Everyone, Spearmint Lemongrass	12.75 fl oz	\$6.95
400222	Shampoo Bar, Avocado, Tea Tree Oil, Sappo Hill	2 oz	\$3.00
400249	Shampoo, 1000 Roses, Andalou Naturals	11.5 oz	\$8.95
400206	Conditioner, 1000 Roses, Andalou Naturals	11.5 oz	\$9.95
400303	Soap Bar, Akuna, African-Crafted Soap, Isiya Charcoal	3.5 oz	\$7.95
400302	Soap Bar, Akuna, African-Crafted Soap, Kunukila Vanilla Coffee	3.5 oz	\$7.95
400304	Soap Bar, Akuna, African-Crafted Soap, Mangolezya Lavender Epsom Salt	3.5 oz	\$7.95
400301	Soap Bar, Akuna, African-Crafted Soap, Sakamuka Baobab	3.5 oz	\$7.95
400243	Soap Bar, Face, Body, Hair, The Grandpa Soap Co, Pine Tar, The Original Wonder Soap	3.25 oz	\$4.95
400283	Soap Bar, Face, Body, Hair, The Grandpa Soap Co, Witch Hazel Tone	4.25 oz	\$5.95
3068	Soap Bar, Herbal, Jewelweed	12.75 fl oz	\$7.95
400215	Soap Bar, Sappo Hill, Almond	3.25 oz	\$3.00
400276	Soap Bar, Sappo Hill, Aloe Oatmeal	3.25 oz	\$3.00
400223	Soap Bar, Sappo Hill, Bamboo Charcoal	3.25 oz	\$3.00
400204	Soap Bar, Sappo Hill, Cucumber	3.25 oz	\$3.00
400224	Soap Bar, Sappo Hill, Forest Path	3.25 oz	\$3.00
400261	Soap Bar, Sappo Hill, Gardner's Lemon	3.25 oz	\$3.00
400205	Soap Bar, Sappo Hill, Jasmine	3.25 oz	\$3.00
400290	Soap Bar, Sappo Hill, Lavender	3.25 oz	\$3.00
400284	Soap Bar, Sappo Hill, Oatmeal (Fragrance Free)	3.25 oz	\$3.00
400225	Soap Bar, Sappo Hill, Oregon Berry	3.25 oz	\$3.00
400277	Soap Bar, Sappo Hill, Peppermint	3.25 oz	\$3.00
400238	Soap Bar, Sappo Hill, Sandalwood	3.25 oz	\$3.00
400291	Soap Bar, Sappo Hill, Unscented	3.25 oz	\$3.00
300240	Tin, Rust Resistant	4 oz	\$2.95



Prices are subject to change without notice.

## Lotions, Moisturizers, & Oils

SKU	Product	Size	Price
400256	Apricot Kernel Oil	4 oz	\$4.95
400263	Apricot Kernel Oil	16 oz	\$13.95
400200	Avocado Oil	4 oz	\$6.95
400286	Avocado Oil	16 oz	\$15.95
400267	Body Butter, 1000 Roses, Andalou Naturals	8 oz	\$14.95
400299	Body Lotion, 1000 Roses, Andalou Naturals	8 oz	\$10.95
400255	Castor Oil	16 fl oz	\$8.95
400209	Cocoa Butter	7 oz	\$8.95
400228	Cocoa Butter Lotion	8 fl oz	\$8.95
400278	Coconut Oil, Travel Size	3 oz	\$5.95
400259	Grapeseed Oil	4 oz	\$4.95
400272	Joboba Oil	4 oz	\$11.95
400241	Joboba Oil	8 oz	\$23.95
400257	Lanolin, Pure	7 oz	\$11.95
84644	Lip Balm with Mongongo Oil, Vanilla Honey		\$2.95
400210	Lip Balm with Mongongo Oil, Yumberry		\$2.95
238358	Lip Balm, Berry, SPF 15, EcoLips		\$3.95
13500	Lip Balm, Omega-7		\$3.50
400244	Lotion, Everyone Nourishing, Citrus Mint	32 oz	\$15.95
83947	Lotion, Everyone Nourishing, Lavender Aloe	32 oz	\$15.95
406507	Lotion, Everyone Nourishing, Unscented	8 fl oz	\$7.95
406506	Lotion, Everyone Nourishing, Vanilla Lavender	8 fl oz	\$7.95
7667	Massage Oil, Soothing Arnica	8 fl oz	\$11.95
7669	Massage Oil, Tranquil Rose	8 fl oz	\$11.95
450400	Moisturizing Oil, Sweet Almond	4 oz	\$5.95
400273	Moisturizing Oil, Sweet Almond	16 oz	\$13.95
400245	Moisturizing Oil, Sweet Almond	32 oz	\$24.95
400239	Sesame Seed Oil, Organic	8 oz	\$12.95

