

THE NATURAL WAY

Because YOU are natural®

toll free number 1-866-233-2185

Sale Prices Effective May 1 - May 31, 2012

Madhava Sweeteners

Organic Agave Nectar

It's low-glycemic and 1.4 times sweeter than sugar, so you can use less and save calories. Enjoy in your favorite recipes, beverages and anywhere you would use sugar. Choose: Light, Raw & Amber



Save 30%
Sale \$5.19

24 oz Reg. \$7.49

Polson's Natural Foods

960 Main Street, Antioch, IL 60002

Phone: 847-395-0461

Fax: 847-395-0952

Open Mon.-Thurs. 9-6, Fri. 9-8

Sat. 9-5, Closed Sunday

visit us at: www.polsonsnatural.com

Dr. Bronner's

18-In-1 Hemp Pure-Castile Liquid Soap

- 100% Vegan
- Made with organic oils
- Certified fair trade



8 fl oz Reg. \$6.39
32 fl oz Reg. \$16.99

Save 30%
Sale \$4.49
Sale \$11.89

Food For Life

Organic

Sprouted Grain Organic Tortillas

12 oz Reg. \$3.79 Sale \$2.69



Burger Buns

16 oz Reg. \$5.19 Sale \$3.59

Cluckphrey or Moophrey-Vegan Meals

10 oz Reg. \$5.39 Sale \$3.69

Save 30%

Annie Chun's

Asian Cuisine

Noodle Express

Meals that are quick, nutritious, and delicious for on-the-go!

7.4 oz Reg. \$3.99 Sale \$2.79

Asian Sauces

Easy-to-use right from the bottle to create full-flavored noodle dishes

9.2-9.9 oz Reg. \$5.89 Sale \$4.19

Save 30%



Smart Dogs!

- Veggie protein links
- Cholesterol free
- Fat free Smart Dogs, Fat free Jumbo Smart Dogs and Tofu Pups



Save 25%
Sale \$3.59

12-13.5 oz Reg. \$4.79



Gluten Free Cereals

- Mighty Tasty Hot Cereal
 - Steel Cut Oats
 - Quick Cooking Rolled Oats
- 24-32 oz Reg. \$4.89-9.59
Sale \$3.39-6.69



Gluten Free Pancake Mix

22 oz Reg. \$5.79 Sale \$3.99

Save 30%

Clif

Clif Bars Nutrition For Sustained Energy

- Whole, organic ingredient
- Performance nutrition
- Mix of whole grains, protein and fiber
- Great taste



Save 25%
Sale \$1.19

1.59-2.4 oz Reg. \$1.49



Allergy Friendly Snacks & Cereals

Free of the 8 most common allergens, gluten free and made in a dedicated facility

- Seed & Fruit mixes
- Soft baked cookies
- Crunchy cookies
- Cereals
- Chevy bars



Save 25%



Wheat Free, Gluten Free Traditional Cookies & Biscotti

Pamela uses the finest, high quality ingredients for superior taste and texture!



Save 30%
Sale \$3.19
Sale \$3.59

Cookies
7 oz Reg. \$4.49
Biscotti
6 oz Reg. \$5.19

Think Thin Bars

Protein Bars

20g protein, 0g sugar, gluten free
2.1 oz Reg. \$2.49 Sale \$1.69

Cookie Bites 100 calories
4.41 oz Reg. \$6.99 Sale \$4.89

Crunch Bars

Chevy, crunchy and delicious with rich superfruits
1 oz Reg. \$2.49 Sale \$1.89



Save up to 30%

Evamor

Natural Artesian Water

- Rare alkaline artesian source
- Naturally high pH 8.8
- Sold in 6 or 12 packs only



12 pack/20 fl oz Reg. \$14.79 Sale \$10.99
6 pack/32 fl oz Reg. \$10.09 Sale \$7.59
12 pack/32 fl oz Reg. \$23.39 Sale \$17.49
6 pack/64 fl oz Reg. \$16.79 Save 25% Sale \$12.59

Santa Cruz

Organic Lemonade & Limeade

- Lemonade
- Mango Lemonade
- Raspberry Lemonade
- Strawberry Lemonade
- Peach Lemonade
- Limeade



32 fl oz Reg. \$3.79 Save 40% Sale \$2.29

Blue Diamond

Breeze Almond Beverages

- Chocolate, Original, and Vanilla
- Sweetened or unsweetened
- Almondmilk & Coconutmilk Blend **NEW!**

Nut Thin Crackers also on sale!



