

The background is a solid teal color. On the left side, there are several large, abstract, cream-colored shapes that resemble stylized letters or organic forms, partially overlapping the teal background. In the upper right quadrant, the word 'Suma' is written in a white, serif font. Below it, the text 'CO-OPERATIVE SINCE 1977' is written in a smaller, white, sans-serif font.

Suma

CO-OPERATIVE SINCE 1977

**NEW PRODUCTS**

November December 2024

NEW

## CHILLED VEGAN PÂTÉS

Mushroom, French Country and Black Pepper

These chilled pâtés offer a sophisticated and flavourful vegan alternative to traditional pâté. 100% vegan and palm oil free, they're a taste sensation and great value at only £2.99 RRP. Order some today.







**NEW LOOK**

## THE WAY OUR TOMATO RANGE LOOKS IS CHANGING

The quality inside is staying the same

We're updating the packaging on our organic tomatoes range. We've always used top quality tomatoes that are grown and ripened in Italy without chemicals or pesticides. So, we're tweaking the packaging to emphasise the provenance and quality.

You'll start to see these changes over the next few months, starting with passata, peeled and chopped tomatoes.



# Good is... plant-based laundry sheets.

**NEW**



Plant-based  
Biodegradable  
30 sheets



CHANGE  
THE WAY  
YOU CLEAN  
FOR GOOD.

@ecoleafbysuma

15%  
OFF FACE OILS &  
AROMA ROLLS



ESSENTIAL OILS | CARRIER OILS | SKINCARE | NATURAL HOME FRAGRANCE  
30 Years experience sourcing unrivaled quality, sustainable  
Essential Oils, always Cruelty-free and Vegan



BUTTERMILK



# You asked...

*We've done it.*

A Plant-Plowered, *Gluten Free* wafer bar.  
Delicious crunchy wafer enrobed in  
our unique plant-powered choccy,  
*only available* from Buttermilk.



**BUTTERMILK**  
treat yourself better



CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	OFFER PRICE	OFFER RRP	BFGOSV
KB854	Choccy Wafer Bar	18 x 38g	v	21.34	1.89	18.14	1.89	GSV



# YOUR NEW FAVOURITE

# ORGANIC VEGAN DARK CHOCOLATE IS HERE!

AWARD WINNING ORGANIC CHOCOLATE RANGE.  
PERFECTLY TIMED FOR CHRISTMAS GIFTING, EVERYBODY LOVES CHOCOLATE!!



PERFECT FOR GIFTING  
PREMIUM OFFER  
BEAN TO BAR

ONLY NATURAL, FREE FROM AND  
WHOLE INGREDIENTS

MARKET FOCUS: ORGANIC, GOURMET,  
DELI, MINDFUL, PREMIUM, GIFTING.



# BENNETTO™



[WWW.BENNETTO.CO.UK](http://WWW.BENNETTO.CO.UK)

bio<sup>D</sup>

new

FOR A CLEANER *environment*

INTRODUCING OUR NEW RANGE

# Yorkshire Rhubarb

5L REFILL  
AVAILABLE





# Simply Natural Bread Range

vegan • source of protein

New



Say goodbye to ultra-processed breads! Our latest launch delivers minimally processed, organic breads packed with nutrition and taste. Perfect for health-conscious shoppers.



family-run since 1992



500+ products

# Quick cook meals

Organic meals, ready in just 15 minutes. Our risotto and lentil mixes make healthier eating quick and delicious.

New



family-run since 1992



500+ products





# catural

**NEW**

## **NATURAL CAT LITTER**

**100% ORGANIC PLANT BASED**

**MADE FROM SUSTAINABLE RESOURCES**

**BIODEGRADABLE**

**ULTRA CLUMPING**

**PREVENTS ODOURS**

**DUST FREE**



**NEW**

Wholegrain oats







# Clearspring

## JAPANESE INSPIRED OAT BISCUITS

Sweet Treat | Grab & Go | Wholegrain Snack



-  ORGANIC & VEGAN
-  HIGH IN FIBRE
-  REFINED SUGAR FREE
-  PALM OIL FREE
-  WITH COCONUT OIL & OLIVE OIL

*Delicately sweet with a Japanese twist.*



In attractive SRP



*Miso meets maple for a unique treat.*



*Rich and fruity with date pieces.*



Mono-plastic (PP) and recyclable



CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	BFGOSV
BT226	Oat Biscuits - Date	12 x 40g		13.41	1.49	OSV
BT231	Oat Biscuits - Matcha	12 x 40g		13.41	1.49	OSV
BT236	Oat Biscuits - Miso Maple	12 x 40g		13.41	1.49	OSV

