

Family Owned & Operated since 1972



June 1-30, 2016

Live Better

We Can Help



# MEAL MAKERS



Nate's  
Classic  
Meatless  
Meatballs

**\$4<sup>59</sup>**  
10.5 oz.



Napa Valley Naturals  
Natural  
Grapeseed Oil

**\$7<sup>39</sup>**  
25.4 oz.  
selected varieties



Napa Valley Naturals  
Grand Reserve  
Balsamic Vinegar

**\$6<sup>99</sup>**  
12.7 oz.



Napa Valley Naturals  
Reserve Sherry  
Vinegar

**\$4<sup>99</sup>**  
12.7 oz.



Crown Prince  
Baby Clams

**\$2<sup>69</sup>**  
10 oz.



Crown Prince  
Yellow Fin Tuna  
in Olive Oil

**\$4<sup>99</sup>**  
5 oz.



Orca Bay Foods  
Wild Caught  
Flounder  
Fillets

**\$4<sup>99</sup>**  
10 oz.



Lotus Foods  
Organic  
Forbidden  
Rice

**\$3<sup>49</sup>**  
15 oz.



Annie's Homegrown  
Cheddar  
Mac & Cheese

**\$2<sup>79</sup>**  
4.02 oz.



Horizon Organics  
Organic  
Shredded  
Cheddar Cheese

**\$3<sup>99</sup>**  
6 oz.



Saffron Road  
Lemongrass  
Basil Chicken  
Meal

**\$3<sup>99</sup>**  
10 oz.



Follow Your Heart  
Barbecue  
Vegenaise

**\$3<sup>99</sup>**  
12 oz.



Lifeway  
**Chocolate  
Truffle Kefir**



**\$2<sup>99</sup>**

32 oz.

Chino Valley Eggs  
**Large Brown  
Omega-3 Eggs** **\$2<sup>99</sup>**  
12 ct.



Kerrygold  
**Unsalted Irish  
Butter Sticks**



**\$2<sup>99</sup>**

8 oz.

Alpine Valley  
**Organic Nine  
Grain Bread**



**\$2<sup>99</sup>**

18 oz.

Maple Hill  
**Organic Grass  
Fed Vanilla  
Yogurt**



**\$4<sup>59</sup>**

32 oz.

White Wave  
**Silk  
Unsweetened  
Almond Milk**



**\$3<sup>89</sup>**

64 oz.

White Wave  
**Silk Soy  
Creamer**



**\$1<sup>79</sup>**

16 oz.

Clarks Bulk Food  
**Hemp Seed**

**\$8<sup>99</sup>**

per lb.



Peace  
**Organic  
Coconut Chia  
Almond  
Cereal**



**\$3<sup>99</sup>**

11 oz.

Nature's Path  
**Organic  
Chocolate  
Love Crunch  
Granola**



**\$4<sup>29</sup>**

11.5 oz.

Bear Naked  
**Maple Pecan  
Granola**



**\$4<sup>99</sup>**

12 oz.

