Our Family Serving Your Family Since 1972

Clark's NUTRITION® & Natural Foods Market

February 3 - March 2, 2019

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

INSIDE THIS AD!

- Aloe Vera Lecture
- Recipe previews from Fay Kazzi
  Easy-Peasy Reese's Bars
  Chocolate Fudge Cake
- New Demo Days!
- Featured Items
- Staff Picks
- Bonus Brand Buys
- More New Items!

Live Better We Can Help

www.clarksnutrition.com

Grocery

Larabar
Bars
10 for $10.00
1.6-1.7 oz
Select Varieties
must be purchased in quantities of 10 for discount

Truvia
All-Natural Sweetener Packets
$5.99
80 ct

Choice
Organic Tea
$3.79
16ct
Select Varieties

Featured Item

HANDMADE DRINKS FROM THE HEART OF THE COUNTRYSIDE

Belvoir Fruit Farms is nestled deep in the English countryside in the idyllic Vale of Belvoir. Making cordials for nearly 30 years, pressing fresh fruit and infusing flowers to mix with the famous Belvoir spring water in a wide range of flavours, more than 40 products, many of which have won multiple awards.

Belvoir Fruit Farms
Herbal Tonics
$1.49
8.4 oz
Select Varieties
+CRV

Sejoya
Cookies
$3.39
3 oz
Select Varieties

Grandy Oats
Organic Coconola
$6.99
9 oz
Select Varieties

PopChips
Nutter Puffs
$2.99
4 oz
Select Varieties

Natural Sea
Tuna
$2.89
5 oz
Select Varieties

Kicking Horse
Organic Coffee
$9.99
10 oz
Select Varieties

Love Grown
Cereal & Granola
$3.99
6.5-12 oz
Select Varieties

Bear Naked
Granola
$4.79
12 oz
Select Varieties

Udi's
Gluten Free Granola
$4.99
11-12 oz
Select Varieties

San J
Sauces
$2.99
10 oz
Select Varieties

Jeffs Natural Foods
Marinated Artichoke Hearts
$3.99
14.5 oz

Knudsen
Organic Acai Berry Juice
$5.99
32 oz
+CRV

My Brothers Salsa
Salsa
$4.99
11 oz
Select Varieties

Better Than
Bouillon
$4.49
8 oz
Select Varieties

Staff Pick

Dr Bronners Coconut Oil
When I look for a coconut oil, I want organic, raw, cold pressed, and unrefined. I also love how the company is socially responsible and helps over 1000 farmers and staff with fair wages, good working conditions, and agricultural training. All of these features still includes a high quality item at a low price.
-Cynthia

Dr Bronners
Coconut Oil
$8.99
14 oz
Select Varieties

Sunspire
Peanut Butter Chips
$5.49
10 oz

Grocery

Lesser Evil
Paleo Puffs
2 for $6
5 oz
Select Varieties
must be purchased in quantities of 2 for discount

Kettle
Chips
$1.99
4.2-5 oz
Select Varieties

Blue Diamond
Nut Thins
$2.49
4.25 oz
Select Varieties

Ozery Bakery
Brioche Bites
$2.99
11.4 oz

Lundberg
Rice Chips
$1.99
5.5-6 oz
Select Varieties

Siete
Tortilla Chips
$3.59
4 oz
Select Varieties

Forager
Vegetable Chips
$2.59
5 oz
Select Varieties

Jacksons Honest
Chips
$2.89
5 oz
Select Varieties

Easy-Peasy Reese's Bars

I absolutely LOVE peanut butter. Especially if it's all natural, smooth and slightly salty. I used to like Reese's peanut butter candy cups growing up, but when I understood how loaded with sugar and hydrogenated fat it was, I decided to stop eating them. But not to worry, I just had to learn how to make my own! And I made it easy to prepare, plant-based, immensely rich Reese's with no added processed sugar! This is basically peanut butter and coconut flour with dark vegan chocolate chips. You can even get sugar free chips and just add maple syrup to your desired sweetness. You literally cannot eat more than one, it's that rich and hits the spot beautifully! It's important to feel good when you're eating food that you love, and that's a part of the wholeness journey we are just now beginning to scratch the surface of. Cheers to the beauty of nutrient dense treats that are easy to make and wonderful to eat! Hurray!healthy and delicious food can offer, all in one little stunning bundle!

