



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



September 27th - November 1st



20% off



20% off

Giovanni Hair Care
Castor Oil Smoothing
Shampoo or Conditioner

13.5 fl oz Reg: \$12.59

\$7.99



Giovanni Hair Care
Frizz Be Gone or Wicked
Texture Pomade

Reg: \$10.99

\$6.99



Giovanni Hair Care
Assorted Products

8.5 fl oz Reg: \$9.99

\$6.49



ZHOU

Colostrum Gummies

60 chews Reg: \$48.99

\$40.99



20% off

Boo!

Inesscents

Organic Unscented

Cocoa or Jojoba

Body Butter

4 oz Reg: \$22.99

\$18.99



Inesscents

CBD Botanically Infused

Bath Salts Lavender or

Eucalyptus

4 oz Reg: \$9.99

\$7.99



NORDIC 
NATURALS

20% off

Dr. Tung's
Smart Floss

30 YD Reg: \$5.59

\$4.49



Dr. Tung's

Tongue Cleaner

Reg: \$8.25

\$7.99



Inesscents

Organic Fair Trade

African Shea Butter

16 oz Reg: \$24.99

\$19.99



Inesscents

Organic African

Shea Oil

4 oz Reg: \$14.49

\$11.99



Organic Chocolate
Chips

#3988 Reg: \$18.09/lb

\$12.69/lb



Organic Hulled Millet

#3104 Reg: \$2.65/lb

\$1.89/lb



Organic Yellow
Popping Corn

#3134 Reg: \$2.29/lb

\$1.59/lb



Organic Tri-Color
Quinoa

#301965 Reg: \$4.39/lb

\$3.09/lb



Organic Roasted &
Salted Pistachios

#4045 Reg: \$10.59/lb

\$7.39/lb



Good Karma
Flaxmilk + Protein
Vanilla Unsweetened

64 fl oz Reg: \$6.39

\$4.49



Maple Hill Creamery
Organic Whole Milk Kefir
Plain Unsweetened

32 oz Reg: \$7.49

\$5.29



Maple Hill Creamery
Organic Whole Milk
Ultra-Pasteurized

64 oz Reg: \$9.29

\$6.49



Malk
Assorted Varieties
28 fl oz Reg: \$6.99

\$4.89



Maple Hill Creamery
Organic Cream on Top
Plain Yogurt

32 oz Reg: \$7.49

\$5.29



Maple Hill Creamery
Organic Greek Yogurt
Plain or Vanilla Bean

16 oz Reg: \$8.29

\$5.79



Remedy Organics
Organic Protein Drink
Assorted Varieties

12 floz Reg: \$5.19

\$3.59



Honey Mama's
Cocoa Truffle Bar
Chocolate Cake or
Peanut Butter Cup

2.5 oz Reg: \$5.39

\$3.79



Honey Mama's
Protein Crunch Bar
Peanut Butter Brownie

1.25 oz Reg: \$2.79

\$1.99



Sweet Loren's
GF Ready To Bake
Cookie Dough Chocolate
Chunk or Fudge Brownie

12 oz Reg: \$7.99

\$5.49



Sunja's Oriental
Foods Kimchi
Medium Spicy
16 oz Reg: \$8.99
\$6.29



Caulipower
Cauliflower
Pizza Crust
12 oz Reg: \$9.49
\$6.79



Glutino
Gluten Free Original
English Muffins
16.9 oz Reg: \$7.29
\$5.29



Silver Hills Bakery
Little Big Bread
15 oz Reg: \$5.25
\$3.49



Little Northern Bakehouse
Gluten Free Whole Grain
Wide Slice Bread
20 oz Reg: \$7.49
\$5.79



Little Northern Bakehouse
Gluten Free Bread, Seeds &
Grains or Millet & Chia
17 oz Reg: \$6.89
\$4.79



Glutino Pretzel
Sticks
Family Size
14.1 oz Reg: \$6.59
\$3.79



Late July Snacks
Tortilla Chips
Assorted Flavors
7.8 oz Reg: \$4.89
\$3.49



Epic Pork Rinds
BBQ or Sea Salt &
Pepper
2.5 oz Reg: \$4.29
\$2.79



Boulder Canyon
Kettle Chips
Variety Pack
24pk 1.5oz Reg: \$15.49
\$10.99



Boulder Canyon
Thin & Crispy Potato
Chips, Sea Salt or
Cheddar & Sour Cream
6 oz Reg: \$3.99
\$2.99



