

FEEL RITE FRESH MARKETS

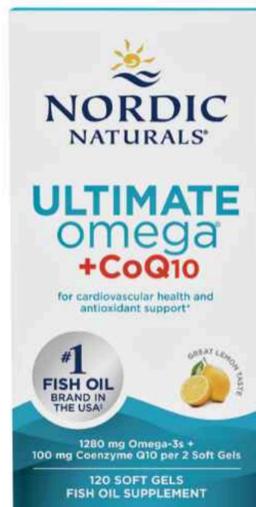
Locally Owned and Serving
Buffalo & WNY Since 1971

Mon - Sat 9am - 9pm · Sun 10am - 6pm

www.feel-rite.com   

AMHERST · WILLIAMSVILLE · BUFFALO · WEST SENECA · HAMBURG

Sale Effective 04/01-04/30/2026



30% off
ULTIMATE OMEGAS MSRP



HOST DEFENSE®
Mushrooms

30% off
ENTIRE LINE MSRP



30% 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.



30% off
ENTIRE LINE MSRP



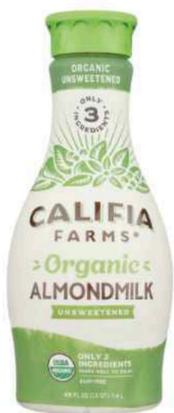
Floradix®

gaia
HERBS



30% 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.



Califia Farms
Almond Milk -
Unsweetened
48 oz.

\$4.99
7.39 MSRP



Elmhurst
Plant Milk
Select Varieties
32 oz.

\$4.79
6.79 MSRP



Koia
Plant-Based
Protein Shake
Select Varieties
12 oz.

\$2.99
4.19 MSRP



Health-Ade
Organic Kombucha
Select Varieties
16 oz.

\$2.99
3.69 MSRP

C2O
Coconut Water
Select Varieties
17.5 oz.



\$2.29
2.99 MSRP

Olipop
Prebiotic Soda
Select Varieties
12 oz.



\$1.79
2.39 MSRP

Uncle Matt's Organic
Organic Juice
Select Varieties
52 oz.



\$7.99
10.69 MSRP

Vive Organic
Organic
Functional Shot
Select Varieties
2 oz.



\$2.49
3.29 MSRP



Kerrygold
Butter
Select Varieties
8 oz.

\$4.99
6.79 MSRP



Nuts For Cheese
Vegan Cheese
Select Varieties
4.23 oz.

\$5.99
7.99 MSRP



Sir Kensington's
Mayonnaise
Select Varieties
12 oz.

\$6.49
9.19 MSRP



Ithaca
Hummus
Select Varieties
10 oz.

\$3.49
4.99 MSRP

Little Sesame
Hummus
Select Varieties
8 oz.



\$3.49
4.79 MSRP

St. Dalfour
Conserves
Select Varieties
10 oz.



\$4.29
5.29 MSRP

Cascadian Farm
Organic
Cereal
Select Varieties
8.6-12 oz.



\$3.49
7.19 MSRP

Purely Elizabeth
Granola
Select Varieties
12 oz.



\$6.29
9.19 MSRP



Back To Nature
Crackers
Select Varieties
4-7 oz.

\$2.99
4.19 MSRP



Good Health
Potato Chips
Select Varieties
5 oz.

\$2.79
3.69 MSRP



Rao's
Pizza
Select Varieties
18.3-20.6 oz.

\$8.49
11.99 MSRP



Divina
Dolma Grape
Leaves Stuffed
7 oz.

