

MARCH  
2016



DOWNLOAD THE APP  
FOR MORE THAN  
**\$100.00**  
IN EXCLUSIVE COUPONS!  
SEE PAGE 2 FOR DETAILS

# DEALS *of the* MONTH

Offers valid February 27-April 3



SATISFACTION *[Guaranteed]* IF YOU DON'T LIKE IT, BRING IT BACK.

# Well, HELLO SPRING

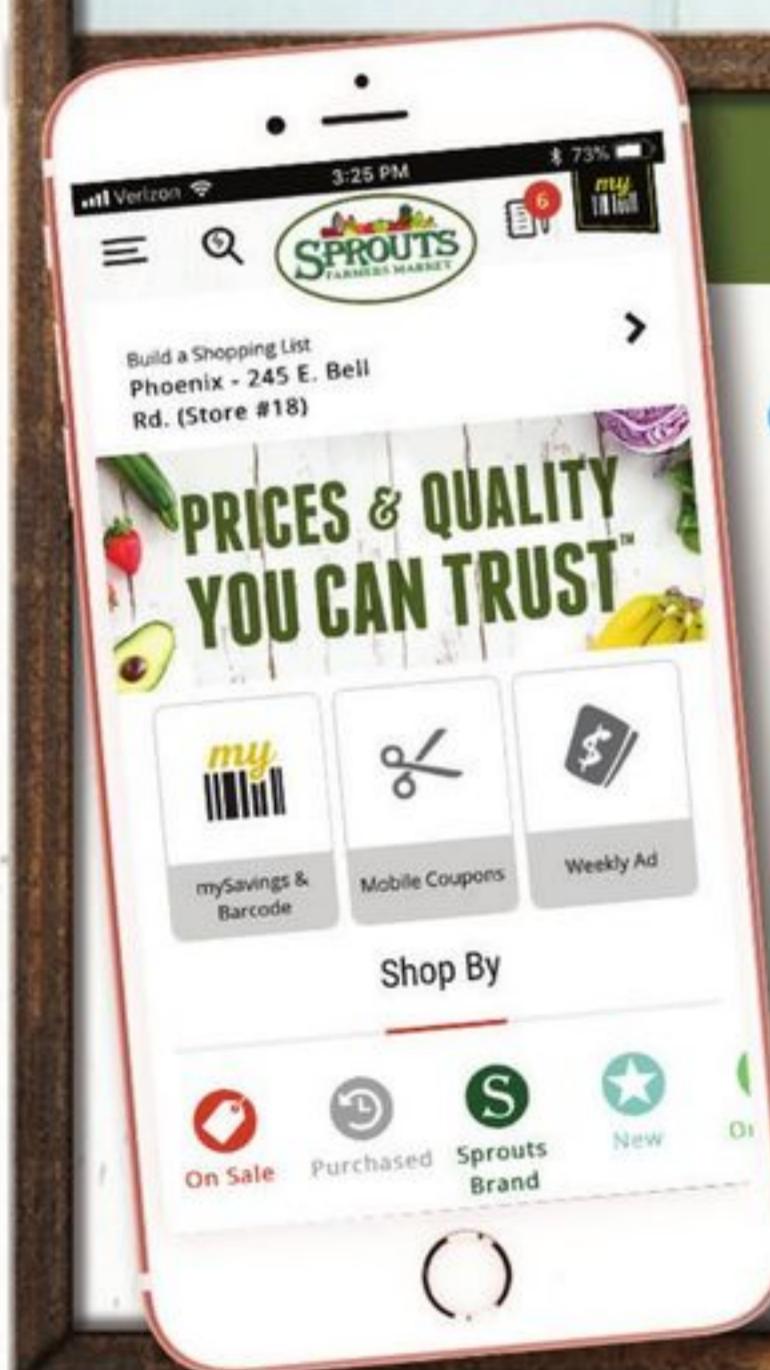
Delight in all of the wonders spring has to offer. And then, freshen up and get yourself in tip-top shape, *naturally!*



The sun may not be shining everywhere, but when you feel good—you glow! Get a healthy dose of vitamin D from fermented foods like kefir and yogurt which are not only good for your skin and gut, but support a strong immune and nervous system!

**DID YOU KNOW?**

Sauerkraut is rich in vitamin K2, which is vital to bone health. This vitamin activates two proteins whose purpose is to bind calcium, the main proponent of strong bones.



DOWNLOAD OUR APP AND GET THE LATEST DEALS, COUPONS, RECIPES AND MORE—right at your fingertips!

**DIGITAL COUPONS**



**Save \$1.00 on Hope Foods**  
When you buy any ONE (1) Hope Foods product  
(valid until 3/31)



**Buy ONE (1), Get ONE (1) CLIF Nut Butter or Fruit Smoothie Filled Bar**  
When you buy ONE (1) CLIF Nut Butter or Fruit Smoothie Filled Bar, get ONE (1) CLIF Nut Butter or Fruit Smoothie Filled Bar.  
(valid until 3/31)



**Save \$5.00 on Renew Life Ultimate Flora Probiotic or Organic Prebiotic, 60 ct.**  
When you buy any ONE (1) Renew Life Ultimate Flora Probiotic or Organic Prebiotic, 60 ct.  
(valid until 5/29)

**CHECKOUT Challenges**



**Unlock ONE (1) Genuine Health Fermented Vegan Proteins+ Bar**  
When you buy FOUR (4) Genuine Health Fermented Vegan Proteins+ Bars  
(valid until 4/30)



**Unlock ONE (1) Sambazon Superfruit Açaí Bites**  
When you buy THREE (3) Sambazon Superfruit Açaí Bites  
(valid until 4/30)

# SPRING CLEANING ISN'T JUST FOR YOUR FRIDGE OR GARAGE!

Give your digestive system a good cleaning with natural enzymes and fermented foods that will help flush toxins and keep your gut in good form!



## KIMCHI

A staple in Korea for centuries, kimchi traditionally features cabbage, chile powder, garlic and fragrant seasonings. It's perfect atop rice, hot soups and grilled meats.



## SAUERKRAUT

Not just for hot dogs! Sauerkraut has a distinctive sour bite to it because of the cabbage's natural sugars that react to lactic acid during fermentation. With so many new varieties, you can dress up salads, burgers and antipasto platters with this healthfully delicious add-on.



## *Do your gut some good!*

Start with fresh to feel your best and load up on these produce picks packed with prebiotics, fiber and inulin:



**Asparagus**



**Banana**



**Kale**



**Garlic**



**Broccoli**



**Jicama**

# Go on... Try something new!

NEW



**Honest Kids  
Organic Juice**

Select varieties, 8 pk., 6.75 fl. oz.

**2 for \$7**



**Larabar Kid  
Brownies**

Select varieties, 6 pk.

**\$4.99  
ea.**



**Primal Kitchen  
Organic BBQ or  
Steak Sauce**

Select varieties, 8.5 fl. oz.

