

PROMOTIONS

CHILLED FOODS

LYE CROSS FARM

Code	Description	Size	wsp	15% Off Offer wsp	rsp	Offer rsp
Organic Farmhouse Cheeses						
408766	Organic Cheddar Slices (10 Slices)	10x200g	19.33	16.43	2.57	2.18
408700	Organic Mature Cheddar, Grated	12x180g	18.85	16.02	2.09	1.78
408663	Organic Mild Cheddar	10x245g	21.07	17.91	2.81	2.39

TOFUTTI

Special RSP £2.19

Creamy Smooth & Sour Supreme



Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Creamy Smooth Alternative to Cream Cheese						
417954	Chopped Olive	12x227g	24.21	19.73	2.69	2.19
417976	Country Vegetable	12x227g	24.21	19.73	2.69	2.19
417932	French Onion	12x227g	24.21	19.73	2.69	2.19
417965	Garlic & Herbs	12x227g	24.21	19.73	2.69	2.19
417943	Herbs & Chives	12x227g	24.21	19.73	2.69	2.19
417921	Original	12x227g	24.21	19.73	2.69	2.19
Sour Supreme						
417838	Sour Supreme	12x227g	24.21	19.73	2.69	2.19

N.B. Offers only apply to whole cases, unless otherwise stated.

PROMOTIONS

BRANDED FOOD & DRINKS

BIG OZ

15% Off

Breakfast Cereals



Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Morning Flakes						
325099	Buckwheat Flakes	6x500g	12.00	10.20	2.66	2.26
325109	Millet Flakes	6x500g	11.20	9.52	2.50	2.13
325132	Quinoa Flakes	6x500g	21.20	18.02	4.72	4.01
325143	Rice Flakes	6x500g	11.20	9.52	2.50	2.13
Morning Porridge						
325165	Millet Porridge	6x500g	12.00	10.20	2.67	2.27
Morning Puffs						
325022	Original Gluten-Free Mix	6x250g	13.20	11.22	2.93	2.49
325187	Organic Brown Rice Puffs	6x300g	12.00	10.20	2.67	2.27
325066	Organic Buckwheat Puffs	6x200g	13.20	11.22	2.93	2.49
325077	Organic Corn Puffs	6x250g	12.00	10.20	2.67	2.27
325033	Organic Honey & Maple Corn Puffs	6x250g	13.20	11.22	2.93	2.49
325198	Organic Honey & Maple Rice Puffs	6x300g	13.20	11.22	2.93	2.49
325088	Organic Millet Puffs	6x250g	12.00	10.20	2.67	2.27

CLEARSPRING

20% Off

Organic Fruit Spreads & Oatcakes



Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Organic Fruit Spreads with 50% Fruit						
404781	Apricot Fruit Spread	6x290g	13.46	10.77	3.39	2.71
404792	Blueberry Fruit Spread	6x290g	15.26	12.21	3.39	2.71
404804	Cherry Fruit Spread	6x290g	15.26	12.21	3.39	2.71
404837	Orange Fruit Spread	6x290g	12.55	10.04	2.79	2.23
404815	Raspberry Fruit Spread	6x290g	15.26	12.21	3.39	2.71
404826	Strawberry Fruit Spread	6x290g	13.46	10.77	2.99	2.39
Organic Oatcakes						
404500	Sea Vegetables & Black Pepper	12x250g	19.71	15.77	2.19	1.75
404533	Sun-Dried Tomato & Herb	12x250g	19.71	15.77	2.19	1.75
405544	Traditional	12x250g	17.88	14.30	1.99	1.59

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PROMOTIONS

CLIPPER

20% Off

Selected
Teas



Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Green Tea						
362056	Green Tea, Decaffeinated	6x25b	8.06	6.45	1.79	1.43
364167	Green Tea with Echinacea	6x20b	8.07	6.46	1.79	1.43
364190	Green Tea with Lemon	6x25b	7.59	6.07	1.69	1.35
362764	Organic Green Tea	6x25b	8.06	6.45	1.79	1.43
362756	Organic Green Tea, Loose	6x125g	11.40	9.12	2.53	2.02
362467	Pure Green Tea	6x25b	7.10	5.68	1.58	1.26