Epic Bites
Bison Bacon Chia or
Salmon & Maple
2.5 oz Reg: \$7.69
\$4.99



Barnana
Organic Plantain Chips
Himalayan Pink Sea Salt
5 oz Reg: \$4.99
\$3.49



Bienal LLC
Tasty Thins
Hawaiian BBQ or Sea Salt
4.5 oz Reg: \$4.49
\$2.99



SkinnyPop Popcorn
All Natural Popcorn
4.4 oz Reg: \$4.89
\$3.29



Back To Nature
Crackers Stoneground
Wheat or Olive Oil
Rosemary

5 oz Reg: \$4.39

2/\$6



Back To Nature
Sandwich Cookies
Assorted Flavours
7.5-9 oz Reg: \$5.59

\$3.79



Back To Nature
Fudge Cookies Fudge
Mint or Fudge Striped
5.5-7.7 oz Reg: \$6.59

\$4.49



Catalina Crunch
Keto Friendly Cereal
Assorted Flavors
8 oz Reg: \$8.79

\$6.29



Catalina Crunch
Snack Mix
Assorted Flavors
6 oz Reg: \$6.59

\$4.79



Catalina Crunch
Sandwich Cookies
Assorted Flavors
5.9 oz Reg: \$6.29

\$4.49



Purely Elizabeth
Organic Ancient Grain Granola
Original or Cinnamon Peanut
Butter + MCT Oil
12 oz Reg: \$7.79-7.89

\$5.99



Seven Sundays
Little Crispies or Oat
Protein Cereal
Assorted Flavors
8 oz Reg: \$7.39-7.89

\$5.99



Seven Sundays
Sunflower Cereal
Assorted Flavors
8 oz Reg: \$7.79-7.89

\$6.29



Three Wishes
Grain Free Cereal
Assorted Varieties
8.6 oz Reg: \$6.69

\$4.79



Aloha
Organic Protein Bar
Assorted Varieties
1.9 oz Reg: \$2.89-2.99

\$2.29



Bobo's Oat Bars
All Natural Gluten Free
Oat Bars
3 oz Reg: \$2.89

\$1.99



Munk Pack
Keto Granola Bar Almond
Butter or Coconut
4/1.12 oz Reg: \$6.79

\$4.99



Munk Pack
Keto Nut & Seed Bar
Assorted Varieties
1.23 oz Reg: \$2.29

2/\$3



Rxbar Protein Bar
Chocolate Sea Salt or
Blueberry
1.83 oz Reg: \$2.99

\$1.99



Sun Tropics
CocoRolls Original
or Espresso
4 oz Reg: \$3.09



\$2.79

Smartsweets
Sweet Fish, Sour Blast
Buddies, Peach Rings,
or Sourmelon Bites
1.8 oz Reg: \$3.49



2/\$5

Solely
Organic Whole
Fruit Gummies
Assorted Flavors
3.5 oz Reg: \$5.09



\$3.49

Smartsweets
Caramel Candies
1.6 oz Reg: \$3.69



\$2.79

Solely
Organic Fruit Jerky
Assorted Flavors
.8 oz Reg: \$1.99



\$1.29

Owyn-Only What You Need
Plant-Based Protein
Smoothie
Assorted Flavors
12 fl oz Reg: \$3.49



\$2.49

Mavuno Harvest
Organic Dried Fruit
Dipped in Dark Chocolate
Assorted Varieties
3 oz Reg: \$4.39



\$3.49

Heavenly Organics
Organic Honey Patties
Mint Chocolate
1.2 oz Reg: \$1.59



\$1.09

Cocomels
Organic Chocolate
Coconut Caramel Bites
3.5 oz Reg: \$5.39



\$3.49

Bear
Real Fruit Roll
Raspberry or Strawberry
3.5 oz Reg: \$5.49



\$3.49

Crofters
Organic Just Fruit Spread
Apricot
10 oz Reg: \$4.99



\$3.79

Crofters
Organic Premium
Strawberry Spread
16.5 oz Reg: \$6.49



\$4.79

Farmer's Market
100% Organic Sweet
Potato Puree
15 oz Reg: \$3.99



\$3.29

Farmer's Market
100% Organic
Pumpkin or Butternut
Squash Puree
15 oz Reg: \$3.79



\$2.99

Lifeaid Beverage Company
FITAID Energy + Sports
Recovery
Mango Sorbet
12 floz Reg: \$3.09



