

INDEPENDENT Choice™

October 2017

Organic India
Organic Tulsi Tea

\$3⁷⁹
18 ct

ORGANIC INDIA
Tulsi ORIGINAL
Stress-Relieving & Energizing
CAFFEINE FREE
Helps boost herb with 100% antioxidant-rich and perfect the immune system.
100% ORGANIC - VEGAN SUPPLEMENT

NON GMO Project VERIFIED

Muir Glen
Organic Tomatoes

2/\$4
28 oz

MUIR GLEN organic DICED TOMATOES

NON GMO Project VERIFIED

So Delicious
Organic Coconut Milk

\$2⁴⁹
32 oz

SO DELICIOUS ORGANIC COCONUT MILK

NON GMO Project VERIFIED

Ancient Harvest
Organic Supergrain Pasta

2/\$5
8 oz

AG Ancient Harvest SPAGHETTI

NON GMO Project VERIFIED

Eden
Organic Black Beans

\$1⁹⁹
15 oz

EDEN ORGANIC BLACK BEANS

NON GMO Project VERIFIED

Lightlife
Organic Tempeh

\$2⁵⁹
8 oz

Lightlife ORIGINAL tempeh

NON GMO Project VERIFIED

Spectrum Naturals
Organic Mediterranean Olive Oil

\$11⁹⁹
33.8 oz

Spectrum ORIGINAL ORGANIC MEDITERRANEAN OLIVE OIL

NON GMO Project VERIFIED

Organic Valley
Organic Shredded Cheese

\$4²⁹
6 oz

ORGANIC VALLEY ORGANIC SHREDDED MOZZARELLA CHEESE

Lundberg Family Farms
Organic Rice Cakes

\$3¹⁹
8.5-9 oz

BRUNNEN BROWN RICE

NON GMO Project VERIFIED

Bragg
Liquid Aminos

\$6²⁹
32 oz

BRAGG LIQUID AMINOS

NON GMO Project VERIFIED

Did you know...
October is National Chili Month? It's one of many things celebrated in the month of October besides Columbus Day and Halloween.

Prices & varieties may vary by location. Some items or varieties may not be available at all stores or on the same days in the month of October.

Mori Nu
Organic Firm Tofu

\$1⁸⁹
12.3 oz



Farmhouse Culture
Organic Kraut

\$5⁴⁹
16 oz



Numi Tea
Organic Chocolate
Puerh Tea

\$5⁹⁹
16 ct



Crown Prince Natural
Sardines In Olive Oil

\$2⁶⁹
3.75 oz



Garden of Eatin'
Blue Tortilla Chips

2/\$5
8.1 oz



Califia Farms
Better Half Creamer

\$2⁷⁹
16.9 oz



Explore Cuisine
Organic Black
Bean Spaghetti

\$3⁴⁹
8 oz



Miracle Noodle
Pasta

\$2⁴⁹
7 oz



Brown Cow
Cream Top Yogurt

89¢
5.3 oz



Late July
Organic
Multigrain Chips

2/\$5
5.5 oz



Dang
Toasted
Coconut Chips

\$3²⁹
3.17 oz



Gomacro
Organic Macrobar

\$2¹⁹
2-2.5 oz



Glee Gum
Chewing Gum

99¢
16 ct



Yumearth
Organic Lollipops

\$4²⁹
8.5 oz



Happy Baby
Organic Stage 2
Simple Combos

\$1⁴⁹
3.5 oz



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October is Non-GMO Month!

Together we can preserve and protect a safe, healthy non-GMO food supply for future generations. Celebrate your right to choose non-GMO food and products this October!

EVERYONE HAS A RIGHT TO KNOW WHAT'S IN THEIR FOOD.



VOTE NON-GMO EVERY TIME YOU SHOP!