Organic Infusions

364513	Organic Apple & Ginger	6x20b	8.07	6.46	1.79	1.43
364525	Organic Dandelion & Burdock	6x20b	9.02	7.22	2.00	1.60
364536	Organic Rosehip	6x20b	8.07	6.46	1.79	1.43

White Tea

363295	Organic White Tea	6x26b	8.57	6.86	1.90	1.52
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EQUAL EXCHANGE

Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Fairtrade Organic Tea, Rooibos						
477231	Organic Buchu Honeybush Rooibos	6x25b	10.76	8.61	2.39	1.91
477301	Organic Masala Rooibos	6x25b	10.76	8.61	2.39	1.91
477110	Organic Rooibos	6x40b	11.26	9.01	2.51	2.01
477278	Organic Rooibos	6x100b	20.64	16.51	4.59	3.67
477323	Organic Wild Rooibos	6x25b	10.76	8.61	2.39	1.91

The GOODCARB FOOD Co.

Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Lizi's Granola, Single Serve						
502352	Apple & Cinnamon Granola	12x40g	4.64	3.48	0.52	0.39
502363	Belgian Chocolate Granola	12x40g	4.64	3.48	0.52	0.39
502374	Original Granola	12x50g	4.64	3.48	0.52	0.39
502385	Treacle & Pecan Granola	12x40g	4.64	3.48	0.52	0.39

HEATH & HEATHER

Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Antioxidants						
490814	Green Tea, Decaffeinated	12x20b	12.51	10.01	1.39	1.11
490492	Green Tea with Jasmine	12x20b	12.50	10.00	1.39	1.11
490210	Pomegranate Tea	12x20b	12.51	10.01	1.39	1.11

Relaxing

490103	Camomile	12x20b	12.50	10.00	1.39	1.11
490439	Camomile & Honey	12x20b	12.50	10.00	1.39	1.11
493256	Camomile & Spearmint	12x20b	12.50	10.00	1.39	1.11
490339	Night Time	12x20b	12.51	10.01	1.39	1.11

Wellbeing

490881	Slim Maté	12x20b	12.51	10.01	1.39	1.11
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MUNE

Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Spring Water Enhanced with Natural Extracts & Vitamins						
573573	Mune Healthy Water	6x500ml	6.72	5.58	1.79	1.49

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PROMOTIONS

HAMBLEDEN Organic Herbal Teas

15% Off



Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Organic Carob Powder						
482267	Organic Carob Powder	6x150g	17.93	15.24	4.07	3.46
Organic Herbal Tea Infusions, Single Variety						
482597	Chamomile Tea	6x20b	11.15	9.48	2.57	2.18
482486	Elderflower	6x20b	12.94	11.00	2.98	2.53
482632	Hibiscus Tea	6x20b	11.15	9.48	2.57	2.18
482643	Lemon Heaven	6x20b	11.16	9.49	2.54	2.16
482654	Lemon Verbena Tea	6x20b	11.16	9.49	2.56	2.18
482687	Nettle Tea	6x20b	11.16	9.49	2.56	2.18
482698	Peppermint Tea	6x20b	11.16	9.49	2.56	2.18
482700	Rosehip Tea	6x20b	12.95	11.01	2.97	2.52
Organic Loose Leaf Infusions						
482453	Raspberry Leaf	6x30g	10.08	8.57	2.29	1.95

JAMES WHITE

15% Off

Organic Vegetable Juices



Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Organic Vegetable Juices						
490909	Beet It, Organic Beetroot Juice	12x25cl	10.09 V	8.58 V	1.40	1.19
546801	Beet It, Organic Beetroot Juice	6x75cl	10.78 V	9.16 V	2.88	2.45
546679	Beet-It, Organic Beetroot Juice Tetra Carton	8x1ltr	17.87 V	15.19 V	3.57	3.03
546812	Organic Carrot Juice	6x75cl	10.78 V	9.16 V	2.88	2.45
546776	Organic Tomato Juice	6x75cl	10.78 V	9.16 V	2.88	2.45
546765	Organic Vegetable Juice	12x75cl	20.20 V	17.17 V	2.70	2.30

