

Our Family Serving Your Family Since 1972



Natural Foods Market

August 3 - September 3, 2018



\$1.29 each

Organic Grapefruit 94027



4 for \$3

Organic Green Onions 94068



2 for \$3

Organic Hass Avocados 94225



\$1.99 1 lb. bag

Organic Baby Peeled Carrots 033383902067



79¢ each

Organic Green Cucumbers 94062



\$1.99 per lb.

Organic Green or Red Seedless Grapes 94022 • 94023



\$1.29 each

Organic Romaine Lettuce 94640



99¢ each

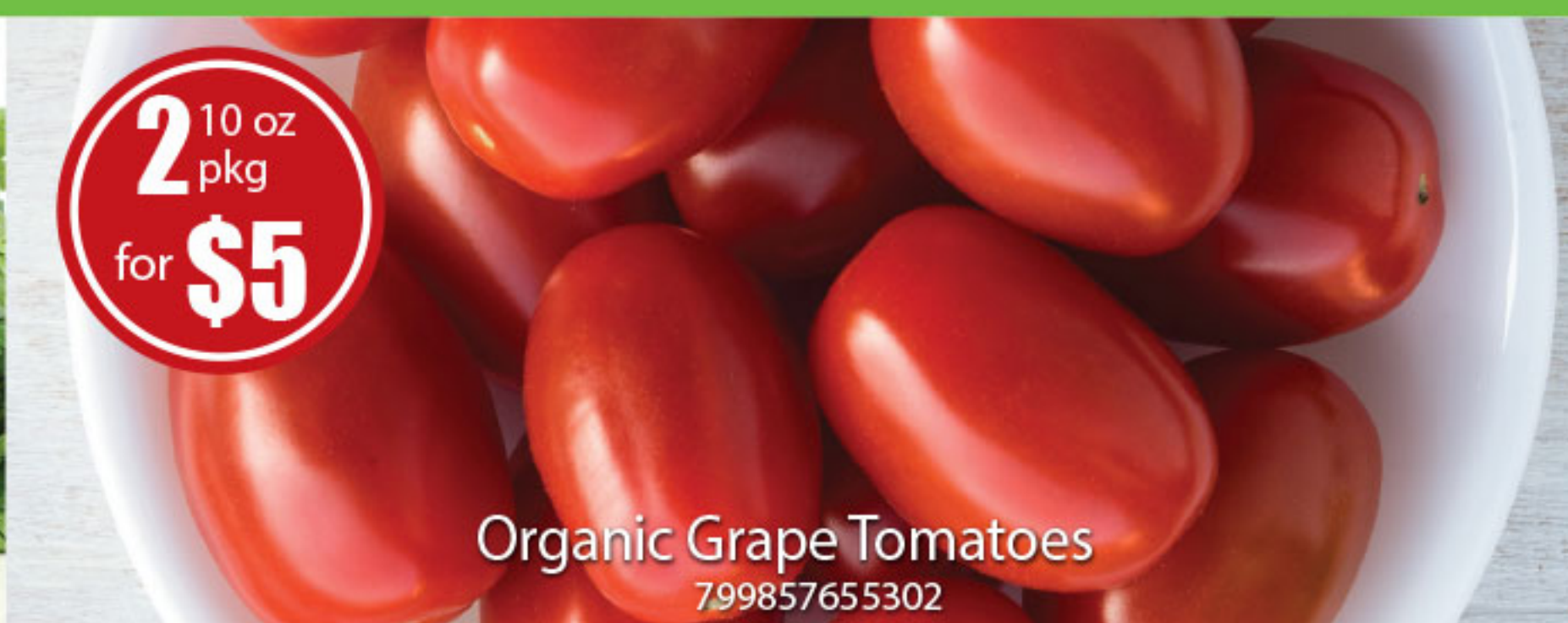
Organic Green Kale Bunched 94627

CLARK'S CARRIES THE MOST ORGANIC PRODUCE IN THE INLAND EMPIRE AND COACHELLA VALLEY



99¢ each

Organic Cilantro Bunched 94889



2 10 oz pkg for \$5

Organic Grape Tomatoes 799857655302

INSIDE THIS AD!

