



5300 Sunset Blvd.  
in Lexington  
803-359-2920  
www.14Carrot.net



**BADGER**

**20%off**



**20%off**

**American Health**

Ester-C 500 with  
Citrus Bioflavonoids  
120 cap Reg: \$19.99



**\$16.99**

**American Health**

Ester-C 1000 with  
Citrus Bioflavonoids  
90 cap Reg: \$29.99



**\$24.99**



**20%off**



**20%off**

**American Health**

Ester-C 500 with  
Citrus Bioflavonoids  
240 cap Reg: \$36.99



**\$29.99**

**American Health**

Vegetarian Ester-C 1000  
with Citrus Bioflavonoids  
90 tab Reg: \$24.29



**\$19.99**

**Flora**

Ferritin+ Delayed  
Release Iron  
30 ct Reg: \$29.99



**\$24.99**



**20%off**



**20%off**

**American Health**

Vegetarian Ester-C 500  
with Citrus Bioflavonoids  
60 cap Reg: \$13.99



**\$10.99**

**American Health**

Vegetarian Ester-C 1000  
with Citrus Bioflavonoids  
120 tab Reg: \$32.39



**\$25.99**



**Rainbow Light**  
Men's Multivitamin 50+  
One Daily  
60 ct Reg: \$25.99



**\$19.99**

**Rainbow Light**  
Women's Multivitamin 50+  
One Daily  
60 ct Reg: \$25.99



**\$19.99**

**Rainbow Light**  
Women's Multivitamin 50+  
High Potency  
60 ct Reg: \$25.99



**\$19.99**

**Rainbow Light**  
Men's Multivitamin 50+  
High Potency  
60 ct Reg: \$25.99



**\$19.99**

**Rainbow Light**  
Vibrance Prenatal One  
60 ct Reg: \$25.99



**\$19.99**

# BULK DEALS

**Medjool Dates**  
#3657 Reg: \$9.59/lb



**\$6.09/lb**

**Dark Chocolate Chips**  
#3988 Reg: \$18.09/lb



**\$12.69/lb**

**Pearled Farro**  
#3919 Reg: \$3.79/lb



**\$2.49/lb**

**White Quinoa**  
#3141 Reg: \$3.79/lb



**\$2.69/lb**

**Black Chia Seeds**  
#3925 Reg: \$5.79/lb



**\$3.99/lb**

**Califia Farms**  
Organic Almondmilk  
Unsweetened or Vanilla  
48 fl oz Reg: \$7.69



**\$5.39**

**Califia Farms**  
Coconutmilk or Oatmilk  
Unsweetened  
48 fl oz Reg: \$7.49



**\$5.29**

**Califia Farms**  
Organic Almond Creamer  
Brown Sugar  
25.4 fl oz Reg: \$7.19



**\$4.99**

**Malk**  
Assorted Varieties  
28 fl oz Reg: \$6.99-\$7.09



**\$4.89**

**Malk**  
Organic Soy Milk  
Unsweetened  
28 fl oz Reg: \$6.69



**\$4.69**

**GTs CocoYo**  
Assorted Varieties  
8 fl oz Reg: \$6.99



**\$4.89**

**Follow Your Heart**  
Dairy Free Cheese Shreds  
Cheddar or Mozzarella  
7 oz Reg: \$4.59