Learn more at livingnongmo.org

Hail Merry Tarts

\$3¹⁹
3 oz



Endangered Species Chocolate Bar

\$2²⁹
3 oz



Silk AlmondMilk

\$3⁷⁹
64 oz



Cascadian Farm Organic Organic Cereals

2/\$6
8.6-12.5 oz



Crofter's Organic Organic Premium Spread (Selected Varieties)

\$4²⁹
16.5



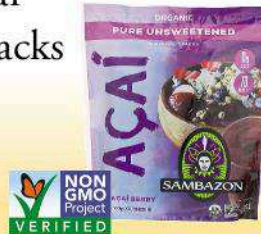
Yogi Ginger Tea

\$3⁴⁹
16 ct



Sambazon Organic Açai Smoothie Packs

\$5⁷⁹
4/100 g



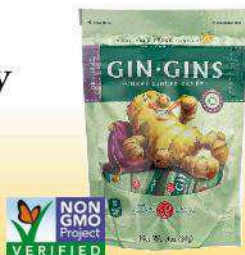
Simple Mills Almond Flour Crackers

\$3⁹⁹
4.25 oz



The Ginger People Gin Gins® Ginger Candy

\$1⁹⁹
3 oz



ProBar Base 20g Protein Bar

\$2²⁹
2.46 oz



Beanfields Bean & Rice Chips

\$2⁷⁹
6 oz

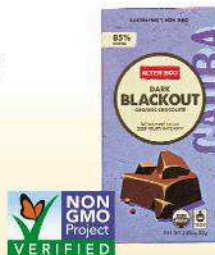


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Alter Eco
Organic
Chocolate Bar

2/\$6

2.65-2.82



Lakewood
Organic
Pure Cranberry

\$8⁷⁹

32 oz



Mary's Gone Crackers
Organic Original
Crackers

\$4¹⁹

5.5-6.5 oz



Sunspire
Organic Chocolate Chips

\$4⁷⁹

9 oz



Erewhon
Organic Cereal

\$3⁹⁹

10-11 oz



Angie's
Boomchickapop
Popcorn

2/\$5

4.8-7 oz



Cocomels
Organic Coconut
Milk Caramels

\$3⁴⁹

3.5 oz



Barbara's
Puffins Cereal
(Selected Varieties)

\$3⁶⁹

11 oz



Annie's Homegrown
Cheddar Bunnies

2/\$5

7.5 oz



Nature's Bakery
Whole Wheat Fig Bar

69¢

2 oz



Glutino
Gluten Free
Pretzel Twists

\$4²⁹

14.1 oz



Kettle
Baked
Potato Chips

2/\$5

4 oz



Mi-Del
Ginger Snaps

\$2⁹⁹

10 oz



Justin's
Organic Peanut
Butter Cups

2/\$3

1.4 oz



KIND
Nuts & Spices Bar

\$1⁴⁹

1.4 oz

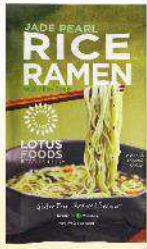


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Lotus Foods
Ramen With
Miso Soup

2/\$3

2.8 oz



Way Better Snacks
Tortilla Chips

2/\$5

5.5 oz



Honest Tea
Organic Bottled
Iced Tea

4/\$5

16 oz



Organicville
Organic
Sriracha Sauce

\$6²⁹

18.5 oz



Wildbrine
Sauerkraut

\$5⁴⁹

18 oz



Essentia
Alkaline Water

\$2¹⁹

1.5 lt



Organic Valley
Organic Pasture Butter

\$3⁴⁹

8 oz



Tasty Bite
Indian Entree

\$2⁵⁹

10 oz



R.W. Knudsen
Organic
Tomato Juice

\$2⁹⁹

32 oz



Udi's
Whole Grain Bread

\$4²⁹

12 oz



Pur
Chewing Gum

\$1²⁹

9 ct



R.W. Knudsen Family[®]
products are Non-GMO Project[®] Verified

With 'Family' in our name and a heritage of making juices since 1961, we're a brand you and your family can trust.

