

8 THE MAIL ORDER CATALOG FOR HEALTHY EATING SPRING - SUMMER 2012

ORGANIC PÂTÉS & DIP MIXES

Tartex Pâtés

These delicious, flavorful, all-natural, **organic** vegetarian pâtés are great on crackers, toast, or sandwiches. **All Low-sodium EXCEPT original.**



TX131	Original (organic)	4.4 oz	\$6.59
TX132	Herb (organic)	4.4 oz	\$6.59
TX136	Mushroom (organic)	4.4 oz	\$6.59

6 or more pâtés only \$6.29

SMALL/MEDIUM TEXTURED SOY BITS

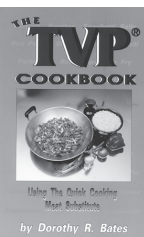
Made with organic soybeans using a manufacturing process certified by the Organic Growers and Buyers Association. Small bits are about the size of our Unflavored Granules. Medium Bits are larger chunks, great for chili and pot pies. Because no chemicals are used to grow or process the soybeans used in this organic product, please expect variations in size and color from one order to the next. **WF LS**

OVP101	Small Bits	1 lb	\$6.29
OVP1015	Small Bits	5 lbs	\$25.99
OVP10110	Small Bits	10 lbs	\$46.99
OVP10120	Small Bits	20 lbs	\$77.99
OVP102	Medium Bits	1 lb	\$6.29
OVP1025	Medium Bits	5 lbs	\$25.99
OVP10210	Medium Bits	10 lbs	\$46.99
OVP10220	Medium Bits	20 lbs	\$77.99

Organic Textured Soy Sample Pack WF

Try our Organic Mini-Pak. One pound each of small bits and medium bits. **LS**

OVP101M	Organic Sample Pack	\$10.29
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TVP® Cookbook

Dorothy R. Bates
Recipes using TVP® (texturized vegetable protein): granular, flake, and chunk varieties. How to turn food we know is good for us into exciting and tasty morsels (even a delicious TVP mincemeat pie) - WF, S, NA - 90 pgs -

#990795 - \$9.95 - \$8.45

I Can't Believe It's Not

Meat

Roger, Diana & Monty Kilburn
From leading manufacturers of soy products, a tasty assortment of recipes using textured soy protein, the quick-to-cook meat substitute. Learn to use many types of textured soy in dishes; easy to prepare and real family-pleasers - S, WF, NA - **#670889 - 128 pgs - \$9.95 - \$8.45**



GRAINS, BEANS & PASTA

34760	Quinoa	1 lb	\$3.99
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Organic Soybeans (Dried)

Use organic beans in your soy milk maker, and in soups and recipes. And now, our organic soybeans are free of any genetic modification (non-GMO). **K**

AHM22	Soybeans (non-gmo)	1 lb	\$4.17
AHM225	Soybeans (non-gmo)	5 lb	\$13.19

Ezekiel Sprouted Grain Pasta LS

Made from the same grains as the Ezekiel 4:9® Organic Sprouted Grain Breads: organic sprouted wheat, barley, millet, lentils, soybeans, and spelt.

713198	Ezekiel Sprouted Spaghetti	16 oz	\$5.99
713255	Ezekiel Sprouted Penne	16 oz	\$5.99

The Organic Planet ORGANIC COOKING INGREDIENTS, OILS BAKING SUPPLIES & MIXES

WF = Wheat-free
LS = Low Sodium

NV = NOT VEGAN

K / U = kosher

ORGANIC GIFT BASKET

Give a wide variety of items perfect for snacking and baking. Contains Ezekiel sprouted grain pasta, organic quinoa, vegan macaroni and cheese, vegan chocolate bars, shredded coconut, vegetarian pâté, and more! Gift wrapped. All vegan products.



OGB Organic Gift Basket \$58.99

ORGANIC MISO

Instant Miso Soup

A dried soup mix you can just add to a mug of hot water. No MSG or other questionable additives fully vegan. Flavors come as a box of 4 single-serve packets or in individual packets.

Organic Traditional Miso-Cup w/ Tofu

Organic light and dark miso, certified organic onions, organic parsley and organic tofu.

M92	Organic Miso-Cup w/ Tofu (4-pk)	\$4.19
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Organic Reduced Sodium Miso-Cup

Vegetables, mushrooms and selected yeast extracts, only 270 mg sodium per serving.