Photo: Fay Kazzi

Photo: Fay Kazzi

Chocolate Fudge Cake

This is one of those desserts that makes me so happy I could pass out. I was so surprised with how decadent and ridiculously rich this dessert could be with little to no oil added, no dairy, and half the sugar a fudge cake usually calls for. This cake also has almond flour incorporated into it, which is high in protein and vitamin E and A, which are important for skin and eyes. And all the fudginess created here was accomplished using the power of coconut milk and cream. Coconut milk is calorically dense, yes, but it has nutrients such as vitamin C, B-vitamins, iron, calcium, magnesium and phosphorous. As you might have guessed by now, I DO NOT count calories, and if your focused on a predominantly plant-based diet you shouldn't either. Plus, I've talked about how high-nutrient dense foods are so satisfying you only need a little of it, so you don't have to worry about going back for a second helping. This is one of those "You can have your cake and eat it too!" recipes, and I'm so grateful for it! -Fay

Pick up these recipe cards at any Clark's location

Join Our Team

Go to: Clark's Nutrition.com
(click the "employment" tab under "connect" menu)

CELL WELLBEING EPIGENETICS REPORT

RANCHO MIRAGE
Friday and Saturdays
9:00 am to 5:00 pm

Pricing
Live Blood Cell & Hair Reporting = $135.00
Live Cell Only = $45

LOMA LINDA
Tuesdays
9:30 am to 3:30 pm

Pricing
Hair Testing Only
= $115

Robin Clifton
is a licensed Phlebotomist and has worked as an Esthetician for 20 years. Robin has a BS degree in Holistic Nutrition.

Due to high demand we are not currently taking walk-ins

By Appointment Only: 949-439-8083
(you can call or text for appointments)

Frozen

Talenti
Gelato
$4.99
16 oz
Select Varieties

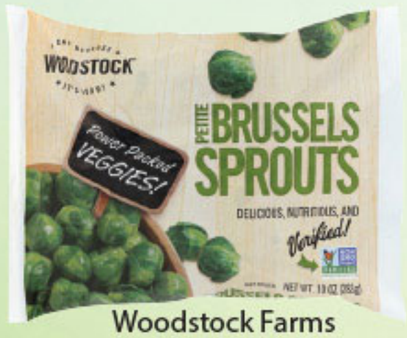
Coolhaus
Ice Cream
$4.99
16 oz
Select Varieties

Daiya
Pizza
$6.99
15.7-19.1 oz
Select Varieties

Daiya
Ice Cream Bars
$4.99
7.8 oz
Select Varieties

Udi's
Gluten Free Pizza
$6.99
10-10.1 oz
Select Varieties

Natural Sea
Multigrain Cod Fillets
$5.49
8 oz



Woodstock Farms
Vegetables
$2.19
10 oz
Select Varieties

Demo Days

Get a Taste!

Chino: Sundays 1-3 pm • Riverside: Tuesdays 1-3 pm
Loma Linda: Fridays 1-3 pm • Rancho Mirage: Fridays 1-3 pm

Inkos
Organic White Tea
$1.49
16 oz
Select Varieties
+CRV

Skinny Dipped
Almonds
$3.89
3.5 oz
Select Varieties

Barnana
Organic Plantain Chips
$3.99
5 oz
Select Varieties

We Hope You Love These New Items!