Manitoba Harvest  
**Hemp Heart  
Seeds**

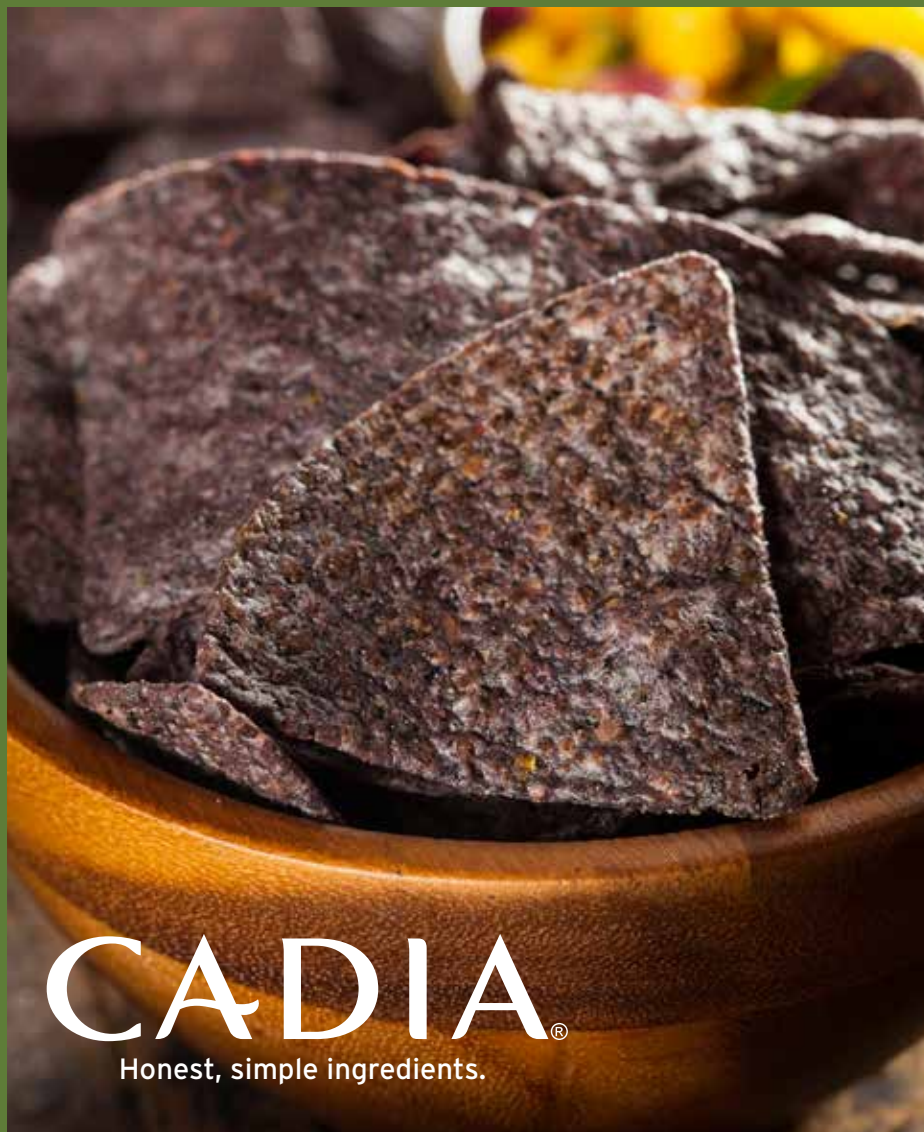


**\$2<sup>59</sup>**

2 oz.

BREAKFAST  
FAVORITES





Cadia  
Organic  
Blue Corn  
Tortilla Chips

**\$3<sup>19</sup>**

10 oz.



Cadia  
Cheddar  
Cheese  
Curls

**\$1<sup>99</sup>**

7 oz.



Cadia  
Organic Apricot  
Preserves

**\$3<sup>69</sup>**

11 oz.



Cadia  
Organic  
Mayonnaise

**\$4<sup>79</sup>**

16 oz.



Cadia  
Organic  
Ketchup

**\$3<sup>29</sup>**

24 oz.



Cadia  
Organic  
Classic Yellow  
Mustard

**\$1<sup>99</sup>**

9 oz.



Echo  
Water

**\$1<sup>59</sup>**  
+CRV

33.8 oz.



Penta  
Super Pro  
Water

**99¢**  
+CRV

16.9 oz.



Califia Farms  
Cocoa Noir  
Iced Coffee

**\$2<sup>29</sup>**  
+CRV

10.5 oz.



Califia Farms  
Mocha Iced  
Coffee

**\$4<sup>49</sup>**  
+CRV

48 oz.



Knudsen  
Organic Carrot  
Orange Juice

**\$3<sup>99</sup>**  
+CRV

32 oz.



Knudsen  
Organic Mango  
Nectar

**\$3<sup>99</sup>**  
+CRV

32 oz.



Santa Cruz  
Organic Orange  
Mango Juice

**\$3<sup>99</sup>**  
+CRV

32 oz.



Zenify  
Zero Sugar  
Stress Relief  
Drink

**\$1<sup>50</sup>**  
+CRV

12 oz.



