



# DIA MUNDIAL DE LA SALUD 7 de abril

Estilo de Vida Saludable • Hidratación • Sana Alimentación • Ejercicios • Bienestar

## NUESTROS ESPECIALES DEL MES

Productos sujetos a disponibilidad



**Rolled Oats Whole Grain**  
Bob's Red Mill  
16 oz.  
REG. \$5.49  
AHORRA .80¢

**\$4.69**



**Matcha Latte**  
Jade Leaf  
3.5 oz.  
REG. \$9.19  
AHORRA \$1.90

**\$7.29**



**\$4.15**

**Mac n Cheese variedad**  
Goodles  
5.25 - 6 oz.  
REG. \$5.19  
AHORRA \$1.04



**Pure Carrot Juice**  
Lakewood Organic  
32 oz.  
REG. \$9.79  
AHORRA \$2.00

**\$7.79**



**Organic Papaya Blend Juice**  
Lakewood Organic  
32 oz.  
REG. \$9.79  
AHORRA \$2.00

**\$7.79**



**\$6.99**

**Potato Fries and Hash Brown variedad**  
Field Day - 23 - 24 oz.  
REG. \$8.19  
AHORRA \$1.20



**Tomato Bisque**  
Pacific Foods  
16.3 oz.  
REG. \$6.09  
AHORRA \$1.50

**\$4.59**



**Sriracha Aioli**  
Woodstock  
6.5 oz.  
REG. \$5.69  
AHORRA .80¢

**\$4.89**



**\$6.45**

**Fruit Immunity Blend**  
Pitaya Foods - 12 oz.  
REG. \$7.45  
AHORRA \$1.00



**Traditional Pasta variedad**  
Field Day  
16 oz.  
REG. \$3.69  
AHORRA .70¢

**\$2.99**



**High Fiber Oat Bran Hot Cereal**  
Bob's Red Mill  
18 oz.  
REG. \$6.05  
AHORRA \$1.16

**\$4.89**



**\$2.39**

**Habichuelas variedad**  
Field Day - 15 - 16 oz.  
REG. \$2.75  
AHORRA .36¢

# CONGELADOS

ESPECIALES VÁLIDOS DEL 1 AL 30 DE ABRIL DEL 2024

Productos sujetos a disponibilidad



**20%**

Descuento

**Ezekiel 4:9 Panes Congelados variedad**  
Food for Life  
24 oz.  
REG. \$8.19 - \$11.39



**Organic Yukon Select Puffs**

Alexia - 16 oz.  
REG. \$7.99  
AHORRA \$1.99

**\$6.39**



**Crispy Onion Rings**

Alexia  
11 oz.  
REG. \$8.99  
AHORRA \$1.80

**\$7.19**



**\$7.49**

**Pan de Pana variedad**  
Freshmart  
16 oz.  
REG. \$8.29  
AHORRA .80¢



**Crispy Rosemary Fries**

Alexia - 16 oz.  
REG. \$7.69  
AHORRA \$1.60

**\$6.09**



**Black Bean Burrito**

Amy's  
6 oz.  
REG. \$5.29  
AHORRA .80¢

**\$4.49**



**California Style Blend**

Cascadian Farm  
10 oz.  
REG. \$5.79  
AHORRA \$1.80

**\$3.99**



**Rocky Mountain Sourdough**

Rudi's - 22 oz.  
REG. \$8.49  
AHORRA \$1.70

**\$6.79**



**Original Sandwich Bread**

Rudi's - 18 oz.  
REG. \$9.49  
AHORRA \$1.90

**\$7.59**



**Açaí Sorbet**

Sambazon  
1 Pint  
REG. \$9.19  
AHORRA \$1.84

**\$7.35**



**Organic Whole Pod Edamame**  
Woodstock - 10 oz.

**\$3.59**

REG. \$4.19  
AHORRA .60¢



**Sandwiches Vanilla Bean Coconutmilk**

So Delicious  
8 / 2.3 oz.  
REG. \$8.59  
AHORRA \$1.70

**\$6.89**



**Vanilla Bean Coconutmilk**

So Delicious  
16 oz.  
REG. \$8.49  
AHORRA \$1.70

**\$6.79**



**Wild Blueberries**

Woodstock  
10 oz.  
REG. \$7.69  