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PROMOTIONS

MERIDIAN

Code	Description	Size	wsp	15% Off Offer wsp	rsp	Offer rsp
Organic Peanut Butters						
581505	Organic Peanut Butter Crunchy	6x280g	10.30	8.76	2.29	1.95
581526	Organic Peanut Butter Crunchy No Salt	6x280g	10.30	8.76	2.29	1.95
581983	Organic Peanut Butter Crunchy No Salt	6x1kg	26.95	22.91	5.99	5.09
583133	Organic Peanut Butter Smooth	6x280g	10.30	8.76	2.29	1.95
583155	Organic Peanut Butter Smooth No Salt	6x280g	10.30	8.76	2.29	1.95

Organic Seed Butter

581882	Organic Pumpkin Seed Butter	6x170g	13.45	11.43	2.99	2.54
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Organic Tahini

581544	Organic Tahini Dark	6x270g	10.75	9.14	2.39	2.03
581538	Organic Tahini Light	6x270g	10.75	9.14	2.39	2.03

Specialty Nut Butters

583111	Organic Almond Butter	6x170g	13.46	11.44	2.99	2.54
584797	Organic Cashew Butter	6x170g	13.45	11.43	2.99	2.54

NEUNER'S

Code	Description	Size	wsp	10% Off Offer wsp	rsp	Offer rsp
Premium Organic Herbal Teas						
600979	Baby Stomach Ease Tea	20b	3.06	2.75	4.37	3.93
600980	Nursing Tea	20b	3.06	2.75	4.37	3.93

PUKKA

Code	Description	Size	wsp	20% Off Offer wsp	rsp	Offer rsp
Chai Teas						
663380	Green Chai	4x20b	6.74	5.39	2.25	1.80
663379	Original Chai	4x20b	6.74	5.39	2.25	1.80
663391	Vanilla Chai	4x20b	6.74	5.39	2.25	1.80

Enriching Teas

663414	Love	4x20b	6.74	5.39	2.25	1.80
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Functional Teas

662886	After Dinner Tea	4x20b	6.74	5.39	2.25	1.80
662897	Chamomile & Vanilla	4x20b	6.75	5.40	2.25	1.80
663436	Cleanse	4x20b	6.74	5.39	2.25	1.80
663447	Detox	4x20b	6.74	5.39	2.25	1.80
663458	Harmonise	4x20b	6.74	5.39	2.25	1.80
662904	Lemongrass & Ginger	4x20b	6.74	5.39	2.25	1.80
662915	Licorice & Cinnamon	4x20b	6.74	5.39	2.25	1.80
663560	Morning Time	4x20b	6.74	5.39	2.25	1.80
663469	Night-Time	4x20b	6.74	5.39	2.25	1.80

Green Teas, Organic & Fairtrade

663470	Green Tea	4x20b	5.96	4.77	1.99	1.59
663481	Green Tea with Sicilian Lemon	4x20b	5.96	4.77	1.99	1.59
663492	Green Tea with Sweet Spearmint	4x20b	5.96	4.77	1.99	1.59

Traditional Ayurvedic Teas

663515	Refresh	4x20b	6.74	5.39	2.25	1.80
663504	Relax	4x20b	6.74	5.39	2.25	1.80
663526	Revitalise	4x20b	6.74	5.39	2.25	1.80

Triple Teas

663571	Three Fennel	4x20b	6.74	5.39	2.25	1.80
663582	Three Tulsi	4x20b	6.74	5.39	2.25	1.80
663548	Triple Ginger	4x20b	6.74	5.39	2.25	1.80
663559	Triple Mint	4x20b	6.74	5.39	2.25	1.80