**\$3.99  
ea.**



**Safe Catch  
Tuna or Salmon**

Select varieties, 2.6-3 oz.

**2 for \$6**



**Marion's Kitchen  
Asian Sauce**

Select varieties, 14 oz.

**\$3.99  
ea.**



**Loma Linda Blue  
Tuno**

Select varieties, 5 oz.

**3 for \$5**



**Lotus Foods  
Rice Ramen  
Noodle Soup**

Select varieties, 2 oz.

**2 for \$4**



**Leaner Creamer  
Powdered Creamer**

Select varieties, 9.87 oz.

**\$7.99  
ea.**



**Wild Planet  
Skinless & Boneless  
Sardines**

Select varieties, 4.25 oz.

**2 for \$6**



**Blue Diamond  
Grab & Go Nut-Thins**

Select varieties, 2 oz.

**2 for \$3**



**Wholesome  
Organic Brittle Thins**

Select varieties, 3.5 oz.

**\$3.99  
ea.**



**Sejoyia  
Coco-Thins**

Select varieties, 3.5 oz.

**2 for \$6**



**JonnyPops  
Frozen Bars**

Select varieties, 3 ct.

**\$4.99  
ea.**



**Caulipower  
Frozen Sweet  
Potatoasts**

Select varieties, 16 oz.

**\$5.49  
ea.**



**Spinato's  
Frozen Broccoli  
Crust Pizza**

Select varieties, 11.2-14 oz.

**\$7.99  
ea.**



**Kitu  
Super Creamer with  
Protein and MCT Oil**

Select varieties, 25.4 fl. oz.

**\$4.99  
ea.**



**Nancy's  
Probiotic  
Oatmilk Yogurt**

Select varieties, 6 oz.

**2 for \$3**



**Forager Project  
Organic Dairy-Free  
Half & Half**

16 fl. oz.

**\$4.99  
ea.**



**Know Brainer  
Ketogenic Creamer**

Select varieties, 16 fl. oz.

**\$5.99  
ea.**



**Evolution Fresh  
Organic Kombucha**

**\$2.99  
ea.  
+CRV in CA**

# Healthy discoveries in every aisle!

NEW



**Herb Pharm  
Herbs**  
Select varieties, 1 fl. oz.

**20%  
off**  
regular retail

**Host Defense  
Mushroom  
Mycelium Powder**  
Select varieties, 3.5 oz.

**20%  
off**  
regular retail



**Himalaya  
Bitter Melon or Stress Care**  
30 or 60 caps

**20%  
off**  
regular retail



**Sprouts  
Herbs**  
Select varieties, 60 or 90 v-caps

**25%  
off**  
regular retail



**Natrilia  
Happy Little Bodies  
Eczema Body Care**  
Select varieties and sizes

**20%  
off**  
regular retail



**Babo Botanicals**  
All Items

**20%  
off**  
regular retail



**Earth Science  
Ceramedx Lotion**  
Select varieties and sizes

**25%  
off**  
regular retail



**Crystal  
Invisible Solid  
Stick Deodorant**  
Select varieties, 2.5 oz.

**\$4.99  
ea.**

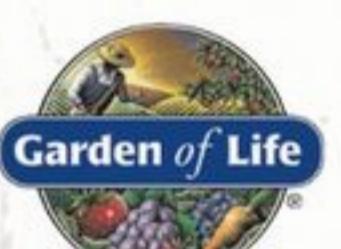


**All Good  
Deodorant**  
Select varieties, 2.5 oz.

**\$7.49  
ea.**

## GARDEN OF LIFE GRASS-FED COLLAGEN BEAUTY

The most abundant protein in our body, collagen is essential for healthy hair, strong nails, skin elasticity and joint mobility. As we age, our body's natural production of collagen declines. This two-in-one product provides highly absorbable, grass-fed collagen peptides, plus probiotics for digestive support.\*



**Garden of Life  
Collagen Beauty**  
Select varieties, 9.52 oz.

**25%  
off**  
regular retail

# Beauty & Body Care ... YOU'RE A NATURAL!

## Health & Beauty



**Nubian Heritage**  
All Items

**20% off**  
regular retail

All Items

**LINE DRIVE SAVINGS**  
All Items  
**20% off**  
regular retail



**Shikai**  
All Items



**Giovanni**  
All Items

**25% off**  
regular retail

All Items

**LINE DRIVE SAVINGS**  
All Items  
**20% off**  
regular retail



**Derma E**  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**25% off**  
regular retail



**Reviva**  
All Items

**20% off**  
regular retail



**Tea Tree Therapy**  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**20% off**  
regular retail



**South of France**  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**25% off**  
regular retail



**Pacifica**  
All Items

**LINE DRIVE SAVINGS**  
All Items  
**20% off**  
regular retail



**Naturtint**  
All Items

**BUY 1, GET 1 50% OFF**  
regular retail  
of equal or lesser value

## EO DEODORANT *Detox & Go Natural*

Give your body a break from synthetic scents and toxic, pore-clogging ingredients with EO deodorant spray. It can take 30 days for your body to detox when transitioning to a natural deodorant—keep a backup plan with EO deodorant wipes to keep you feeling fresh on the go.



**LINE DRIVE SAVINGS**  
All Items  
**20% off**  
regular retail



**Jason  
Hair Care**  
Select varieties and sizes

**25%  
off**  
regular retail



**Alba Botanica  
Facial Care**  
Select varieties and sizes

**25%  
off**  
regular retail



**Nature's Gate  
Toothpaste**  
Select varieties, 5-6 oz.

**25%  
off**  
regular retail



**Avalon Organics  
Facial Care**  
Select varieties and sizes

**25%  
off**  
regular retail



**Acure  
Body Lotion**  
Select varieties, 8 fl. oz.

**BUY 1, GET 1  
FREE**  
of equal or lesser value



**Andalou Naturals  
Hair Care**  
Select varieties, 5.8-11.5 fl. oz.

**BUY 1, GET 1  
FREE**



**Dr. Bronner's  
Organic Hair or Body Care**  
Select varieties, 6-24 fl. oz.

**25%  
off**  
regular retail

## Organic Scalp Oil

This spring, incorporate more organic self-care into your daily regimen with this hair and scalp oil.

### INGREDIENTS:

- 1 oz. Aura Cacia Organic Shea Nut Skin Care Oil
- 1 oz. Aura Cacia Organic Argan Oil
- 12 drops Aura Cacia Organic Rosemary Verbenone Essential Oil
- 12 drops Aura Cacia Organic Lavender Essential Oil
- 2-oz. Aura Cacia Amber Bottle

### DIRECTIONS:

1. In bottle, measure ingredients, replace cap and shake until well-blended.
2. To use, massage ½–1 teaspoon into scalp with fingertips and brush throughout hair.
3. Follow with a regular shampooing as desired.



