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# September specials



Your Local Natural Foods Store

**FREE WIRELESS!**

## GO LOCAL!



**Nana Mae's Organic Apple Sauce**  
*Located in Sebastopol*  
Gravenstein, Spiced Date, Blackberry, and Mid-Season Heirloom  
24oz Reg \$2.99  
**2 for \$5**



**Go Raw Raw Food Bars**  
*Located in Mountain View*  
Pumpkin, Flax, Granola, Spirulina Energy, Banana Bread  
1.2oz Reg \$3.99  
**2 for \$7**



**Living Tree Organic Nut Butters**  
*Located in Berkeley*  
Raw Almond, Cashew, Milk of Paradise (Macadamia & Cashew blend), and Raw Black Sesame  
**15% OFF**



**Wallaby Organic Lowfat Yogurt**  
*Located in Napa County*  
Blueberry, Vanilla, Strawberry, Banana Vanilla, Raspberry, Maple, Lemon & more!  
6oz Reg \$1.09  
**8 for \$8**



**Fare & Square Sandwiches**  
*Located in Lafayette*  
Free-range, hormone & antibiotic-free turkey, and dolphin-safe tuna on organic whole wheat bread. Smoked Turkey, Albacore Tuna and Turkey & Cheese. 8oz Reg \$5.19  
**\$1 OFF**



**Galaxy Granola**  
*Located in San Rafael*  
Cranberry Orange, Vanilla Almond Munch, Raspberry, Not Sweet Vanilla Munch.  
12oz Reg \$5.79  
**\$1 OFF**

## ORGANICALLY GROWN



**Bionaturae Organic Pasta**  
*Made with Whole Durum Wheat or Durum Semolina.* Spaghetti, Fusilli, Penne, Rigatoni, Chioccirole, & more!  
16oz Reg \$3.99  
**2 for \$6**



**Organic Valley Organic Cheese**  
Mozzarella, Pepper Jack, Raw Sharp Cheddar, Baby Swiss, Muenster, and more!  
8oz Reg \$5.39 - \$7.39  
**\$1 OFF**



**Green & Black Organic Chocolate**  
70% Dark, Maya Gold, Milk, Almond, Caramel, Cherry, Hazelnut & Currant, Ginger, Espresso, and more!  
3.5oz Reg \$4.19  
**2 for \$7**



**Straus Organic Ice Cream**  
*Located in Marshall, CA*  
Dutch Chocolate, Vanilla Bean, Raspberry, Coffee, Mint Chocolate Chip.  
Pint Reg \$4.39  
**2 for \$7**



**Columbia Gorge Organic Orange Juice**  
Oranges from California's coastal range, squeezed within hours for the most fragrant, fresh-flavored OJ around. An irresistible classic done right.  
1/2 Gallon Reg \$7.59  
**Sale \$5<sup>99</sup>**



**Nature's Path Organic Cereal**  
Flax Plus, Flax Plus Raisin Bran, Mesa Sunrise, Corn Flakes, Heritage Flakes, Smart Bran and more!  
Reg \$5.39  
**2 for \$9**



Country Sun Coupon Expires 9/30/10

# BUY 1 • GET 1 FREE!

## SANTA CRUZ ORGANICS Organic Juice

Berry Nectar, Orange Mango, Cranberry Nectar Apricot Mango  
Quarts • \$5.29 Value • Limit 3

CASHIER ONLY # \_\_\_\_\_

# WOW!



## Kettle Organic Potato Chips

Sea Salt & Black Pepper, Lightly Salted, Chipotle Chili BBQ, Lightly Salted  
5oz Reg \$3.39

# 1/2 OFF!

Country Sun Coupon Expires 09/30/10



# FREE!

W/PURCHASE OF \$20 OR MORE

## Nature's Way Alive!

Whole Food Energizer Multi-Vitamin  
With or Without Iron • 30 Tabs • \$10.49 Value

After all other discounts and coupons. This coupon cannot be combined with any other 'Free' or '\$ OFF' Country Sun Coupon. One coupon per household per day per purchase of \$25 or more.

## ORGANIC BODYCARE



**Plantlife Body Lotions**  
Lemongrass, Vanilla Orange, and Lavender. Made with organic ingredients.  
8oz Reg \$12.59  
**\$2 OFF**



### Aubrey Organics Hair Care

Shampoos, Conditioners and Styling aids. Camomile, Green Tea, Honeysuckle Rose, Rosa Mosqueta, GPB and more!

**15% OFF**



### Hemp Organics Lip Tints

Organic lip moisturizer with a touch of sheer color. Berry, Wine, Kiss, Love and more!

Reg \$6.59  
**\$1 OFF**



### Sanre Organic Skin Care

Feed your skin with all natural and organic skinfood! Moisturizers, Toners, Cleansers, Masks and more!

**20% OFF**

## BRAIN NUTRIENTS



### Jarrow Neuro Optimizer

Combines CDP Choline (also known as Citicoline), Phosphatidylserine, Alpha Lipoic Acid, Acetyl L-Carnitine, L-Glutamine and Taurine to enhance brain

metabolism and antioxidant protection.\*

120 VCaps Reg \$42.49

**Sale \$33<sup>99</sup>**



### Now Acetyl L-Carnitine

500mg. A modified amino acid that helps to maintain healthy cellular energy metabolism and supports brain function and cognition. Pharmaceutical grade.\*

50, 100 & 200 Caps

**30% OFF**



### Jarrow PS100

Phosphatidylserine (PS) is an essential component of cell membranes. PS promotes brain function by increasing neuronal membrane fluidity, resulting in improved cognition. Also, PS protects against stress

by mitigating the actions of cortisol.\*

30 & 60 Softgels

**20% OFF**



### Supernutrition Think Clearly

Supports memory and mental clarity with ginkgo biloba, DMAE, phosphatidyl choline, niacin and other key brain nutrients plus amino acids and an herbal blend including gotu kola.\* Food-based.

90 Tabs Reg \$27.19

**Sale \$21<sup>99</sup>**

\*These statements are not intended to diagnose, treat, cure or prevent disease.

## Carlson Fish Oils

Fish provides the important polyunsaturated omega 3's, EPA and DHA, which aid our well-being by promoting cardiovascular health. For those individuals who do not eat an oily fish diet, Carlson offers a variety of fish oil products in liquids that are very tasty. All fish oil products are regularly tested using AOAC international protocols for potency and purity by an independent FDA Registered laboratory.

**20% OFF**



## ORGANIQUE BY HIMALAYA

A unique line of hair, skin and body care made with active ingredients that are organically produced, raw and natural. A true marriage of ancient wisdom and sophisticated scientific research using time-tested ingredients.

Free from SLS, parabens and phthalates.

**20% OFF**



country sun natural foods • 440 california ave • palo alto • 650.324.9190

www.countrysun.com • open monday thru friday 9 to 8 • saturday & sunday 9 to 7