

## Anner's Wellness Works

### Price List

Please remember all prices include the sales tax; to compare our prices to those in a store you would have to add almost 9% to their price.

#### Anner's Wellness Works Snacks and Kits

Anner's Pecan Granola, organic	\$15 quart
Anner's Tabouli Kit add parsley, onion, oil, & lemon juice for yum-o tabouli	\$3.50
Anner's marinara or meat sauce kit, organic makes 2 to 3 quarts of fresh, homemade marinara or meat sauce	\$12
Anner's Trail Mix, organic	\$9.00 pint
Pumpkin Seeds, organic roasted	\$6.50 ½ pint

#### Baking and Cooking

Arrowroot	\$3/ 4 oz.
Baking Powder, aluminum-free, Rumford	\$3/ 10 oz.
Baking Soda	\$2.00 pt.
Baking Cups, paper standard size	\$7.50/ 500 count
Cream of Tarter	\$4.50/ 4oz.
Cocoa, organic free trade	\$5.50/ pint
Cocoa-Carob, organic free trade	\$5.50/ pint
Corn Starch, non-GMO	\$3 /½ pint
Gluten, vital wheat, organic	\$6.50/ 1#
Tapioca, granulated organic Let's Do Organic	\$3/ 6 oz.
Xanthan Gum used to thicken cold things	\$7.50/ 3 oz.
Yeast, Fleischmann's instant	\$4.00/ 1#

#### Beans and Bean Soup Kits

##### Anner's Soup Kits, organic

navy bean; anasazi, black bean; hoppin' john; lentil; creole red, veggie chili: each kit will make 2 to 3 quarts of soup

Black Beans, canned organic no salt, Westbrae	\$3/25 oz. can
Garbanzo Beans, canned organic no salt, Eden Foods	\$2/15 oz. can

All dried beans can be purchased separately by the pound, ask for pricing

#### Cereal

Ezekiel sprouted cereals, organic, Food for Life	\$7.50
--	--------

#### Chips

Red Hot Blues, organic Garden of 'Eaten	\$4.50 /9 oz.
Rice Chips, sesame Lundberg	\$4.00
Mini White Rounds, organic, Garden of 'Eaten	\$2.75 /7.5 oz.
Veggie Medley, organic, Garden of 'Eaten	\$5.00

## Condiments

Bragg's Liquid Aminos soy sauce flavor with no added salt	\$5.50/pt.\$8.75/qt.
Mustard, stone ground organic Eden	\$4.00
Mustard, D'Jon, organic, Annie's	\$4.00
Olives, pitted black Lindsay	\$2.50/ 6 oz.
Olives, Greek Mix, organic, Organic Divina	\$5.50/10oz. jar
Tamari Soy Sauce, organic San-J	\$7/ 20 oz.\$4.50/10 oz.
Vinegar	
apple cider organic Bragg	\$7.00/ 32 oz.
apple cider	\$6 gallon
balsamic, red, aged, organic, Colavita	\$7.50/17 oz.
balsamic, white, Colavita	\$8 /16.9oz.
Wizard Worcestershire, organic vegetarian	\$4 /5oz.

## Crackers

Ak-mak, 100% stone ground whole wheat sesame cracker	\$2.50/ 4.25 oz.
Ryvita Fruit Crunch, a rye crisp w/oats, currants and honey	\$5.25/ 8.8 oz.
TLC, Kashi 7 grain crackers	\$5.50/ 9 oz.
Brown Rice Chips, tamari, organic, Koyo	\$5/3.7 oz.

## Drinks

Black Cherry Juice concentrate, organic, Dynamic Health	\$16/ 16 oz.
Cranberry Juice concentrate, organic, Dynamic Health	\$14/ 16 oz.
Pomegranite Juice Concentrate, organic Lakewood	\$14.50/16 oz.
China Cola, caffeine free herbal cocoa cola	\$7.00 / 4 pack
Izze Grapefruit, pure fruit juice and sparkling water	\$7/ 4 pack
Grape Juice, Knudson	\$5.75 / 32 oz.

Tea, Rooibos, organic	\$6.00/ 20 bags
-----------------------	-----------------

We also carry an assortment of organic boxed teas at varying prices, ask what is available

Coffee, organic instant reg. or d-caf	\$9.75 / 3.5 oz. jar
---------------------------------------	----------------------

We also have a varying assortment of organic coffee – ask what's in stock

## Fruit

### Dried

Apricots	\$7.00/ quart
Banana Chips, sweet washed	\$5.00 / quart
Cherries, tart red	\$10pint
Coconut, flaked, organic	\$2.00/ pint
Mango, organic	\$12.00/ quart
Papaya	\$7/ pound
Prunes, pitted organic	\$5.00/ 12oz.
Raisins, organic Thompson, Franny's	\$5/ 10 oz.