**Aura Cacia®**  
pure aromatherapy

**Aura Cacia  
Recipe items**  
Select varieties,  
.25-4 fl. oz.



**25%  
off**  
regular retail

ENJOY OUR BRANDS  
only at  
**SPROUTS**  
FARMERS MARKET

# YOUR HEALTHY GUT GUIDE from Sprouts Brand



## GREEK YOGURT

Help maintain the healthy balance of good bacteria in your stomach with Sprouts Plain Greek Yogurt. It's incredibly versatile and can be used to make dips, spreads or simply enjoyed by itself.

32 oz., \$4.49 ea.



## ORGANIC KOMBUCHA

This sparkling, fermented drink features cultures of healthy bacteria and yeast that are good for your gut. Our Sprouts Brand Kombucha is made with premium organic ingredients.

14 fl. oz., \$2.49 ea. +CRV in CA | Everyday low price



NET WT. 32 OZ (2 LB) 907g



## ORGANIC BONE BROTH

Bone broth is a good source of gelatin, which can promote good intestinal health.

Packing 9 grams of protein per serving, you can enjoy our Sprouts Brand Bone Broths in your favorite stews or sip a warm cup on its own for a nutritious snack.

32 oz., \$4.49 ea. | Everyday low price



## ORGANIC APPLE CIDER VINEGAR

Our raw, unfiltered and unpasteurized apple cider vinegar includes the mother and is made from 100% U.S.A. organic apples. Add a tablespoon to a glass of water or create a tonic with lemon juice, cayenne pepper and a touch of honey to support a healthy gut.

32 fl. oz., \$5.49 ea.



Sprouts Brand

# Bulk Foods

COFFEE • RICE • BEANS • PEAS • TRAIL MIX • CANDY • NUTS • SEEDS  
 GRANOLA • GRAINS • DRIED FRUIT • HONEY • NUT BUTTERS • SPICES

Bulk



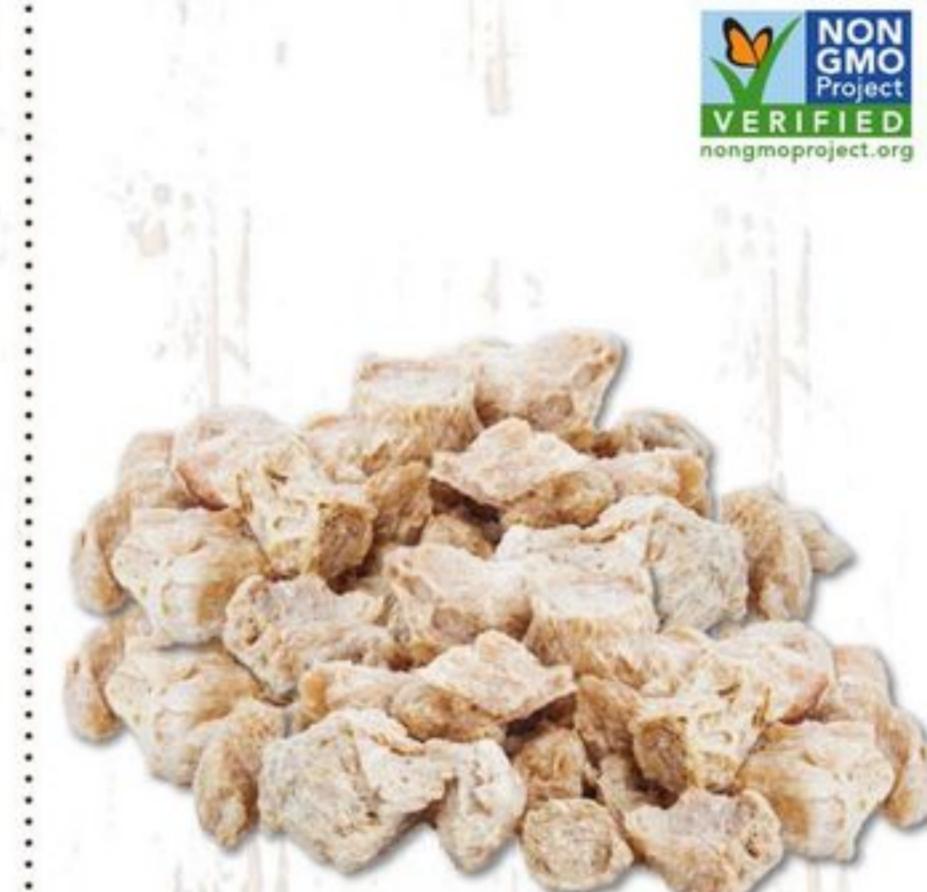
Farina **89¢**  
lb.



White Jasmine Rice **\$1.39**  
lb.



Organic  
Coconut Flour **\$2.49**  
lb.



Texturized  
Vegetable Protein **\$2.49**  
lb.



Organic Sweetened  
Banana Chips **\$3.49**  
lb.



Organic Joshua Tree  
Trail Mix **\$4.99**  
lb.



Dark Chocolate  
Cranberries **\$4.99**  
lb.



Dark Chocolate  
Espresso Beans **\$5.49**  
lb.



Roasted Salted Okra or  
Veggie Chips **\$7.99**  
lb.



Hazelnuts **\$9.99**  
lb.

## FLAXSEED

Loaded with omega-3s, magnesium and iron, these tiny powerhouses contain ample amounts of dietary fiber, which is necessary for proper digestion.

### Four easy ways to incorporate them:

- ✓ Grind them up to release the benefits
- ✓ Use as an egg substitute in baked goods
- ✓ Sprinkle over salad, cottage cheese or yogurt
- ✓ Cook into meatloaf or casseroles



# TRUST YOUR (HEALTHY) GUT

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## with these easy-to-incorporate gut-friendly items

### GOODBELLY PROBIOTIC SHOTS

Dairy-free and full of fruit, GoodBelly Probiotics offer essential vitamins and calcium to keep your system strong throughout the day.



### ETHAN'S APPLE CIDER VINEGAR SHOT

These safe, organic, nutritious—and, of course, delicious—shots give you a daily dose of health for immunity, digestion and antioxidant support.



### LIVE SODA

Raw apple cider and coconut vinegars are lovingly combined with real fruit juice to provide gut-balancing bacteria so you feel refreshed in no time.



### BONAFIDE PROVISIONS BONE BROTH

Made with the freshest, most natural ingredients, Bonafide Provisions packs some serious gut-healing power with its collagen-rich, immune-boosting properties.

