

NATURAL FOOD CENTER

# Perelandra

SHOP ONLINE @ WWW.PERELANDRANATURAL.COM  
 or on the earth @ 175 Remsen Street  
 Brooklyn, NY 11201  
 718.855.6068

EXPANDED HOURS! OPEN 7 DAYS  
 Monday - Sunday 8:30am to 9:00pm

Good Thru February 28, 2012



## Natural, Organic, and Locally Owned!



Dr. Hauschka  
**Body  
 Moisturizers**

**20% off!**

Stop in for a complimentary Dr. Hauschka skin care consultation! An esthetician will be here February 4th 3pm-6pm & February 10th 12pm-6pm.



Citra-Solv  
**Liquid Citra-Dish**  
 All Varieties 25 OZ

**2/\$7**

Reg. \$5.29



Green Valley Organics  
**Organic Yogurt**  
 Lactose Free  
 6 oz - All Varieties

**2/\$3**

Reg. \$2.09



Choice Organic Teas  
**Organic Tea**  
 All Varieties -16 bag

**\$3.69**

Reg. \$4.99

Cucina Antica  
**Organic Salad Dressing**  
 8 oz - All Varieties

**2/\$6**

Light, homemade Flavor.  
 Reg. \$4.49



Dr. Oetker Organics  
**Organic Muffin Mix**  
 14.1 oz - All Varieties

**2/\$6**

Reg. \$4.49



Bare Fruit  
**Organic Dried  
 Apples**  
 All Varieties

**2/\$4**

Reg. \$3.29



Food For Life Baking Co.  
**English Muffins**  
 All Varieties  
 16 oz-18 oz

**30% off!**

Reg. \$4.99-\$6.19



Jovial Foods  
**Organic Einkorn  
 Cookies**  
 8.8 oz - Ginger Spice or  
 Checkerboard

**2/\$7**

Reg. \$4.99

Bulk  
Organic  
Black Eyed Peas



**\$1.79/lb.**

Reg. \$2.19

Bulk  
Organic Gluten-Free  
Rolled Oats



**\$1.79/lb.**

Reg. \$2.19

Bulk  
Organic White  
Basmati Rice



**\$2.19/lb.**

Reg. \$3.09

Bulk  
Organic Millet



**\$1.19/lb.**

Reg. \$1.49

Rice Dream  
Rice Dream  
Non-Dairy  
Frozen Dessert  
Pint - All Varieties



**\$3.29**

Reg. \$4.69

Van's Natural Foods  
Organic Waffles



8.5 oz - All Varieties

**\$2.79**

Reg. \$3.99



Lightlife Foods  
Smart Deli  
Slices

All Varieties  
5.5 OZ

**\$2.59**

Reg. \$3.59

Blake's All Natural  
Chicken Pot Pie

Made With Organic Ingredients  
8 OZ



**\$4.39**

Reg. \$6.29



Amy's  
Organic Pizzas  
Gluten-Free Rice  
Crust varieties are  
NOT included in this  
month's sale.

**30% off!**

Earth's Best  
Kidz Baked Chicken  
Nuggets

8 OZ



**\$3.99**

Reg. \$5.69



Natural Sea  
Wild Alaskan  
Salmon Fillets

6 oz & 12 oz

**30% off!**

Oikos Greek Yogurt  
Oikos Organic 0% Fat  
Greek Yogurt

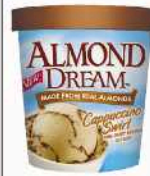
5.3 oz - All Varieties

**\$1.89**

Reg. \$2.69



The only Certified Organic  
Greek Yogurt.