\$2.29

Madhava Honey
Organic Amber
Agave Nectar

11.75 oz Reg: \$5.29

\$3.49



Sweet Leaf
Stevia Sweetener
35 ct Reg: \$3.89

\$2.79



Sweet Leaf
Stevia Sweetener
70 ct Reg: \$7.19

\$4.79



Sweet Leaf
Stevia Plus
Fiber Powder
4 oz Reg: \$9.79

\$6.79



Sweet Leaf
Organic Stevia
Sweetener
3.2 oz Reg: \$11.09

\$7.99



Sweet Leaf
Organic Monk Fruit
Sweetener
1.13 oz Reg: \$5.49

\$3.99



Flavorganics
Organic Vanilla
Extract

2 fl oz Reg: \$8.69

\$5.49



Flavorganics
Organic Coconut
Extract

2 fl oz Reg: \$6.39

\$4.29



Miss Jones Baking Co
Monster Cookie Mix

10.57 oz Reg: \$5.99

\$4.49



Serenity Kids
Organic Pouch
Assorted Flavors

3.5 oz Reg: \$2.79

\$2.19



Miss Jones Baking Co
Organic Frosting
Assorted Flavors

320 grm Reg: \$6.99

\$5.29



Miss Jones Baking Co
Organic Cake Mix
Vanilla or Chocolate

15.87 oz Reg: \$7.99

\$5.29



Serenity Kids
Organic Pouch
Assorted Varieties

3.5 oz Reg: \$4.49

\$2.99



Wedderspoon
100% Raw Manuka
Honey KF16

17.6 oz Reg: \$49.39

\$36.99



Wedderspoon
Raw Manuka Honey
KFactor 12

17.6 oz Reg: \$47.49

\$19.99



Wedderspoon
100% Raw Manuka
Honey KFactor 16
8.8 oz Reg: \$29.99

\$20.99



Wedderspoon
100% Raw Manuka
Honey KFactor 16
11.5 oz Reg: \$36.99

\$27.99



Wedderspoon
Monofloral K16
Squeeze Honey
12 oz Reg: \$40.39

\$29.99



Equal Exchange
Organic Hot Cocoa
12 oz Reg: \$10.59

\$7.49



Equal Exchange
Organic Panama Extra
Dark Chocolate Bar
2.8 oz Reg: \$3.79

\$2.99



Frontier Natural
Products Coop
Crushed Red Chili
Pepper
1.2 oz Reg: \$4.59

\$2.79



Frontier Natural
Products Coop
Garam Masala
2.0 oz Reg: \$6.55

\$4.29



Frontier Natural
Products Coop
Poultry Seasoning
1.34 oz Reg: \$4.29

\$2.79



Frontier Natural
Products Coop
Organic Cayenne
Ground
1.7 oz Reg: \$5.69

\$3.49



Frontier Natural
Products Coop Organic
Fair Trade Ground
Ceylon Cinnamon
1.76 oz Reg: \$6.69

\$4.79



Frontier Natural
Products Coop
Ground Smoked
Paprika
1.87 oz Reg: \$6.69

\$4.29



Frontier Natural
Products Coop
Organic Vanilla
Extract
2 fl oz Reg: \$11.79

\$8.99



Santa Cruz Organic
Pure Lemon or
Lime Juice
16 fl oz Reg: \$5.99

\$3.79



Santa Cruz Organic
Pure Lemon Juice
32 fl oz Reg: \$9.39

\$5.49



Frontier Natural
Products Coop
Organic Pure
Vanilla Extract
4 fl oz Reg: \$20.89

\$14.99



Orgain
Organic Protein
Almond Milk
Unsweetened Vanilla
32 fl oz Reg: \$6.39

\$4.49



North Coast
Organic Apple Juice
96 fl oz Reg: \$19.39

\$10.99



North Coast
Organic Apple Juice
64 fl oz Reg: \$10.59

\$5.79



Lakewood
Organic
Coconut Blend
32 fl oz Reg: \$7.79

\$4.79



Swoon
Pink Lemonade
or Half & Half
12 fl oz Reg: \$2.39

2/\$3



Flow Alkaline
Spring Water
1 ltr Reg: \$2.59

\$1.79



A Dozen Cousins
Beans
Assorted Varieties
10 oz Reg: \$3.69-4.09

\$2.79



Flora Organic
Pumpkin Oil
8.5 oz Reg: \$26.69

\$16.99



Eternal
Naturally Alkaline
Spring Water
1.5 ltr Reg: \$2.69

\$1.89



A Dozen Cousins
Caribbean Coconut
Rice Seasoning Sauce
4 fl oz Reg: \$3.09

\$2.29



Banza
Chickpea Rotini
Pasta
8 oz Reg: \$4.99

\$3.29



Fody Food Company
Marinara or Tomato
Basil Sauce
19.4 oz Reg: \$8.39

\$6.49



Fody Food Company
Salsa Medium or
Verde
16 oz Reg: \$5.59-6.09

\$4.49



Fody Food Company
Gluten Free Teriyaki
Sauce
8 oz Reg: \$6.75

\$4.79



Fody Food Company
Original BBQ Sauce
or Ketchup
12 oz Reg: \$5.59-6.09

\$4.49



Frontera Foods
Medium Salsa
Tomatillo

16 oz Reg: \$4.59

\$3.29



Coconut Secret
100% Organic
Coconut Aminos

8 fl oz Reg: \$7.69

\$5.29



Coconut Secret
100% Organic Sauce
Coconut Aminos

16.9 floz Reg: \$14.99

\$9.99



Near East
Rice Pilaf or
Couscous Mix
Assorted Varieties

6.75 oz Reg: \$2.99

\$2.29



Near East
Quinoa & Brown
Rice Blend

4.9 oz Reg: \$2.99

\$2.79



Miracle Noodle
Organic Noodles
Spaghetti, Angel Hair,
or Fettuccine

7 oz Reg: \$4.59

\$3.79



Bigelow Tea
Blueberry & Aloe
Radiate Beauty Tea

18 bag Reg: \$4.09

\$2.49



20%off

Explore Cuisine
100% Organic
Edamame & Mung
Bean Fettuccine

8 oz Reg: \$5.19

\$4.29



Thanksgiving Sample Day

Join us for our Annual Thanksgiving Sample Day!
Wednesday, November 12th
1pm to 5pm