# Grocery Essentials



CEREAL • CONDIMENTS • PASTA • BABY • PANTRY  
SNACKS • SOUP • PET • SAUCE • CLEANING SUPPLIES



Drew's  
Organic Salsa  
Select varieties, 12 oz.  
**2 for \$6**



thinkThin  
Plant Based  
Protein Bar  
Select varieties, 1.94 oz.  
**BUY 1, GET 1 FREE**  
Save up to \$1.99



Late July  
Organic  
Tortilla Chips  
Select varieties, 11 oz.  
**\$3.49 ea.**



Tate's Bake Shop  
Cookies  
Select varieties, 7 oz.  
**\$4.49  
ea.**



Late July  
Cantina Salsa  
Select varieties, 15.5 oz.  
**\$3.99  
ea.**



Nugo  
Dark Chocolate  
Nutrition Bars  
Select varieties, 1.76 oz.  
**4 for \$5**



Rip Van Wafels  
European Snacks  
Select varieties, 1.16 oz.  
**99¢ ea.**



Chocolove  
Chocolate Cups  
Select varieties, 1.2 oz.  
**3 for \$5**



Glee  
Gum  
Select varieties, 16 ct.  
**99¢  
ea.**



Bobo's  
Bites  
Select varieties, 5 pk.  
**\$3.99  
ea.**



Peeled Snacks  
Organic Peas Please  
Select varieties, 3.3 oz.  
**3 for \$5**



Creative Snacks Co.  
Snack Mix  
Select varieties, 2.75-3.5 oz.  
**2 for \$4**



Popcorners  
Popped-Corn Snack  
Select varieties, 7 oz.  
**2 for \$5**



Crunch-a Mame  
Organic  
Edamame Puffs  
Select varieties, 3.5 oz.  
**2 for \$5**



Dang  
Coconut Chips  
Select varieties, 3.17 oz.  
**2 for \$5**



BIENA  
Chickpea Snacks  
Select varieties, 3.15-5 oz.  
**2 for \$5**



PAQUI  
Tortilla Chips  
Select varieties, 5.5 oz.  
**2 for \$6**



Element  
Organic Dipped  
Rice Cakes  
Select varieties, 3.5 oz.  
**2 for \$7**



Good Health  
Veggie Stix or  
Straws  
Select varieties, 6.75 oz.  
**\$3.49  
ea.**



Blue Diamond  
Gourmet Almonds  
Select varieties, 5 oz.  
**\$3.99  
ea.**



**thinkThin  
Protein Bars**  
Select varieties, 1.41 or 2.1 oz. **2 for \$3**



**Eternal  
Alkaline  
Spring Water**  
1 ltr. **2 for \$3**  
+CRV in CA



**Cobram Estate  
Extra Virgin  
Olive Oil**  
Select varieties, 12.7 fl. oz. **BUY 1, GET 1 FREE**  
Save up to \$11.99



**Essence  
Alkaline Water**  
1 gal. **\$3.99**  
ea. +CRV in CA



**Farmer's Market  
Organic Puree**  
Select varieties, 15 oz. **2 for \$5**



**Back to Nature  
Crackers**  
Select varieties, 5.5-8.5 oz. **\$3.29**  
ea.



**Delallo  
Semolina Pasta**  
Select varieties, 16 oz. **\$2.49**  
ea.



**Flow  
Organic Flavored  
Spring Water**  
Select varieties, 16.9 fl. oz. **99¢**  
ea.



**Mia's Kitchen  
Pasta Sauce**  
Select varieties, 25.5 oz. **\$4.99**  
ea.



**Looza  
Juice**  
Select varieties, 33.8 fl. oz. **\$3.99**  
ea. +CRV in CA



**Napa Valley  
Heirloom Tomato Co.  
Organic Pasta Sauce**  
Select varieties, 24 oz. **\$4.99**  
ea.



**Ethan's  
Organic Apple Cider  
Vinegar Shots**  
Select varieties, 2 oz. **2 for \$5**



**David's  
Unforgettables  
Balsamic Sauce or  
Dressing**  
Select varieties, 12 fl. oz. **\$3.99**  
ea.



**Annie Chun's**  
All Items **25% off**  
regular retail



**Dr. Bronner's  
Organic Coconut Oil**  
Select varieties, 14 fl. oz. **\$7.99**  
ea.



**Spectrum  
Organic Extra Virgin  
Olive Oil**  
25.4 fl. oz. **\$9.99**  
ea. **VALUE SIZE!**



**Wize Monkey  
Coffee Leaf Tea**  
Select varieties, 15 ct. **\$9.99**  
ea.



**Earth Balance  
Trail Mix  
Blend Spreads**  
Select varieties, 16 oz. **\$4.99**  
ea.



**Carrington  
Farms  
Organic  
Grass-Fed Ghee**  
12 fl. oz. **\$11.99**  
ea.



**California Olive Ranch  
Extra Virgin  
Olive Oil**  
47.3 fl. oz. **\$19.99**  
ea. **VALUE SIZE!**

# Dairy

AND NON-DAIRY TOO!



MILK • TOFU • COTTAGE CHEESE • JUICE • BUTTER • CREAM CHEESE • KOMBUCHA  
GREEK YOGURT • WHIPPING CREAM • KEFIR • ALMONDMILK • EGGS • TEMPEH



**Daily Greens**  
**Cold-Pressed Juice**

**2 for \$7**  
+CRV in CA

Select varieties, 12 fl. oz.



**Daiya Dairy-Free**  
**Yogurt Alternative**  
with Coconut Cream

Select varieties, 5.3 oz.

**2 for \$3**



**Happy Egg Co.**  
**Heritage Breed Eggs**

Large, blue and brown, grade A, doz.

**\$6.99**  
ea.



**Horizon Organic**  
**DHA Omega-3 Milk**

Select varieties, 64 fl. oz.



**\$4.99**  
ea.



**Silk**  
**Almond Creamer**

**\$4.99**  
ea.

Select varieties, 32 fl. oz.



**Suja**  
**Organic Juice**

Select varieties, 12 fl. oz.

**\$2.99**  
+CRV in CA



**Sweet Earth**  
**Seitan**

Select varieties, 5.5-8 oz.

**\$3.49**  
ea.



**Wallaby Organic**  
**Whole Milk Yogurt**

Select varieties, 32 oz.



**\$3.99**  
ea.



**Rau Chocolate**  
**Cacao Superfood Drink**

**\$2.99**  
ea.  
+CRV in CA

Select varieties, 12 fl. oz.



**Evolution Fresh**  
**Juice or Smoothies**

Select varieties, 11-15.2 fl. oz.



**Mamma Chia**  
**Organic Chia Beverage**

Select varieties, 10 fl. oz.



**2 for \$5**  
+CRV in CA

# Frozen Foods

VEGETABLES • GELATO • TOFU • PIZZA • WAFFLES • FRUIT • ICE CREAM • BURRITOS  
POPSICLES • WAFFLES • GLUTEN FREE BREAD • SMOOTHIE MIX • MEALS • SIDES



Tres Pupusas or Cheating Gourmet Shrimp & Rice Bowls **\$3.99**  
Select varieties, 8-10 oz.



Tillamook Ice Cream or Waffle Cone Sandwiches **\$3.99**  
Select varieties, 14-56 fl. oz.



Hilary's Eat Well Bites or Wyman's Wild Blueberries **\$4.49**  
Select varieties, 12-15 oz.