- 2nd Annual Hatch Chile Roast
- New Recipes from Fay Kazzi (Hatch Chile Jackfruit Tacos & Paleo Bars)
- Tuesday Demo Days!
- Featured Items
- Staff Picks
- Paleo Article
- Bonus Brand Buys
- More New Items!

Live Better We Can Help

www.clarksnutrition.com

GROCERY



C20
Coconut Water
2 for \$3
17.5 oz
+CRV
Select Varieties



Canyon Bakehouse
Bagels & Bread
\$4.99
14-18 oz
Select Varieties

FEATURED ITEM



REAL COOKIES FOR REAL HUMANS
Coco-Thins and Coco-Roons are the next generation of cookies – the taste you love without the junk you don't. Made with a select few ingredients that you probably have in your own kitchen, our cookies are guilt-free AND indulgent.

Sejovia®
CocoThins
\$3.19
3.5 oz
Select Varieties



R.W. Knudsen Organic
Tomato Juice
\$2.99
32 oz
+CRV
Select Varieties



R.W. Knudsen
Peach Nectar
\$2.99
32 oz
+CRV



R.W. Knudsen Organic
Blueberry Nectar
\$2.99
32 oz
+CRV



Honest Kids Organic
Juice Drink
\$2.99
59 oz
+CRV
Select Varieties



Santa Cruz Organic
Juice
\$2.99
32 oz
+CRV
Select Varieties



Lakewood Organic
Black Cherry Juice
\$4.39
32 oz
+CRV



Lakewood Organic
Juice
\$3.69
32 oz
+CRV



Peter Rabbit Organic
Baby Food
\$1.39
4-4.4 oz
Select Varieties



Voss
Sparkling Water
\$1.99
27.1 oz
+CRV



Go Raw
Snacks
\$1.39
3 oz
Select Varieties



Cascadian Farm Organic
Cereal
\$3.00
8.6-16 oz
Select Varieties

STAFF PICK



Lesley Barrera: I love Ito En Cold Brew Tea. This tea is my first choice when I need something refreshing. I like that it gives me a boost of energy and it tastes amazing.



Ito En
Cold Brew & Teas
\$1.39
16.9 oz
+CRV
Select Varieties



California Olive Ranch
Extra Virgin Olive Oil Everyday
\$8.99
500 ml



Hansen's Natural
6 Pack Soda
2 for \$6
12 oz cans
+CRV
Select Varieties

FROZEN



Daiya • Gluten Free

Pizza

\$6.99

15.7-19.4 oz
Select Varieties



Cascadian Farm • Organic

Vegetables

2 for \$5

10-16 oz
Select Varieties



Sonoma Flatbreads • Gluten Free

Pizza

\$7.99

17.17-17.89 oz
Select Varieties



Daiya • Gluten Free

Cheesecake

\$5.99

14.1 oz
Select Varieties



My/Mo • Organic

Mochi Ice Cream

\$4.79

6 pack
Select Varieties



Luna and Larry's • Organic

Dessert Bars

\$4.49

9-12 oz
Select Varieties



Quorn

Entrées

\$3.39

7.8-12 oz
Select Varieties



So Delicious®

**Almond Milk
Ice Cream**

\$4.99

16 oz
Select Varieties



So Delicious®

**Cashew Milk
Ice Cream**

\$4.99

16 oz
Select Varieties



So Delicious®

**Coconut Milk
Ice Cream**

\$4.99

16 oz
Select Varieties



Coolhaus

Ice Cream

\$3.99

16 oz
Select Varieties



Siete

Tortillas

\$6.99

7 oz
Select Varieties



Field Roast

Mac 'n Chao

\$4.99

11 oz
Select Varieties



Saffron Road

Entrées

\$4.49

10 oz
Select Varieties

What's Hot!