R.W. Knudsen Family[®] takes great pride in offering innovative products that are made with high-quality ingredients and is proud to be an official participant in the Non-GMO Project.

Visit www.nongmoproject.org for more information about the Non-GMO Project or to view our entire list of verified products to date.



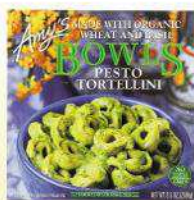
www.rwknudsenfamily.com | Non-GMO Project Verified is a registered trademark of The Non-GMO Project, Inc.

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Amy's
Bowls (Selected Varieties)

\$4⁴⁹
9.5 oz



Organic Valley
Organic Sour Cream

\$3⁴⁹
16 oz



GT's
Organic Enlightened
Kombucha

2/\$6
16.2 oz



Rudi's Bakery
Organic 100%
Whole Wheat Bread

\$3⁹⁹
22 oz



Annie's Homegrown
Classic
Mac & Cheese

\$1⁶⁹
6 oz



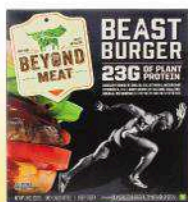
REBBL
Organic Elixir

\$3²⁹
12 oz



Beyond Meat
Beast Burger

\$4⁴⁹
8 oz



Arrowhead Mills
Buttermilk
Pancake Mix

\$3⁷⁹
26 oz



Redwood Hill Farm
Yogurt

\$1⁶⁹
6 oz



Annie's Homegrown
Organic Fruit Snacks

2/\$6
4 oz



Canyon Bakehouse
Gluten Free Bread
(Selected Varieties)

\$4⁷⁹
18 oz



Green Valley Organics
Organic Kefir
(Selected Varieties)

\$4⁷⁹
32 oz



Julie's Organic
Organic Ice Cream
Sandwiches

\$4⁹⁹
6 ct



Celestial Seasonings
Bengal Spice Tea Bags

\$2⁷⁹
20 ct



Manitoba Harvest
Hemp Hearts

\$6⁹⁹
8 oz



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Dr. Bronner's
Organic
Coconut Oil

\$8⁴⁹
14 oz



Orgain
Organic Plant Based
Protein Shake

\$2³⁹
11 oz



Vega
Protein Smoothie

\$14⁹⁹
8.9-9.3 oz



Lily Of The Desert
Organic Whole Leaf
Aloe Vera Juice

\$7⁹⁹
32 oz



MegaFood
Daily Turmeric

\$15⁹⁹
59.1 g



Vibrant Health
Green Vibrance

\$37⁹⁹
12.8 oz



Inner-Eco
Probiotic
Coconut Water

\$13⁹⁹
15 oz



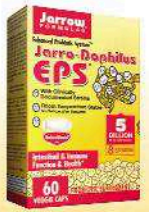
Oregon's Wild Harvest
Turmeric

\$19⁹⁹
60 ct



Jarrow Formulas
Jarro-Dophilus EPS

\$14⁹⁹
60 vcap



Natural Factors
Organic
Oil Of Oregano

\$14⁹⁹
1 oz



Natural Vitality
Calm

\$15⁹⁹
8 oz



Nordic Naturals
Omega-3

\$19⁹⁹
8 oz



Carlson
Lemon Cod Liver Oil

\$19⁹⁹
8.4 oz



Bach
Rescue Remedy

\$11⁹⁹
10 ml



Castor & Pollux
Good Buddy Beef
Jerky Dog Treats

\$3⁴⁹
3.5 oz



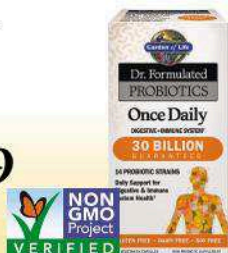
New Chapter
Every Woman's One
Daily 40+

\$29⁹⁹
48 tab



Garden Of Life
Once Daily
Probiotics

\$21⁹⁹
30 tab



Probulin
Daily Care Probiotic

\$16⁹⁹
30 cap



ANDALOU
NATURALS

The 1st beauty brand to be Non-GMO Project Verified.