**\$3.19**

**Follow Your Heart**  
Dairy Free Feta Crumbles  
6 oz Reg: \$5.09



**\$3.59**

**Follow Your Heart**  
Dairy Free Parmesan  
Cheese  
4 oz Reg: \$6.99



**\$4.89**

**Violife**  
Dairy Free Cheese Slices  
Mature Cheddar or  
Smoked Provolone  
7.1 oz Reg: \$6.39



**\$4.49**

**Violife**  
Dairy Free Parmesan or  
Greek Style Feta  
5.3 oz Reg: \$6.89



**\$4.79**

**Violife**  
Dairy Free Cream Cheese  
or Cheddar Shreds  
7 oz Reg: \$6.09



**\$4.29**

## Violife

Dairy Free Cheese Shreds  
Colby Jack or  
Mexican Style  
8 oz Reg: \$6.39

**\$4.49**



## Wildwood Natural Foods

Organic Tofu Twin Pack  
Extra Firm  
15.5 oz Reg: \$4.19

**\$2.99**



## Immaculate Baking

Organic Flaky Biscuit Dough  
or Crescent Rolls  
16 oz Reg: \$7.09

**\$4.99**



## Immaculate Baking

Organic Cinnamon Roll  
Dough with Icing  
17.5 oz Reg: \$9.79

**\$6.79**



## Cascadian Farms

Organic Frozen Sweet Peas  
8 oz Reg: \$4.89

**\$3.99**



## Beyond Meat

Breakfast Sausage  
Classic or Spicy  
7.4 oz Reg: \$5.89

**\$4.29**



## Cascadian Farms

Organic Frozen Sweet  
Corn or Cut Green Beans  
16 oz Reg: \$5.19-\$5.39

**\$3.79**



## Cascadian Farms

Organic Frozen Blueberries  
8 oz Reg: \$6.49

**\$4.59**



## Cado

Non-Dairy Avocado  
Frozen Dessert  
Deep Dark Chocolate  
1 pint Reg: \$8.29

**\$5.79**



## Ice Cream For Bears

French Ice Cream  
Assorted Flavors  
14 fl oz Reg: \$8.19

**\$5.99**



## Wholly Wholesome

Organic Pie Shells  
Traditional, Wheat, Gluten  
Free, or Frozen Dough  
14 oz Reg: \$7.79-\$8.79

**\$5.99**



## Nuco

Organic Coconut Wraps  
Original, Turmeric, or  
Moringa  
2.47 oz Reg: \$8.89

**\$6.29**



## Sambazon

Superberry Red Dragon  
Fruit Cubes  
6.1 oz Reg: \$6.19

**\$4.49**



## Sambazon

Superberry Acai Bowl  
6.1 oz Reg: \$4.39

**\$3.49**



## Endangered Species

Assorted Chocolate  
3 oz Reg: \$4.09

**\$2.89**



## Cocomels

Coconut Milk Caramels  
3 oz Reg: \$5.79

**\$4.99**



## Cocomels

Organic Chocolate  
Coconut Caramel Bites  
Sea Salt or Vanilla  
3.5 oz Reg: \$5.39

**\$3.79**



## Beyond Good

Organic Uganda  
Chocolate Bar  
Salted Caramel  
2.64 oz Reg: \$5.39

**\$4.79**



## Hu

Dark Chocolate Bites  
Hazelnut Butter, Coconut  
Dark, or Cashew Butter &  
Vanilla  
2.75 oz Reg: \$7.49