Qi HERBAL HEALTH

Code	Description	Size	wsp	15% Off Offer wsp	rsp	Offer rsp
Organic Fairtrade Functionality Teas						
661723	Açai Berry with Oolong & Pu'Erh Tea	6x20b	8.97	7.62	1.99	1.69
661699	Digestif with Oolong Tea	6x20b	8.97	7.62	1.99	1.69
662156	Organic Fairtrade Detox	6x25b	8.74	7.43	1.94	1.65
662134	Organic Fairtrade Gingko Biloba	6x20b	8.69	7.39	1.93	1.64
662123	Organic Fairtrade Green Tea with Ginger	6x25b	8.69	7.39	1.93	1.64
662145	Organic Fairtrade Green Tea with Ginseng	6x25b	8.69	7.39	1.93	1.64

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PROMOTIONS

YOGI

15% Off

**Ayurvedic
Winter
Teas**



Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Ayurvedic Herbal Formulas						
758712	Breathe Deep	8x15b	12.54	10.66	2.09	1.78
758745	Cold Season	8x15b	12.54	10.66	2.09	1.78
758756	Echinacea	8x15b	12.54	10.66	2.09	1.78
759012	Throat Comfort	8x15b	12.54	10.66	2.09	1.78

SUPPLEMENTS

HIGHER NATURE

14% Off

Omega Excellence



Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Omega Excellence Range						
867810	Omega 3:6:9 Balance Capsules, 1000mg	120c	7.69 V	6.61 V	14.50	12.47
867821	Organic Apple Cider Vinegar	350ml	4.88	4.20	6.50	5.59
867963	Organic Coconut Butter	400g	8.18	7.03	10.90	9.37
869756	Organic Cold Milled Hemp Protein	250g	8.18	7.03	10.90	9.37
867685	Organic Flax Seed Oil	250ml	7.05	6.06	9.40	8.08
867696	Organic Flax Seed Oil	350ml	8.93	7.68	11.90	10.23
867854	Organic Omega 3:6:9 Balance Oil	250ml	7.43	6.39	9.90	8.51
867974	Organic Virgin Coconut Butter	400g	11.18	9.61	14.90	12.81

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PROMOTIONS

BODYCARE BABYCAR & TOILETRIES

FAITH IN NATURE

Code	Description	Size	wsp	15% Off Offer wsp	rsp	Offer rsp
Conditioner						
802002	Chocolate	6x400ml	18.01 V	15.31 V	5.52	4.69
501448	Hemp & Meadowfoam	6x400ml	18.01 V	15.31 V	5.39	4.58
801846	Jojoba	6x400ml	17.13 V	14.56 V	5.09	4.33
401446	Lavender & Geranium	6x400ml	18.03 V	15.33 V	5.37	4.56
801857	Neem & Propolis	6x400ml	18.01 V	15.31 V	5.39	4.58
401458	Organic Aloe Vera	6x400ml	17.13 V	14.56 V	5.11	4.34
801579	Pomegranate & Rooibos	6x400ml	18.03 V	15.33 V	5.15	4.38
501377	Rosemary	6x400ml	17.13 V	14.56 V	5.11	4.34
801868	Seaweed	6x400ml	17.13 V	14.56 V	5.09	4.33
501475	Tea Tree	6x400ml	18.01 V	15.31 V	5.39	4.58

Foam Bath

801891	Aloe Vera & Ylang Ylang	6x400ml	17.45 V	14.83 V	5.14	4.37
501331	Chocolate	6x400ml	18.35 V	15.60 V	5.51	4.68
501113	Hemp & Meadowfoam	6x400ml	17.45 V	14.83 V	5.17	4.39
501459	Lavender & Geranium	6x400ml	18.36 V	15.61 V	5.43	4.62
801580	Pomegranate & Rooibos	6x400ml	18.38 V	15.62 V	5.25	4.46
501511	Seaweed	6x400ml	17.45 V	14.83 V	5.17	4.39
801923	Tea Tree	6x400ml	17.45 V	14.83 V	5.14	4.37

