



THE NATURAL GROCERY COMPANY

February Supplement Sale on Back

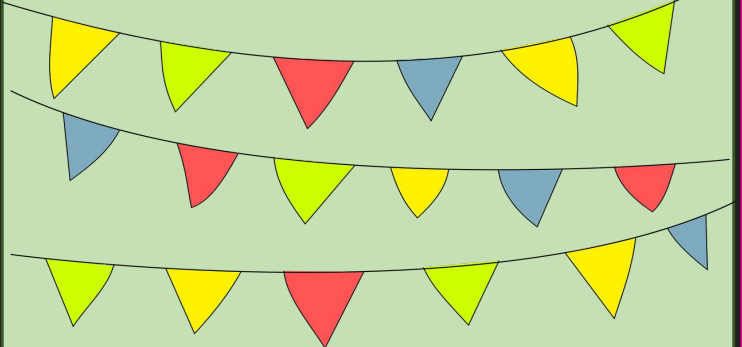
ORGANIC PRODUCE

Cilantro, bunched CA	1.59/ea
Blood Oranges "Morro" CA	1.99/lb
Cara Cara Navel CA	1.99/lb
Romaine Hearts 3pk CA/AZ.....	4.49/ea
Asparagus, green MX/CA	5.49/lb

GROCERY

<small>CADIA • Organic</small>	
Canned Beans 15oz reg \$2.29	1.79
Pasta 16oz reg \$2.49	1.99
Popcorn 4-7oz reg \$2.49-2.99.....	1.99
Tortilla Chips 10-16oz reg \$3.99	2.99
Salsa 16oz reg \$4.29	3.29
<small>ANNIE'S • Organic, Non-GMO</small>	
Mac & Cheese 6oz reg \$3.99	2.99
<small>PACIFIC • Organic, Non-GMO</small>	
Almond Beverages (Oat too!) 32oz reg \$3.49	2.99
<small>BRAGG • Organic, Non-GMO</small>	
Apple Cider Vinegar 16oz reg \$4.29	3.49
<small>EARTH FRIENDLY • Plant Powered</small>	
ECOS Dishmate 25oz reg \$4.49.....	3.99
<small>BARBARA'S • Organic, Non-GMO</small>	
Cornflakes 9oz reg \$6.29.....	4.99
<small>SPECTRUM • Organic, Non-GMO</small>	
Canola Oil 32oz reg \$12.99	9.99
<small>MUIR GLEN • Organic, Non-GMO</small>	
Canned Tomatoes 28oz reg \$3.99	40% Off

40th ANNIVERSARY



We're celebrating...YOU!
by giving away totes full of groceries!

**Thank You for
supporting us for
40 years!**

One tote per week at each of our three locations!
Retail Value Over \$200!
Enter in person to win!
In store surprises & specials all month!

DAIRY & FROZEN

<small>STRAUS • Organic, Non-GMO, Local</small>	
European Yogurt 16oz reg \$3.79.....	2.49
<small>NANCY'S • Organic, Non-GMO</small>	
Cream Cheese 8oz reg \$3.99.....	2.99
<small>HEALTH-ADE • Organic, Non-GMO</small>	
Kombucha 16oz reg \$3.99	3.29
<small>ORGANIC VALLEY • Organic</small>	
Shredded Cheese 6oz reg \$5.49.....	4.49
<small>CADIA • Organic, Non-GMO</small>	
Frozen Vegetables 16oz reg \$3.29-3.99	20% Off

www.naturalgrocery.com • open 7 days a week

Berkeley Natural Grocery Company, 1336 Gilman St, Berkeley
El Cerrito Natural Grocery Company 10367 San Pablo Ave., El Cerrito
Prepared Food Annex, 10387 San Pablo Ave., El Cerrito



THE NATURAL GROCERY COMPANY

SEASONAL SUPPLEMENT SALE

COLD, COUGH & FLU

BOIRON • Homeopathic

- Cold Calm** 60 tabs reg \$11.99 **8.99**
- Oscillocoquinum** 12-30 doses reg \$29.99-37.99 **25% Off**

DR. SHEN'S

- 9S ? Sa >[Y(" fSts** reg. \$21.99 ~~zzzzzz~~ **1) . ' 9**

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- Yin Chiao** 90 or 200 tabs reg. \$26.99-49.99 **20% Off**

HOST DEFENSE

- Breathe** 60 veg. caps reg. \$31.99 **25.59**
- Turkey Tail** 60 veg. caps reg. \$31.99 **25.59**
- Stamets 7** 60 veg. caps reg. \$37.99 **29.99**
- My Community** reg. \$39.99-69.99 **20% Off**

SOURCE NATURALS

- Herbal Resistance Liquid** 2oz reg \$12.99 **8.99**
- Wellness Formulas** tabs/caps reg. \$12.99-48.99 **30% Off**

OMEGA-3 OILS

BARLEAN'S

- Fresh Flax Oil** 12-16oz reg \$29.99-29.99 **20% Off**
- Lignan Flax Oil** 12-16oz reg \$29.99-29.99 **20% Off**

CARLSON

- EgbW Omega-3 #1" L% soft gels** reg \$29.99 **2" .) 9**
- Cod Liver Oil Liquid** # (z-Xal reg \$49.99 **39.99**
- Fish Oil Liquid** 16.9froz reg \$52.99 **42.99**

MULTI-VITAMINS

NEW CHAPTER

- One Daily Every Man's 40+**
48 & 72 tab. reg \$49.99-69.99 **25% Off**

- One Daily Every Woman's 40+**
48 & 72 tab. reg \$49.99-69.99 **25% Off**

SOLGAR

- 8ad g'SHZ')' (0 hLsz reg \$28.49 ~~zzzzzz~~ ##' 9**
- Formula V-M 75 iron free** 90 tab. reg \$28.49 **22.79**

JOINT RELIEF

JARROW FORMULAS

- Hyaluronic Acid** 60 veg. cap. reg \$19.99 **15.99**
- Bone Up** 240 cap. reg \$28.95 **23.19**
- Glucosamine Chondroitin & MSM**
240 cap. reg \$49.99 **39.99**

NEW CHAPTER

- Bone Strength** 60-120 tab. reg \$36.99-63.99 **25% Off**
- Zyflamend** 120-180 cap. reg \$72.99-99.99 **25% Off**

SOLGAR

- Calcium Magnesium Citrate with D3**
16froz. reg \$14.79 **11.89**
- Glucosamine MSM Complex**
120 tab. reg. \$26.49 **21.19**
- Curcumin** 30 soft gels reg \$29.99 **23.99**