Blue Diamond  
Artisan  
Sesame  
Nut Thins

**\$2<sup>99</sup>**  
4.25 oz.



Purely Decadent  
Chocolate Peanut  
Butter Swirl Frozen  
Dessert

**\$5<sup>99</sup>**  
16 oz.



Barbara's  
Baked Cheese  
Puffs

**\$2<sup>79</sup>**  
5.5 oz.



So Delicious  
No Sugar Added  
Chocolate Frozen  
Coconut  
Dessert

**\$5<sup>99</sup>**  
16 oz.



Barbara's  
Snickerdoodle  
Snackimals

**\$3<sup>99</sup>**  
7.5 oz.



So Delicious  
Cookies & Cream  
Frozen Almond  
Dessert

**\$4<sup>99</sup>**  
16 oz.



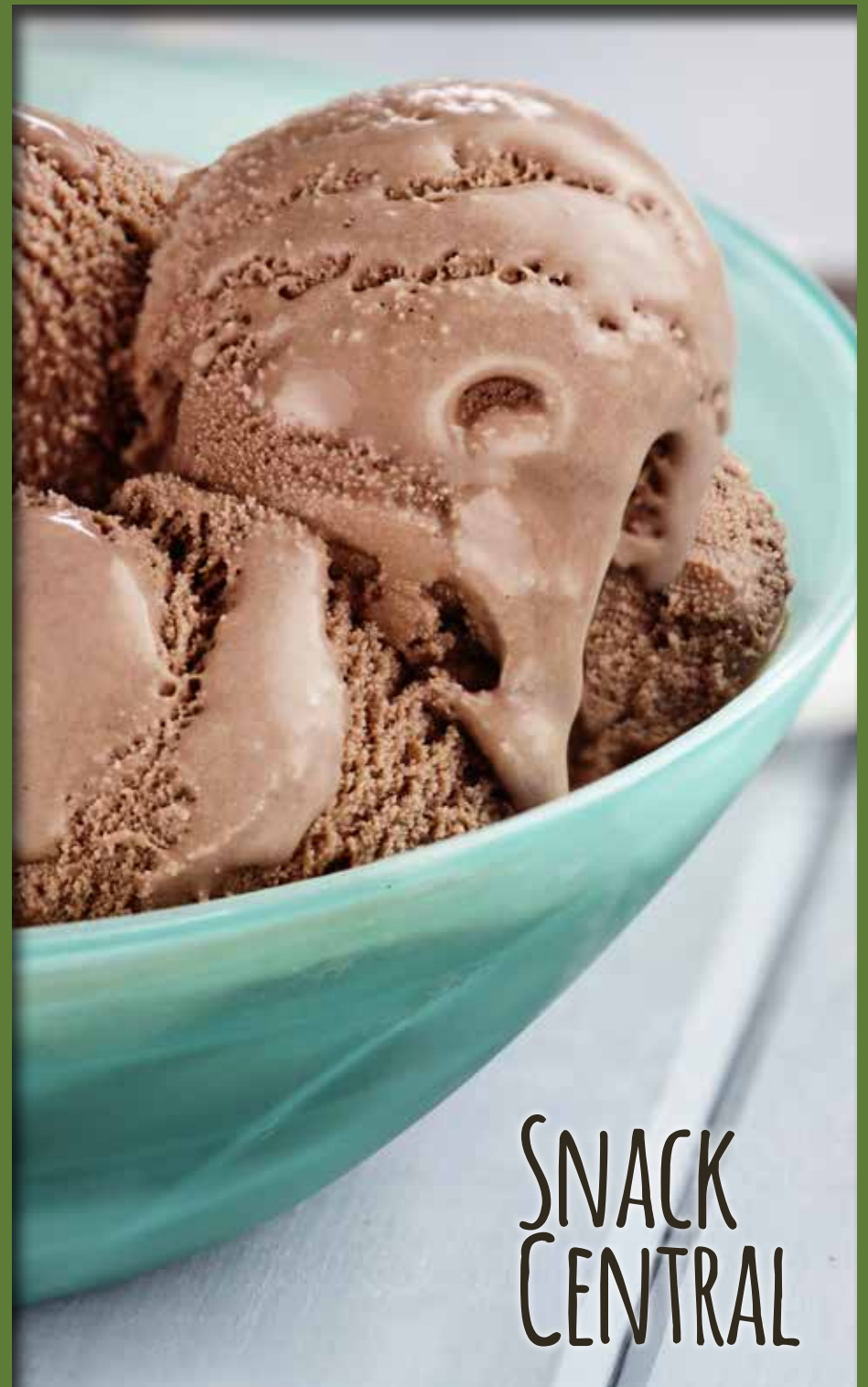
Nutiva  
Organic Coconut

**59¢**  
.5 oz.



Talenti  
Double Dark  
Chocolate  
Gelato

**\$7<sup>99</sup>**  
32 oz.



Look in-store for these tags and save even more!

