

**N.Y.'s only 100% Vegetarian Foods Market & Supplement Store!**

**MAY 2012  
SALES**



**Package Deals:**

Back to Nature  
Crackers:  
Sweet Potato &  
Cinnamon, Spinach &  
Roasted Garlic,  
Organic Stoneground  
Wheat  
**sale \$3.59**  
reg \$4.49

Kettle Chips 5oz:  
Sea Salt, No Salt, NY  
Cheddar, Salt &  
Vinegar  
**sale \$2.29**  
reg \$3.19

Mary's Gone Cookies  
Organic Chocolate Chip,  
Gluten Free  
**sale 2/\$7**  
reg \$5.39

Garden of Eatin'  
Organic 7.5oz  
Chips: Black Bean  
Tortilla, Black Bean  
& Chili, Sesame Blue Corn  
**sale 2/\$5**  
reg \$3.89

Garden of Eatin'  
Organic 16oz  
Chips: Blue Corn, Red  
Hot Blues  
**sale 2/\$7**  
reg \$5.69

Back To Nature Cookies:  
Chocolate Chunk, Crispy  
Oatmeal, Peanut Butter  
Sandwich  
**sale \$4.29**  
reg \$5.29

Terra 6oz Chips:  
Sweet Potato No Salt,  
Sweets & Beets, Sweets  
& Carrots  
**sale 2/\$5**  
reg \$3.99

Good Health  
Avocado Oil Potato  
Chips 5oz  
**sale \$2.19**  
reg \$3.39

Country Choice Organic  
Sandwich Cream  
Cookies:  
Chocolate Vanilla, Duplex,  
Ginger Lemon  
**sale \$3.29**  
reg \$4.89

Blue Diamond Sea Salt  
Nut Chips 4.25oz  
**sale 2/\$5**  
reg \$3.39

Pamela's Wheat  
Free/Gluten Free  
Cookies  
**sale 2/\$6**  
reg \$4.69



Green & Black  
Organic 3.5oz  
Chocolates  
**sale \$3.29**  
reg \$4.29

Amy's Organic  
Gluten Free  
Burritos:  
Bean & Rice or  
Bean & Cheese  
**sale \$2.79**  
reg \$3.59

**Freezer Deals:**

Stonyfield Organic Frozen Yogurt  
Pints:  
Cookies n Creme, Javalanche, Vanilla Fudge,  
Vanilla, and Dark Chocolate  
**sale \$3.29**  
reg \$4.49

Stahl Frozen Red  
Raspberries,  
Blueberries, and  
Whole Strawberries  
**sale \$3.79**  
reg \$5.09

Stonyfield Organic Ice Cream Pints:  
Chocolate or Vanilla  
**sale \$3.29**  
reg \$4.49

Amy's Organic  
Margherita Rice  
Crust Pizza  
**sale \$6.79**  
reg \$8.29



Rising Moon  
assorted Organic  
Vegan Frozen Ravioli  
**sale \$3.59**  
reg \$4.99

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**Yoga** **Natural Apothecary**

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**Organic India  
18ct Tulsi Teas:**

Chai Masala, Green,  
Indian Breakfast,  
Jasmine, Lemon Ginger,  
Licorice, Original,  
Peppermint, Red Chai,  
Red Mango, Raspberry  
Peach, Sweet Rose, and  
Vanilla Cream  
**sale \$3.79**  
reg \$5.29

Napa Valley  
Grapeseed Oil  
25.4oz  
**sale \$6.99**  
reg \$10.99

**More Package Deals:**

Earth Friendly 50oz Ultra  
Liquid Ecos, Lavender or  
Free&Clear

**sale \$5.99**  
reg \$8.99

Thai Kitchen 13.66oz  
Organic Coconut Milk,  
original or lite

**sale \$2.49**  
reg \$3.69

Imagine 32oz Rice Beverages, Vanilla, Enriched  
Vanilla, Organic Original, Organic Enriched  
Original