32 fl oz Reg. \$3.19 Save 25% Sale \$2.39

visit us at www.TheNaturalWayInc.com

The Natural Way



All
Country Life
& Biochem
Products
On Sale



Save 25%

TWINLAB

ALVITA

WEIL

NATURE'S HERBS

All TwinLab,
Nature's Herbs,
Weil Nutrition
& Alvita Teas
Now On Sale



Save 25%

UAS Labs

DDS® Probiotics

- Acidophilus Powder
- Acidophilus Pwd Plus
- Acidophilus
- DDS® Junior (for children)
- DDS® Plus
- Probioplus
- Cran-Gyn
- Probiogreen™ Powder
- Probiogreen™



Save 25%



A Difference You Can Feel

NEW!

Shows improvement
in joint comfort
within...7 days!

- Increased flexibility
- Increased mobility
- Increased range of motion*



Save 30%

Sale \$17.49

Sale \$45.49

Liquid
Calcium•Magnesium
Citrate
With Vitamin D3

- Delicious, easy to absorb formulation
- May reduce the risk of osteoporosis*
- Natural strawberry, blueberry or orange-vanilla flavors



Look for other Solgar products now on sale!

16 fl oz Reg. \$12.98 Save 30% Sale \$9.09

RAINBOW LIGHT

Natural
Supplements

- Multivitamins
- Probiotics
- Just Once products
- Calcium
- Prenatal vitamins
- Osteo-Build™

Select Varieties



Save 30%

Jarrow

Ubiquinol
QH-absorb

- Reduced form Co-Q10
- High absorption
- Enhanced stability

200 mg of 30 or 60 softgels
also on sale at 20% savings!

100 mg
60 softgels Reg. \$49.95
120 softgels Reg. \$79.95

Save 20%

Sale \$39.96

Sale \$63.96



Arctic
Cod Liver Oil
Great Strawberry Taste!

Ultimate Omega
1000 mg Purified Fish Oil
Highly Concentrated
EPA and DHA

Arctic Cod Liver Oil
8 fl oz Reg. \$23.95
Ultimate Omega
60 soft gels Reg. \$25.95



Save 20%

Sale \$19.29

Sale \$20.89

Traditional Medicinals

Women's Teas

- Cran-Aid®
- Female Toner®
- PMS Tea®
- Organic Pregnancy Tea
- Organic Raspberry Leaf
- Organic Mother's Milk®

Organic Calming Teas: Chamomile,
Nightly Night with Valerian or
Nightly Night also now on sale!

16 tea bags Reg. \$5.79



Save 25%

Sale \$4.39



Women's Health
Products

Promeva - Breast
Health Protection
Hormone-free proactive
nutrients

30 Vcaps Reg. \$44.49 Sale \$31.19

Hydraplenish
Plus MSM

Internal moisturizer for
skin & joints

60 Vcaps Reg. \$28.99 Sale \$20.39

EstroSoy Plus
Menopause Formula

60 caps Reg. \$21.99 Sale \$15.49

Urinary - with cranberry
Menopause Formula

100 caps Reg. \$10.99 Sale \$7.79

Black Cohosh Root

100 Vcaps Reg. \$9.99 Sale \$7.09

Alive!® Women's Max Potency
90 tabs Reg. \$28.99 Sale \$20.39

DIM-plus™

Has unique hormonal benefits
120 caps Reg. \$39.99 Sale \$28.09



Save 30%

KYOLIC

Energy
Formula #101

100 caps Reg. \$13.45
200 caps Reg. \$23.55
300 caps Reg. \$32.35

A unique blend of Aged Garlic Extract™,
gamma-aminobutyric acid (GABA), and
vitamins B1, B6 and B12 designed to
naturally promote mental, emotional,
and physical balance.*