Tillamook Ice Cream, Gelato or Custard **\$4.49**  
Select varieties, 15.5 fl. oz.



Ian's Chicken Nuggets or Fish Sticks **\$7.99**  
Select varieties, 14-20 oz.



Brazi Bites Brazilian Cheese Bread **\$4.99**  
Select varieties, 11.5 oz.



Seapoint Farms Organic Edamame or Glutenfreeda Gluten-Free Burritos **\$2.99**  
Select varieties, 4-12 oz.



Rising Moon Organic Pasta **2 for \$7**  
Select varieties, 8 oz.



Mikey's Gluten Free **25% off**  
regular retail  
All Items



Birch Benders Toaster Waffles **\$3.99**  
Select varieties, 6 ct.

## YUMMY® CHICKEN NUGGETS & TENDERS A Mealtime Favorite

You'll love Yummy® chicken tenders and nuggets because they're all-natural, minimally processed, and are free from antibiotics, artificial ingredients and preservatives. Your kids will love them because they're delicious, savory and come in seven shapes of dino fun!



Yummy Chicken Breast Nuggets or Tenders  
Select varieties, 21-24.5 oz.

**\$5.99**  
ea.

Frozen

# ..... *The* BUTCHER SHOP AT SPROUTS™ .....

ENJOY A GUINNESS  
this St. Patrick's Day



## All-Natural 100% GRASS-FED BEEF

Raised in the U.S. in  
nutrient-rich, open pastures,  
our 100% grass-fed beef is  
juicy and tender with  
great-tasting flavor.



Always Fresh,  
Never Frozen

Hormone-free

Never administered  
antibiotics

Butcher Shop



USDA  
ORGANIC

Organic Prairie Grass-Fed  
85% Lean Ground Beef

Raised without hormones or antibiotics, frozen, 16 oz.

20%  
off  
regular retail



Jennie-O  
Turkey Burgers  
Frozen, select varieties, 6 ct.

20%  
off  
regular retail



True Story Organic  
Chicken Sausages or Hot Dogs  
Select varieties, prepackaged, 10 oz.

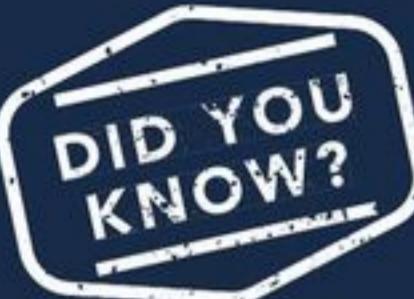
\$5.99  
ea.

..... *The*  
**BUTCHER  
SHOP**  
AT SPROUTS™

UNBEATABLE SERVICE, QUALITY & SAVINGS. EVERY TIME.

# ~~~ The FISH MARKET AT SPROUTS ~~

## RESPONSIBLY SOURCED Seafood



Our seafood is sourced from fisheries committed to preserving the health of our oceans and fishery-dependent communities.



### PHILLY SEAFOOD TEXAS SHRIMP

Members of the Sustainable Fisheries Partnership, Philly Seafood harvests wild shrimp using techniques to limit bycatch, protecting sea turtles and other sea life.



