

# FEEL RITE FRESH MARKETS

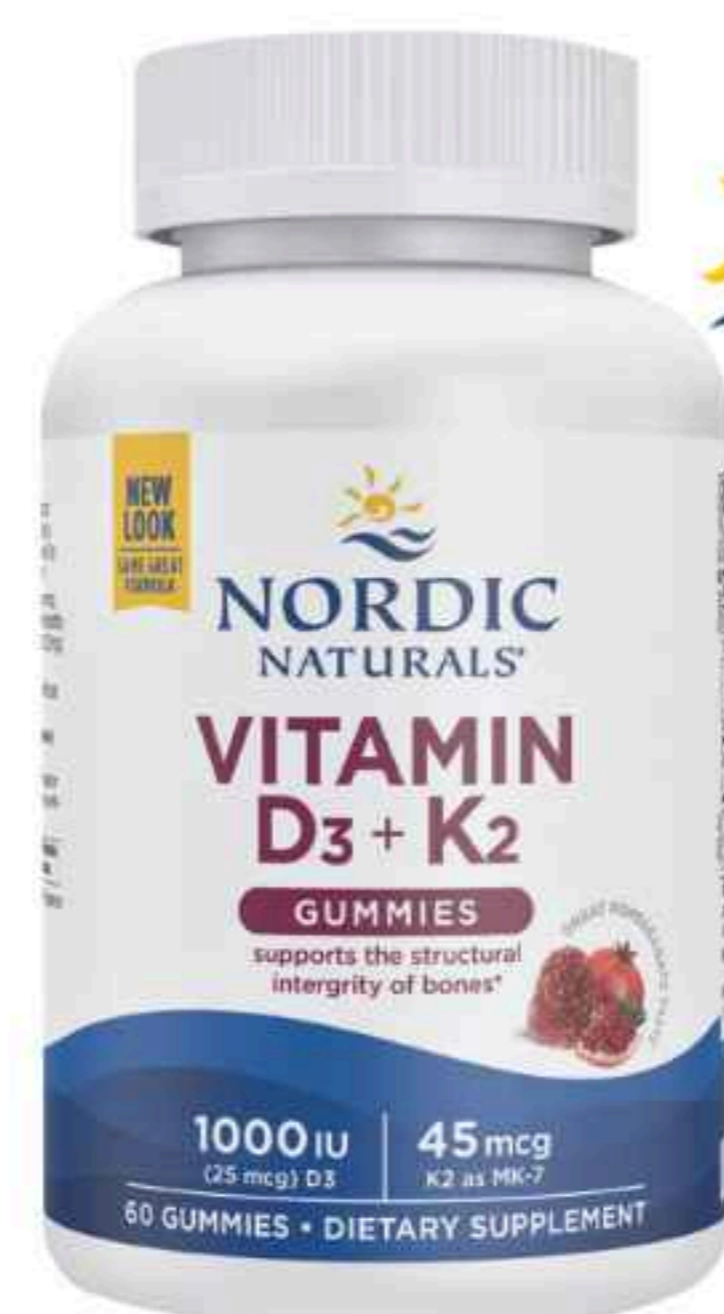
Locally Owned and Serving  
Buffalo & WNY Since 1971