## Canned

Applesauce, organic unsweetened, Santa Cruz \$5.25/ 23 oz.

## Jams and Jellies

Raspberry, preserves,

## Grains

Barley, pearled organic	\$5/ quart
Job's Tears (wild barley)	\$7.00 /quart
Millet, whole organic	\$4/quart
Oats, thick rolled, organic	\$3/ quart
Oats, steel cut, organic Bob's Red Mill	\$4/ 24 oz.
Oat Bran, organic, Bob's	\$5/ 18oz.
Popcorn, organic yellow	\$3.00/ quart
Rice	
Basmati, brown, organic	\$7/ quart
short grain brown, organic	\$5/ quart
long grain, organic	\$5/ quart
jasmine, brown, organic	\$7/ quart
Quinoa, organic, red	\$6.75
Rye berries, organic	\$3/ quart
Wheat berries, hard red spring, organic	\$2.50 pound
Wheat berries, soft white spring (pastry), organic	\$3.00 pound
Wheat Bran, organic	\$3 quart
Wheat, Bulgur, organic	\$5 /pound
Wheat Germ, organic	\$5 pound

## Herbs, Spices, & Tea

### Herbs

bay leaf	\$6
basil	\$5
dill	\$5
oregano	\$5
parsley	\$4
thyme	\$5
thyme, ground	\$4.50

### Spices

allspice, whole	\$6
ground	\$6
cinnamon, sticks	\$6.50
ground	\$7
cloves, whole	\$5
ground	\$5
ginger, ground	\$6
crystallized	\$6.50
nutmeg, whole	\$6
ground	\$5
pumpkin pie spice	\$6.00

### Seeds

caraway	\$6
celery, whole	\$5
ground	\$6
dill seed	\$5

cumin, ground	\$6
mustard, yellow	\$5
brown	\$5
Pepper, white whole	\$7
ground	\$8.50
red, flakes	\$5
red, cayenne	\$5.50
paprika	\$5.50
Soup Bases	
chicken	\$6
vegetable	\$6

#### Blends

Anner's Mix	\$7
Anner's chili powder	\$6.50
Anner's curry powder	\$6.50
Anner's French fry seasoning	\$6
Anner's Pizza Herbs	\$5.50
Anner's ranch dressing mix	\$2 a pkg. add 1 c. mayo & 1 c. buttermilk for delicious no junk ranch
Anner's taco seasoning	\$2 a pkg. to season 1.5 pounds of meat
Anner's Salsa Seasoning	\$2 a pkg.; w/ tomatoes, fresh garlic and onion you get perfect salsa

#### Misc

garlic granules	\$5
onion, powder	\$5
flakes	\$6
salt, sea	
kosher	\$2.50 / pint
real salt	\$6.50 pt./ \$3.50 ½ pt.

#### Tea, Bulk

##### Herbal

Alfalfa Mint	\$2 scoop / \$20 #
Herbal Orange spice	\$2 scoop / \$20 #
Rooibos	\$2.00 scoop / \$20#
San Francisco Fruit	\$2.00 scoop / \$20#
Anner's Chai, herbal	/ 3.00 package – makes a full pot (10 cup) of chai

##### Black

Black Current	\$2.00 scoop      \$20#
---------------	-------------------------

### Household Items

Plastic Squirt Bottles	\$1 each
Plastic Containers:	
Quarts (inc. lids)	\$14 sleeve
Pints (inc. lids)	\$12 sleeve
½ Pints (inc. lids)	\$11 sleeve
Dishwashing Liquid	\$7.00

### Nuts and Butters

Almonds, organic whole	\$8 ½ pound / \$15 pound
Almonds, sliced	\$9.50 quart / \$5pint
Almonds, tamari whole	\$15pound / \$8 ½ pound
Pecans, organic	\$18pound/\$9.50 ½ pound
Walnuts, organic	\$13.50quart/\$7pint
Peanut Butter, organic, smooth, no salt, Once Again	\$7.00/ 16 oz.