 <b>Wild North Atlantic Jumbo Sea Scallops</b> U-15, previously frozen	<b>\$12.99</b> lb. <b>WILD CAUGHT FAVORITES</b>	 <b>Wild Alaskan Cod Fillets</b> Previously frozen	<b>\$8.99</b> lb. <b>WILD CAUGHT FAVORITES</b>	 <b>Colossal Raw Peeled and Deveined Shrimp</b> 16/20 ct. Farm-raised, previously frozen	<b>\$9.99</b> lb. <b>Fish Market</b>
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*Seafood for the Season!*

~~~ The ~~  
**FISH  
MARKET**  
AT SPROUTS™

## KERRYGOLD CHEESE

Made with Milk from Grass-fed Cows

Kerrygold cows spend 10 months of the year grazing beautiful Irish pastures. Not only do greener pastures make for happier cows, it's better for you! Cheese made from grass-fed milk is higher in omega-3 fatty acids and conjugated linoleic acid.



**Kerrygold  
Cheese**  
Imported  
from Ireland,  
select varieties,  
7 oz.

**\$4.99  
ea.**



**Corned Beef**  
Sliced and prepackaged  
for your convenience.

**\$8.99  
lb.**



**Bulk Cut Domestic  
Swiss Cheese**

**\$4.99  
lb.**



**Bubbies Pickles  
or Sauerkraut**  
Select varieties, 25-33 fl. oz.

**\$6.99  
ea.**



**Organic Valley Cheese Slices  
Select varieties, 6-8 oz.**

**USDA  
ORGANIC**



**Saverne Natural Raw Kraut  
Select varieties, 16 oz.**

**\$3.99  
ea.**



**Asturi Bruschettini  
Select varieties, 4.23 oz.**

**\$2.99  
ea.**  
Everyday low price



**The Laughing Cow  
Cheese Wedges  
Select varieties, 8 ct.**

**2 for \$6**



**Market Corner™ Crisps  
Select varieties, 4 oz.**

**\$4.99  
ea.**  
Everyday low price



## IZZIO'S GERMAN STYLE Rye Bread

Each loaf of Izzio's German Style Rye Bread is handmade in small batches using extended fermentation and ancient baking techniques. This tasty, nutrient-dense bread is easily digestible and supports good gut health.



**Sprouts**  
**Hamburger or Hot Dog Buns**  
Select varieties, 6-8 ct. **\$2.99** ea.



**Turnovers or Strudel Bites**  
Select varieties, 4-18 ct. **\$2.99** ea.



**Sprouts Tortillas**  
Select varieties, 8 ct. **\$1.99** ea.



**Cookie Clusters or  
No Bake Cookies**  
Select varieties, 5.5-13.5 oz. **\$3.99** ea.

## Irish Soda Bread

Celebrate this St. Patrick's Day with delicious, freshly baked Irish soda bread from our bakery. Made from a traditional Irish recipe of simple ingredients, it's soda bread like it was meant to be. Serve it warm and sliced to dip in a hearty beef stew.





# 4 ESSENTIAL SUPPLEMENTS FOR HEALTHIER LIVING

## MULTIVITAMINS



**MegaFood  
One Daily**  
All Items

**MegaFood®**  
*Fresh From Farm To Tablet™*

**20% off**  
regular retail

## OMEGA-RICH OILS



**WILEY'S FINEST™**

**Wiley's Finest  
Fish Oil**  
All Items

**20% off**  
regular retail

## PROBIOTICS



**FLORA**

**Flora  
Udo's Choice Probiotics**  
Select varieties and sizes

**20% off**  
regular retail

## SUPERFOODS



**Amazing Grass®**

**Amazing Grass  
Superfood**  
All Items

**20% off**  
regular retail

# DIGESTIVE HEALTH AND PROBIOTICS



**Solaray Probiotics**  
Select varieties, 30-100 v-caps

**25% off**  
regular retail



**Jarrow Formulas Probiotics**  
Select varieties and sizes

**25% off**  
regular retail



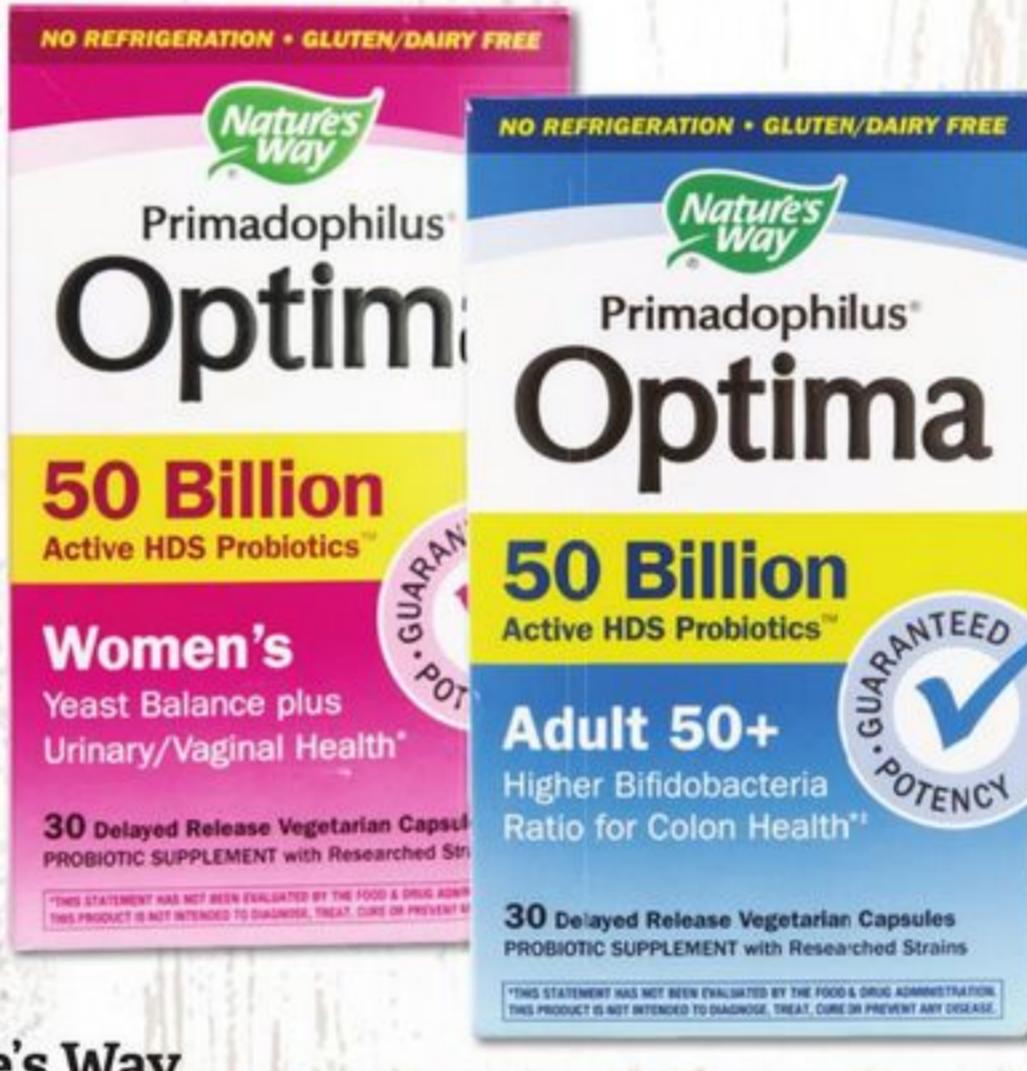
**Nutrition Now PB8**  
Select varieties, 60 or 120 caps

**25% off**  
regular retail



**Source Naturals Essential Enzymes**  
Select varieties, 60-240 v-caps

**20% off**  
regular retail



**Nature's Way Primadophilus**  
Select varieties and sizes

**20% off**  
regular retail



**Renew Life Ultimate Flora**  
Select varieties and sizes

**20% off**  
regular retail

## ENZYMEDICA

Promote a Blissful Belly

As we age, our bodies produce fewer of the digestive enzymes necessary for breaking down the food we eat to fuel our bodies. Adding a regimen of enzyme supplements can help improve regularity, soothe digestive discomfort and assist in the absorption of vital nutrients.\*