SKU	Product	Size	Price
400285	Shea Butter	7 oz	\$8.95
400251	Shea Butter, Travel Size, Organic	3 oz	\$5.95
400242	Shea Nut Oil	4 oz	\$6.95
400253	Vegetable Glycerin	4 oz	\$3.95
400207	Vegetable Glycerin	16 oz	\$8.95
400298	Vegetable Glycerin	32 oz	\$18.95
400219	Vitamin E Roller, Natural	.38 oz	\$5.95

## Health & Beauty

SKU	Product	Size	Price
402020	Aloe Vera, Gel	32 fl oz	\$11.95
402043	Aloe Vera, Gelly, 99%	4 fl oz	\$5.95
402058	Aloe Vera, Gelly, 99%	8 fl oz	\$6.95
402027	Aloe Vera, Juice	32 fl oz	\$11.95
500140	Balm, Mayan Magic	1.7 oz	\$21.95
400212	Balm, Mayan Magic	3.5 oz	\$29.95
400275	Balm, Mayan Magic	9.45 oz	\$66.95
2670	Beeswax Beads	1 lb	\$21.95
401028	Bentonite Clay, Redmond	10 oz	\$11.95
401029	Bentonite Clay, Redmond	20 oz	\$17.95
7805	Bug Ban, Insect Repellent	4 fl oz	\$8.95
231873	Bug Soother	4 fl oz	\$6.95
231875	Bug Soother	16 fl oz	\$13.95
402070	Chest Rub Relief	2 oz	\$8.95
400213	Clay Powder European	14 oz	\$13.95
400221	Crystal Deodorant, Spray, Lavender & White Tea	4 fl oz	\$6.95
400230	Crystal Deodorant, Stick, Unscented	4.25 oz	\$7.95
480202	Ear Candle, Two Pack		\$3.95
480216	Ear Oil	1 oz	\$8.95



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SKU	Product	Size	Price
980722	Insect Repellent, Herbal Armor	4 oz	\$11.95
480281	Nasal Mist, Activated, Erythritol and Sea Salt	2 oz	\$7.95
1200	Pain Patches, Charcoal, Eucalyptus	5 pack	\$16.95
400269	Rosewater, Mist	4 fl oz	\$9.95
400297	Rosewater, Pour	8 fl oz	\$12.95
402096	Salve Stick, Charcoal	.15 oz	\$7.95
238420	Toner, Witch Hazel	8 fl oz	\$9.95
400270	Topical Spray, Magnesium	8 fl oz	\$10.95
400288	Vitamin D3 Cream	4 oz	\$8.95

## Oral Care

SKU	Product	Size	Price
86329	Dental Floss Peppermint		\$4.95
334029	Dental Floss Tea Tree Oil		\$3.95
400138	Toothbrush, Bamboo, Adult, Medium		\$4.95
400169	Toothbrush, Bamboo, Kids	2 pack	\$5.95
402051	Toothbrush, Flossing		\$3.95
402031	Toothbrush, Flossing, Kids		\$3.95
2323228	Toothpaste, Tea Tree Therapy, Natural Whitening	3 oz	\$5.95
2323194	Toothpaste, Tea Tree Therapy, With Baking Soda	5 oz	\$6.95
400156	XyliWhite Toothpaste Gel, Charcoal Refresh	6.4 oz	\$5.95
400129	XyliWhite Toothpaste Gel, Cinnafresh	6.4 oz	\$5.95
400125	XyliWhite Toothpaste Gel, Coconut Oil	6.4 oz	\$5.95
400118	XyliWhite Toothpaste Gel, Neem & Tea Tree	6.4 oz	\$5.95
400112	XyliWhite Toothpaste Gel, Platinum Mint	6.4 oz	\$5.95
400105	XyliWhite Toothpaste Gel, Refreshmint	6.4 oz	\$5.95



## Kitchen Tools & Utensils

SKU	Product		Price
300202	Bag, Reusable, Chico		\$6.95
300200	Baking Cups, Parchment Paper, Large	60 count	\$2.95
301021	Baking Cups, Parchment Paper, Mini	90 count	\$1.95
410293	Bean Screen Sprouting Lids, Wide Mouth	2-pack	\$9.95
310133	Bread Making Kit, Artisan	Gray	\$34.95
310131	Bread Making Kit, Artisan	Purple	\$34.95
310129	Bread Making Kit, Artisan	Red	\$34.95
310130	Bread Making Kit, Artisan	Teal	\$34.95
310109	Bread Proofing Basket, Banneton	Oval 10"x 6"	\$19.95
310103	Bread Proofing Basket, Banneton	Round 9"	\$21.95
300220	Cheesecloth, 100% Natural		\$5.95
234783	Cheesecloth, White, Extra-Fine		\$2.95
310197	Dough Whisk		\$17.95
2209083	Food Savers, Silicone, Reusable, Food Huggers, Autumn Harvest		\$15.95
408085	Food Savers, Silicone, Reusable, Food Huggers, Avocado Huggers		\$11.95
408084	Food Savers, Silicone, Reusable, Food Huggers, Hugger Bag		\$9.95
408087	Food Savers, Silicone, Reusable, Food Huggers, Sage Green		\$15.95
300262	Hand Chopper		\$18.95
300228	Honey Dipper		\$3.50
300245	Honey Spoon		\$4.95
120002	Mason Jar Multi Top, Regular Mouth		\$4.95
120001	Mason Jar Multi Top, Wide Mouth		\$5.95
120009	Mason Jar Multi Top, Pitcher Lids with Handles, Regular Mouth, Teal	2-pack	\$11.95
120008	Mason Jar Multi Top, Pitcher Lids with Handles, Wide Mouth, Black	2-pack	\$12.95
120003	Masontops, Fermentation Kits and Supplies, Complete Kit		\$49.95
120004	Masontops, Fermentation Kits and Supplies, Mason Jar Kit		\$21.95
120006	Masontops, Fermentation Kits and Supplies, Pickle Pebbles	4-pack	\$20.95
120005	Masontops, Fermentation Kits and Supplies, Pickle Pipe	4-pack	\$20.95
120007	Masontops, Trap Caps for Fruit Flies	4-pack	\$11.95