AHORRA \$1.20

**\$6.49**



**Cocowhip**

So Delicious  
9 oz.  
REG. \$6.09  
AHORRA \$1.30

**\$4.79**



**Beyond Burger**

Beyond  
8 oz.  
REG. \$8.09  
AHORRA \$1.60

**\$6.49**



**Broccoli Florets**

Cadia  
16 oz.  
REG. \$5.19  
AHORRA .70¢

**\$4.49**



**Orange Cream Ice Cream**

Alden's Organic  
48 oz.  
REG. \$15.09  
AHORRA \$2.30

**\$12.79**



# REFRIGERADOS

ESPECIALES VÁLIDOS DEL 1 AL 30 DE ABRIL DEL 2024

Productos sujetos a disponibilidad



**Sheep Milk Yogurt variedad**  
Bellwether Farms  
6 oz.  
REG. \$4.39  
AHORRA .90¢

**\$3.49**



**Sheep Milk Yogurt Plain**  
Bellwether Farms  
16 oz.  
REG. \$9.79  
AHORRA \$2.00

**\$7.79**



**\$2.79**

**Overnight Oats variedad**  
Cocojune  
4 oz.  
REG. \$3.59  
AHORRA .80¢



**Soy Free Buttery Sticks**  
earth balance  
16 oz.  
REG. \$9.59  
AHORRA \$2.00

**\$7.59**



**Buttery Spread with Olive Oil**  
earth balance  
13 oz.  
REG. \$9.59  
AHORRA \$2.00

**\$7.59**



**American Style Slices**  
Follow Your Heart  
7 oz.  
REG. \$7.19  
AHORRA \$1.44

**\$5.75**



**Dairy Free Parmesan Style**  
Follow Your Heart  
5 oz.  
REG. \$7.59  
AHORRA \$1.60

**\$5.99**



**Kefir Plain**  
Lifeway - 32 oz.  
REG. \$8.19  
AHORRA \$1.30

**\$5.49**



**Overnight Oats variedad**  
Mush - 5 oz.  
REG. \$3.39  
AHORRA .70¢

**\$2.69**



**Sparkling Sodas variedad**  
Olipop - 12 oz.  
REG. \$3.19  
AHORRA .69¢

**\$2.50**



**Organic Kefir**  
Lifeway  
32 oz.  
REG. \$8.19  
AHORRA \$1.64

**\$6.55**



**Ripple Kids Plant-Based Milk**  
48 oz.  
REG. \$8.99  
AHORRA \$1.40

**\$7.59**



**Yogurt variedad**  
Silk  
5.3 oz.  
REG. \$3.09  
AHORRA .60¢

**\$2.49**



**Original Cream Cheese**  
Violife - 7.05 oz.  
REG. \$7.69  
AHORRA \$1.70

**\$5.99**



**French Style Yogurt variedad**  
Oui - 5 oz.  
REG. \$2.09 - \$2.55

**10%**  
Descuento



**Milked variedad**  
Elmhurst  
32 oz.  
REG. \$8.59  
AHORRA \$1.60

**\$6.99**



**\$5.99**

**Almond Milk variedad**  
Califia Farms  
48 oz.  
REG. \$7.19  
AHORRA \$1.20



**Breakfast Pork Sausage**  
Boar's Head  
12 oz.  
REG. \$3.19  
AHORRA .20¢

**\$2.99**



**Turkey Sausage**  
Boar's Head  
6 oz.  
REG. \$4.29  
AHORRA .30¢

**\$3.99**



# GROCERY

ESPECIALES VÁLIDOS DEL 1 AL 30 DE ABRIL DEL 2024

Productos sujetos a disponibilidad



**Granola variedad**  
alter eco  
8 oz.  
REG. \$9.29  
AHORRA \$1.80

**\$7.49**



**\$10.29**

**Old Fashioned Rolled Oats**  
Bob's Red Mill  
32 oz.  
REG. \$12.09  
AHORRA \$1.80



**Macaroni & Classic Cheddar**  
Annie's - 6 oz.  
REG. \$4.29  
AHORRA .80¢

**\$3.49**



**Old Fashioned Rolled Oats Whole Grain**  
Bob's Red Mill  
32 oz.  
REG. \$11.09  
AHORRA \$1.60

