

# FEEL RITE FRESH MARKETS

Locally Owned and Serving  
Buffalo & WNY Since 1971

Mon - Sat 9am - 9pm · Sun 10am - 6pm

www.feel-rite.com



AMHERST · WILLIAMSVILLE · BUFFALO · WEST SENECA · HAMBURG

Sale Effective 01/01-01/31/2024



NEWCHAPTER

**40% off**  
ENTIRE LINE MSRP

Truvani  
Plant Based  
Protein



**30% off**  
ENTIRE LINE MSRP



CHILD LIFE  
ESSENTIALS

**35% off**  
ENTIRE LINE MSRP



**30% off**  
ENTIRE LINE MSRP



Shop In Store or  
Online  
at Feel-Rite.com

Pickup In store,  
Curbside,  
or Home Delivery  
Available  
Thru Takeout Taxi

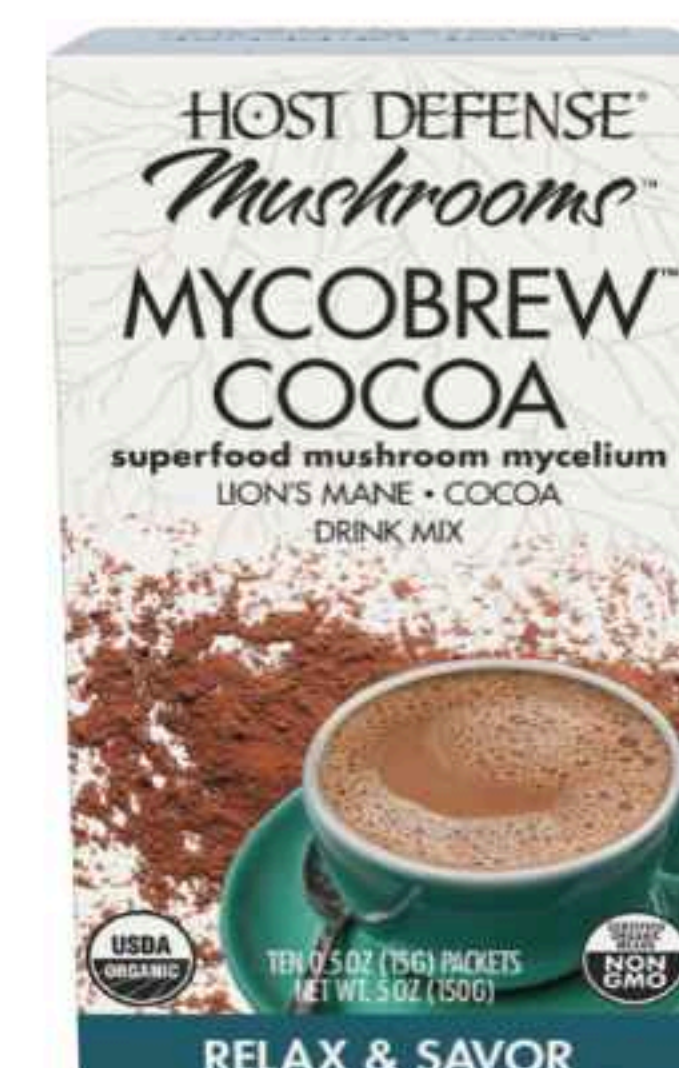


natural  
Factors

**30% off**  
ALL BERBERINE  
& COLLAGEN MSRP

HealthAid

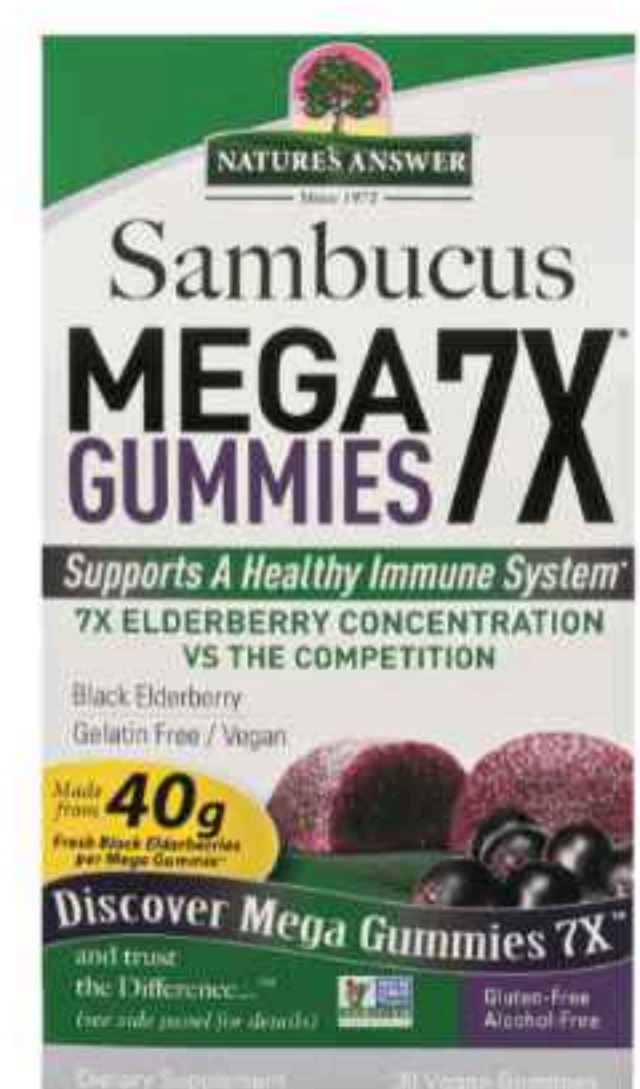
**25% off**  
ENTIRE LINE MSRP



**25% off** MSRP  
MYCOBREW LINE



**25% off**  
ENTIRE LINE MSRP



MSRP : Manufacturer's Suggested Retail Price All Line Drives exclude Protein Bars, Individual Packets, Trial Sizes & EDLP's (Everyday Low Price Items)  
Not responsible for typographical errors. Not all items available at all locations. Sale Prices are effective while quantities last.