## Oils

Coconut Oil, organic, ex. virgin, Harvest Bay	\$16.50/ 16 oz.
Olive Oil	
Bertolli light – perfect for baking	\$25/ 2 lt. (68 oz.)
Bertolli, extra virgin	\$27/ 2 lt. (68 oz.)
Artisan, organic extra virgin	\$16/ 25.4 oz.
Peanut Oil, Hain, 100% expeller pressed	\$8.50/ quart
Sesame Oil, toasted	\$7/ 8oz.

## Pasta

shells, organic, DeBoles	\$3.50 / quart
linguini, organic artichoke, DeBoles	\$3.50/ 8 oz.
Anner's marinara or meat sauce kit, organic	
makes 2 to 3 quarts of fresh, homemade marinara or meat sauce	\$12

## Personal and Therapeutic Care

Anner's Scar Oil	\$10
Anner's Snake Oil	\$15
Clean Spray, all natural deodorant and antiseptic spray	\$7
Toothpaste, tea tree, fluoride free, Desert Essence	\$7.50/ 7oz.
Witch Hazel, peach w/ aloe-vera, Thayers	\$10

## Seeds

Flax Seeds, raw organic	\$5/pint
Poppy Seeds, raw	\$5.00/ ½ pint
Pumpkin Seeds, organic roasted	\$6.50 ½ pint
Pumpkin Seeds, organic raw	\$4/ pint
Sesame Seeds, organic white raw	\$4/ ½ pint
Sunflower Seeds, organic raw	\$4/ pint

## Supplements and Nutritionals

### Anner's

Wellness Formula, 1 a day multi	\$10/ 30 tablets
D3, 1500i.u.	\$10/ 100 tablets
Milk Thistle, 450mg	\$15/60 tablets
Digest Matrix, 500mg.	\$26/90 capsules
Omega 3 maxi	\$22/ 60 gels
Zinc, 100mg.	\$10/90 tablets
Thyroid support	\$ /60 capsules
Geneflora, reestablish good intestinal bacteria	\$42/ capsules
Kiddie flora	\$30/60 chewable
Nulmmune	\$30/60 capsules

Rescue Remedy	\$10 /1.5 oz.
Accelerator, all natural way to raise metabolism, Isagenix	\$35/60 capsules
Cleanse for Life, Isagenix	\$51/ 32 oz.
Sea Calcium	\$20
Emergen-C, 1000mg.	\$17/36 packs
Electro-Mix, instant sports water	\$13/36 packs
Femgest, natural progesterone cream	\$33/(2)2 oz.
Gelatin Capsules	\$2.50
Isalean Protein Shake, chocolate or vanilla, Isagenix	\$59/14 servings
Ionix, immune and well body tonic, Isagenix	\$51/ 32 oz.
IsaCal, cal/mag formula, easy to take strawberry drink	\$34/30 servings
Lecithin, granules	\$7.50 / 16 oz.
Natural Cellular Defense, detox at the cellular level, Waiora	\$70
Omega – 3	\$20 /60gelcaps
Papaya Enzymes, American Health	\$12/180 tabs
Psyllium Husk Fiber,	\$10/ 8 oz.
Tri-Guard, great germ killer	\$20
Venus or Mars Super Protein Shake, chocolate, Isagenix	\$59/15 servings

### Sweeteners

Agave Nectar, light, Madhava lowest glycemic index	\$5.00/ 11.75 oz.
	\$50 gallon
Maple Syrup, organic grade B, Combs	\$19.00/ 16 oz.
Organic Sugar	\$4/ 2#
Stevia, herbal no calorie sweetener, Sweet Leaf	\$9/50 packets
Sucanat, organic what sugar should be	\$7.50/2# \$18/5#
Molasses, un-sulphered, organic, Wholesome	\$6 /16oz.

### Tortillas

taco shells, organic, Garden of Eatin'	\$4/ pkg. of 12
whole wheat flour tortillas, organic Garden of Eatin'	\$2.00/ pkg. of 6

### Veggies

Artichoke Hearts whole, organic	\$8/ 14 oz.
Beans	
Black Beans, canned organic no salt, Westbrae	\$3/25 oz. can
Olives, pitted black Lindsay	\$2.50/ 6 oz.
Olives, Greek Mix, organic, Organic Divina	\$5.50/10oz. jar
Tomato Products	
diced tomatoes, organic, Muir Glen	\$11/ 6lb. 6 oz.
diced tomatoes, organic, Muir Glen	\$4/ 28 oz.
tomato paste, organic, Muir Glen	\$1.25/ 6 oz.
ketchup, organic, Muir Glen	\$4.50/ 24 oz.
strained "precious Tuscan" tomatoes, organic Bionature	\$5/ 24 oz.