**\$9.49**



**Organic Coconut Sugar**  
Big Tree  
16 oz.  
REG. \$6.79  
AHORRA \$1.30

**\$5.49**



**Apple Cider Vinegar**  
Bragg  
32 oz.  
REG. \$9.49  
AHORRA \$1.50

**\$7.99**



**Miso-Cup**  
Edward & Sons  
1.3 oz.  
REG. \$5.89  
AHORRA \$1.20

**\$4.69**



**Brown Rice Snaps**  
Edward & Sons  
3.5 oz.  
REG. \$4.55  
AHORRA .86¢

**\$3.69**



**Artisan Water**  
Eternal  
1.5 Lt.  
REG. \$3.39  
AHORRA .40¢

**\$2.99**



**Keto Cup Batters variedad**  
Evolved - 4.93 oz.  
REG. \$11.35  
AHORRA \$2.36

**\$8.99**



**Alkaline Spring Water**  
flow - 1 Lt.  
REG. \$2.99  
AHORRA .60¢

**\$2.39**



**Choco Hazel Spread**  
Good Good  
12 oz.  
REG. \$9.85  
AHORRA \$1.96

**\$7.89**



**Barras de Chocolate variedad**  
HU - 2.1 oz.  
REG. \$6.19  
AHORRA \$1.24

**\$4.95**



**Beet Ginger Turmeric Juice**  
Lakewood Organic  
32 oz.  
REG. \$9.79  
AHORRA \$2.00

**\$7.79**



**Complete Cookies variedad**  
Lenny & Larry's  
4 oz.  
REG. \$3.49  
AHORRA .70¢

**\$2.79**



**Salted Almond Extra Dark Chocolate**  
Lily's - 2.8 oz.  
REG. \$5.99  
AHORRA \$1.20

**\$4.79**



**Carrot Ginger Turmeric**  
Lakewood Organic  
32 oz.  
REG. \$9.79  
AHORRA \$2.00

**\$7.79**



**Milk Chocolate Style Peanut Butter Cups 2 Pack**  
Lily's - 1.25 oz.  
REG. \$2.99  
AHORRA .60¢

**\$2.39**



**Jasmine White Rice**  
Lundberg  
2 lb.  
REG. \$13.39  
AHORRA \$3.40

**\$9.99**



**Organic Pure Beet Juice**  
Lakewood Organic  
32 oz.  
REG. \$9.79  
AHORRA \$2.00

**\$7.79**



# GROCERY

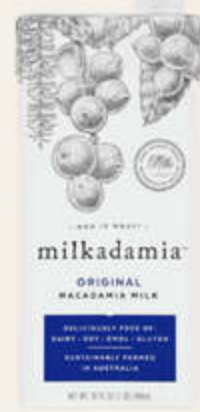
ESPECIALES VÁLIDOS DEL 1 AL 30 DE ABRIL DEL 2024

Productos sujetos a disponibilidad



**Rice Cakes variedad**  
Lundberg  
5.9 - 9.5 oz.  
REG. \$6.39  
AHORRA \$1.40

**\$4.99**



**Original Macadamia Milk**  
Milkadamia  
32 oz.  
REG. \$7.39  
AHORRA \$1.40

**\$5.99**



**Silken Tofu Extra Firm**  
Morinu - 12.3 oz.  
REG. \$4.15  
AHORRA .86¢

**\$3.29**



**Organic Cacao Powder**  
Navitas Organics  
8 oz.  
REG. \$12.25  
AHORRA \$3.06

**\$9.19**



**Kids Protein Nutritional Shake**  
Orgain - 8.25 oz.  
REG. \$3.49  
AHORRA .70¢

**\$2.79**



**Sopas variedad**  
Pacific Foods  
16 oz.  
REG. \$5.95  
AHORRA \$1.46

**\$4.49**



**Soda con Probióticos variedad**  
Poppi - 12 oz.  
REG. \$3.29  
AHORRA .80¢

**\$2.49**



**Original Shelf-Stable Plant-Based Milk**  
Ripple - 32 oz.  
REG. \$6.29  
AHORRA \$1.30

**\$4.99**



**Pobano Pepper & Corn Chowder**  
Pacific Foods  
16.3 oz.  
REG. \$6.09  
AHORRA \$1.50

**\$4.59**



**Energy Drink variedad**  
Sambazon  
12 oz.  
REG. \$3.49  
AHORRA .70¢

**\$2.79**



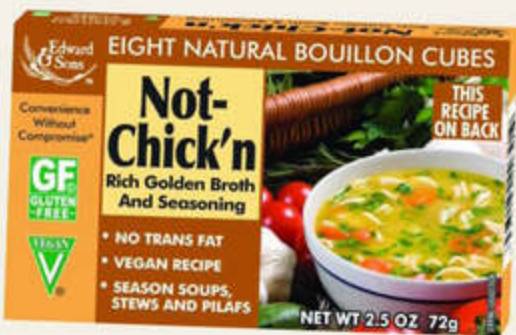
**Organic Apple Sauce**  
Santa Cruz  
6/4 oz.  
REG. \$6.99  
AHORRA \$1.50