**\$5.99**



## Hu

Organic Baking Chips  
Dark Chocolate  
7 oz Reg: \$9.49

**\$6.69**



## Dandies

Vegan Vanilla  
Marshmallows  
10 oz Reg: \$4.29

**\$2.99**



## Bear

Fruit Rolls  
Tropical, Raspberry, or  
Strawberry  
3.5 oz Reg: \$5.49

**\$4.79**



## Sun Tropics

CocoRolls  
Original or Salted  
Caramel  
4 oz Reg: \$4.59

**\$3.29**



## Dandies

Vegan Mini  
Marshmallows  
10 oz Reg: \$4.49

**\$3.79**



## Midel

Ginger Snaps Original  
or Gluten Free  
8 oz Reg: \$5.59

**\$3.99**



## No Cow.

Protein Bars  
Birthday Cake  
2.12 oz Reg: \$3.05

**\$2.19**



## Dandies

Vegan Marshmallow  
Cream  
6.7 oz Reg: \$5.89

**\$4.19**



## Wilde Protein Chips

Buffalo or Chicken &  
Waffles  
2.25 oz Reg: \$5.49

**\$3.89**



## Kettle Brand

Potato Chips  
Assorted Varieties  
5 oz Reg: \$3.99

**\$2.79**



## Sesmark Foods

Gluten Free Rice Thins  
Brown Rice  
3.5 oz Reg: \$3.79

**\$2.99**



## Maille

Old Style Mustard  
Whole Grain  
7.3 oz Reg: \$6.19

**\$4.39**



## Fody Food Company

Ketchup Sensitive Recipe  
12 oz Reg: \$6.19

**\$5.99**



## Bragg

Organic Apple Cider  
Vinegar  
Raw & Unfiltered  
16 fl oz Reg: \$4.79

**\$3.39**



## Bragg

Organic Apple Cider  
Vinegar  
Raw & Unfiltered  
32 fl oz Reg: \$7.39

**\$5.19**



## Bragg

Organic Apple Cider Vinegar  
Miracle Cleanser  
Concentrate  
32 fl oz Reg: \$11.79

**\$8.29**



## Bragg

Organic Herb &  
Spice Sprinkle  
1.5 oz Reg: \$5.39

**\$3.79**



## Bragg

Seasoning  
Nutritional Yeast  
4.5 oz Reg: \$7.09

**\$4.79**



## Flavorganics

Organic Vanilla Extract  
2 fl oz Reg: \$8.69

**\$6.09**



## Flavorganics

Organic Coconut Extract  
2 fl oz Reg: \$6.39

**\$4.49**



### Madhava

Organic Agave  
Light or Amber  
11.75 oz Reg: \$5.79

**\$3.99**



### Madhava

Organic Unrefined  
Coconut Sugar  
16 oz Reg: \$7.29

**\$5.09**



### Otto's Naturals

Cassava Flour  
1 lb Reg: \$9.99

**\$6.99**



### Otto's Naturals

Cassava Flour  
2 lb Reg: \$16.99

**\$11.99**



### Otto's Naturals

Baking Powder  
8 oz Reg: \$7.49

**\$5.29**



### Nutiva

Organic Black  
Chia Seed  
12 oz Reg: \$10.29

**\$7.19**



### Nutiva

Organic Ground Black  
Chia Seeds  
12 oz Reg: \$16.29

**\$11.39**



### Nutiva

Organic Liquid  
Coconut Oil  
8 fl oz Reg: \$16.89

**\$11.89**



### Nutiva

Organic Refined  
Coconut Oil  
23 fl oz Reg: \$13.89

**\$9.79**



### Nutiva

100% Organic Extra  
Virgin Coconut Oil  
14 oz Reg: \$14.39

**\$10.09**



### Nutiva

Organic Virgin  
Coconut Oil  
23 oz Reg: \$18.99

**\$13.29**



### Nutiva

Organic Coconut Manna  
Coconut Butter  
15 oz Reg: \$17.79

**\$14.49**



### Kettle & Fire

Beef Broth  
32 oz Reg: \$6.19

**\$4.79**



### Kettle & Fire

Organic Chicken Broth  
32 oz Reg: \$5.59

**\$4.99**



### Kettle & Fire

Vegetable Broth  
32 oz Reg: \$4.79

**\$4.29**



### Kettle & Fire

Low Sodium Beef Broth  
32 oz Reg: \$6.29

**\$4.49**



### Kettle & Fire

Low Sodium Chicken Broth  
32 oz Reg: \$4.79

**\$3.29**



### Kevin's Natural Foods

Assorted Sauce Varieties  
7 oz Reg: \$4.39

**\$3.29**



### Mount Hagen

Organic Fairtrade Instant Coffee  
Regular or Decaf  
3.53 oz Reg: \$11.59

**\$7.99**



### Bigelow Tea

Ginger & Peach  
Calm Stomach Tea  
18 bag Reg: \$4.09

**\$2.89**



### Bigelow Tea

Elderberry + Vitamin C  
Green Tea  
18 bag Reg: \$3.89

**\$2.79**



### Teccino

Herbal Tea  
Vanilla Nut, Hazelnut,  
or Chocolate  
10 bag Reg: \$5.39

**\$3.79**



### Teccino

Herbal Tea  
Dandelion Caramel Nut  
or Dark Roast Dandelion  
10 bag Reg: \$6.39

**\$4.49**