Almond Dream  
Almond Dream  
Non-Dairy  
Frozen Dessert  
Pints - All Varieties

**\$3.39**

Reg. \$4.79



Boca Foods  
Meatless Burgers,  
Patties & Nuggets

**\$4.39**

Reg. \$5.69

Evergreen Juices  
Organic Wheatgrass Juice

20/.6 OZ

**\$12.99**

Reg. \$18.49

Rising Moon Organics  
Organic Ravioli

All Varieties -16 oz

**\$3.39**

Reg. \$4.79



Wildwood Natural  
Foods  
Soy milk  
Creamer

16 OZ

**\$1.79**

Reg. \$2.49



Cascadian Farm  
Organic French Fries,  
Potato Wedges & Spud  
Puppies

16 oz

**\$2.79**

Reg. \$3.99



Ling Ling  
Chicken  
Potstickers  
or Vegetable  
Spring Rolls

**\$4.19**

Reg. \$5.79-\$5.89

Rising Moon Organics  
Margherita Pizza

Organic Ingredients  
11 OZ

**\$5.59**

Reg. \$7.99



Soy Boy  
Smoked Baked  
Tofu

Made with Organic  
Soy 8 oz

**\$2.79**

Reg. \$3.89



Wallaby Yogurt Company  
Organic Lowfat  
Yogurt

6 oz - All Varieties

**99¢**

Reg. \$1.29

Earth's Best  
Sesame Street Original &  
Blueberry Mini Waffles

9 OZ



**\$2.79**

Reg. \$3.99



Luna & Larry's Coconut Bliss  
Organic Coconut  
Non-Dairy Frozen  
Dessert

Pints - All Varieties

**\$5.19**

Reg. \$7.29

Shelton's Poultry  
Turkey Sausage  
Patties or Links

12 OZ

**\$4.59**

Reg. \$6.49



Great buys without compromise!