**\$5.49**



**Extra Virgin Olive Oil**  
Field Day  
1 Lt.  
REG. \$17.35  
AHORRA \$2.56

**\$14.79**



**\$2.79**

**Bouillon Cubes variedad**  
Edward & Sons  
2.2 - 3.1 oz.  
REG. \$3.49  
AHORRA .70¢



**Pasta Whole Wheat variedad**  
Field Day - 16 oz.  
REG. \$3.69  
AHORRA .70¢

**\$2.99**



**Skinnydipped variedad**  
3.5 oz.  
REG. \$6.39  
AHORRA \$1.30

**\$5.09**



**Tomato Ketchup**  
Woodstock  
20 oz.  
REG. \$5.19  
AHORRA .80¢

**\$4.39**



**\$3.29**

**Lemonade**  
Santa Cruz  
Organic  
32 oz.  
REG. \$4.19  
AHORRA .90¢



**Organic Medjool Dates**  
Woodstock  
12 oz.  
REG. \$11.19  
AHORRA \$1.70

**\$9.49**



**Organic Dijon Mustard**  
Woodstock  
8 oz.  
REG. \$4.69  
AHORRA .70¢

**\$3.99**



# GROCERY

ESPECIALES VÁLIDOS DEL 1 AL 30 DE ABRIL DEL 2024

Productos sujetos a disponibilidad



## Tomato Paste

Amore  
4.5 oz.  
REG. \$4.19  
AHORRA .84¢

**\$3.35**



## Kettle Cooked Potato Chips Salt & Vinegar

Uglies - 6 oz.  
REG. \$4.69  
AHORRA .94¢

**\$3.75**



## Sodas variedad

Zevia - 12/12 oz.  
REG. \$16.59 | AHORRA \$2.50

**\$14.09**



## Alfredo Sauce with Avocado Oil

Primal Kitchen  
16 oz.  
REG. \$12.09  
AHORRA \$2.40

**\$9.69**



## Extra Virgin Olive Oil

Bragg  
16 oz.  
REG. \$19.49  
AHORRA \$3.90

**\$15.59**



## Beet Carrot Orange Juice

R.W. Knudsen  
32 oz.  
REG. \$11.19  
AHORRA \$1.20

**\$9.99**



## Concord Grape Jelly

Good Good  
12 oz.  
REG. \$7.35  
AHORRA \$1.46

**\$5.89**



## Jugos All Wello variedad

11.1 oz.  
REG. \$4.09  
AHORRA .60¢

**\$3.49**



## Salsa para Pasta variedad

Michael of Brooklyn  
32 oz.  
REG. \$12.95  
AHORRA \$2.96

**\$9.99**



## Pure Concord Grape Juice

Lakewood Organic  
32 oz.  
REG. \$12.69  
AHORRA \$2.70

**\$9.99**



## Pure Orange Juice

Lakewood Organic  
12.5 oz.  
REG. \$5.25  
AHORRA \$1.00

**\$4.25**



## Organic Coconut Wraps

Nuco  
2.4 oz.  
REG. \$12.59  
AHORRA \$2.60

**\$9.99**



## Red Pepper Jelly

MADE•WITH  
11.5 oz.  
REG. \$6.19  
AHORRA \$1.00

**\$5.19**



## Vegetable Medley Chips

MADE•WITH  
5.5 oz.  
REG. \$4.19  
AHORRA .70¢

**\$3.49**



## Sparkling Water variedad

La Croix - 8/12 - 12/12

**20%**

Descuento

REG. \$5.99 - \$8.79



## Plantain Chips

MADE•WITH  
11.5 oz.  
REG. \$4.19  
AHORRA .70¢

**\$3.49**



## Basmati Rice

Tasty Bite  
16 oz.  
REG. \$6.69  
AHORRA \$1.70

**\$4.99**



## Organic Virgin Coconut Oil

Spectrum  
14 oz.  
REG. \$14.09  
AHORRA \$3.00

**\$11.09**



## Madras Lentils

Tasty Bite  
16 oz.  
REG. \$8.79  
AHORRA \$2.00

**\$6.79**



# SUPLEMENTOS

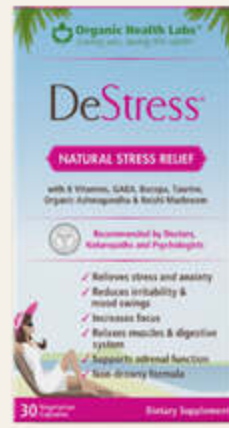
ESPECIALES VÁLIDOS DEL 1 AL 30 DE ABRIL DEL 2024