**Clark's  
HOT DEAL**  
Get it Now!

**Clark's  
NEW ITEM**  
New Products

**Clark's  
LOCAL**  
Locally Grown

**Every Day  
Low Price**  
Special Pricing

**Clark's  
ORGANIC**  
Organic Product

**Clark's  
MONTHLY AD**  
Our Ad Price

Seventh Generation  
Natural  
Cleaners

**\$3<sup>49</sup>**

32 oz.  
selected varieties



MyChelle  
Unscented Sun  
Shield SPF28

**\$15<sup>99</sup>**

2.3 oz.



Rixx  
Herbal Healing  
Lotion

**\$3<sup>99</sup>**

2 oz.



Seventh Generation  
Hibiscus  
Cardamom  
Hand Wash

**\$2<sup>50</sup>**

12 oz.



Seventh Generation  
2ply Paper  
Towels

**\$3<sup>99</sup>**

2 pk.



Shea Moisture  
Men's Tea Tree  
After Shave

**\$6<sup>99</sup>**

4 oz.



Veriditas Botanicals  
Beard Oil Set

**\$19<sup>99</sup>**

1 ea.



Biokleen  
Laundry  
Liquid

**\$10<sup>49</sup>**

64 oz.



Shea Moisture  
Men's Utility  
Bar Soap

**\$3<sup>99</sup>**

5 oz.



UVO  
Orange Peach  
Sun Protection  
Supplement

**\$3<sup>99</sup>** +CRV

12 oz.



# Starkie's Picks



**AllAccess**  
CLARK'S SPORTS NUTRITION

Clark's Nutrition & Natural Foods Markets are recognized for their large selection of natural supplements and health & beauty products. Visit our stores for a wide variety of organic and non-GMO products, also organic produce at competitive prices.

Starkie Sowers, CN, Clark's Nutrition & Natural Foods Market Director of Education. Starkie has over 35 years experience in the health and fitness industry as a trainer, nutritional consultant, writer, and sought after speaker. He has also developed and oversees our 5 level in-house employee training classes. This training helps to distinguish Clark's as a leader in nutritional education with a knowledgeable staff that mean it when they say, "Live better...we can help."

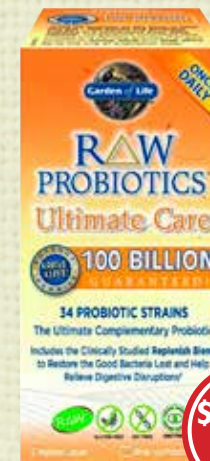
Irwin Naturals  
Prosta Strong



**\$20<sup>99</sup>**  
90 ct.

Starkie says,  
"Our everyday low price."

Garden of Life  
Raw Probiotic  
Ultimate Care



**\$32<sup>99</sup>**  
30 ct.

Starkie says,  
"A digestive gem."

MegaFood  
Multi Men's  
over 55



**\$27<sup>99</sup>**  
60 ct.

Starkie says,  
"For the older gentlemen."

American Health  
**Evening Primrose  
Twin Pak**

**\$9<sup>99</sup>**

50 ct.



Kal  
**Magnesium  
Glycinate  
400 Mg**

**\$12<sup>99</sup>**

90 ct.



Quantum  
**Super Lysine**

**\$15<sup>99</sup>**

180 ct.



Rainbow Light  
**Multi Vitamins  
Mens One**

**\$24<sup>99</sup>**

90 ct.



Irwin Naturals  
**Ripped Man  
Intense  
Metabolic Fuel**

**\$19<sup>99</sup>**

100 ct.