**ENZYMEDICA**  
The Enzyme Experts

**Enzymedica Digestive Health Support**  
Select varieties, 30-90 count

Vitamins

**20% off**  
regular retail

**LINE DRIVE  
SAVINGS**

**ALL ITEMS FROM THESE BRANDS ARE *On Sale!***



**Garden of Life**

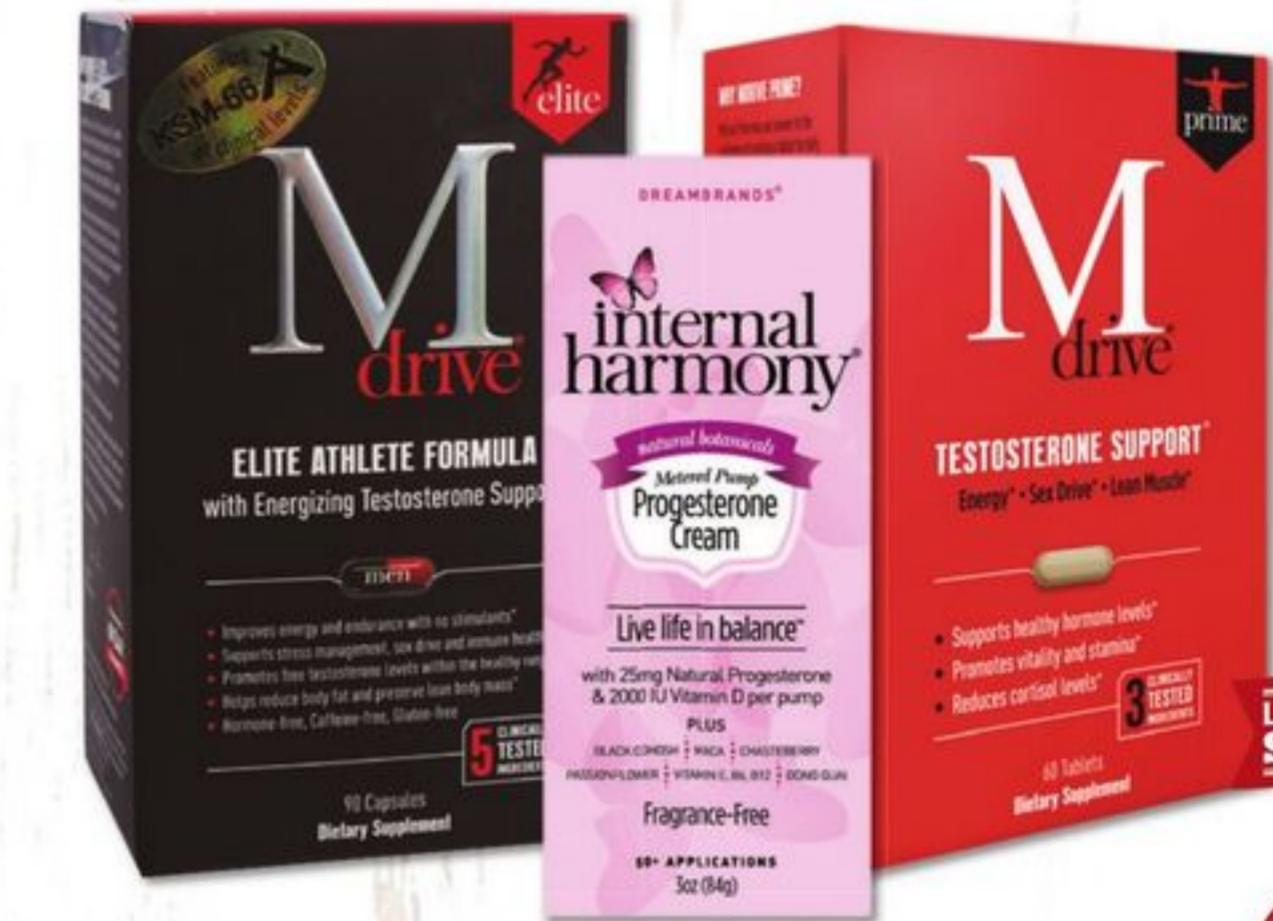
All Items

**25%  
off**  
regular retail

**Yerba Prima**

All Items

**25%  
off**  
regular retail



**Dreambrands**

All Items

**25%  
off**  
regular retail



**Youtheory**

All Items

**25%  
off**  
regular retail

**Biochem**

All Items

**25%  
off**  
regular retail



**NATROL**

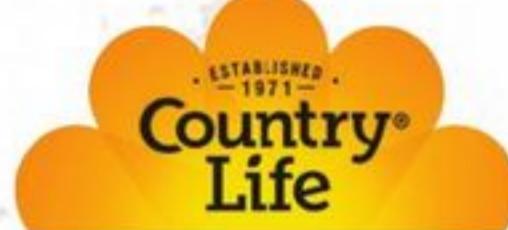
All Items

**25%  
off**  
regular retail

## COUNTRY LIFE *Treat Yourself Well*

Country Life helps you easily navigate their supplements by clearly labeling what's in their products and what's not. In fact, they were the first supplement brand in the U.S. to be certified 100% gluten-free by the Gluten-Free Certification Organization.

Vitamins



**LINE DRIVE  
SAVINGS**  
All Items

**25%  
off**  
regular retail



**Amazing Grass**  
All Items

**20%**  
off  
regular retail



**ONNIT**  
All Items

**20%**  
off  
regular retail



**Nelson Bach**  
All Items

**20%**  
off  
regular retail



**MegaFood**  
All Items

**20%**  
off  
regular retail



**Ultima**  
All Items

**20%**  
off  
regular retail



**Wiley's Finest**  
All Items

**20%**  
off  
regular retail



**LifeSeasons**  
All Items

**20%**  
off  
regular retail



**Hyalologic**  
All Items

**20%**  
off  
regular retail

## IRWIN NATURALS

Irwin Naturals believes your health is absolutely fundamental. They take no shortcuts and are committed to product potency and quality. Combining the latest research-based science and the finest ingredients from around the globe, they're health innovators with a knack for only the best.



**irwin**  
naturals

Vitamins

**LINE DRIVE  
SAVINGS**  
All Items  
  
**20%**  
off  
regular retail



## PROBIOTICS

*Support a Healthy Gut & Immune System*

Often called friendly bacteria, probiotics are live microorganisms that support healthy digestion. Because they don't stay in your body, you must replenish with active strains regularly. Supplementing your diet with probiotics can help keep your belly healthy and immune system strong.\*

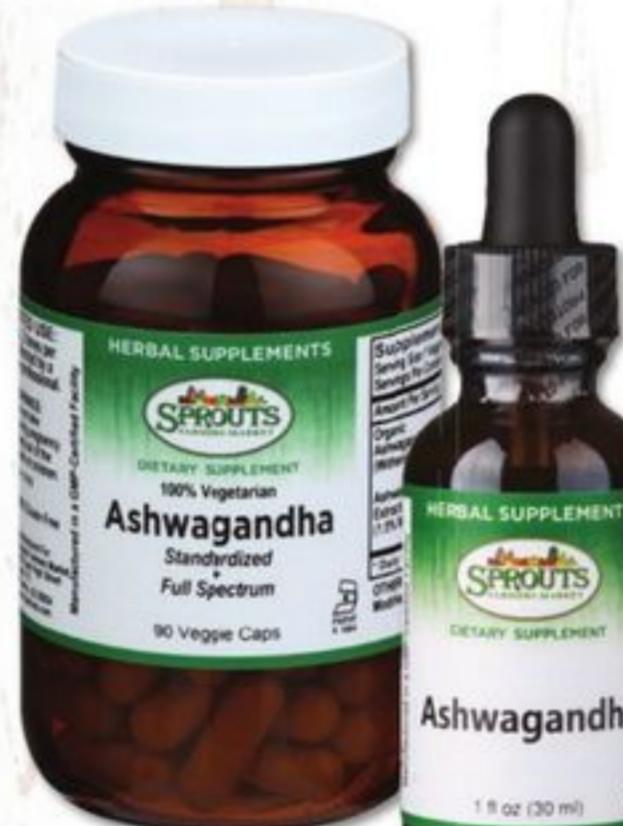


**Probiotics**  
Select varieties  
and sizes

**25%**  
off  
regular retail



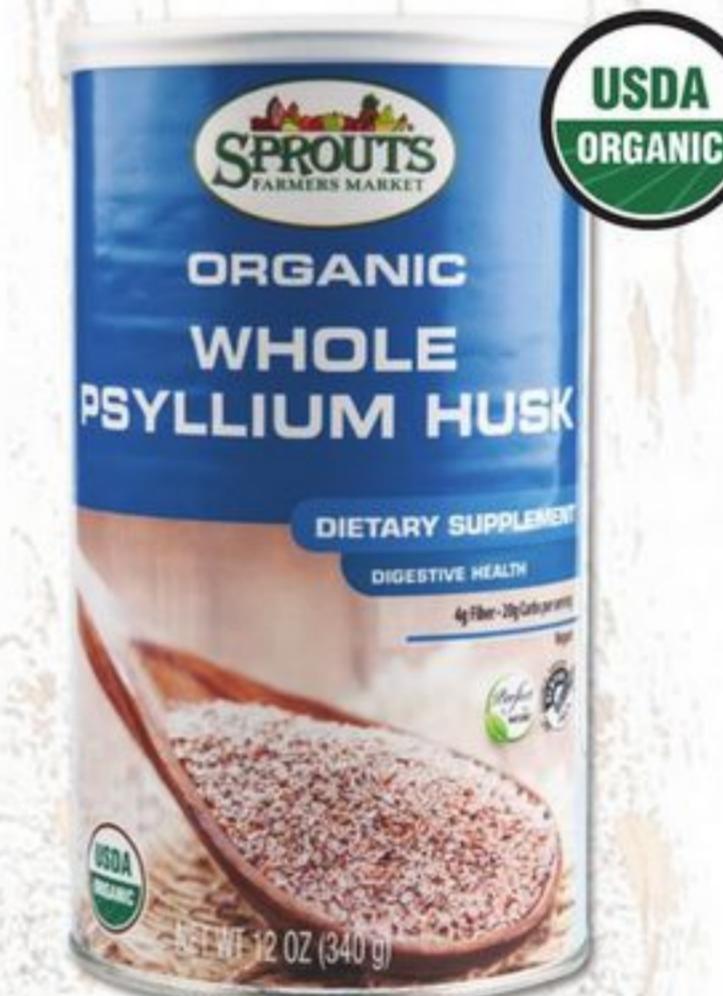
**Whey or Vegan Protein Powder**  
Select varieties, 32-35.5 oz.  
**25% off**  
regular retail



**Ashwagandha**  
Select varieties,  
1 fl. oz. or 90 v-caps  
**25% off**  
regular retail



**Allergy Relief Support**  
Select varieties,  
1 fl. oz. or 75 v-caps  
**25% off**  
regular retail



**Organic Psyllium Husk**  
12 oz.  
**\$8.99 ea.**



**Organic Spirulina Powder**  
7.9 oz.  
**\$19.99 ea.**

## Herb of the Month – MILK THISTLE

DID YOU KNOW?

Our hard-working livers filter our blood several times each day.

Milk thistle is well-known for its liver support and ability to help protect the liver from toxins—it contains silymarin to promote liver cell regeneration. Plus, milk thistle is non-toxic and can be used long term.\*



**Liver Health Support**  
Select varieties  
and sizes

**25%**  
off  
regular retail



# SPRING TRAINING



## MRM Joint or Bone Health Support

Select varieties and sizes

**30%**  
off  
regular retail



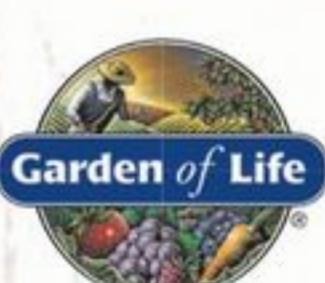
## Neocell Joint Health or Beauty Support

Select varieties and sizes

**20%**  
off  
regular retail

# GARDEN OF LIFE Dr. Formulated Keto

This new line of keto products from Garden of Life makes following a keto diet easy and delicious. The Dr. Formulated Keto line is specifically crafted to help those who are seeking to enter ketosis or stick to a low-carbohydrate diet.\*



