



Erika Dworkin - Owner
Board Certified in Holistic Nutrition®



Michael Dworkin, PD, CCN - Founder
CT Certified Clinical Nutritionist
Registered Pharmacist
1928 - 2017



Nutrition Specialists
Trusted Since 1956

Manchester Parkade Health Shoppe
860.646.8178
378 Middle Turnpike West
Manchester, CT 06040
www.cthealthshop.com
Mon-Sat 8am-9pm/Sun 9am-6pm

LOYALTY CARD

20% Off Non-Sale VITAMINS
10% Off Non-Sale BODY CARE
5% Off Non-Sale FOOD
Plus Earn Rewards Points!

Spend \$30 = 1 point = \$1 off future purchases
\$5 Lifetime Membership. See store for details.

EVERYDAY VITAMIN SAVINGS

20% OFF

Solgar - Country Life - Solaray - KAL
Twinlab - Nature's Way - Nature's Plus
Kyolic - Enzymatic Therapy - Store Brand
20% OFF Life Extension w/ Loyalty Card

\$3 OFF

ANY PURCHASE*
(Minimum \$60 Purchase)

*May combine with Loyalty Card discounts except on flash sale days. One coupon per person per family per purchase per day.

PHS reserves the right to reject any coupon.
Expires: 6/30/18 Emp Initials _____

JUNE 2018 SALE - SAVE OVER \$240 - EZ In/EZ Out

PARKADE HEALTH BRAND
VITAMIN D3 - 2000iu
SUPER SALE

Customer Favorite

Skin/Heart/Blood Pressure
Bones/Brain/Immunity



120 GELS
003673

VITAMIN D-3



\$7.29

Save \$6.70/3.90
Reg \$13.99/11.19

PARKADE HEALTH BRAND
SEASONAL SUPPORT
SUPER SALE

Customer/Staff/Owner Favorite

With Quercetin/Nettles
Vitamin C & Bromelain



60 TABS
032826

SEASONAL SUPPORT



\$18.99

Save \$15.00/8.20
Reg \$33.99/27.19

PARKADE HEALTH BRAND
ULTRA OMEGA-3 FISH OIL
SUPER SALE

Customer/Owner Favorite

Skin/Allergy/Brain/Heart/Mood



90 GELS
016611

ULTRA OMEGA-3



\$19.89

Save \$14.10/7.30
Reg \$33.99/27.19

PARKADE HEALTH BRAND
MELATONIN 3MG
SUPER SALE

Customer Favorite

Sleep/Triglyceride &
Cholesterol Support - NO GMOs



60 VCAPS
032550

MELATONIN



\$4.99

Save \$4.50/2.60
Reg \$9.49/7.59

PARKADE HEALTH BRAND
UBIQUINOL (CoQ10) 200MG
SUPER SALE

Antioxidant

Promotes Heart & Cellular Energy
Up to 8X Better Absorbed
Than Regular CoQ10



60 GELS
031447

UBIQUINOL



\$64.59

Save \$57.42/5.00
Reg \$122.01/69.59

PARKADE HEALTH BRAND
L-LYSINE 500MG
SUPER SALE

(PHARMACEUTICAL GRADE)

Immune Function
Collagen Production



100 CAPS
001105

L-LYSINE



\$8.19

Save \$5.80/3.00
Reg \$13.99/11.19

SOLARAY
MYCROBIOME PROBIOTICS

UP TO 24 STRAINS
30B/50B/100B - MEN'S/WOMEN'S
SUPER SALE - Staff Favorite



30 VEG CAPS
693034,737202,962543
403213,488265,669671

35% OFF

Save Up To \$22.96/9.56
Reg Up To \$63.59/50.89

COUNTRY LIFE
RESVERATROL PLUS

(100MG TRANS-RESVERATROL)
SUPER SALE

Polyphenols Support Heart
Health & Healthy Aging



60 VEG CAPS
073178

\$17.89

Save \$7.94/2.79
Reg \$25.85/20.69

SOLARAY
D-MANNOSE w/ CRANACTIN

URINARY TRACT HEALTH
SUPER SALE

Customer/Owner Favorite



60 VEG CAPS
117776

\$17.69

Save \$12.56/6.50
Reg \$30.25/24.19

NATURAL BODY CARE & HEALTHY FREEZER/CUPBOARD SPECIALS

ALBA BOTANICA

WHOLE FAMILY

SUNSCREEN/SUNLESS LOTIONS

Staff Favorite

Skin-Healthy/Non-Oily – With Vitamins A/E/B & Fatty Acids



4 OZ

003876,003951,003975
008277,003913,003852

\$8.19

Save \$3.80
Reg \$11.99

DESERT ESSENCE ASSORTED DEODORANTS

Owner Favorite

Long-Lasting Protection
NO Aluminum/Propylene Glycol



2.5 OZ

332338,220673,220963

\$4.59

Save \$1.70
Reg \$6.29

WISEWAY HERBALS TEA TREE FOOT POWDER

Anti-Fungal
Cooling for Athlete's Foot
& Other Rashes



3 OZ

890001

\$5.49

Save \$1.00
Reg \$4.49

GREEN 2

TREE-FREE PAPER TOWELS

NEW!

Absorbent

Made From Highly Renewable
Sugar Cane & Bamboo Grass



2 PACK

010558

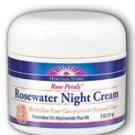
\$5.19

Save \$1.50
Reg \$6.69

HERITAGE STORE ROSEWATER NIGHT CREAM

NEW!

With NaPCA-Glycerin &
Grape Seed Oil
For All Skin Types
NO Parabens/Pthalates



2 OZ

149315

\$16.99

Save \$3.00
Reg \$19.99

MANUKAGUARD

MEDICAL GRADE

MANUKA HONEY 12+
Customer/Staff Favorite

Reduces Scars – Potent
Antibacterial – Heals Cuts/Burns
Soothes Sore Throats
Improves Digestion



8.8 OZ

002043

\$49.99

Save \$8.00
Reg \$57.99

TOFUTTI CUTIES

Snack Size Frozen Dessert
Sandwiches

NO Dairy/Butterfat/Lactose



12 FL OZ

013012,013098

\$3.89

Save \$1.60
Reg \$5.49

GOOD HEALTH

KETTLE CHIPS

Customer Favorite

30% Less Fat Than
Regular Potato Chips
Made With 100% Olive Oil



5 OZ

101000,101017
Sea Salt or Rosemary

\$1.99

Save \$1.20
Reg \$3.19

CAFE ALTURA ORGANIC COFFEE

100% Arabica Shade Grown
Medium Roast



12 OZ

334622

\$9.19

Save \$3.10
Reg \$12.29

BULK DRIED FRUIT UNSWEETENED MANGO SLICES

1.5 LBS

574123



\$7.99

Save \$1.30
Reg \$9.29

BAKERY ON MAIN FIBER POWER GRANOLA

Gluten Free – NO Dairy/Casein
9 Grams of Fiber



12 OZ

003829,003836
Cinn. Raisin or Triple Berry

\$5.09

Save \$1.30
Reg \$6.39

DAIYA GLUTEN/DAIRY/ SOY-FREE PIZZA

Customer/Staff Favorite
Delicious, Gourmet Ingredients



15.7 OZ

001326,001524,001821
Cheese, Fire Roasted
Vegetable or Supreme

\$7.89

Save \$3.00
Reg \$10.89