Productos sujetos a disponibilidad



**Doze•Off**  
Organic Health  
Labs  
30 Vcaps  
REG. \$20.19  
AHORRA \$2.00

**\$18.19**



**DeStress**  
Organic Health  
Labs  
30 vcaps  
REG. \$19.19  
AHORRA \$2.00

**\$17.19**



**Magnesium  
Motion**  
Daily Aches,  
Muscle & Bones  
Enzymedica - 60 caps  
REG. \$26.19  
AHORRA \$4.00

**\$22.19**



**Sinus Drops**  
Forces of Nature  
.34 oz.  
REG. \$14.15  
AHORRA \$2.00

**\$12.15**



**Pure Sleep 7**  
Pure & Healthy  
60 vcaps  
REG. \$20.20  
AHORRA \$3.00

**\$17.20**



**Aller-Pure  
Histamine  
Support**  
Irwin Naturals  
54 sg  
REG. \$46.85  
AHORRA \$21.86

**\$24.99**



**NMN 250**  
Planet Source  
90 vcaps  
REG. \$54.15  
AHORRA \$11.16

**\$42.99**



**Teses  
variedad**  
Good Nature  
REG. \$5.69 -  
\$5.99

**\$4.25**



**Acai Berry  
Super-Cleanse**  
Irwin Naturals  
60 sg  
REG. \$26.85  
AHORRA \$6.86

**\$19.99**



**Sucontral D  
Blood Sugar  
Balance**  
Terry Naturally  
60 caps  
REG. \$38.15

**20%**

Descuento



**Clinical  
OPC**  
Terry Naturally  
400 mg  
REG. \$52.15

**20%**

Descuento



**Testosterone  
Up**  
Irwin Naturals  
60 sg  
REG. \$46.85  
AHORRA \$21.86

**\$24.99**



**Omega-7**  
New Chapter  
30 vcaps  
REG. \$35.85

**20%**

Descuento



**CuraMed  
Superior  
Absorption  
Curcumin  
375mg**  
Terry Naturally  
60 sg  
REG. \$37.15

**20%**

Descuento



**Gut-to-Brain  
Hunger  
Control**  
Irwin Naturals  
60 sg  
REG. \$37.49  
AHORRA \$18.50

**\$18.99**



**Amino  
Complete**  
Freshmart  
120 caps  
REG. \$17.59

**20%**

Descuento



**Candida  
Support**  
Freshmart  