NEW ITEMS

Foodstirs
Baking Mixes
$4.69
13.9-20 oz
Select Varieties

Natures Answer
UT Answer with D-Mannose
$22.99
90 ct

Renewlife
Heartburn Stop Raspberry
$10.99
30 ct

Irwin Naturals
Tribulus Primal Male
$26.99
60 ct

Trace Minerals
Pre Workout Clean Raspberry Lemonade
$54.99
18.1 oz

REFRIGERATED & DAIRY

The Bu
Kombucha
$2.49
14 oz
Select Varieties
+CRV

Westsoy
5 Grain Tempeh
$1.99
8 oz

Chino Valley Eggs
Humane Harvest Eggs Large A
$2.99
12 ct

Petit Pot
Pot de Creme
$2.89
3.5 oz
Select Varieties

Good Culture
Cottage Cheese
$1.49
5.3 oz
Select Varieties

GTs Kombucha
Classic Kombucha
$2.49
16 oz
Select Varieties
+CRV

GTs Kombucha
Veggie Kefir
$3.49
8 oz
Select Varieties
+CRV

GTs Kombucha
Sparkling Cider
$2.49
16 oz
Select Varieties
+CRV

GTs Kombucha
Coco Kefir
$3.49
8 oz
Select Varieties
+CRV

Health Ade
Organic Kombucha
$2.99
16 oz
Select Varieties
+CRV

GTs Kombucha
Cocoyo Yogurt
$3.49
8 oz
Select Varieties

So Delicious
Coconut Milk
2 for $6
64 oz
Select Varieties
must be purchased in quantities of 2 for discount

So Delicious
Coconut Yogurt
2 for $3
5.3 oz
Select Varieties
must be purchased in quantities of 2 for discount

White Wave
Soy Yogurt
2 for $3
5.3 oz
Select Varieties
must be purchased in quantities of 2 for discount

Green Valley
Organic Lactose Free Yogurt
2 for $3
6 oz
Select Varieties
must be purchased in quantities of 2 for discount

Live Better

LECTURE SERIES

TOPIC:

"THE POWER OF ALOE VERA"

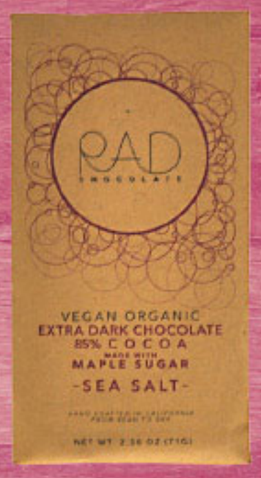
Feb 4th - 5:30 PM - Rancho Mirage • Feb 5th - 6 PM - Chino • Feb 6th - 6 PM - Loma Linda • Feb 7th - 6 PM - Riverside

Sign up with store cashiers • See in store flyer for lecture product offers.

Love Chocolate!

Justin's
Nut Butter Mini Cups
$4.99
4.7 oz
Select Varieties

Lilys Sweets
Bars
$2.99
2.8 oz
Select Varieties



Rad Chocolate
Organic Chocolate Bars
$3.79
2.5 oz
Select Varieties

Staff Pick

Chocolove's Valentine's Day Chocolate Bar. A unique feature about these bars is that they have mini poems on the back of their wrappers. This adds a personal touch to a simple Valentine's day gift. Plus, they have wonderful and enjoyable flavors.
-Charlene

Chocolove
Valentine's Special Dark Chocolate Cherry Bar
$2.99
3.2 oz

General • Health & Beauty

Featured Item

Since 1996, Preserve has made products that are good for both people and the planet. We transform yogurt cups into toothbrushes and take-out containers into tableware. As a pioneer in sustainable products, we found our roots in creating everyday household products from 100% recycled plastic. Dedicated to lowering society's impact on the environment, Preserve can now be your go-to for products both in and out of the home, and for multi- or single-use occasions, fitting the needs of every lifestyle.

Preserve
Triple Razor
$6.99
each

Seventh Generation
Chlorine Free Diapers
$11.99
20-36 ct
Select Varieties

Bulldog
Original Beard Oil
$7.49
1 oz

Reviva
Vitamin E Stick for Eyes & Lips
$2.99
4 gm

Seventh Generation
Chlorine Free Tampons
$5.99
16 ct
Select Varieties

Seaweed Bath Co.
Body Products
$9.99
6-12 oz
Select Varieties

How to Save More!

Look for these icons when shopping

Clark's plus PROGRAM

Become a Plus Program Member!