IN SEARCH OF THE PALEO DIET

To some people, the Paleo Diet is considered to be a new diet when in fact according to Loren Cordain Ph.D.; the Paleo diet is 333 generations old. Dr. Cordain first wrote his book called *The Paleo Diet* in 2002. The popularity of the Paleo diet (or movement) did not really take place until about 2010. The reasons for this are many, but one of the most important facts is America's obsession with the 'new way' of getting information from the internet. For years, nutritionally we sought advice from our physicians and western mind set practitioners such as RD'S. Many others visited health food stores for diet advice or went to book stores to pick up the latest article while some went to personal trainers or personal gurus.

The basic concept of Paleo dieting evolved with the Stone Age food idea of hunter and gather societies before farming was around. Additionally when the original diet started people were free from obesity and diabetes II for the most part. Stone Age living is always thought of as brutal, hard living with a short life expectancy. Dr. Cordain and other anthropologist suggest this is not the true vision we should have but one of a vision of strong, fit, and vivacious European's that showed good health and longevity. Dr. Weston Price, D.D.S., in his trips around the world during his research for the 'perfect' diet (circa 1920-1940) suggested that indigenous systems of foods varied greatly and had strong foundations that maintained health and longevity.

The bottom line for Paleo dieting is this: Whole foods are a must and junk foods are out. Paleo is typically lower in carbs and low in the glycemic index and glycemic load, has minimal refined sugars with whole foods making the bulk difference here in health. Many others are now looking to Paleo dieting for its benefits which include people with food sensitivities, PCOS (polycystic ovarian syndrome), food allergies, diabetics (II), overweight and obese individuals, fat loss, multiple sclerosis sufferers, people with nerve issues, help with digestive health, cancer recovery, acne suffers, autoimmune individuals and athletes of all sizes and disciplines. Is Paleo right for you? It is always right if the shoe fits. Ask your qualified practitioner if you are a candidate for Paleo. One thing to remember is that the Stone Age individuals exercised daily and you should add this to the program as well. And finally read up on this so that you can be as informed as possible. My best choice is *Practical Guide to Paleo*, Diane Sanfilippo, BS, NC.



Photo: Fay Kazzi

Pick up this recipe card at any Clark's location.

GROCERY

WE HOPE YOU LOVE THESE NEW ITEMS AS MUCH AS WE DO!

NEW NEW ITEMS



Justin's
**Peanut Butter
with Banana Chips**
\$1.39
1.3 oz



Justin's
Peanut Butter
39¢
1.15 oz
Select Varieties



Ozery Bakery
Snacking Rounds
\$2.89
12.7 oz
Select Varieties



Purely Elizabeth • Gluten Free
Granola
\$4.99
8-12 oz
Select Varieties



Barney Butter
Almond Butter
\$7.99
10 oz
Select Varieties



Crofter's • Organic
Fruit Spread
\$3.29
10 oz
Select Varieties



Annie's • Organic
Fruit Snacks
2 for \$6
4 oz
Select Varieties



Horizon Organic
Cottage Cheese
\$3.99
16 oz
Select Varieties



Sejovia™ • Gluten Free • Organic
Coco-Roons
\$3.19
3 oz
Select Varieties



Natural Nectar
Lady Fingers
\$1.99
3.5 oz
Select Varieties



Bounce® • Gluten Free
Energy Balls
\$1.39
1.41-1.73 oz
Select Varieties



Eating Evolved® • Organic
Chocolate Bars
\$3.89
2.5 oz
Select Varieties



Nature's Plus®
GI Natural Drink
\$24.95
.38 lb



Nordic Naturals®
Marine Collagen
\$36.99
5.29 oz

TUESDAY DEMO DAYS

Taste these items every Tuesday at all Clark's locations in August from 2 - 6 p.m.



Good Seed®
Gluten Free • Organic
Vegan Burgers
\$4.59
10.5 oz
Select Varieties



Coolhaus
Ice Cream
\$3.99
16 oz
Select Varieties



Smarty Pants®
Adult Probiotic
\$29.99
60 ct
Select Varieties

WE HOPE YOU LOVE THESE NEW ITEMS AS MUCH AS WE DO!