Save 25%

Sale \$9.99

Sale \$17.59

Sale \$24.19



Also now on sale:

Detox & Anti-Aging #105

100 caps Reg. \$14.95 Sale \$11.19

200 caps Reg. \$26.55 Sale \$19.89

Total Heart Health #108

100 caps Reg. \$15.85 Sale \$11.79

Curcumin - Inflammation Response

50 caps Reg. \$29.95 Sale \$22.39



Steel-Libido
For Women

Boost healthy libido for
physical response &
pleasure

75 liquid soft gels Reg. \$28.95

Steel-Libido
For Men

Enhances performance
& desire with powerful
sex boosters, plus Horny
Goat Weed

Save 30% Sale \$19.99

Steel-Libido
Red

Increases blood circulation
and enhances physical
response during sexual
activity



Aloe Vera
Products

- Organic Juice & Gel
- Juice & Gel
- Function Aloe
- Ready to drink
- Glucaloe
- Organic Stomach Formula



Save 30%

Tahiti Trader

Bio-Noni
For Women
Organic
Acai Max or
Goji Max

Bio-Noni Juice
12 fl oz Reg. \$22.29
Acai Max or Goji Max
12 fl oz Reg. \$21.29
32 fl oz Reg. \$39.59

Save 25%

Sale \$16.69

Sale \$15.99

Sale \$29.69



Pain Relief

- Topricin Classic
- Topricin Foot Therapy
- Topricin Junior (for kids)

Classic or Therapy (also in 4 & 8 oz sizes)

2 oz Reg. \$16.95

Junior

1.5 oz Reg. \$12.99

Save 20%

Sale \$13.59

Sale \$10.39



Safe, Effective, &
Free of Side Effects



Natural
Skin Care

- Day Creams
- Night Creams
- Skin Lightening
- Serums
- Alpha Lipoic Acid
- DMAE Skin Care
- Natural Soaps

Select Varieties



Save 30%

Prices may vary per store. All items may not be available at all stores. Not responsible for printing errors.

*These statements have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any illness.

The Natural Way

B&T Boericke & Tafel

Natural Homeopathic Psoriaflora

- Safe and effective
- Maximum strength formula
- Recommended by dermatologists



The natural alternative for psoriasis, Psoriaflora Cream from Boericke & Tafel is a homeopathic formula that relieves the scaling, dry skin, redness and itching associated with this common skin condition. Recommended by dermatologists, Psoriaflora's maximum strength formula is backed by clinical research proving its effectiveness. And unlike coal tar products, Psoriaflora has a light, pleasant aroma and will not stain skin or clothing.

1 oz tube Reg \$10.99

Save 30%
Sale \$7.79

American Health

More than a Multiple
Vitamins, minerals, lipotropic and enzyme factors, super antioxidants and active phytonutrients

90 tabs Reg \$29.39 Sale \$20.49

**Probiotic Acidophilus
With Bifidus**

20 Billion Organisms

16 fl oz Reg \$13.49 Sale \$9.39



Save 30%

Barleans

**Omega Swirl
Omega-3 Fish Oil**

- Ultra high potency
- EPA/DHA 1,500 mg per serving
- Made with Barlean's Fresh Catch® Fish Oil

NEW!



All Barlean's Products
Now On Sale at 15% Savings

Save 15%

Natren

Life Start

Contains *Bifidobacterium infantis*, the most beneficial bacteria predominant in healthy infants.

Healthy Trinity

The amazing 3-in-1 probiotic oil-matrix system. Natren's most potent probiotic - contains a minimum 30 billion of three potent, super strains of beneficial bacteria!