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

Contact us to purchase Script for your organization.

www.clarksnutrition.com

Supplements

Bluebonnet
Red Yeast Rice 600 Mg
$26.99
120 ct

Ancient Nutrition
Keto
$49.95
180 ct
Select Varieties

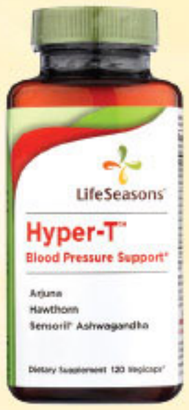
Featured Item

SUPPLEMENTS FOR THOSE WHO LOVE CHOCOLATE

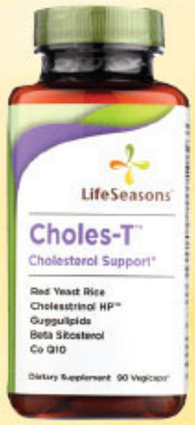
Chocolate is a whole food with natural healthful benefits. In chocolate, the sugar is combined with fat, which from a metabolic perspective, our bodies digest sugar more effectively when other nutrients such as fat or protein are present. Chocolate also contains proven health benefits like flavonoids and xanthines – compounds that are antioxidant as well as anti-inflammatory. Premium, high-quality, Fair-Trade dark and milk chocolate that is sourced responsibly.

Good Day Chocolate
20% Off
.99 oz

Natures Way
Hawthorn Berries
$10.99
180 ct



Life Seasons
BP Stabili T
$29.99
120 ct



Life Seasons
Choles T Support
$29.99
90 ct

Life Seasons
Circulari T
$22.99
90 ct

Irwin Naturals
CoQ10 Plus Heart Health
$26.99
60 ct

Now
Super Odorless Garlic
$19.99
180 ct

Michaels
Blood Pressure
$19.99
60 ct

Flora
Circu Vein
$24.99
60 ct

Staff Pick

Nordic Naturals Ulitmate Omega Lemon Omegas are great for heart and brain health. They are also great for hydrating our skin and joints. Nordic offers a fresh source of oils, and they have one of the best industry testing standards.
-Lorena

Nordic Naturals
Ultimate Omega Lemon
$24.99
60 ct

Natures Plus
Chocolate or Vanilla Keto Living Shake
$44.95
1.27-1.49 lb

NEW CLARK'S COUPONS • NEW CLARK'S COUPONS • NEW CLARK'S COUPONS • NEW CLARK'S COUPONS

$5 Off Garden of Life Keto Fit & Keto Meal tubs

Coupon must be relinquished at time of purchase.
Excludes Everyday Deals and Bonus Brand Buy offers.

One redemption
per household, per day.

Coupon expires March 2, 2019

50¢ Off Amy's Brand Soups

Coupon must be relinquished at time of purchase.
Excludes Everyday Deals and Bonus Brand Buy offers.

One redemption
per household, per day.

Coupon expires March 2, 2019

$2 off Vital Proteins

Coupon must be relinquished at time of purchase.
Excludes Everyday Deals and Bonus Brand Buy offers.

One redemption
per household, per day.

Coupon expires March 2, 2019

Free Kind Bar

Free Kind Brand Bar with the purchase of 4 Kind Bars

(Limit 2 free bars per customer)

Coupon must be relinquished at time of purchase.
Excludes Everyday Deals and Bonus Brand Buy offers.

One redemption
per household, per day.

Coupon expires March 2, 2019

$1 off Cadia Brand Chips

(limit 3 per customer)

Coupon must be relinquished at time of purchase.
Excludes Everyday Deals and Bonus Brand Buy offers.

One redemption
per household, per day.

Coupon expires March 2, 2019

BONUS BRAND BUYS

Deals on entire lines of products!

Excludes "Everyday Deal" items.

20% OFF

GOOD DAY™ CHOCOLATE

THE ORIGINAL PlantFusion
nature's most complete plant protein

25% OFF

Doctor's BEST®
Science-Based Nutrition™

4 LOCATIONS TO SERVE YOU!

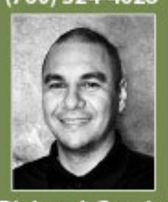
CHINO
12835 Mountain Ave.
(909) 993-9200

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

Clark's NUTRITION & Natural Foods Market

How are we doing?

Customer comment line:
(951) 778-5017

email:
www.clarksnutrition.com
customerexperience@clarksnutrition.com