Hand Wash, 70% Organic

501963	Aloe Vera & Tea Tree Antibacterial Hand Wash	6x300ml	13.48 V	11.46 V	3.83	3.26
501974	Lavender & Geranium Moisturising Hand Wash	6x300ml	13.48 V	11.46 V	3.83	3.26
801090	Pomegranate & Rooibos Hand Wash	6x300ml	13.48 V	11.46 V	3.85	3.27
501124	Seaweed Hand Wash	6x300ml	12.53 V	10.65 V	3.57	3.03

Pure Vegetable Soaps

401413	Chocolate	6x100g	6.26 V	5.32 V	1.84	1.56
801744	Ginkgo Biloba	6x100g	6.26 V	5.32 V	1.86	1.58
501500	Neem & Propolis	6x100g	6.26 V	5.32 V	1.84	1.56
501482	Organic Aloe Vera & Ylang Ylang	6x100g	6.26 V	5.32 V	1.84	1.56
501522	Organic Hemp with Lemon Grass & Green Tea	6x100g	6.26 V	5.32 V	1.84	1.56
501493	Organic Lavender	6x100g	6.26 V	5.32 V	1.84	1.56
801934	Rosemary	6x100g	6.26 V	5.32 V	1.83	1.56
801945	Seaweed	6x100g	6.26 V	5.32 V	1.83	1.56
801956	Tea Tree	6x100g	6.26 V	5.32 V	1.83	1.56

Shampoo

401424	Chocolate	6x400ml	18.01 V	15.31 V	5.39	4.58
801967	Ginkgo Biloba	6x400ml	18.01 V	15.31 V	5.39	4.58
501536	Hemp & Meadowfoam	6x400ml	18.01 V	15.31 V	5.39	4.58
801978	Jojoba	6x400ml	17.13 V	14.56 V	5.09	4.33
501428	Lavender & Geranium	6x400ml	18.38 V	15.62 V	5.48	4.66
501416	Neem & Propolis	6x400ml	18.01 V	15.31 V	5.39	4.58
501400	Organic Aloe Vera	6x400ml	17.13 V	14.56 V	5.11	4.34
801591	Pomgranate & Rooibos	6x400ml	18.03 V	15.33 V	5.15	4.38
501399	Rosemary	6x400ml	17.13 V	14.56 V	5.11	4.34
801989	Seaweed	6x400ml	17.13 V	14.56 V	5.09	4.33
501434	Tea Tree	6x400ml	18.01 V	15.31 V	5.39	4.58

ORGANIC BLOOM

Code	Description	Size	wsp	20% Off Offer wsp	rsp	Offer rsp
Organic Haircare						
964509	Complete Care Conditioner, Herb Garden	6x200ml	16.98 V	13.58 V	4.85	3.88
964598	Complete Care Shampoo, Herb Garden	6x200ml	16.98 V	13.58 V	4.85	3.88
Organic Skincare						
964587	Body Lotion, Moisturising Orange Flower	6x200ml	20.50 V	16.40 V	5.74	4.59
964576	Body Wash, Cleanse & Nourish Orange Flower	6x200ml	17.00 V	13.60 V	4.85	3.88
964543	Gentle Cleansing Milk, Antioxidant	6x150ml	17.67 V	14.14 V	5.06	4.05
964565	Hand Cream, Care & Protect Rose Geranium	6x60ml	18.75 V	15.00 V	5.36	4.29
964554	Nourishing Face Moisturiser, Antioxidant	6x50ml	24.83 V	19.86 V	7.10	5.68

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PROMOTIONS

MOA

15% Off

Yarrow Extract



Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Yarrow Extract Cream						
914973	Moa the Green Balm	12x15ml	32.44 V	27.57 V	4.99	4.24
914995	Moa the Green Balm	50ml	5.41 V	4.60 V	9.99	8.49

MOONCUP

10% Off

Menstrual Cups



Code	Description	Size	wsp	Offer wsp	rsp	Offer rsp
Reusable Menstrual Cups						
914322	Mooncup Size A	each	13.20	11.88	18.48	16.63
mooncup Support Material						
915174	A4 Poster	each	FO.C	FO.C		
915152	Leaflets	30leaflets	FO.C	FO.C		
915196	Training Pack	each	FO.C	FO.C		

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