Irwin Naturals  
**Steel-Libido  
RED**

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

75 ct.



Irwin Naturals  
**Sunny Mood**

**\$22<sup>95</sup>**

75 ct.



Jarrow  
**HCACTIVE  
Garcinia**

**\$24<sup>99</sup>**

90 ct.



Natural Vitality  
**Natural Calm**

**\$17<sup>99</sup>**

8 oz.



Mega Foods  
**Daily Turmeric**

**\$15<sup>99</sup>**

2.08 oz.



Paradise Herbs  
**Resveratrol**

**\$9<sup>99</sup>**

60 ct.



Renew Life  
**Norwegian  
Gold Krill  
Omega**

**\$24<sup>99</sup>**

30 ct.



# Live Better

## Health Tip

### Immune Tune Up!

Written by: Craig "Deuce" Doussett MPH, RDN

Disclaimer: Clarks Nutrition is neither associated with nor profits from the above-linked pure-science project.

Experts agree that while we cannot completely eradicate the cold and flu season, we can lessen the severity and to some extent shorten the duration of colds that befall us. There are three main strategies to boosting the immune system and ensuring that we have prepared the best defense possible against being overly sick. The strategies are to eat well, exercise often, and to protect our mental health and happiness. While this is easily written, it is not easily accomplished, so here are the steps in each strategy that will make us confident that we are on our way to a healthier season.

Firstly, always make sure to get plenty of vitamin C in foods like oranges, strawberries, kiwis, and peppers as well as getting adequate zinc and vitamin D which are showing tremendous promise as immune system modulators. Foods high in zinc are,

- Dark Chocolate
- Pumpkin seeds
- Salmon
- Garlic
- Chickpeas (think hummus)

Foods high in vitamin D are,

- Fish
- Dairy
- Fortified foods such as cereals and orange juice
- Mushrooms

Here is an immune system boosting meal idea. Try baked salmon with sautéed mushrooms and sprinkle on a tablespoon of pumpkin seeds, serve with whole wheat pasta with garlic/tomato sauce, and for dessert, some strawberries with a 3 oz serving of dark chocolate (70% dark).



Next is physical activity, which in times of weather fluctuations can be hard to fit in. Try splitting up the activities into 3 separate blocks of 10 minutes throughout the day and consider your work space a place to stretch, squeeze, and flex muscles that are normally sedentary. Calf raises, crunches, and flexing muscles can be a great way to get the blood flowing and also try challenging coworkers to participate, this helps create an atmosphere of fun and health. Our immune system is dependent on motion and physical exertion to move lymph fluid through our bodies which is carrying valuable immune cells to their destinations. By keeping our immune cells mobile we can help ensure that our response to outside invaders is maximized.

A critical component of our immune system is our happiness and state of mental health. While it is true that laughter is the best medicine, it is people that engage in healthy pursuits that have the most to laugh about. Seek out people that are upbeat and have the same desire to be healthy and happy and continue to eat well and exercise often.

Lastly, being in a hurry is everyone's threat to a healthy immune system and incorporating multivitamins containing zinc, C, & D can be very beneficial to supporting immune health. Also, look for formulations prepared with mushroom and garlic extracts that have been used to boost the immune system in various cultures for thousands of years. These extracts are safe to use and have the added benefit of helping our bodies prepare to fight off a variety of attacks from germs. Try this three-pronged approach to boosting the immune system and have your best and healthiest year ever.

## 4 Inland Empire Locations

### CHINO

12835 Mountain Ave.  
Chino, CA 91710  
(909) 993-9200



**Josh Clark**  
Store Manager

### LOMA LINDA

11235 Mountain View Ave.  
Loma Linda, CA 92354  
(909) 478-7714



**Rami Shahin**  
Store Manager

### RANCHO MIRAGE

34175 Monterey Ave.  
Rancho Mirage, CA 92270  
(760) 324-4626



**Richard Garcia**  
Store Manager

### RIVERSIDE

4225 Market St.  
Riverside, CA 92501  
(951) 686-4757



**Ernie Blakeslee**  
Store Manager



Natural Foods Market



[www.clarksnutrition.com](http://www.clarksnutrition.com)

How are we doing?  
Customer comment line: (951) 778-5017