Mon - Sat 9am - 9pm · Sun 10am - 6pm

www.feel-rite.com   

AMHERST · WILLIAMSVILLE · BUFFALO · WEST SENECA · HAMBURG

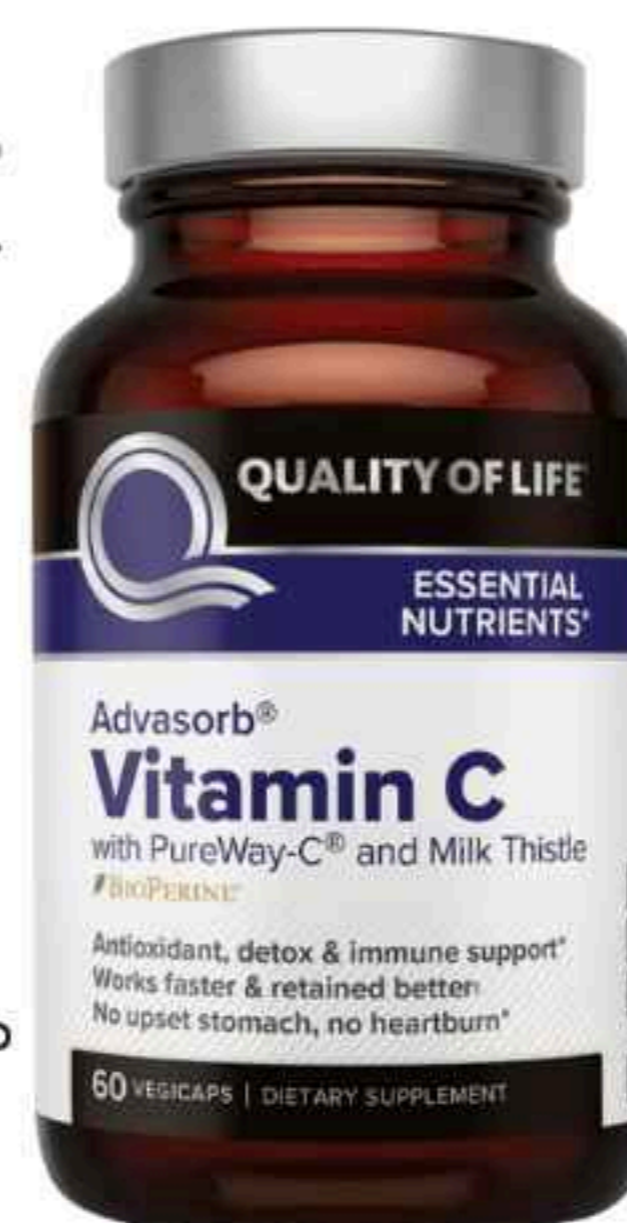
Sale Effective 05/01 - 05/31/2026



**30% off**  
COMPLETE OMEGAS &  
VITAMIN D MSRP



**25% off**  
ENTIRE LINE MSRP



**25% off**  
ENTIRE LINE MSRP



**25% off**  
ENTIRE LINE MSRP

Shop In Store or  
Online at  
Feel-Rite.com  
Pickup In Store,  
Curbside,  
or Home Delivery  
Available Thru  
Takeout Taxi.