M91	Organic Reduced Sodium 4-pk	\$4.19
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ORGANIC COCONUT

Let's Do Organic Shredded Coconut

Top desserts, mix into smoothies and baking recipes! 18715 8.8 oz \$2.99

Omega Organic Coconut Oil K

100% unrefined, nonhydrogenated naturally saturated oil, no trans-fatty acids (TFAs), additives or fillers—expeller pressed. CBI27 16 oz \$9.47

For more information on the nutritional benefits of coconut oil, see books below.

Organic Coconut Milk

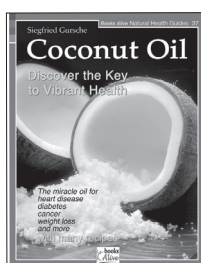
Regular coconut milk (1/4 cup) contains 10 g fat per serving, light contains 5 g fat per serving.

431828	Organic Coconut Milk	14 oz	\$3.19
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Amy & Brian Coconut Juice

Water from young coconuts, with electrolytes to combat fatigue and dehydration. Contains some coconut pulp for added nutrition.

724765	Coconut Juice, 17.5 oz	\$3.29
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Coconut Oil

Discover the Key to Vibrant Health *Sigfried Gursche*

A concise and easy-to-understand account of all known major health benefits of virgin coconut oil. Includes practical advice and tasty recipes along with full-color photos. E, D, S - 64 pgs - **#120438 - \$44.95 - \$10.15**

Coconut Oil for Health and Beauty*

Cynthia & Laura Holzapfel
Learn about the healthful benefits of coconut oil, with over 30 recipes for dishes, drinks, desserts. S, WF 128 pgs - **#671583 - \$44.95 - \$10.15**



1-800-695-2241 HEALTHY-EATING.COM 10AM-5PM CENTRAL MON-FRI

ORGANIC PANTRY ITEMS

Road's End Vegan Organic Instant Mashed Potatoes

Ready in 5 minutes! Organic, gluten-free, dairy-free, contains onion - 4 servings per box, LS

M70	Home Style Instant Potatoes, 3.5 oz	\$3.59
M71	Roasted Garlic Instant Potatoes, 3.5 oz	\$3.59
M72	Chreesy Instant Potatoes, 3.5 oz	\$3.59

Equal Exchange French Roast Coffee

Equal Exchange has been a fairly traded gourmet coffee for over 16 years. This rich, dark French roast is our office favorite. Enjoy this 2-lb. economy size. EX01 Equal Exchange French Roast, 2 lb \$22.95

ORGANIC CANDIES

Equal Exchange Chocolate Bars

New products from the oldest and largest for-profit fair trade company in the US. All 3.5 oz - % of cacao.

536110	Very Dark (71%)	\$4.79
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Surf Sweets Organic Candies

Natural colors and flavors, fat-free

842997	Organic Jelly Beans (NV), 2.75 oz	2.39
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BAKING & DESSERTS

VEGAN GELS

Natural Desserts

Gluten-Free Vegan Jel Desserts

Made with evaporated cane juice and vegetable gums. Make & use like nonvegan packaged jels.

816064	Unflavored Jel, 0.3 oz	\$1.99
816637	Cherry Jel Dessert, 3 oz	1.99
816579	Orange Jel Dessert, 3 oz	1.99
816595	Raspberry Jel Dessert, 3 oz	1.99
816611	Strawberry Jel Dessert, 3 oz	1.99

Organic Raw Agave Nectar

798354	Raw Blue Agave Nectar, 23.5 oz	\$7.39
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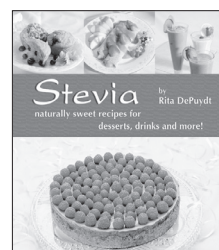
Stevita LS

Dietary supplement made from stevia leaves

92825	Stevita Powder, 50 pkts	\$6.19
92805	Stevita Powder, 16 oz	\$26.95

Stevia - Naturally Sweet Recipes for Desserts, Drinks, and More

Rita DePuydt
This sweetener has no calories, a glycemic index of 0, many health benefits. Over 100 recipes. E, D, NA -224 pgs - **#671338 - \$45.95 - \$13.49**



Paper Baking Cups

Brown, unbleached, earth-friendly baking cups.

169862	Unbleached baking cups (60)	\$1.99
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Recycled Aluminum Foil

Takes 95% less energy to produce than virgin foils. 50 square feet in recycled cardboard packaging.