## Garden of Life Keto Fit, Meal or Butter Powder

Select varieties,  
10.58-24.69 oz.

**25%**  
off  
regular retail

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# SPROUTS IS OUT AND ABOUT STOP BY TO SAY HELLO

WE CAN'T  
WAIT TO  
SEE YOU!



KU vs. Villanova Basketball Game  
Lawrence, KS

It was a packed house for the KU vs. Villanova Men's Basketball game. Fans enjoyed our build your own trail mix bar with delicious products from our Bulk Department.



Jackson High School Apple Sampling  
Mill Creek, WA

We teamed up with local vendor, Chelan Fresh, to give a variety of apple samples to students, faculty and staff as a "thank you" for all their hard work inspiring, educating and empowering students.



Sprouts Pre-K Field Trip  
Sandy Springs, GA

We hosted a fun and educational pre-K field trip to our Sandy Springs store. The students decorated cookies, picked their favorite apples and experienced how fun grocery shopping can be!

## UPCOMING EVENTS NEAR YOU

B'More Healthy Expo  
Baltimore, MD  
**March 13**

Reach for your health and wellness goals—join us at this expo for health screenings, fitness workouts and cooking lessons!

Bark in the Park  
Tampa, FL  
**March 23**

Join us and the Humane Society of Tampa to help raise funds for our furry friends.

Houston Children's Festival  
Houston, TX  
**March 30-31**

Enjoy one of the largest children's festivals in the nation where you can design a fun button at our booth.

# What our team members love!

PROBIOTICS COME IN SO MANY DIFFERENT FORMS, SO WE ASKED SOME OF OUR TEAM MEMBERS TO SHARE THEIR FAVORITES WITH YOU.

"My favorite probiotic is Dr. Ohhira's—a fermented food supplement with live cultures. Instead of being freeze-dried like most probiotics we carry, it is protected inside a shelf-stable soft gel. I notice a real difference in my gut health with Dr. Ohhira's! My skin also loves their probiotic soap, Kampuku, which supports a healthy skin microbiome and pH balance."

**Stephanie Dunham**, store #582 – Bellevue, TN



"My favorite probiotic is Garden of Life Raw Probiotic Women 50 & Wiser. It helps me maintain my health and feel my best. I also like that it's raw, uncooked, unadulterated, and has no filler or binders."

**Lou Verzosa**, store #276 - Daly City, CA



"I like the Garden of Life Once Daily Women's probiotic. It's so convenient because doesn't have to be refrigerated and has a good diversity of strains. I also like that it is non-GMO and gluten-free."

**Rose Chan**, store #276 – Daly City, CA



## HOW DO YOU KNOW A PROBIOTIC IS WORKING FOR YOU?

### Well-being

Feeling happy may not be all in your head. It turns out, 90% of serotonin, the neurotransmitter associated with feelings of well-being, is produced in your digestive system.

### Boosted Immune

You may notice when everyone around you has succumbed to a cold, you're still going strong, thanks to the gut-immune connection.

### More Energy

Our gut health is linked to so many other parts of our bodies. When our belly bacteria is happy, everything else runs more efficiently—giving you more energy.



# Wild Planet GIVEAWAY

Focused on bringing the goodness to all, Wild Planet aims to bring us sustainably caught seafood and organic roasted chicken breast with the highest quality standards.



*Enter to Win!*

SIXTHREEZERO CRUISER BIKE AND WILD PLANET  
BACKPACK FILLED WITH PRODUCT & SWAG

*Here's How to Enter!* ↘

1. Download the Sprouts app and create an account
2. Log into your account
3. Go to the digital coupon section
4. Clip the Wild Planet sweepstakes entry



No purchase necessary to enter or win. The giveaway is open to legal residents of the United States who are 18 years of age or older. For complete details and official rules, visit [sprouts.com/wildplanet](http://sprouts.com/wildplanet)