\$3.19
4.79 MSRP



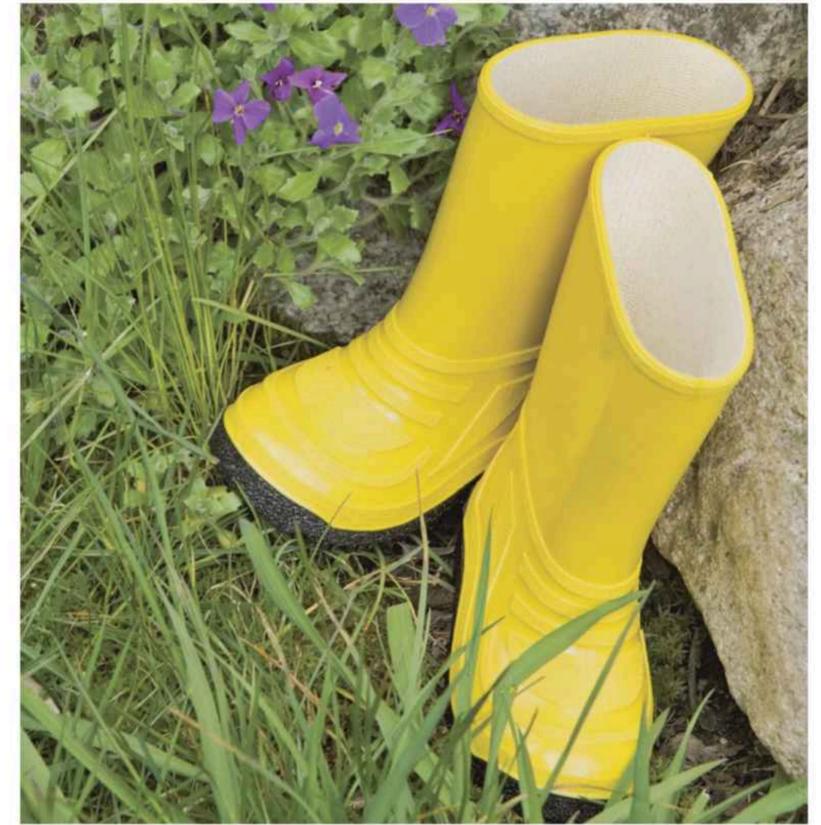
Chomps
Meat Snack Stick
Select Varieties
1.15 oz.

\$1.99
2.49 MSRP



GoMacro
Organic MacroBar
Select Varieties
2-2.4 oz.

\$2.49
3.19 MSRP



Ask Our Nutritionist

Mavuno Harvest
Organic Dried Fruit
Select Varieties
2-4 oz.



\$2.79
3.79 MSRP

SmartSweets
Candy
Select Varieties
1.8 oz.



\$2.49
3.39 MSRP

Q: I've read that adults should consume about 35 grams of fiber per day, but I don't think I'm getting that much. How can I boost my fiber intake?

A: The best way to increase fiber intake is to eat more high-fiber foods and consider adding a supplement if needed. Include foods like lentils, beans, chickpeas, hummus, nuts, nut butters, whole grains, vegetables (raw and cooked), and fruits. You can also add fiber supplements such as psyllium, inulin, acacia fiber, oat bran, flaxseeds, chia seeds, or hemp seeds, which can easily be mixed into smoothies, yogurt, or other foods.

Getting enough fiber supports regular digestion, healthy blood sugar levels, and heart health. For convenience, fiber supplements are available in powder, capsule, and gummy forms.

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.



Little Secrets
Crispy Wafers
Select Varieties
1.4 oz.

\$1.99
2.79 MSRP



Tate's Bake Shop
Cookies
Select Varieties
5.5-7 oz.

\$4.29
5.99 MSRP

Miss Jones Baking Co.
Monster Cookie
Dough
11.84 oz.

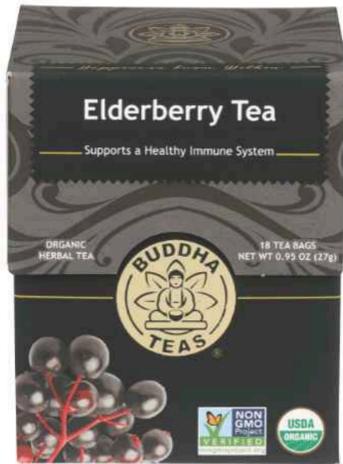


\$5.99
8.59 MSRP

Jolly Llama
Cones
Select Varieties
3 ct.



\$3.99
5.39 MSRP



Buddha Teas
Organic Tea
Select Varieties
18 ct.

\$4.99
6.39 MSRP



If You Care
No. 4 Coffee Filter
100 ct.

\$3.49
4.39 MSRP



Forces Of Nature
Wart Control Extra
Strength
4 ml.

\$10.99
15.99 MSRP

**Mrs. Meyer's
Clean Day**
Liquid Hand Soap
Select Varieties
12.5 oz.



\$4.29
5.29 MSRP

**Mrs. Meyer's
Clean Day**
Liquid Dish Soap
Select Varieties
16 oz.



\$3.79
5.29 MSRP

Tru Earth
Laundry Detergent
Strips
32 ct.



\$9.49
14.29 MSRP

FEEL RITE
FRESH MARKETS

Where healthy living starts!

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Williamsville • 5425 Transit Rd. (716) 636-1000
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Hamburg • 4154 McKinley Pkwy. (716) 649-6694

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