**Three Trees**  
Nut Milk  
Select Varieties  
28 fluid ounce

**\$5.99**  
7.49 MSRP



**Birch Benders**  
Organic  
Pancake &  
Waffle Mix  
16 ounce

**\$4.29**  
5.69 MSRP



**Cocojune**  
Organic Coconut  
Yogurt  
Select Varieties  
4 ounce

**\$1.79**  
2.59 MSRP

**Lakewood**  
Organic  
Cranberry  
Juice  
32 fluid ounce

**\$9.29**  
12.59 MSRP



**Catalina Crunch**  
Keto Friendly  
Cereal  
Select Varieties  
9 ounce

**\$6.99**  
8.69 MSRP



**Purely Elizabeth.**  
Granola  
Select  
Varieties  
8-12 ounce

**\$5.79**  
7.79 MSRP



**Wyman's**  
Wild  
Blueberries  
15 ounce

**\$3.79**  
5.19 MSRP



**Rebbl**  
Protein  
Drinks  
Select Varieties  
12 fluid ounce

**\$3.49**  
4.79 MSRP



**Daiya**  
Cheese Alternative  
Select Varieties  
6.5-8 ounce

**\$3.79**  
4.89 MSRP



**Food For Life**  
Sprouted Bread  
Select Varieties  
24 ounce

**\$5.29**  
7.29 MSRP



**Beyond Meat**  
Plant-Based Meat  
Alternatives  
Select Varieties  
8-8.3 Oz

**\$3.99**  
5.99 MSRP



**Cascadian Farm**  
Organic  
Spud Puppies  
16 ounce

**\$3.79**  
5.89 MSRP



**Koyo**  
Ramen  
Select  
Varieties  
2-2.1 ounce

**99¢**  
1.49 MSRP



**Pacific Foods**  
Organic Soup  
Select Varieties  
32 fluid ounce

**\$4.29**  
5.69 MSRP



**Annie's**  
Macaroni &  
Cheese  
Select  
Varieties  
5.25-6 ounce

**\$1.29**  
3.19 MSRP



**Tasty Bite**  
Indian  
Cusine  
Entrees  
Select  
Varieties  
10 ounce

**\$2.99**  
3.79 MSRP

**Wildbrine**  
Kimchi  
Select Varieties  
18 ounce

**\$6.79**  
8.49 MSRP



**Gimme Organic**  
Roasted  
Seaweed  
Snacks  
Select Varieties  
0.35 ounce

**\$1.79**  
2.29 MSRP



**Green Mountain Gringo**  
Salsa  
Select Varieties  
16 ounce

**\$4.49**  
5.89 MSRP



**Organic Valley**  
Stringles  
Organic  
Mozzarella  
Cheese Sticks  
8 ounce

**\$5.29**  
7.19 MSRP







**Zevia**  
Soda  
Select Varieties  
6pk cans

**\$5.49**  
6.89 MSRP



**Lesser Evil**  
Organic  
Popcorn  
Select Varieties  
3.68-6.4 ounce

**\$2.99**  
3.89 MSRP



## Ask Our Nutritionist

Q. Berberine seems to be one of the best herbs for many health issues. I would like to know more about it.

A. Berberine is derived from the root bark of Indian Barberry and is found in many other plant sources. It has been used in Ayurvedic and Traditional Chinese Medicine for thousands of years. Initially, people incorporated it into their cooking as the berries are high in Vitamin C.

One of its notable uses is for healthy blood sugar levels. Various studies have shown that individuals with Type 2 diabetes can reduce their blood sugar levels with berberine. It also supports immunity, heart, lungs, joints, digestive health, and fat metabolism.

You can find berberine in capsules or tablets at Feel Rite Fresh Markets. We have a variety of brands to choose from: Feel-Rite, our in-house brand, Solaray, Nature's Plus, Enzymedica, and Zhou. Berberine is gluten-free, non GMO, and vegan. It is free from milk, eggs, fish, shellfish, nuts, wheat, and soy for people with allergies.

Visit any one of our 5 Feel Rite Fresh Market locations to speak to one of our knowledgeable staff members for more information and assistance.

Stop in or call your nearest Feel Rite Fresh Market to schedule a consultation with our Nutritionist, Linda Griffin.