Other Natren Products
Now On Sale!



Save 15%

Health Plus

Super Colon Cleanse

- Natural source of fiber
- Detoxification of colon
- Blend of 8 natural herbs
- All natural formula



Super Colon Cleanse powder
12 oz Reg \$13.99
Super Colon Cleanse caps
120 caps Reg \$12.99
240 caps Reg \$20.49

Save 15%
Sale \$11.89
Sale \$10.99
Sale \$17.39

NeoCell

Collagen Type 2 ImmuCell
Naturally contains collagen type 2, protein, hyaluronic acid, glucosamine, and chondroitin - the major components of joint cartilage

120 caps Reg \$29.95 Sale \$25.39

**Collagen +C & Pomegranate
LiquiD**

Supports joints, tendons, bones, hair, skin, muscles, cholesterol, cardiohealth and weight management

12 fl oz Reg \$29.95 Sale \$25.39



Save 15%

SeabuckWonders

**100% Organic
Himalayan
Sea Buckthorn**

- Highest concentration of Omega-7 at 30%-35%
- Immunity support
- High essential amino acids and Vitamin E content



Save 15%

Hyland's

Pain Relief

- Arnica 30x, Spray, & Muscle Therapy
- Leg Cramps
- Leg Cramp Ointment
- Arthritis Pain Formula
- Backache with Arnica
- Headache Tablets
- Migraine Headache
- Hypericum Spray
- Bioplasma Electrolytes

Homeopathic



Save 11%

Derma E

Skin Care

Very Clear®:

- Spot Blemish Treatment
- Problem Skin Cleanser
- Problem Skin Moisturizer

Scar Gel
A unique blend of botanical extracts help soften, smooth, and diminish the appearance of scars

Select Varieties of other products on sale



Save 15%

Mineralfusion

Mineral Make Up

- Foundations: loose, pressed, & liquid
- Bronzers - radiant color
- Illuminating powder
- Concealers - natural finish
- Face Primer

Foundations
1 each Reg \$29.99
Bronzers, Illuminating Powd, & Concealers
1 each Reg \$24.99
Face Primer
1 each Reg \$20.99



Save 20%
Sale \$23.99
Sale \$19.99
Sale \$16.79

MyChelle

Skin Care

All formulas boast cutting-edge plant and marine, dermatological-grade and bioactive ingredients that guarantee visible results

Now On Sale:
Cleansers, masks, peels, scrubs, clarifying pads, serums, mists, nourishing creams, & concealers



Save 20%

Nature's Gate

Hair & Body Care

- Shampoos & Conditioners
- Body Washes
- Body Lotions
- Skin Therapy Lotions
- Sunblocks

Select other sizes also on sale!



Save 35%
Sale \$4.69-10.39

18 oz Reg \$7.29-15.99

Desert Essence

Coconut Lime Hand & Body Lotion

Tropical extracts and oils indulge the skin and senses

Coconut Hand & Body Lotion

Essential oils and extracts provide deep nourishment to skin

Look for other Lotions & Creams now on Sale
8 oz Reg \$8.99



Save 15%
Sale \$7.59

Herbatint

Permanent Herbal Haircolour Gel

- With aloe vera
- No ammonia
- 100% gray cover

4-4.6 oz Reg \$16.99



Save up to 20%
Sale \$13.59-14.39

R.W. Knudsen

Natural or Organic Just Juice

- Pure, pressed fruit juices
 - Single fruit and unsweetened
- 32 fl oz **Save 32%**

100% Natural Juice

Natural juices never contain added sugar, artificial colors or preservatives
32 fl oz Reg \$4.89 **Sale 2/\$5.00**



Save 42%

MetroMint

MetroMint Waters

- 100% pure water
- 100% real mint
- Unsweetened

16.9 fl oz Reg \$1.99



Choose from:
Chocolatemint
Peppermint,
Spearmint,
Orangemint,
Cherrymint,
& Lemonmint

