



HEALTHWAYS II

67-1185 Mamalahoa Hwy F-37
Kamuela, HI • 808-885-6775

No additional discounts on sale items. We reserve the right to limit quantities. No sales to dealers. Some quantities are limited.

PRICES GOOD 9/01- 9/27

SEPTEMBER SPECIALS



BULK
Organic
Beans
Garbanzo
Chickpea

\$3.29
LB



Bulk Seeds
Organic
Pumpkin
Seeds

\$7.19
LB

Wildwood
Organic Baked
Tofu
Teriyaki
7 OZ

\$4.99



Cascadian Farm
Organic Frozen
Blueberries
8 OZ

\$5.45



Cascadian Farm
Organic
Crinkle Cut
French Fries
16 OZ

\$5.85



Food For Life
Organic
Ezekiel 4:9
Bread
Sesame
24 OZ

\$7.65



Rudi's
Organic English
Muffins
Whole Grain Wheat
12 OZ

\$5.45

Rudi's
Organic Bread
Rocky Mountain
Sourdough
22 OZ

\$6.29



Rudi's
Organic White
Spelt Tortillas
12 OZ

\$6.55



Amy & Brian
Coconut Water
Original
17.5 FL OZ

\$2.75



Annie's Homegrown
Organic Macaroni
& Cheese
Grassfed Classic
Cheddar
6 OZ

\$3.99



Arrowhead Mills
Organic
Flour
Bread
5 LB

\$12.39

Arrowhead Mills
Pancake Mix
Multigrain
22 OZ

\$6.29



Bob's Red Mill
Bob's Bar
All Flavors
1.76 OZ

\$1.39



Larabar
Fruit & Nut
Bar
All Flavors
1.6 OZ

\$1.45

SAVE 10% ON NON-SALE ITEMS WITH PURCHASES OVER \$30 EVERYDAY

Maya Kaimal
Organic
Everyday Dal
Lentil, Butternut
Squash, Coconut
10 OZ



\$4.59

Numi Tea
Organic
Herbal Tea
Immune Support
16 BAG



\$6.89

Numi Tea
Organic
Herbal Tea
Rooibos Chai
18 BAG



\$6.89

Panda Licorice
Natural
Licorice
Soft Black
7 OZ



\$3.45

Panda Licorice
Natural Licorice
Soft Black
1.1 OZ



89¢

Primal Kitchen
Dipping Sauce
Avocado Lime
10 OZ



\$7.79

Stacy's Pita Chips
Bagel Chips
Simply Naked
7 OZ



\$3.45

Tate's Bake Shop
Gluten Free
Cookies
Chocolate Chip
7 OZ



\$5.95

Woodstock
Almonds
Thick Sliced & Raw
7.5 OZ



\$6.99

Woodstock
Organic
Prunes
Pitted
11 OZ



\$9.79

Woodstock
Whole X-
Large
Cashews
Roasted & Salt
6 OZ

\$7.79



Woodstock
Organic
Pinenuts
6 OZ

\$15.29



Hyland's
Baby Tiny Cold
Tablets
125 TAB



\$11.75

Prince Of Peace
Red Panax
Ginseng
Extractum
Ultra Strength
30/10 CC



\$15.89

Dr. Bronner's
Biodegradable
Cleaner
Sal Suds
32 FL OZ



\$14.15