GROCERY

NEW NEW ITEMS



Good Seed®
Gluten Free • Organic
Vegan Burgers
\$4.59
10.5 oz
Select Varieties

MegaFood®
Tangy Citrus
C Defense Gummies
\$15.99
90 ct



Sejovia
CocoThins
\$3.19
3.5 oz
Select Varieties



Bloom
Honey
\$6.99
16 oz
Select Varieties



Simple Mills® • Gluten Free
Cookies & Crackers
\$3.59
4.25-5.5 oz
Select Varieties



Gimme® • Organic
Seaweed
\$1.49
.35 oz
Select Varieties



Wild Planet®
Albacore Tuna
\$3.29
5 oz
Select Varieties



Wild Planet® • Organic
Roasted Chicken Breast
\$3.59
5 oz
Select Varieties



Siete • Gluten Free
Tortilla Chips
\$3.69
4 - 5 oz
Select Varieties



Jeff's Naturals
Gluten Free
Peppers
\$1.99
12 oz
Select Varieties



Thai Kitchen
Curry Paste
\$2.19
4 oz
Select Varieties



JayOne
Brown & White
Rice Roll
\$2.59
3.5 oz
Select Varieties



Annie's
Organic
Shells & White Cheddar
2 for \$5
6 oz
Select Varieties



Annie's
Shells & White Cheddar
5 for \$5
6 oz
Select Varieties



Natural Nectar®
Gluten Free
Cracklebred®
\$2.89
3.5 oz
Select Varieties



Thai Kitchen
Gluten Free
Pure Coconut Milk
\$1.89
13.66 oz
Select Varieties

2nd Annual **HATCH CHILE ROAST**

Organic Hatch Chiles at Clark's Nutrition

ROASTING SCHEDULE COMING SOON

PRICING
Fresh per lb. \$2.29
Fresh case \$40.00 *Free Roasting
Roasted per lb. \$2.59*
*only available during roasting event at each location

Due to the nature of Hatch Chile harvest schedules in Hatch, New Mexico we estimate that we will have fresh chiles available for purchase after August 16th.
See stores for availability updates.

Have you ever tried Hatch Chiles? Experience the robust, smoky, one-of-a-kind flavor of Hatch Chiles.



Pick up this recipe card at any Clark's location.

Photo: Fay Kazzi

HEALTH & BEAUTY • GENERAL

REFRIGERATED & DAIRY



Shikai®
Lotion
\$5.99 8 oz
Select Varieties



Featured Item

At Aura Cacia we are inspired by the power of positive change. Our essential and skin care oils, are made from simple and pure botanical ingredients to unlock nature's ability to improve our well-being. We source our ingredients sustainably from the best sources around the world, then test every shipment of essential oil we receive to verify its purity and quality.

AuraCacia®
Peppermint Roll-on
\$4.79 .31 oz



Desert Essence®
Tea Tree Mouthwash
\$3.99 8 oz



Tea Tree Therapy
Antiseptic Cream
\$4.99 4 oz



Crystal
Deodorant Stick
\$3.69 2.25-2.5 oz
Select Varieties



All Terrain
Hand Sanz
\$2.29 2 oz
Select Varieties



Aura Cacia®
Roll-on
\$4.79 .31 oz
Select Varieties



Aura Cacia®
Roll-on
Chakra
\$9.99 .31 oz
Select Varieties

STAFF PICK



Sara Baker: I have a hard time falling asleep at night. I like to spray Aura Cacia Relaxing Lavender Mist on my skin and my bedding before I get into bed. It helps me to relax and I love the smell.



Aura Cacia®
Aromatherapy Mist
\$4.99 4 oz
Select Varieties



Horizon Organic
Shredded Cheese
\$3.99 6-8 oz
Select Varieties



Daiya®
Cheese
\$3.49 7.1-8 oz
Select Varieties



Redwood Hill Farm®
Goat Milk Yogurt
\$1.79 6 oz
Select Varieties



Once Upon a Farm
Organic Baby Food
\$1.69 3.2 oz
Select Varieties

HOW TO SAVE MORE!