**sale 2/\$5, reg \$4.19**

Imagine 32oz  
Unsweetened  
Original Almond  
Dream

**sale 2/\$5**  
reg \$3.39

Nutiva Organic  
White 14oz Chia  
Seeds

**sale \$7.99**  
reg \$13.39

Arrowhead Mills  
26oz Organic  
Pancake Mixes,  
Buckwheat, Kamut,  
Oat Bran, Buttermilk,  
and Multigrain

**sale 2/\$7**  
reg \$5.19

Bob's Red Mill 22oz  
Gluten Free Pancake  
Mix

**sale \$3.79**  
reg \$5.29



**Juice Bar Special:  
Sambazon  
Acai Bowls**

**Acai Fruit & Nut  
Acai Parfait  
IY Antioxidant  
Super Greens**

**Sale \$1.00 OFF**

**reg \$8.25-\$8.99**  
Offer cannot be combined with  
any other discount. No  
substitution. Limited time only!

[twitter.com  
/iyjuicebar](http://twitter.com/iyjuicebar)

Bob's Red Mill 16oz Gluten  
Free Pizza Crust Mix

**sale \$3.29**  
reg \$4.49

**Cooler Deals:**

Check our facebook  
fan page for daily  
produce sales:

[facebook.com/  
iynfa](http://facebook.com/iynfa)

Amande 24oz Almond Milk  
Yogurts:  
Plain or Vanilla.

**sale \$2.99**  
reg \$4.39

Brown Cow 6oz Whole Milk Yogurts:  
Chocolate or Maple

**sale \$.99**  
reg \$1.25

Amande 6oz Almond Milk  
Yogurts:  
Coconut, Cherry, or Peach

**sale \$1.29**  
reg \$1.79

So Delicious Organic 6oz Coconut Milk  
Yogurts: Vanilla or Plain

**sale \$1.79**  
reg \$2.59

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All deals valid from May  
1st, 2012 until May 31st,  
2012

MAY  
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**Bulk Deals:**

Organic Shredded Coconut sale <b>\$3.79/lb</b> reg <b>\$4.29/lb</b>	Organic Mango Slices sale <b>\$10.79/lb</b> reg <b>\$12.89/lb</b>	Organic Walnuts sale <b>\$8.99/lb</b> reg <b>\$10.49/lb</b>
Organic Raw Sesame Seeds sale <b>\$3.59/lb</b> reg <b>\$4.29/lb</b>	Organic Raw Sunflower Seeds sale <b>\$2.89/lb</b> reg <b>3.19/lb</b>	Organic Yellow Popcorn sale <b>\$1.69/lb</b> reg <b>\$1.99/lb</b>



Organic Chili Beans  
sale **\$2.29/lb**  
reg **\$2.69/lb**

Organic Garbanzo Beans  
sale **\$1.99/lb**  
reg **\$2.29/lb**

**Bodycare Deals:**

Desert Essence assorted 8oz Hand & Body Lotions sale <b>\$6.99</b> reg <b>\$8.99</b>	Desert Essence Foot Repair Creme 3.5oz sale <b>\$6.99</b> reg <b>\$8.99</b>	Lily of the Valley Aloe Vera Gelly 4oz sale <b>\$3.39</b> reg <b>\$4.69</b>
Jason assorted 16oz Mouthwashes sale <b>\$7.59</b> reg <b>\$9.99</b>	Heritage Aura Glow assorted 8oz Body Oils sale <b>\$6.99</b> reg <b>\$8.79</b>	Ancient Secrets Nasal Cleansing Salt 8oz sale <b>\$1.89</b> reg <b>\$2.49</b>
		Neem Aura Topical Oil sale <b>\$7.99</b> reg <b>\$10.95</b>

**Celebrate Mother's Day**  
**15%-20% off**  
on Weleda, 100% Pure & Dr. Hauschka  
**Face Care Products**



Spend **\$75.00**  
& get **15% off**

Spend **\$100.00**  
& get **20% off**

Dr. Hauschka Face Care Products (orange label) are valid only for this sale. Promotion cannot be combined with any other discounts, prior purchase or sale items. Offer expires 5-31-12