**35% off**  
ENTIRE LINE MSRP



**35% 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.

**Vital Farms**  
Butter  
Select Varieties  
8 oz.

**\$3.49**  
4.99 MSRP



**Organic Valley**  
Shredded  
Cheese  
Select Varieties  
6 oz.

**\$3.79**  
5.39 MSRP



**Coconut Cult**  
Probiotic  
Coconut Yogurt  
Select Varieties  
8 oz.

**\$6.49**  
9.69 MSRP



**Remedy Organics**  
Organic  
Protein Drink  
Select Varieties  
12 oz.

**\$3.29**  
4.59 MSRP



**Poppi**  
Prebiotic Soda  
Select Varieties  
12 oz.

**\$1.69**  
2.29 MSRP



**Zevia**  
Soda  
Select Varieties  
6pk 12oz.

**\$5.99**  
7.79 MSRP



**The Mountain Valley**  
Spring Water  
Sparkling Water  
Select Varieties  
1 lt.

**\$2.49**  
2.89 MSRP



**Graza**  
Extra Virgin  
Olive Oil  
750 ml.

**\$11.99**  
15.89 MSRP

**Bubbies**  
Kosher Dill Pickles  
33 oz.

**\$6.79**  
9.69 MSRP



**Frontera**  
Salsa  
Select Varieties  
16 oz.

**\$2.99**  
5.39 MSRP



**Simply Organic**  
Seasoning Mix  
Select Varieties  
1-1.13 oz.

**\$1.39**  
1.89 MSRP



**Canyon Bakehouse**  
Gluten Free  
Bread  
Select Varieties  
18 oz.

**\$5.79**  
8.19 MSRP



**Woodstock**  
Organic Wild  
Blueberries  
10 oz.

**\$6.79**  
9.59 MSRP



**Boulder Canyon**  
Kettle Chips  
Select Varieties  
5.25-6.5 oz.

**\$2.99**  
4.19 MSRP



**LesserEvil**  
Organic  
Popcorn  
Select Varieties  
4.6-6.4 oz.

**\$3.29**  
4.19 MSRP



**Siete**  
Corn Tortilla  
Chips  
Select Varieties  
7.5 oz.

**\$3.79**  
5.49 MSRP

**Goodles**  
Mac and Cheese  
Select Varieties  
5.25-6 oz.

**\$3.29**  
3.99 MSRP



**Van's**  
Waffles  
Select Varieties  
9 oz.

**\$3.29**  
4.49 MSRP



**Beyond**  
Beyond Burger  
8 oz.

**\$4.49**  
7.19 MSRP

**Jack & Annie's**  
Nuggets  
10 oz.

**\$4.49**  
5.89 MSRP



**Catalina Crunch**  
Keto Friendly  
Cereal  
Select Varieties  
8-9 oz.



**\$6.29**  
8.69 MSRP

**Magic Spoon**  
Cereal  
Select Varieties  
7 oz.



**\$6.49**  
8.99 MSRP



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

**\$6.29**  
7.99 MSRP



**Made In Nature**  
Organic Dried Fruit  
Select Varieties  
3 oz.

**\$3.29**  
5.29 MSRP

**GimMe Health Foods**  
Seaweed Snack  
Select Varieties  
0.32-0.35 oz.



**\$1.59**  
2.39 MSRP

**Archer**  
Meat Stick  
Select Varieties  
1 oz.



**\$1.49**  
2.19 MSRP



**Chocolove**  
Chocolate Bar  
Select Varieties  
2.9 - 3.2 oz.

**\$3.49**  
4.39 MSRP



**Van Leeuwen**  
Ice Cream  
Select Varieties  
14 fl.

**\$5.29**  
6.99 MSRP



## Ask Our Nutritionist

Q. What is the role of cortisol, and what are ways to manage or lower it?

A. Cortisol is a hormone made by the adrenal glands that rises in response to stress. Levels can increase due to factors like health concerns, financial strain, family challenges, global events, or job loss. A doctor can measure cortisol through a urine test to assess how much is being produced. Elevated cortisol can contribute to higher blood pressure and blood sugar levels. There are several ways to help manage and lower cortisol. Supporting the nervous system with B vitamins is often a good starting point. Certain supplements - such as ashwagandha, rhodiola, holy basil, magnesium, and theanine - may also help reduce stress. In addition, regular exercise and deep breathing practices are important for keeping cortisol in check. Limiting sugar and caffeine intake can also be beneficial, as both can raise cortisol levels when consumed in excess.

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.



**Biosil**<sup>®</sup>

**30% off**  
ENTIRE LINE MSRP



*Carlson*<sup>®</sup>

**30% off**  
ENTIRE LINE MSRP



**Ultima Replenisher**  
Electrolyte Powder  
Select Varieties  
20 ct. packets

**\$14.99**  
22.99 MSRP

**EO**  
Hand Soap  
Select Varieties  
12 oz.



**\$5.99**  
7.39 MSRP

**ECOS**  
Fruit & Vegetable  
Wash  
22 oz.



**\$3.79**  
4.89 MSRP

**Quantum Health**  
Buzz Away  
Extreme Spray  
4 oz.



**\$8.99**  
9.99 MSRP

**FEEL RITE**  
FRESH MARKETS

Amherst • 1445 Niagara Falls Blvd. (716) 834-3385  
 Williamsville • 5425 Transit Rd. (716) 636-1000  
 Buffalo • 2141 Delaware Ave. (716) 837-7661  
 West Seneca • 3521 Seneca St. (716) 675-6620  
 Hamburg • 4154 McKinley Pkwy. (716) 649-6694

Where healthy living starts!

Mon - Sat 9am - 9pm · Sun 10am - 6pm

www.feel-rite.com

