



RUTABAGAS etc.
NATURAL FOOD MARKET

**This Weeks
In-Store
Specials!**

November 6, 2014 thru November 12, 2014

**335 S Croft Ave, Inverness, FL 34453 (352) 344-0096
Café (352) 419-8953**

Spectrum

**Organic Virgin
Coconut Oil**
Unrefined

Expeller Pressed
14 FL OZ



\$9.99

Reg \$13.29

Wholesome Sweeteners

**Organic
Molasses**

Unsulphured
Fair Trade Certified
16 FL OZ



\$3.99

Reg \$6.99

familia

Swiss Muesli
**Original
Recipe**

Good Source of Fiber
Rolled whole grains with fruit
and nuts
Net Wt 12 OZ



\$2.69

Reg \$3.99

Pomi

**Chopped
Tomatoes**

From 100% Fresh Italian
Tomatoes
Made in Italy
26.46 OZ



\$2.49

Reg \$4.49

Tree of Life

**Original
Almond Beverage**
Unsweetened

Non-Dairy
Gluten Free
Rich & Creamy
32 FL OZ



\$1.79

Reg \$2.99

Alba

**Hawaiian
Body Cream**
Kukui Nut

Nurtures & smooth
Hypo-allergenic



\$8.99

Reg \$13.99

TWINLAB

**OcuGuard
Plus**

Lutein, Zeaxanthin, &
Vitamin D3
60 CAPSULES



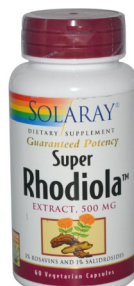
\$19.99

Reg \$27.59

SOLARAY

**Super
Rhodiola**
Extract 500 mg

60 VEGETABLE CAPS



\$14.99

Reg \$25.89

Carlson

**Super DHA
Gems**
500 mg of DHA

Norwegian Fish Oil
Concentrate
Promotes Brain, Vision,
Joint & Cardiovascular
Health
60 SOFTGELS



\$15.99

Reg \$23.99