12011	Recycled Aluminum Foil	\$4.49
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Vitamin D The Sunshine Vitamin

Zoltan Rona, MD
Why you may not be getting all the vitamin D you need and what are the best ways to get the nutrient that protects against cancer, heart disease, depression, obesity, and more. 128 pgs - **#470824 - \$9.95 - \$8.45**



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DEVA Vegan Vitamins & Supplements

Certified vegan by the Vegan Society of England. All ingredients from plant or mineral sources. Call our office or check our web site for specific ingredients.

Buy any 2, get 10% off. Buy any 3, get 15% off.
Buy any 6, get 25% off.

Multivitamin Blends

1-A-Day Multivitamin/Mineral Supplement

Especially formulated for vegans and vegetarians, with emphasis on B₁₂ (50mcg) and iron. 1 tablet per serving, 90 tablets per bottle

D15000 1-A-Day Multi, 90 tabs \$12.95

Iron-Free Multivitamin/Mineral Supplement

More B₁₂ (100 mcg), extra trace minerals. 1 tablet per serving, 90 tablets per bottle

D15001 Iron-Free Multi, 90 tabs \$12.95

Tiny Tablets Multivitamin/Mineral Supplement

Formulated especially for vegans and vegetarians, essential vitamins and minerals in a small, easy to swallow tablet that is ideal for those who have difficulty swallowing large pills. 1 tablet per serving, 90 tablets per bottle

D15002 Tiny Tablets Multi, 90 tabs \$7.95

Vitamins & Minerals

Vegan B₁₂ - Sublingual

With folic acid and B₆, an essential part of a nutritious vegan diet—also for anyone needing additional B₅. Dissolves under the tongue. One tablet provides 1,000 mcg - pleasant tasting and quick-dissolving.

D6500 Sublingual Vegan B₁₂, 90 tabs \$9.95

Vegan Calcium Plus

Now in an easier-to-swallow caplet! Calcium, magnesium, vitamin D₂, zinc, boron, copper, and vitamin C. 3 tablets per day. 90 caplets

D2000 Vegan Calcium Plus, 90 caps \$7.95

Vegan Vitamin D₂ (Ergocalciferol)

90 tablets per bottle; 1 tablet per serving (800 IU)

D6600 Vegan Vitamin D₂, 90 tabs \$5.99

High-Potency Vegan Vitamin D₂

(Ergocalciferol)

This vegan D₂ supplement contains 2,400 IU per tablet. 90 tablets per bottle.

D66001 High-Potency Vegan Vitamin D₂, 90 tabs \$7.99

NEW! Vegan Natural Vitamin E

Vitamin E (d-alpha tocopherol) 400IU per serving with mixed tocopherols (d-gamma, d-beta, d-delta), 67 mg per serving - 90 capsules, 1 per serving

D68000 Vegan Natural Vitamin E, 90 caps \$16.99

NEW! Vegan Prenatal Multivitamin & Mineral

Contains the right combination of vitamins, minerals, and other nutrients without providing any of them in harmful amounts in only 1 daily dose throughout pregnancy and during lactation - 90 capsules, 1 per serving

D55000 - Vegan Prenatal Multi, 90 caps - \$13.99

Joint Health

NEW! Vegan Glucosamine-MSM-CMO

Perfect for senior citizens, weekend athletes, or anyone desiring extra nutritional support for cartilage and joints. The only 100% vegan product in the world that combines Glucosamine (1,500 mg per serving), MSM (750 mg per serving) and CMO (100 mg, per serving). 90 tablets, 3 per serving -

D10001 Vegan Glucosamine-MSM-CMO, 90 tabs \$14.99

Omega-3/DHA

Vegan DHA (Algae)

DHA is the omega-3 fatty acid that promotes neural functioning and heart health. - 90 tablets 1 per serving (provides 200 mg)

D4000 Vegan DHA, 90 tablets \$39.95

NEW! Vegan Omega-3 DHA Softgels

200 mg DHA, derived from algae and packaged in nonanimal softgels made from carrageenan and starch - clean, safe and free from contaminants. - 90 softgels, 1 per serving

D40001 Vegan Omega-3 DHA, 90 Softgels \$34.99

NEW! Vegan Liquid Omega-3 DHA (Lemon Flavor)

Adult dose of 14 drops provides 200 mg of algal DHA; children's dose is 7 drops. Can be mixed with food or smoothies, and great for anyone who have difficulty swallowing capsules. 90 adult doses, 180 child doses

D40003 Vegan Liquid Omega-3 DHA \$29.99

NEW! Vegan Chia Seed Oil

The richest vegan source for the essential omega-3 fatty acid, alpha linolenic acid, cold-pressed, unrefined - 1000 mg per serving - 90 capsules, 1 per serving

