

Sunrise
health foods

Healthy Alternatives, Sound Advice

Flussmoor

3703 Vollmer Rd., Flussmoor, IL 60477
Corner of Vollmer and Kedzie • (708) 365-5400

Hours: Monday - Friday, 9am to 8pm
Saturday, 9am to 7pm

Lansing

1/650 Lawrence Ave., Lansing, IL 60438
Just off of 80-94 • (708) 474-6166

Hours: Monday - Friday, 9am to 9pm
Saturday, 9am to 7pm

We are closed Sunday to allow our employees time for family and worship.

www.sunrise2you.com

Happy Fourth of July!

2/\$3

SANTA CRUZ
Organic Lemonade
32 OZ
THAT COOL REFRESHING
DRINK



\$2⁷⁹

ENER G FOODS
Light Tapioca Loaf
8 OZ
GLUTEN FREE



\$2⁹⁹



SHELTON'S POULTRY
Uncured Turkey Franks
FRANKS TURKEY 12 OZ

Picnic on Savings

\$1⁶⁹

ALLO
All Natural Aloe Drink
EXPOSED ORIGINAL
ALOE 16.9 FL OZ



\$2¹⁹



TREE OF LIFE
Organic Tofu
FIRM VACUUM
16 OZ

\$2⁷⁹



RUDIS
Hot Dog Rolls
WHEAT 6PK ORG
12 OZ

\$1⁹⁹



ORGANIC VALLEY
Organic Brown Eggs
GRADE A XLRG
0.5 DZ

Stock Up and Save!

OMEGA-3

Omega-3 oils have been called the miracle food of the 21st century – and for good reason. Research shows that they have amazing benefits, including the prevention of heart disease and maintenance of soft, malleable blood pressure and cholesterol levels. Omega-3 oils give a major metabolic relief from pain, pain, migraines, depression, autoimmune diseases and many other conditions.

Scientists were first alerted to the many benefits of fish oils in the early 1970s when Danish physicians observed that Greenland Eskimos had an exceptionally low incidence of heart disease and arthritis despite the fact that they consumed a high fat diet. Intensive research soon discovered that two of the fats (oils) they consumed in large quantities, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), were actually highly beneficial. Recent research has established that fish oil plays a crucial role in the prevention of atherosclerosis, heart attack, depression, and cancer. Fish oil supplementation can be effective in the treatment of many diseases including rheumatoid arthritis, diabetes, ulcerative colitis, and Haymeads disease.

Extensive medical literature testifies in the fact that fish oils prevent and may help to improve or reverse atherosclerosis, angina, congestive heart failure, arrhythmias, strokes, and peripheral vascular disease. Fish oils help maintain the elasticity of artery walls, prevent blood clotting, reduce blood pressure, stabilize heart rhythm and help combat inflammation. Daily supplementation with fish oils has been also found effective in preventing the development of colon cancer. Taking fish oils while pregnant may also protect babies against developing different types of allergies.

Fish oils with omega 3 also have so the very specific women's health benefits including helping to lower the risk of cardiovascular disease and osteoporosis in post-menopausal women. Menstrual pain is also reduced when using fish oils. All of this translates into significant disease protection as the benefits of fish oil are well established, not just for heart health but also for optimum functioning of both body and mind.



\$2⁹⁹

GOOD HEALTH
Veggie Chips
7.5 OZ



\$2⁷⁹

MADHAVA
HONEY
Agave Nectar 100%
Pure Sweetener
11.75 OZ



\$3⁷⁹



FOOD FOR LIFE
Ezekiel 4:9 English Muffins
16 OZ



\$4⁷⁹

KINNIKINNICK
Tapioca Rice
Hamburger Buns
14.5 OZ



\$2²⁹

GLUTEN-FREE DAS
Gluten-Free Burrito
CHICKEN & CHEESE 4 OZ

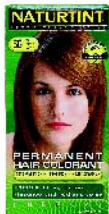


\$4¹⁹

TOFURKY
Meatless Italian Sausage
SAUSAGE SWEET 14 OZ

Health and Wellness

15% OFF LINE DRIVE



NATURINT
Permanent Hair
Colorant
6G Dark
Golden
Blonde 4.7 fl
oz

40% OFF

ALL
TERRAIN
TerraSport
Sunscreen,
SPF 30 3 fl oz



\$4⁹⁹



DESERT ESSENCE
Facial Cleansing Pads
50 pads

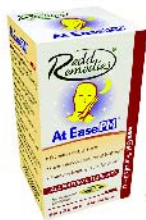
Special Buys



\$2³⁹

KINNIKINNICK
Homestyle Waffles
Original 7.4 oz

Wellness and Health



REDD REMEDIES
At Ease PM
Helps you fall asleep
and stay asleep all
night long, so you
can wake up
refreshed. 30 caps

30% OFF



PINES
Wheat Grass 100 tablets

\$6⁹⁹



\$9⁹⁹

ALACER
Emergen-C Health and
Energy Drink Mix
Pink Lemonade 30
packets



FLORA
Flor-Essence® 7 Day
Cleanse
3 Part Cleansing
Program.
Flor-Essence®,
Pro-Essence® and
FloraLax®

20% OFF



\$2⁹⁹

CEDARLANE
All Natural Tamales
Green Chili &
Monterey Jack Cheese 9 oz



\$4⁴⁹

ALDEN'S
Organic All Natural
Ice Cream
48 oz



TOFUtti
Frozen Dairy Free
Dessert Cuties
Key Lime Pie
8 sandwiches, 12 fl oz

\$2⁸⁹



\$5.49

IMAGINE -
RICE DREAM
FROZEN
Rice Dream
Dessert
32 OZ



\$2.19

WILDWOOD
Sprouted Tofu
Extra Firm 2
pack, 155 oz



\$1.59

JULIE'S
ORGANIC
Ice Cream
Bar
3 fl oz



\$1.99

BOULDER
CANYON
NATURAL FOODS
Canyon Cut Potato
Chips
Totally Natural 5 oz

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