Look for these icons when shopping



HOT DEAL

A Hot Deal is a special deal that can last several weeks



NEW ITEM

Look for this icon for our New Items at Clark's



ORGANIC

Look for the Organic icon on produce items at Clark's



EVERYDAY DEAL

Everyday Deals are ongoing low priced items



AD DEAL

Our Ad Deal lasts the entire month



LOCAL

This icon represents local vendors here at Clark's

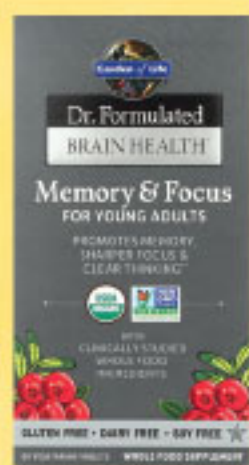
SUPPLEMENTS



Nordic Naturals®
Nordic Berries
\$22⁹⁵ 120 ct



Nordic Naturals®
Complete Omega Jr.
\$19⁹⁵ 90 ct



Garden of Life®
Memory & Focus for Young Adults
\$25⁹⁹ 60 ct

FEATURED ITEM

LifeSeasons®
Supplements
Buy One Get One Free

The LifeSeasons' formulation team has over 150 years of combined experience in the natural product industry. With you in mind, we go to the pantry of nature to formulate the most thoughtful, synergistic and wise solutions for a specific condition that have validated, evidence-based ingredients. As we like to say at LifeSeasons... Nature Works. Science Proves It.



Buy one full size, get one trial size free.



Veriditas®
Good Samaritan
\$22⁹⁵ 5 ml



RenewLife®
Probiotic Gummies
\$15⁹⁹ 60 ct
Select Varieties



Bioray Kids
NDF Focus
\$15⁹⁹ 2 oz



U Cubes
Childrens Calcium D3 Gummies
\$14⁹⁹ 120 ct



Rainbow Light®

20% Off

Select Varieties



Natural Factors®
Higher Thoughts 3 Brains
\$22⁹⁵ 90 ct



MRM®
Neuro-Max II
\$19⁹⁹ 60 ct



Super Nutrition
Think Clearly
\$16⁴⁹ 30 ct



LifeExtension®
Advanced Bio-Curcumin
\$23⁹⁹ 30 ct



Clarks
InflaCalm
\$15⁹⁹ 60 ct



Nature's Way®
Boswellia
\$9⁹⁹ 60 ct

STAFF PICK



Mike Huseth: ChildLife First Defense has been our family "go to" for the little ones, especially going back to school to prevent getting sick. The formula stimulates the body's natural immune response and can be used daily.



ChildLife®
First Defense
\$16⁹⁵ 4 oz

BONUS BRAND BUYS

Deals on entire lines of products!

Excludes "Everyday Deal" items.

Om™ Organic Mushroom Nutrition

NATURAL VITALITY

SMARTY PANTS vitamins

THE ORIGINAL **PlantFusion**
nature's most complete plant protein

MINERAL FUSION™
NAIL POLISH

20% OFF

25% OFF

Hero
NUTRITIONALS®

KISS MY FACE



4 LOCATIONS TO SERVE YOU!

CHINO
12835 Mountain Ave.
(909) 993-9200



Josh Clark
Store Manager

LOMA LINDA
11235 Mountain View Ave.
(909) 478-7714



Rami Shahin
Store Manager

RANCHO MIRAGE
34175 Monterey Ave.
(760) 324-4626



Richard Garcia
Store Manager

RIVERSIDE
4225 Market St.
(951) 686-4757



Ben Kunkle
Store Manager



Natural Foods Market

How are we doing?

Customer comment line:

(951) 778-5017

email:

customerexperience@clarksnutrition.com

CLARK'S SPORTS NUTRITION



All Access



Ancient Nutrition
Keto Fire

\$49.95

180 ct

Ancient Nutrition
Keto Protein

\$44.95

520-555 gm
Select Varieties



Natures Way
MCT Oil

\$15.99

16 oz

PaleoPro
Recovery Powder

\$32.99

1.1 lb