**Dr. Hauschka**

Skin Care

**15% OFF**

Pure Care Cover Stick 03



Promotions cannot be combined with any other discounts, prior purchase or sale items. Offers expire 5-31-12

**Quantum Buzz Away**

2oz Extreme Squeeze:  
sale **\$5.59**, reg **\$6.99**

2oz Spray:  
sale **\$4.99**, reg **\$6.29**

4oz Extreme Spray:  
sale **\$7.99**, reg **\$9.99**

6oz Spray:  
sale **\$8.39**, reg **\$10.49**

229 West 13th Street, New York, NY 10011  
212-243-2642  
www.integralyoganaturalfoods.com

Mon-Fri 8 AM to 9:30 PM  
Sat 8 AM to 8:30 PM  
Sun 9 AM to 8:30 PM

MAY  
2012

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**What "Locally Grown" means to Integral Yoga Natural Foods**  
Integral Yoga Natural Foods is committed to providing locally grown produce and foods that are of the highest quality. Our produce department is full of organic, locally grown, seasonal foods that are produced by small local farms that uses sustainable farming practices and are concerned about the effect farming has on the environment. Our local produce is grown right in your backyard where it takes less than a day to travel to your table. We continue to work and research together with our local vendors, small businesses and artisans to provide seasonal organic, locally grown fruits, vegetables, and foods that are top quality to our customers.

**Benefits of buying "Locally Grown"**  
Locally grown food tastes better and there are varieties of unique and hard to find produce (garlic scapes, ramps, heirloom tomatoes) that are inspirational to cook with. Eating locally grown food means eating seasonally fresh and nutritious food. Buying locally-grown food does not cause as much pollution due to less travel time and it reduces your carbon footprint. Local farmers are concerned about the effect farming has on the environment and make sure that their produce is grown without the use of chemicals, pesticides, hormones, or antibiotics. Support our local farmers, artisans and small businesses

**Local Farmers**  
Lucky Dog Farm, Hamden, NY  
Taliaferro Farm, New Paltz, NY  
Stoneledge Farm, South Cairo, NY  
Chesapeake Farm, Maryland

**Local Artisans and small businesses**  
Bindi Skin Care, NY, NY  
Essence of Vali, NY, NY  
Raw Chocolate Love, NY, NY  
Buddha Nose, NY, NY  
Solar Recovery, PortWashington, NY  
Tree Nut Cheese, Brooklyn, NY  
Hawthorne Valley, Ghent, NY  
Raw Soul, NY, NY  
Didi's, NY, NY  
Sensible Edibles, Queens, NY  
Gone Pie, NY, NY

These are just some of the farms, artisans, and small businesses, that provide us with locally grown and seasonal produce such as lettuce, kale, garlic scapes, apples, peaches, chard, zucchini, and other food and beauty care products.

**Apothecary Deals:**

<p>Yerba Prima Whole Psyllium Husks 12oz <b>sale \$7.99</b> reg \$10.59</p>	<p>Yerba Prima Psyllium Husks 180 caps <b>sale \$9.29</b> reg \$12.19</p>
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<p>Rainbow Light Food-Based Calcium 180tabs <b>sale \$15.99</b> reg \$21.99</p>
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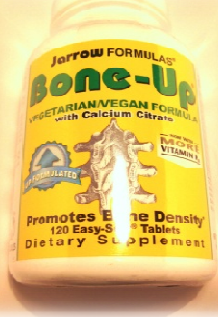
**World Fair Trade Day Celebration**

In honor of World Fair Trade Day, join us for tasting and sampling of products from Fair Trade Companies such as Equal Exchange, Theo Chocolates, Sweet Riot and Samba99.

**Free**  
**Saturday, May 12<sup>th</sup>**

**Manu Dawson's Apothecary  
Pick of the Month:**

**Jarrow Bone-Up**



**JARROW BONE-UP**  
**SALE \$13.25**  
Reg \$18.95



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Om shanti!

234 West 13th Street, New York, NY 10011  
212-645-3051  
www.integralyoganaturalfoods.com

Mon-Fri 10 AM to 9 PM  
Sat 10 AM to 8 PM  
Sun 10 AM to 8 PM

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