Save 25%
Sale \$1.29

Penta

Ultra-Purified Energized Water

16.9 fl oz Reg \$1.89
33.8 fl oz Reg \$3.09



**Purity.
Performance.
Wellness.**
Keeps you body functioning at peak performance

Save 35%
Sale \$1.19
Sale \$1.99

Zevia

All Natural Sodas

- Zero calories
- Sweetened with natural Stevia Extract

16 fl oz Reg \$1.59



Flavors:
Black Cherry, Cola,
Cream Soda, Grape,
Ginger Root Beer,
Grapefruit Citrus, Orange
or Lemon Lime Twist

Save 35%
Sale 99¢

The Natural Way

Arrowhead Mills

Gluten Free Mixes

- **All Purpose Baking Mix**
28 oz Reg \$8.79 **Sale \$5.69**
- **Vanilla Cake Mix**
20.9 oz Reg \$6.89 **Sale \$4.39**
- **Chocolate Chip Cookie Mix**
12.9 oz Reg \$6.89 **Sale \$4.39**
- **Pizza Crust Mix**
16.5 oz Reg \$6.79 **Sale \$4.39**



Save 35%

Kashi

Heart to Heart Instant Oatmeal

- Can help:
- Reduce cholesterol
 - Support healthy arteries
 - Promote healthy blood pressure
- 2 delicious flavors:
Apple Cinnamon or Golden Maple
- 12.1oz/8 pk Reg \$5.99

Look for Heart to Heart Cold Cereals also on Sale



Save 40%
Sale \$3.69

EnviroKidz Organic Cereals

- Panda Puffs Cereal peanut butter flavor
 - Koala Crisp Cereal rice puffs with chocolate flavor
 - Leapin Lemurs Cereal peanut butter balls & chocolate balls
 - Amazon Frosted Flakes
 - Gorilla Munch Cereal crunchy, cornmeal spheres
- 10-14 oz Reg \$5.49

Gluten Free



Save 30%
Sale \$3.79

Gluten Free, Organic Crispy Rice Bars

- Fruity Burst with colorful fruity bits
 - Chocolate with chocolate coating
 - Berry with freeze-dried blueberries and intense red raspberries
 - Peanut Butter
 - Peanut Choco Drizzle
- 6 oz/6 pk Reg \$4.99



Save 30%
Sale \$3.49

Nature's Path

Organic Gluten Free Corn Flakes

Crisp, golden, gluten-free cereal flakes made of pure cornmeal, lightly sweetened with concentrated fruit juice

Look for other Cold Cereals now on Sale

10.6 oz Reg \$5.49



Save 30%
Sale \$3.79

Organic Cherry Pomegran Frosted Toaster Pastries

Frosted and laced with tart-sweet flavor of cherry, with the added anti-oxidant benefit of concentrated pomegranate juice

All 10 delicious flavors now on sale

11 oz/6 tarts Reg \$4.29



Save 30%
Sale \$2.99

Mori Nu

Silken Tofu

Perfect for everything from shakes and cream pies to sauces, soups, dips, and entrees

12.3 oz Reg \$2.49 **Sale \$1.69**



Mates Pudding & Pie Mixes

Blend with Silken Lite Tofu to create pudding cups, pies, and pastry fillings - Vanilla or Chocolate

4 oz Reg \$3.09 **Sale \$1.99**



Save 30%

Rudi's Organic Bakery

Bagel or Sandwich Flatz NEW!