FRUIT
STEM
CELL
SCIENCE®

NeoCell
Super Collagen

\$11⁴⁹
7 oz



Boiron
Oscillococcinum

\$17⁹⁹
12 ct



Andalous Naturals
1000 Roses®
Cleansing Foam

\$9²⁹
5.5 oz



Hempfusion
5.0 Phytocannabinoids

\$29⁹⁹
30 cap



Quantum Health
Thera Zinc Lozenges

\$1⁸⁹
12 ct



Gaia Herbs
Black Elderberry
Syrup

\$12⁷⁹
3 oz



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Shikai
Borage Therapy
Dry Skin Lotion

\$9⁹⁹
8 oz



Acure
Day Cream

\$11⁹⁹
1.7 oz



Crystal
Roll-On Deodorant

\$2⁹⁹
2.25 oz



Dr. Bronner's
Pure Castile Soap

\$13⁷⁹
32 oz



Nature's Gate
Herbal Daily
Cleanse Shampoo
& Conditioner

\$5⁹⁹
18 oz



Kiss My Face
Liquid Rock Roll-On
Deodorant

\$4²⁹
3 oz



Avalon
Nourishing Lavender
Shampoo &
Conditioner

\$7⁹⁹
11 oz



EO
3-in-1 Everyone Soap

\$7⁴⁹
32 oz



Biokleen
Laundry Liquid

\$9⁹⁹
64 oz



Redmond
Earthpaste
Toothpaste

\$5⁴⁹
4 oz



Himalaya
Neem & Pomegranate
Toothpaste

\$3⁹⁹
200 g



ECOS
Laundry Detergent

\$9⁹⁹
100 oz



Essential Oxygen
Organic
Brushing Rinse

\$9⁷⁹
16 oz



Dr. Tung's
Smart Floss

\$3⁴⁹
1 ct



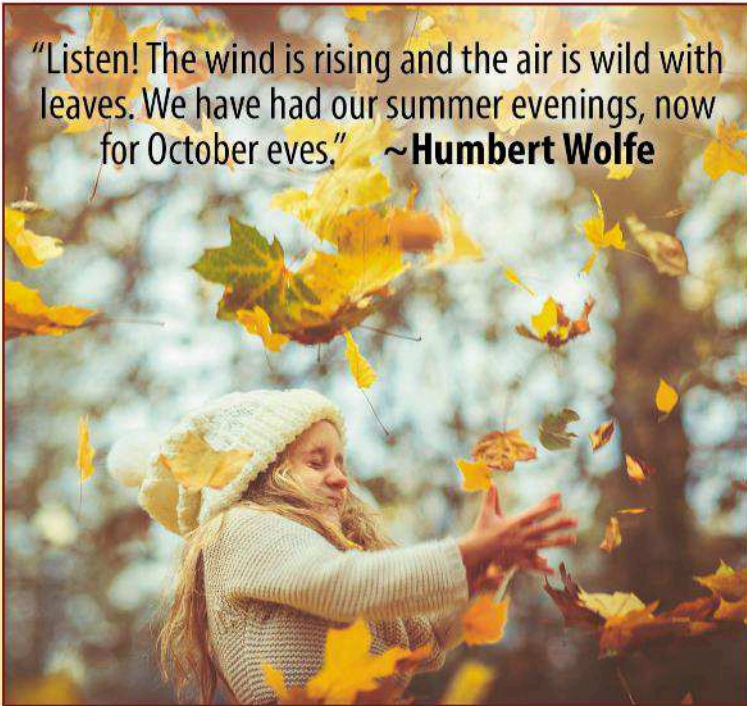
Seventh Generation
Dish Liquid

\$3²⁹
25 oz



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"Listen! The wind is rising and the air is wild with leaves. We have had our summer evenings, now for October eves." ~Humbert Wolfe



