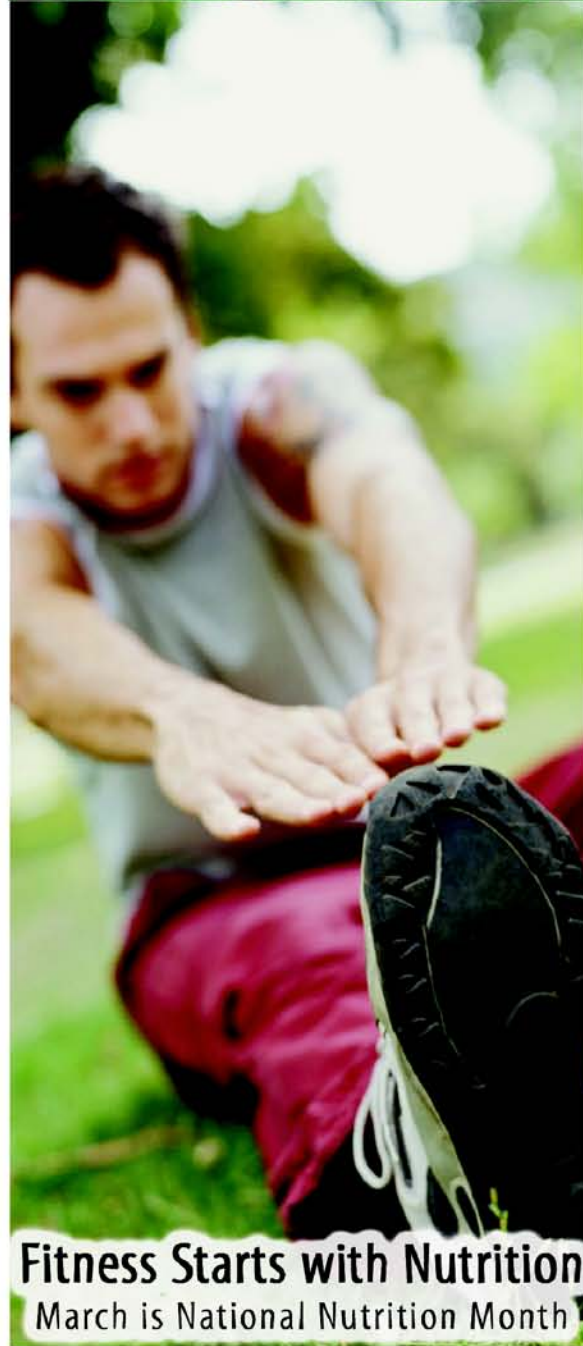


# Integral Natural Yoga Foods

923 Preston Avenue • Charlottesville, VA 22902  
**434-293-4111** **www.iyfoods.com**  
 Mon-Sat 9am-8pm; Sun 11am-6pm

We strive to provide the best-quality natural foods, supplements and vitamins for your entire family, along with friendly knowledgeable service!

Good Thru: 03/31/2010



**Fitness Starts with Nutrition**  
 March is National Nutrition Month

Getting fit starts  
 with a balanced diet.



Blue Diamond  
 Original  
 Unsweetened  
 Almond Breeze  
 Select Varieties  
 32 OZ Reg \$2.89

**\$2<sup>19</sup>**

Almond Breeze is a non-dairy beverage made from real almonds, all natural, smooth and creamy with a hint of almonds.



Nature's Path  
 Organic  
 Optimum  
 Cereals  
 14 OZ

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

A cereal for high energy lifestyles, with extra fiber and protein. Fortified with vitamins and soy isoflavones.



One Natural  
 Experience  
**COCONUT  
 WATER**  
 8.5 OZ

**\$1<sup>49</sup>**  
 ALL  
 VARIETIES

A blend of the natural water from inside a young green coconut and refreshing tropical mango juice.



Food For Life Baking  
 Co.  
 Organic  
 Ezekiel 4:9  
 Cereal  
 16 OZ

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

This cereal has a simple flavor and can be used as a topping for yogurt, ice cream or as a snack.



NEWMAN'S OWN  
 ORGANICS  
 Organic Fig  
 Newmans  
 12 OZ

**2/\$7**

So delicious you won't even know they're low fat!



CLIF BAR  
 ENERGY  
 BAR  
 Select Varieties  
 2.4 OZ Reg \$1.69

**5/\$5**

The Bar that gives you the energy to keep you going with a taste that won't let you down.



Liberte Yogurt  
 Blackberry  
 Mediterranean  
 Yogurt  
 all Varieties  
 6 OZ Reg \$1.39

**5/\$5**

A tart and fresh taste directly from nature and your childhood memories.



Nature's Path  
 Organic  
 Oatmeal  
 Pouches  
 ALL VARIETIES  
 8/1.75OZ Reg \$4.59

**2/\$6**

Whole Oat Goodness. A hot steaming bowl of oats not only warms a person to the core, it's also good for you!



NEWMAN'S OWN  
 ORGANICS  
 Organic  
 Pretzels  
 7 OZ

**2/\$5**