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SKU	Product		Price
213740	Mortar & Pestle, Spice Grinder, White Marble		\$29.95
300290	Nut Milk Bag	each	\$3.95
300278	Nut Milk Bag, Reusable	each	\$7.95
238988	Parchment Liners for Air Fryer 8"	100 pieces	\$12.95
300273	Produce Bags, Reusable	3 bags	\$13.95
302072	Sprouting Jar Lid		\$4.95
300217	Toast Tongs, Bamboo		\$2.95

## Food Storage

SKU	Product		Price
900033	Bag Ties, Paper, 3.5", 2000 Count	Blue	\$3.95
900029	Bag Ties, Paper, 3.5", 2000 Count	Green	\$3.95
900027	Bag Ties, Paper, 3.5", 2000 Count	Orange	\$3.95
900041	Bag Ties, Paper, 3.5", 2000 Count	Red	\$3.95
900023	Bag Ties, Paper, 3.5", 2000 Count	Red Candy Stripe	\$3.95
900039	Bag Ties, Paper, 3.5", 2000 Count	White	\$3.95
900037	Bag Ties, Paper, 3.5", 2000 Count	Yellow	\$3.95
900055	Bag Ties, Plastic, 3.5", 2000 Count	Black	\$3.95
900053	Bag Ties, Plastic, 3.5", 2000 Count	Blue	\$3.95
900045	Bag Ties, Plastic, 3.5", 2000 Count	Green	\$3.95
900047	Bag Ties, Plastic, 3.5", 2000 Count	Orange	\$3.95
900043	Bag Ties, Plastic, 3.5", 2000 Count	Red	\$3.95
900051	Bag Ties, Plastic, 3.5", 2000 Count	White	\$3.95
900049	Bag Ties, Plastic, 3.5", 2000 Count	Yellow	\$3.95
300145	Bag, Mylar	1 gallon	\$1.95
300146	Bag, Mylar	5 gallon	\$3.95

SKU	Product		Price
900020	Bags, Polyethylene, 100 Bags	4 x 2 x 8 (2 Mil)	\$3.95
900025	Bags, Polyethylene, 100 Bags	4 x 2 x 12 (2 Mil)	\$5.95
900038	Bags, Polyethylene, 100 Bags	6 x 3 x 15 (2 Mil)	\$9.95
900040	Bags, Polyethylene, 100 Bags	8 x 4 x 18 (2 Mil)	\$14.95
230543	Diatomaceous Earth, Preservative	5 lb	\$19.95
414246	Lid, Gamma Seal, For 5 Gallon Pail, White	1 Lid	\$11.95
302000	Oxygen Absorbers	2000CC 10-PACK	\$12.95
301500	Oxygen Absorbers	500CC 50-PACK	\$23.95
414241	Pail, With Lid, 1 Gallon, White	Pail & lid	\$5.95
414245	Pail, With Lid, 5 Gallon	Pail & lid	\$12.95

## Books

SKU	Product	Price
945-5970	Amazing Charcoal Booklet	\$2.35
T6835	Artisan Vegan Cheese Book	\$21.95
250276	Eat Vegan On \$4 A Day	\$14.95
T7415	Gluten Free Tips & Tricks for Vegans Book	\$12.95
250282	Plant-Based on A Budget	\$21.95
250278	Prescription for Herbal Healing 2nd Edition, 635 pages	\$34.95
270230	Prescription for Natural Cures 3rd Edition, 836 pages	\$39.95
254003	Prescription for Nutritional Healing, Balch, 5th Edition, 883 pages	\$39.95
254004	Prescription for Nutritional Healing, Balch, 6th Edition, 976 pages	\$39.95
T6448	Speed Vegan Book	\$16.95
T7134	Superfood Juices & Smoothies Book	\$19.95
tentalents08	Ten Talents Cookbook 50th Anniversary Edition	\$26.95
T7777	Whole Grain Sourdough at Home Book	\$21.95
T7770	Year-Round Indoor Salad Gardening	\$29.95

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