

# April Specials



Market & Deli

BIG ISLAND GROWN - LOCALLY OWNED



healthy living,  
healthy planet.

HAPPY  
EARTH  
DAY!

## FOUR CONVENIENT LOCATIONS

**HILO**  
Hilo Shopping Center  
1221 Kilauea Ave.  
935-5533

**KAILUA-KONA**  
Old Industrial Area  
74-5487 Kaiwi St.  
326-1122

**KEALAKEKUA**  
Mango Court  
79-7460 Mamalahoa Hwy.  
930-7550

**PAHOA**  
Downtown  
965-8322

Visit us at [www.islandnaturals.com](http://www.islandnaturals.com)

## ISLAND NATURALS - YOUR BODY CARE & SUPPLEMENT SPECIALISTS!

Flora Probiotic Line  
**Supplements**  
**20% OFF**

For a real, sustained health.

Garden Of Life  
**Supplements**  
**20% OFF**

Natural health supplements such as Cod Liver Oil, Primal Defense, Coconut Oil and Perfect Food.

Alba  
**Sunscreens**  
**25% OFF**

Developed with an advanced delivery system of natural emollients and therapeutic antioxidants.

**20% OFF**  
Supplements  
& Herbs  
1st & 3rd Fri.\*  
Body & Skin  
Care  
2nd & 4th Fri.\*

\*Each Month. Some items excluded.

<p>Spectrum <b>Whole Flaxseed</b> 14 oz. Bags <b>\$4<sup>99</sup></b> Organic</p> <p>A natural source of fiber (including mucilage).</p>	<p>Cascadian Farms <b>Frozen Vegetables</b> Selected Varieties <b>\$2<sup>99</sup></b></p> <p>Grown to exact organic standards. Tender with a rich, sun-drenched sweetness.</p>	<p>Loose Organic <b>Carrots</b> Local or Mainland <b>\$1<sup>69</sup></b> PER LB.</p> <p>Antioxidants help protect against cardiovascular disease, cancer &amp; promote good vision.</p>	<p>Kitchens Of India <b>Entrees</b> 10 oz. ~ Varieties <b>\$2<sup>89</sup></b></p> <p>Ready to eat Indian Cuisine prepared by Master Chefs.</p>	<p>Rising Moon <b>Ravioli</b> Selected Varieties <b>\$3<sup>99</sup></b></p> <p>The ancient secrets of fine pasta blended with fresh herbs and spices.</p>	<p>Larabar <b>Energy Bars</b> Selected Varieties <b>\$1<sup>49</sup></b></p> <p>Healthy, gluten free energy bars made from the highest quality ingredients.</p>
<p>Green &amp; Black's <b>Organic Chocolate</b> 3.5 oz. ~ Varieties <b>\$2<sup>89</sup></b></p> <p>Exquisitely delicious with a trademark intense flavor.</p>	<p>Blue Diamond <b>Crackers</b> Boxed Varieties <b>\$2<sup>69</sup></b></p> <p>A crunchy cracker loaded with nutritious almonds, baked to perfection.</p>	<p>Stacy's <b>Pita &amp; Bagel Chips</b> Assorted Flavors <b>\$2<sup>79</sup></b></p> <p>Made from all-natural bagels and pita, twice baked for the perfect crunch.</p>	<p>Finn Crisp <b>Crispbread</b> Selected Varieties <b>\$2<sup>89</sup></b></p> <p>Delicious thin &amp; filled with healthy whole-grain and fiber.</p>	<p>Rudi's <b>Whole Wheat Bread</b> &amp; Other Selected Varieties <b>\$4<sup>99</sup></b></p> <p>Free from synthetic ingredients, chemical pesticides and fertilizers. Certified organic.</p>	<p>Alvarado Street <b>Bakery Bagels</b> Selected Varieties <b>\$4<sup>29</sup></b></p> <p>Changing the way the world eats... one slice at a time.</p>
<p>Barbara's <b>Shredded Spoonfuls</b> Multigrain ~ 14 oz. Boxes <b>\$3<sup>89</sup></b> Other Varieties also on Sale!</p> <p>Tender layers of shredded multigrains sweetened with Molasses</p>	<p>Wholesoy <b>Soy Yogurt</b> 6 oz. Tubs <b>\$1<sup>19</sup></b></p> <p>So rich and creamy that people are surprised to find out it's dairy free!</p>	<p>Brown Cow <b>Plain Yogurt</b> 32 oz. Tubs <b>\$3<sup>79</sup></b></p> <p><b>Greek Yogurt</b> 6 oz. Tubs <b>\$1<sup>99</sup></b></p>	<p>St. Dalfour <b>Conserves</b> 10 oz. ~ Varieties <b>\$3<sup>99</sup></b></p> <p>From the southwest of France, an area known for centuries of culinary excellence.</p>	<p>San-J <b>Tamari</b> 10 oz. ~ Black Label <b>\$2<sup>59</sup></b></p> <p>Family-owned &amp; operated with a commitment to healthy and natural foods.</p>	<p>R.W. Knudsen <b>Juice</b> 32 oz. ~ Just Tart Cherry <b>\$6<sup>49</sup></b> Other Just Juices On Sale Too!</p> <p>More than two pounds of delicious fruit goes into creating this juice.</p>
<p>Zola <b>Acai Drink</b> 12 oz. ~ Varieties <b>\$2<sup>99</sup></b></p> <p>Bringing highly nutritious and delicious Brazilian Superfruits to consumers.</p>	<p>Guayaki <b>Yerba Mate</b> 16 oz. Bottles <b>\$2<sup>39</sup></b></p> <p>Certified organic and shade grown for potency, vitality, clarity and well-being.</p>	<p>EdenSoy <b>Original Soy Milk</b> 32 oz. ~ Varieties <b>\$2<sup>79</sup></b> Other Varieties also on Sale!</p> <p>No artificial flavors, chemicals, or refined sugars.</p>	<p>Stash <b>Boxed Teas</b> Selected Varieties <b>\$3<sup>19</sup></b></p> <p>A wide range of exceptional 100% natural teas, free of artificial flavors and colors.</p>	<p>Frolic <b>Riesling</b> 750 ml. Bottles <b>\$9<sup>49</sup></b></p> <p>Bright orchard fruits and crisp acidity dance jubilantly on the palate.</p>	<p>7th Generation <b>Laundry Detergent</b> 100 oz. Bottle <b>\$16<sup>99</sup></b></p> <p>A unique combination of plant derived cleaning agents and enzymes.</p>

Sale prices good from 4/1/11 to 4/30/11. No rain checks. Quantities may be limited to stock on hand. All items may not be available at every location.