90 vcaps  
REG. \$21.59

**20%**

Descuento



**20%**

Descuento



**Vital Men's  
Multivitamin**  
Freshmart  
90 vcaps  
REG. \$24.59

**20%**

Descuento



**Ultra  
Probiotic**  
Freshmart  
50 vcaps  
REG. \$35.09

**20%**

Descuento



**Collagen  
Glow**  
New Chapter  
246 gm  
REG. \$42.15





### Tea Tree Replenishing Shampoo

Desert Essence  
12.9 oz.  
REG. \$11.19  
AHORRA \$3.00

**\$8.19**



### Coconut Body Wash

Desert Essence  
8 oz.  
REG. \$10.69  
AHORRA \$3.00

**\$7.69**



**Jabones variedad**  
Dr. Bronner's  
REG. \$3.45 - \$21.19

**20%**  
Descuento



**Tintes variedad**  
Herbatint  
REG. \$20.19

**25%**  
Descuento



**100% Pure Jojoba Oil**  
Desert Essence  
4 oz.  
REG. \$15.19  
AHORRA \$3.00

**\$12.19**



**Eczema Control**  
Forces of Nature  
REG. \$11.19  
AHORRA \$3.00

**\$8.19**



### Radically Rejuvenating Eye Cream

Acure - 1 oz.  
REG. \$20.29  
AHORRA \$3.30

**\$16.99**



### Radically Rejuvenating Niacinamide Serum

Acure - 1 oz.  
REG. \$22.29  
AHORRA \$3.30

**\$18.99**



**Nail Fungus**  
Forces of Nature  
REG. \$15.19  
AHORRA \$3.00

**\$12.19**



# BEER & WINE



**Vinho Verde Branco**  
ESTE - 750 ml.  
REG. \$13.99  
AHORRA \$1.00

**\$12.99**



**Organic Cider**  
Samuel Smith's  
4 Pack  
REG. \$18.99  
AHORRA \$2.00

**\$16.99**



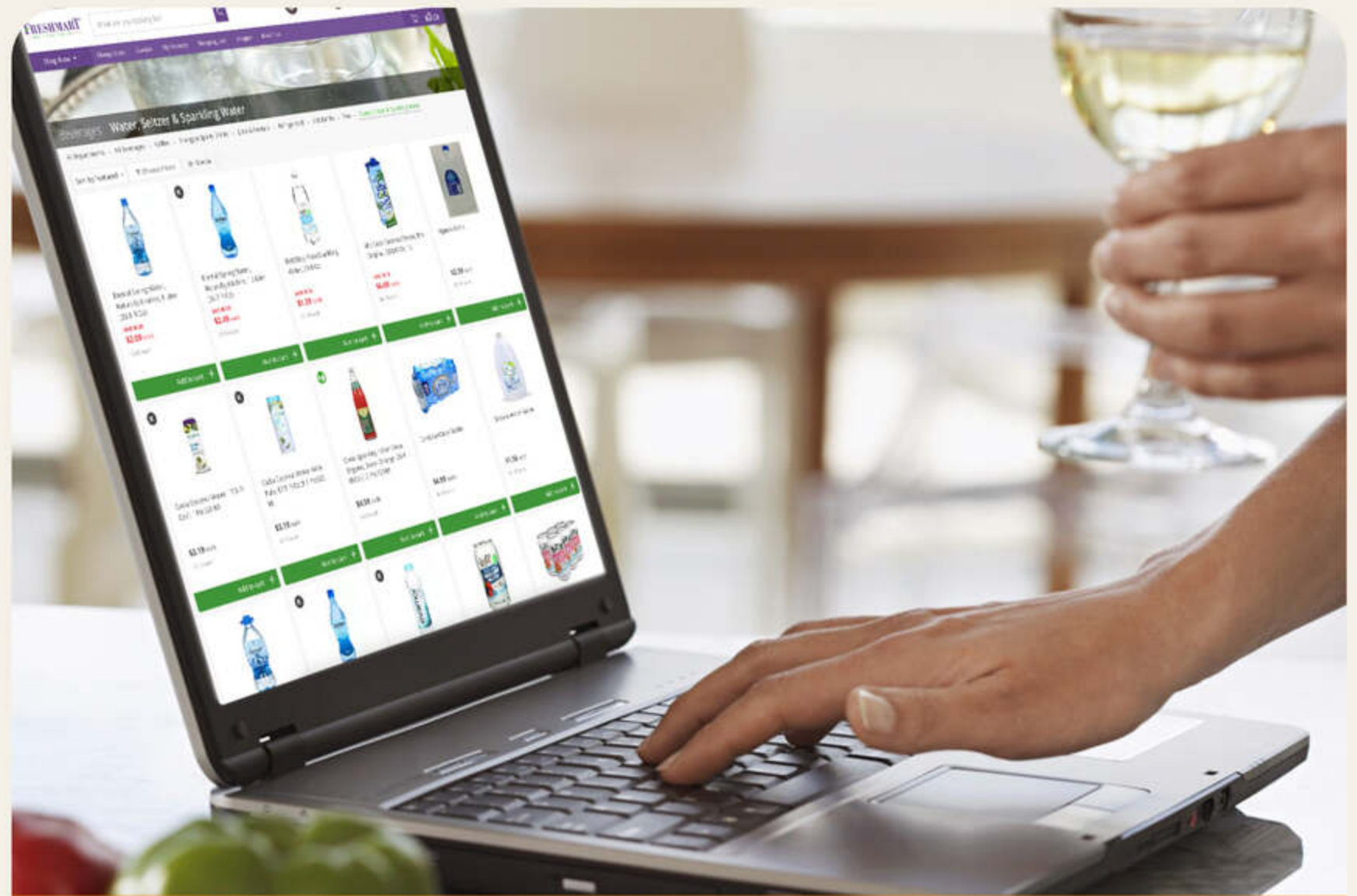
**Espumosos variedad**  
Miol - 750ml.  
REG. \$16.99 - 26.49

**\$2.00 OFF**



**Cerveza Carola**  
6 Pack  
REG. \$16.49  
AHORRA \$1.50

**\$14.99**



[www.freshmartpr.com](http://www.freshmartpr.com)

# Compra Online

Delivery • Pickup