



## Price Updates

August 18, 2019

### Country Life Natural Foods

641 52nd St.

Pullman, MI 49450

[www.clnf.org](http://www.clnf.org)

1-800-456-7694

Item No:	Item Description	Old Price	New Price
	<b>GRAINS</b>		
080582	RICE, BROWN, QUICK COOKING 5#	\$8.00	\$9.00
075061	RICE, BROWN, QUICK COOKING 50#	\$60.00	\$67.50
	<b>FLAKED GRAIN</b>		
080291	HEARTY 4-GRAIN HOT CEREAL 2#	New Item!	\$3.50
	<b>APPLE PRODUCTS</b>		
191202	APPLE BUTTER 12oz	\$3.00	\$3.10
	<b>HONEY</b>		
200127	HONEY, ORGANIC RAW 16oz	New Item!	\$7.80
200128	HONEY, ORGANIC RAW 32oz	New Item!	\$13.20
	<b>CAROB &amp; CANDY</b>		
260523	CAROB POWDER, MEDIUM ROAST 4#	\$7.00	\$8.50
	<b>ODDS &amp; ENDS</b>		
230115	YEAST FLAKES, RED STAR 1#	\$8.75	\$8.95
230350	YEAST FLAKES, RED STAR 3#	\$22.20	\$22.80
231215	YEAST FLAKES, RED STAR 10#	\$62.00	\$63.50
231250	YEAST FLAKES, RED STAR 50#	\$275.00	\$280.00
230081	YEAST, SAF-INSTANT RED 50#	\$162.50	\$165.00
	<b>HERBS &amp; SPICES</b>		
330109	CHICKEN STYLE SEASON CL 11.5oz	\$4.25	\$4.35
	(Size change from 8 oz)		
	<b>GLUTEN FREE</b>		
394401	FLOUR, GF ALL PURPOSE 44oz	\$8.00	\$8.25
392570	GARBANZO BEAN FLOUR, GF 25#	\$43.75	\$45.00
392505	RICE FLOUR, BROWN, OG GF 25#	\$45.00	\$50.00
392530	SORGHUM FLOUR, WHITE GF 25#	\$41.25	\$45.00

	<b>SUPPLEMENTS</b>		
483686	CLINICAL OPC 300mg 60 CAPS	New Item!	\$32.00
483646	CURAMED BCM-95 500mg 60 CAPS	New Item!	\$44.80
483602	CURAMIN EXTRA STRENGTH 120 TABS	New Item!	\$67.20
483603	HEMP SELECT LIQUID 1 FL OZ	New Item!	\$28.80