Independent Choice™ specials are available at members of the Independent Natural Food Retailers Association store locations:

FLORIDA

Abby's Health & Nutrition
14374 N Dale Mabry, Tampa

Debbie's Health Foods
862 Saxon Blvd, Orange City
3850 S Nova Rd, Port Orange

Get Healthy
1254 Broad St South, Brooksville
11083 Spring Hill Dr, Spring Hill

Grassroots Natural Market II
1915 EW Pkwy, Fleming Island

**Healthy Living
Organic & Natural Market**
10671 Boardwalk Loop, Lakewood Ranch

Nassau Health Foods
833 TJ Courson Rd, Fernandina Beach

Native Sun Natural Foods Market
11030 Baymeadows Rd, Jacksonville
10000 San Jose Blvd, Jacksonville
1585 3rd St N, Jacksonville Beach

Nature's Food Patch
1225 Cleveland St, Clearwater

Nutrition Smart
16250 NW 57th Ave, Miami Lakes
4155 Northlake Blvd, Palm Beach Gardens
10980 Pines Blvd, Pembroke Pines
464 SW Port St Lucie Blvd, Port St Lucie
14847 N Dale Mabry Hwy, Tampa
12702 Race Track Rd, Tampa
1821 Bruce B Downs Blvd, Wesley Chapel

Peggy's Natural Food Market
5839 SE Federal Hwy, Stuart

Tunie's
5651 Coral Ridge Dr, Coral Springs
7170 Fairway Dr, Palm Beach Gardens
900 N Federal Hwy, Fort Lauderdale

Wild Fields Marketplace
2900 W Bay Dr, Belleair Bluffs
3235 Tampa Rd, Palm Harbor

GEORGIA

Brighter Day Natural Foods
1102 Bull St, Savannah

Farmer's Natural Foods
754 E G Miles Pkwy, Hinesville

Nature's Corner Market
3960 Mary Eliza Trace NW, Marietta
200 Parkbrooke Dr, Woodstock

**NORTH CAROLINA
Be Natural**
273 Boone Heights Dr, Boone

The Apple Crate Natural Market
2711 Raeford Rd #110, Fayetteville
5430 Camden Rd #103, Fayetteville

Food Matters Market
1 Market St, Brevard
2310 N Center St, Hickory
210 Avery Ave, Morgantown

Harmony Farms Natural Foods
5653 Creedmoor Rd, Raleigh

Healthy Home Market
1816G Galleria Blvd, Charlotte
261 Griffith St, Davidson
1330 Central Ave, Charlotte

**Farm to Family Foods
by Healthy Home Market**
1208 Hickory Blvd SW, Lenoir

Living Well Down East
127 W Gordon St, Kinston

Lovey's Natural Food Market
1319 Military Cutoff Rd, Wilmington

Nature's Own
195 Bell Ave, Southern Pines

Organic Marketplace
1012 S New Hope Rd, Gastonia

West Village Market & Deli
771 Haywood Rd, Asheville

SOUTH CAROLINA

14 Carrot Whole Foods
5300 Sunset Blvd, Lexington

Bay Naturals
7611 N Kings Hwy, Myrtle Beach
556 Hwy 17 N, North Myrtle Beach

Belue Farms Natural Foods Market
3769 Parris Bridge Rd, Boiling Springs

Bert's Market
202 E Ashley Ave, Folly Beach

Rosewood Market
2803 Rosewood Dr, Columbia

**TENNESSEE
Grubb's Grocery**
4 Jackson Walk Plaza, Jackson

Natural Foods Market
3211 Peoples St, Johnson City

Nutrition World
6201 Lee Hwy, Chattanooga

Tree of Life Market of Clarksville
30 Crossland Ave, Clarksville

The Turnip Truck
970 Woodland St, Nashville
321 12th Ave S, Nashville
701 Woodland St, Nashville