D63000 Vegan Chia Seed Oil, 90 caps \$14.99

Flax Oil Caps

2 capsules = 550 mg omega-3s, 130 mg omega-6s. 90 capsules, 2 per serving

D6000 Flax Oil Caps, 90 caps \$9.95

Individual Supplements & Blends

NEW! Vegan Astaxanthin Super Antioxidant

One of a group of natural pigments known as carotenoids, an antioxidant up to 500 times more powerful than vitamin E and more than 10 times as potent as beta-carotene. - 30 capsules, 1 per serving

D35000 Vegan Astaxanthin Super Antioxidant, 30 caps \$12.99

Vegan Digestive Support

A unique blend of enzymes and herbs that provides activity throughout all the various pH levels encountered in the gut. 90 tablets

D8000 Vegan Digestive Support, 90 tabs \$19.95

NEW! Vegan Hair-Nails-Skin Support

A blend of vitamins and minerals, plus aloe vera, n-acetyl-cysteine (plant source), MSM, methionine, extracts of rosemary, sage, fenugreek and horsetail (silica), and 500 mcg of biotin per serving - 90 tablets, 1-2 per serving

D30000 Vegan Hair-Nails-Skin Support, 90 tabs \$12.99

NEW! Vegan Liver Support

A proprietary blend of extracts of milk thistle, dandelion root, turmeric root, and ginger root, artichoke, Siberian ginseng, alpha lipoic acid, n-acetyl-cysteine and much more.- 90 capsules, 1 per serving

D50008 Vegan Liver Support, 90 caps \$12.99

Vegan Glucosamine

Made from corn, supports joint health. 3 tablets daily = 1,500 mg glucosamine, 90 tablets

D1000 Vegan Glucosamine, 90 tabs \$10.95

HOUSEHOLD PRODUCTS

Debbie Meyer Green Bags (formerly EvertFresh Bags)

The same wonderful bags under a new brand and packaging. Keeps produce fresh for weeks—the large bag will accommodate a Fresh Life Sprouter tray. 10 medium and 10 large bags per package, total of 20 bags DM124 Green Bags, 20 cnt \$9.95

BioBags

Ditch the plastic! BioBags have no polyethylene, are 100% biodegradable and GMO free. Compost/Waste bags will fit most waste paper baskets.

187128 3 Gal. Compost/Waste Bags, 25 cnt \$4.59
187684 13 Gal Tall Kitchen Waste Bags, 12 cnt \$6.49
187105 Dog Waste Bags, 50 cnt \$3.99

Earth Friendly Dish Soap

Nontoxic, no animal testing or animal ingredients
Almond and cherry oil formula moisturizes your hands.

970012 Dishmate Almond, 25 oz. \$5.99
514752 Dishmate Lavender, 25 oz. \$5.99

Food-Grade Hydrogen Peroxide

8% strength—strong enough to protect against salmonella and E coli, yet safe for the environment. Use 2 capfuls to ½ cup in a **Freshlife Sprouter** to protect against contamination of sprouts.

FH01 Food-Grade Hydrogen Peroxide, 16 oz. \$10.99

BATH & BODY CARE

Dr. Bronner's Soap

LIQUID CASTILE SOAPS

8 oz size — \$4.99 32 oz. size — \$16.49
130716 Peppermint 130718 Peppermint
130700 Almond 130702 Almond
130712 Lavender 130714 Lavender

BAR SOAPS 5 oz size — \$3.99

130450 Peppermint 130448 Lavender
130454 Rose 130442 Baby Mild w/
130446 Citrus Aloe Vera

Chandrika Ayurvedic Soap

Soap from India made of vegetable oils and Ayurvedic herbal extracts, with no chemicals or animal fats.

140100 Chandrika Ayurvedic Soap 75g \$1.49

LEWEY'S INSECT REPELLENT

Based on a Native Passamaquoddy herbal recipe. (Formerly "Buzz-Off") Made from soybean oil, peppermint, geranium, and other essential oils. 100% natural Lasts up to 3 hours. LEB001 4 fl. oz. \$9.99

NATURAL MEDICINALS

ProSeed Grapefruit Seed Extract

A multi-purpose extract used world-wide for many conditions, as a broad spectrum cleanser for vegetables. 268100 Liquid Concentrate 2 oz \$11.95

Australian Tea Tree Oil

Purest pharmaceutical grade from Kali's Herbals, amber bottles. 1/3 ounce travel size. N252900 \$10.29