**Barnana**  
Organic  
Plantain Chips  
Select Varieties  
4-5 ounce

**\$3.49**  
4.69 MSRP



**Ithaca**  
Hummus  
Select Varieties  
10 ounce

**\$3.79**  
4.99 MSRP



**Madegood**  
Granola Bars  
Select Varieties  
6 count

**\$3.79**  
4.69 MSRP



**From The Ground Up**  
Cauliflower  
Cracker &  
Snacks  
Select Varieties  
3.5-4.5 ounce

**\$2.49**  
3.99 MSRP



**Back To Nature**  
Cookies  
Select Varieties  
8-12 ounce

**\$3.99**  
5.39 MSRP



**Lärabar**  
Fruit & Nut Bar  
Select Varieties  
1.6-1.7 ounce

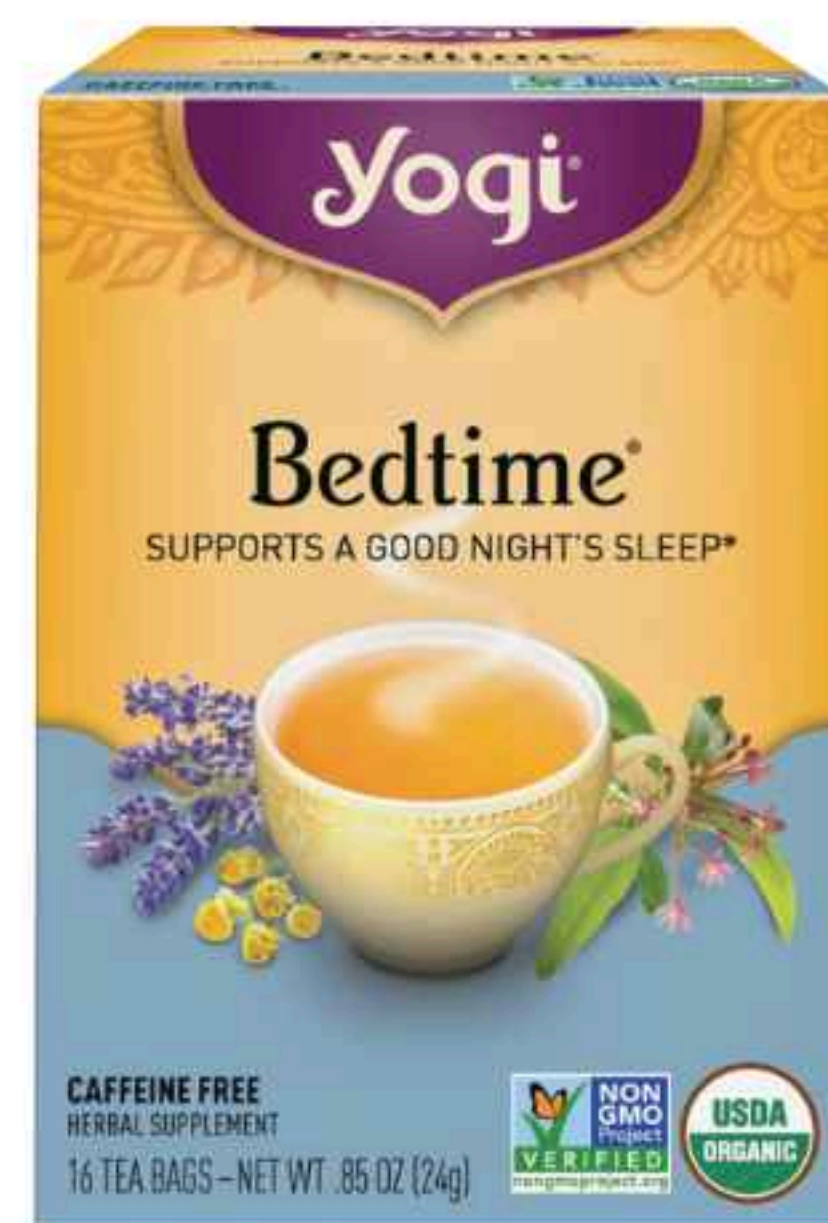
**99¢**  
1.99 MSRP



**Emerald** Labs  
The Additive-Free Company®

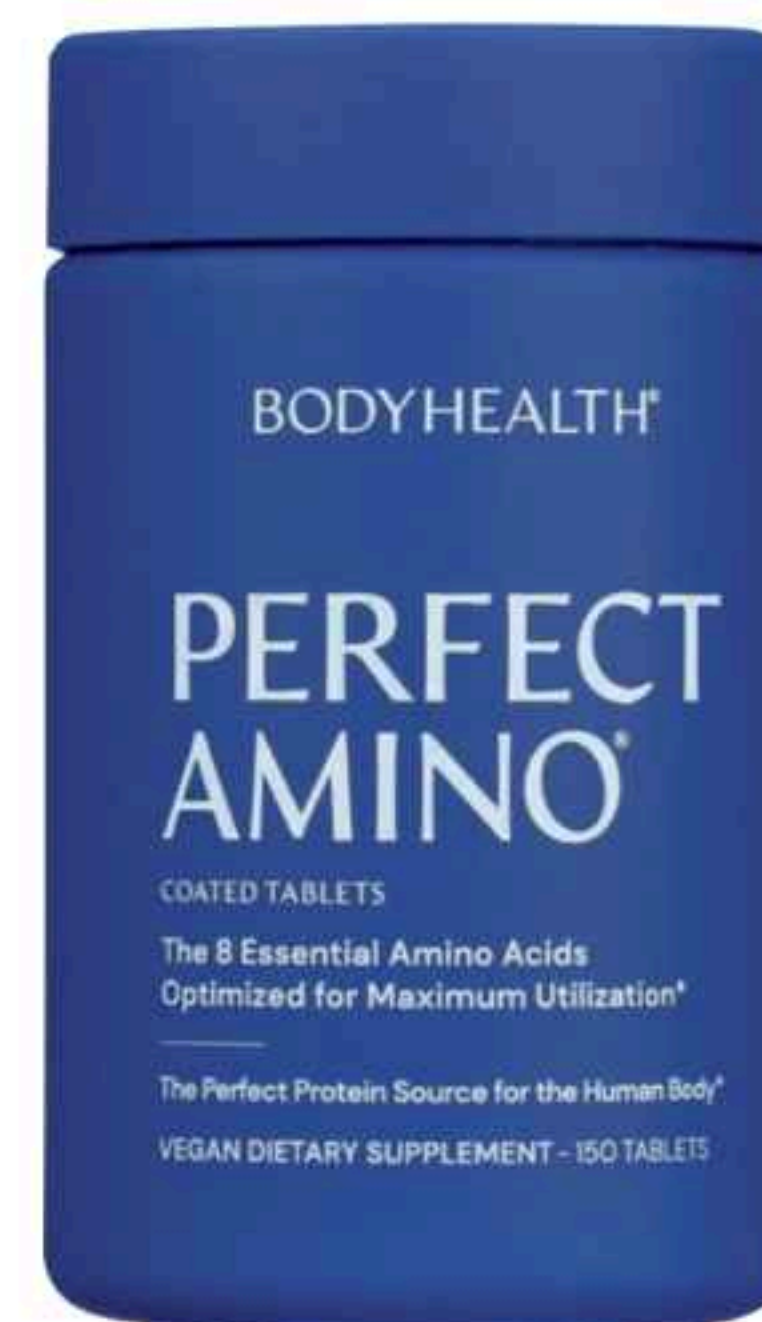


**25% off**  
ENTIRE LINE MSRP



**25% off**  
ENTIRE LINE MSRP

**BODYHEALTH®**



**25% off**  
ENTIRE LINE MSRP

**Manitoba Harvest**  
Organic Hemp Hearts  
12 ounce



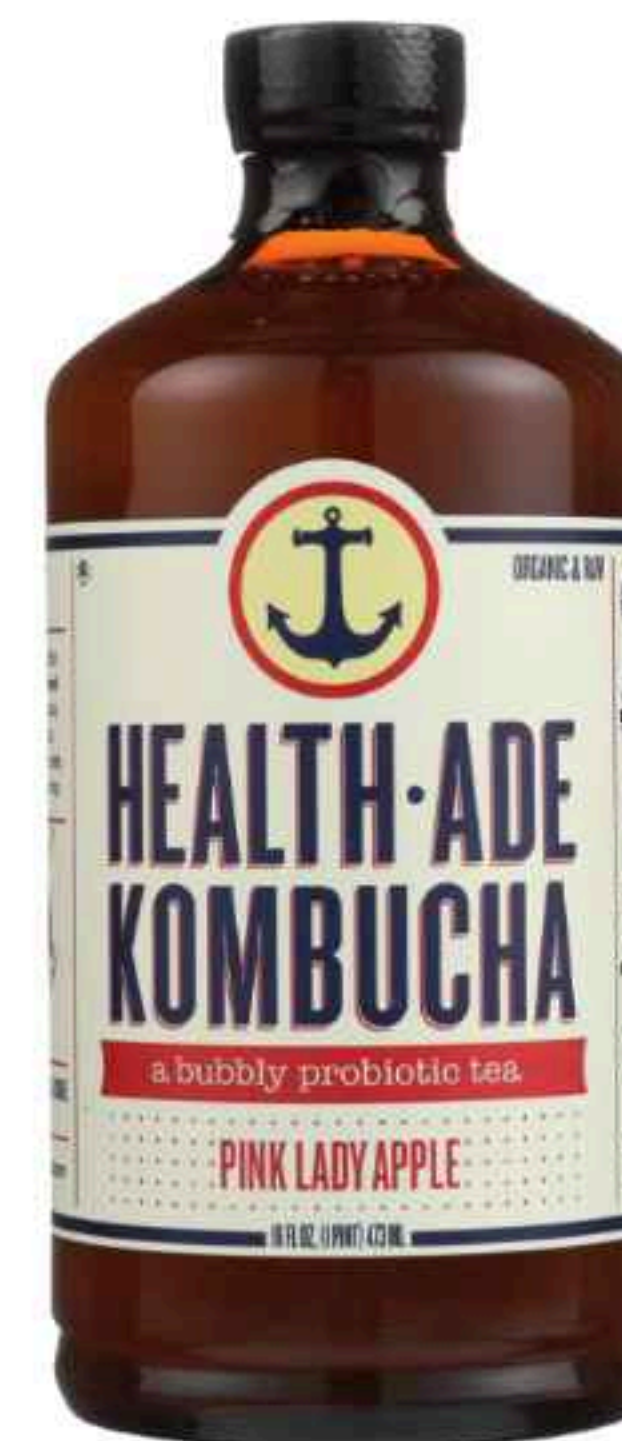
**\$12.99**  
14.59 MSRP



**Four Sigmatic**  
Organic Ground Coffee  
With Mushrooms  
Select Varieties  
12 ounce  
**\$13.99**  
17.99 MSRP



**Perfect Snacks**  
The Original  
Refrigerated  
Protein Bar  
1.4-2.5 ounce  
**\$2.49**  
3.29 MSRP



**Health•ade**  
Kombucha  
Select Varieties  
16 fluid ounce  
**\$2.79**  
3.69 MSRP



**The Ginger People**  
Gin Gins Original  
Chewy Ginger Candy  
Select Varieties  
3-3.5ounce  
**\$2.49**  
3.19 MSRP

**FEEL RITE**  
FRESH MARKETS

*Where healthy living starts!*

Amherst • 1445 Niagara Falls Blvd. (716) 834-3385  
Williamsville • 5425 Transit Rd. (716) 636-1000  
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