**Old Wessex  
Hot Cereals**  
All Varieties  
16 OZ

**30% off!**  
Reg. \$3.99-\$4.99



**Arrowhead Mills  
Organic  
Oatmeals**  
Instant, Steel Cut &  
Old Fashioned Rolled  
Oats

**30% off!**



**Arrowhead Mills  
Organic Whole  
Grain Cereal**  
All Varieties  
12 oz BOXES ONLY

**\$3.89**  
Reg. \$5.79



**Annie Chun's  
Seaweed Snacks**  
All Varieties - 35 OZ

**\$1.19**  
Reg. \$1.69



**Annie Chun's  
RICE EXPRESS  
FRESH STEAMED  
Sprouted Brown Rice**  
6.3 OZ

**\$2.49**  
Reg. \$3.69



**Dr. McDougall's  
Small  
Vegetarian  
Soup Cups**  
1.4 oz-1.9 oz only

**4/\$5**



**Lucini Italia  
Pasta Sauce**  
All 25.5 oz Varieties

**\$6.69**  
Reg. \$9.99



**Ecover  
Bathroom  
Cleaner**  
16 OZ

**\$3.29**  
Reg. \$4.89



**Biokleen  
All Purpose  
Cleaner &  
Degreaser**  
16 OZ

**\$3.99**  
Reg. \$5.99



**Earth Friendly Products  
Parsley Plus  
Spray Cleaner**  
22 OZ

**\$2.99**  
Reg. \$4.39



**Annie's Homegrown  
Spirals with  
Butter &  
Parmesan**  
5.25 OZ

**\$1.79**  
Reg. \$2.69



**Edward & Sons  
Rice Snax  
Crackers**  
All Varieties 2.8 oz

**\$1.39**  
Reg. \$1.99



**Genisoy  
Soy Crisps**  
All Varieties 3.85 OZ

**\$2.19**  
Reg. \$3.29



**Pamela's Products  
Gluten-Free  
Brownie Mix &  
Vanilla Cake  
Mix**

**30% off!**  
Reg. \$6.19-\$6.99



**Annie's Homegrown  
Organic Snack  
Mix Bunnies**  
9 OZ

**\$3.99**  
Reg. \$5.99



**Fantastic Foods  
All Boxed  
Mixes & Grains**  
10 OZ

**30% off!**  
Reg. \$3.49-\$3.99



**Lucini Italia  
Organic Limited  
Reserve Extra  
Virgin Olive Oil**  
17 OZ

**\$14.99**  
Reg. \$21.99



**Spectrum Naturals  
Organic  
Pomegranate  
or Pear White  
Wine Vinegar**  
8.4 OZ

**\$4.49**  
Reg. \$7.19



**Barbara's Bakery  
Multi-grain  
Puffins Cereal**  
10 OZ

**\$3.79**  
Reg. \$5.69



**Enjoy Life  
Gluten-Free  
Cookies**  
6 OZ

**\$3.19**  
Reg. \$4.59



**Glutenfreeda  
Gluten Free  
Instant  
Oatmeal**  
10.5 OZ - All Varieties

**\$3.79**  
Reg. \$5.69



**Tea Forte  
White Kati Tea  
Brewing System**  
12 oz cup size

**\$9.69**  
Reg. \$14.59



**Bob's Red Mill  
Gluten-Free  
Rolled Oats**  
32 OZ

**\$5.39**  
Reg. \$8.09



**Food Should Taste Good  
Tortilla Chips**  
All Varieties - 5.5 oz

**\$2.49**  
Reg. \$3.69



**Imagine Foods  
Creamy  
Vegetable  
Soups**  
All Varieties - 32 OZ

**\$3.79**  
Reg. \$5.59



**Wild Planet, Inc.  
Sardines**  
All Varieties  
4.375 OZ

**\$2.19**  
Reg. \$3.29

## Supplements and More



**Alba Botanica**  
**Very Emollient**  
**Body Lotions**  
All Varieties  
12 OZ & 32 OZ

**30% off!**

Reg. \$11.59-\$20.49



**Eco-Dent**  
**Daily Care**  
**Toothpowder**  
All Varieties  
2 OZ

**\$5.49**

Reg. \$7.89

Eco-Dent toothpowders offer  
200 brushings per bottle!



**Herbatint**  
**Permanent Herbal**  
**Haircolor Gel**  
All Varieties

**\$11.99**

Reg. \$13.99 (MSRP \$16.99)



**Nature's Gate**  
**Moisturizing**  
**Liquid Soap**  
All Varieties  
16 OZ

**\$4.89**

Reg. \$6.49



**Nature's Gate**  
**Shampoo &**  
**Conditioner**  
All Varieties  
18 oz

**\$5.19**

Reg. \$7.29



**Avalon Organics**  
**Liquid**  
**Hand Soap**  
All Varieties  
12 OZ

**\$5.59**

Reg. \$7.99



**Shikai Products**  
**Hand & Body**  
**Lotion**  
All Varieties 8 OZ

**\$6.79**

Reg. \$8.99

**Yerba Prima**  
**Tampico Dry**  
**Skin Brush**

**\$6.99**

Reg. \$9.99



**Natural Dentist**  
**Natural**  
**Toothpaste**  
All Varieties - 5 oz

**\$5.59**

Reg. \$7.99



**Natural Dentist**  
**Natural Mouth**  
**Rinse**  
All Varieties -16.9 oz

**\$6.99**

Reg. \$9.99



**Kyo-Dophilus**  
**Kyo-Dophilus**  
90 & 180 Capsules

**30% off!**

Reg. \$19.75-\$32.95



**Futurbiotics**  
**Pressur-Lo**  
90 TAB

**\$9.19**

Reg. \$12.99



**American Health**  
**Super Acerola**  
**Plus C 500 mg**  
250+50 Wafer size

**\$18.29**

Reg. \$31.49



**American Health**  
**Super Acerola**  
**Plus C 300mg**  
180 Wafer size

**\$8.59**

Reg. \$14.69



**A.Vogel**  
**Sinus Relief**  
120 Tablets

**\$11.89**

Reg. \$16.99



**Boiron**  
**Coldcalm**  
60 Tablets

**\$7.79**

Reg. \$11.19



**Pines International**  
**Wheat Grass**  
**Tablets or**  
**Powder**

**30% off!**

Reg. \$32.29-\$32.59



**Boiron**  
**Chestal Cough**  
**Syrup**

**\$9.19**

Reg. \$13.19

**Boiron**  
**Oscillococinum**  
6 DOSE

**\$10.49**

Reg. \$15.19



**Spectrum Essentials**  
**Organic Flax Oils**  
All Varieties

**30% off!**

Locally owned &  
operated since  
1976!

NATURAL FOOD CENTER  
**Perelandra**

Busy? Running around a lot?  
Need a hand? **SHOP ONLINE**  
@[www.perelandranatural.com](http://www.perelandranatural.com)  
We deliver to all of Brooklyn!



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