Baked on the lighter side but with all the flavor that the whole family will love

12 oz Reg \$4.85 **Sale \$2.99**

Gluten Free Breads: sandwich breads

18 oz Reg \$6.19-6.39 **Sale \$3.99**

Gluten free and regular burger or hot dog buns also on sale

Save 35%

Tree of Life

Organic & Natural Groceries

- **Organic Almond Nut Butter**
Creamy or Raw Creamy
Organic almonds are used to make this incredible tasting smooth almond butter. There are no additives, sugar or salt
16 oz Reg \$16.49 **Sale \$11.49**
- **Natural Raw Almond Nut Butter**
All-natural. Gluten-free & dairy-free. No additives, sugar or salt
16 oz Reg \$12.49 **Sale \$8.69**
- **Tongol Tuna**
Wild caught, chunk light, in spring water: low sodium or no salt added
6 oz Reg \$2.99 **Sale \$1.99**

- **Organic Squeeze Bottle Yellow Mustard**
Tastier than non-organic mustard! All natural and preservative free
8 oz Reg \$3.19 **Sale \$2.19**

- **Organic Squeeze Bottle Ketchup**
A special variety of tomatoes organically grown and vine-ripened. Superb taste, texture and color
20 oz Reg \$3.79 **Sale \$2.59**

- **Organic Pickles**
-Whole Kosher Dill
-Chip Kosher Dill
-Bread & Butter
24 oz Reg \$4.99 **Sale \$3.49**

- **Organic Pickle Relish**
Sweet Pickle Relish
16 oz Reg \$4.99 **Sale \$3.49**

- **Organic Golden Crackers**
Contains 0 trans fat
8 oz Reg \$3.19 **Sale \$2.19**



Save 30%

- **Organic Applesauce**
-Cinnamon - 4/4 oz pack
-Unsweetened - 4/4 oz pack
16 oz Reg \$3.79 **Sale \$2.59**

- **Organic Microwave Popcorn**
3 bags per pack - butter, lite butter or low salt
9-10.5 oz Reg \$3.49 **Sale \$2.39**

- **Organic Agave Nectar**
Amber or Light
11.75 oz Reg \$3.69 **Sale \$2.49**

- **Organic Shoyu Soy Sauce**
10 oz Reg \$3.79 **Sale \$2.59**

- **Organic Tamari Soy Sauce**
Wheat Free
10 oz Reg \$4.29 **Sale \$2.99**

- **Tamari Soy Sauce**
Low Salt
10 oz Reg \$4.19 **Sale \$2.89**

Tofutti

Dairy-Free Ice Cream Treats

Milk Free Chocolate Fudge Treats
Low fat, no sugar, cholesterol free
12 pack Reg \$5.89 **Sale \$3.99**

Marry Me Dessert Bars
Vanilla & deep chocolate coating
6 pack Reg \$5.59 **Sale \$3.89**

Flowers Pops
Edible flower nectars & Tofutti frozen dessert dipped in chocolate
12 pack Reg \$6.99 **Sale \$4.89**

Totally Fudge Pops
Real fudge bar taste and gluten free
12 pack Reg \$5.89 **Sale \$3.99**

Look for other Frozen Treats now on Sale!

Save 30%



Sahale

Seasoned Nuts, Glazed Nuts, & Nut Blends

Packed with flavor and loaded with nutrition because they are made with whole, natural and organic ingredients

4-5 oz Reg \$5.29

Try All 8 Varieties!



Save 35%
Sale \$3.39

Terra Chips

Exotic Vegetable Chips

- Mediterranean Chips balance of garlic, oregano and olive oil
- Thai Basil Curry **NEW!** seasoned with basil, curry, turmeric onion & paprika
- Zesty Tomato Chips tomatoes, Worcestershire sauce & celery
- Original Taro Chips

5 oz Reg \$4.19



Save 35%
Sale \$2.69

Stretch Island

Original Fruit Strips

Make nutritious snacking on the go a tasty experience. Discover the goodness in every original fruit strip:

- 1/2 serving of fruit
- 100% natural
- Real-fruit purée

0.5 oz Reg 79¢

Try all seven mouthwatering flavors



Save 40%
Sale 39¢

Simply Green

Double Roll Bath Tissues

- Free of chlorine, inks, dyes, & fragrances
- 100% recyclable
- 352 2-ply sheets
- Earth friendly softness

Double Roll /4 pk Reg \$3.99



Save 30%
Sale \$2.79