**hello wellness**

**We Make Natural Health Easier!**  
Daily supplement blends in award-winning plant-plastic pots

- 100% Natural Ingredients
- Biodegradable Packaging
- UK Native Herbs
- Practitioner Approved

CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	BFGOSV
VM412	Brain Capsules	6 x 30	v	69.96	19.99	GV
VM409	Digestion Capsules	6 x 30	v	69.96	19.99	GV
VM406	Energy Capsules	6 x 30	v	69.96	19.99	GV
VM407	Hormones Capsules	6 x 30	v	69.96	19.99	GV
VM408	Immunity Capsules	6 x 30	v	69.96	19.99	GV
VM410	Menopause Capsules	6 x 30	v	69.96	19.99	GV
VM411	Sleep Capsules	6 x 30	v	69.96	19.99	GV

## HUNTER &amp; GATHER

# HYDRATION

## REDEFINED

### RESTORE ELECTROLYTES

Sugar & Sweetener Free

Keto & Paleo friendly

Includes only up to 5 ingredients



**HUNTER & GATHER**

THE RESTORE RANGE:

MULTIPACK

MIXED BERRY

LEMON & LIME

UNFLAVOURED

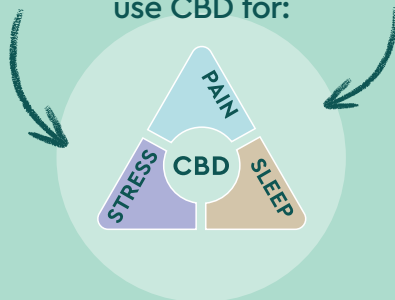
CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	BFGOSV
VM405	Electrolytes - Variety Box	6 x 30	v	135.00	34.99	V
VM404	Electrolytes - Lemon & Lime	6 x 30	v	135.00	34.99	V
VM403	Electrolytes - Mixed Berry	6 x 30	v	135.00	34.99	V
VM402	Electrolytes - Unflavoured	6 x 30	v	135.00	34.99	V



# Award winning CBD products



Our customers  
use CBD for:



**Trustindex**  
4.9 EXCELLENT rating  
★★★★★  
Based on 471 reviews



[hempwell.co.uk](http://hempwell.co.uk)



**Sourcing the rarest  
most exquisite natural  
and organic honey**



# HIGHER NATURE®



*New*  
True Food supplements  
naturally sourced,  
no synthetics

Unlike other brands, we don't add synthetic nutrients to yeast, bacteria or food pastes, we blend together real whole foods such as fruits, vegetables, mushrooms, herbs and seeds in order to create a naturally nutrient rich supplement.

Wholly without synthetics, you can feel assured that your supplements are working in harmony with your body rather than against it, allowing you to live your life to its absolute fullest.

We've created a range of supplements that's perfectly attuned to the life stages of women over 45.

This is a new era, bringing new adventures and increased prioritisation of self-care.



## True Food Clarity For Women

60 vegan capsules

A product not to be forgotten. Clarity is the new, class leading memory complex featuring mind innovation for the over 45s with Memophenol® (blueberry & French grape extract) and True Food® folate and B12. Memophenol® is shown to improve cognitive age by 10 years and restore working memory by 60%.



## True Food Rekindle For Women

60 vegan capsules

Keep the flame burning with this powerful and pure, clinically dosed combination of botanical extracts, zinc and new to the UK market Liboost® (damiana extract). Liboost® is clinically proven to increase Female Sexual Function Index (FSFI) by 92% after 4 week.

## True Food Vitality For Women

60 vegan capsules

The world's most powerful, all real food multivitamin tailored to women. Includes nature's most advanced absorption system: AstraGin™ (panax notoginseng and astragalus). Comprehensive female support delivering effective levels of 20 essential vitamins and minerals from 16 real foods.

CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	BFGOSV
KB902	55% Milk Chocolate Buttons	1 x 2kg		54.57	
KB915	65% Milk Chocolate Buttons	1 x 2kg		48.29	✓
KB924	70% Dark Chocolate Buttons	1 x 2kg		49.72	✓
KB928	75% Dark Chocolate Buttons	1 x 2kg		54.43	✓
KB932	45% Hot Chocolate Powder	1 x 2kg		25.00	✓

LOVE CBD

# Love CBD

The Cannabis Food Supplement Co.

Est 2014

Grown without pesticides

Non-intoxicating & legal



Natural Cannabis goodness

Every product lab tested

# ocean's HALO ORGANIC SEAWEEDS

NEW!

Sushi Nori · Seaweed Snacks



## SAVVY SWEETS

Naturally better sweets are here!



@savvysweets\_uk



CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	BFGOSV
ZX879	Berry Bears	12 x 50g	v	15.00	1.99	GSV
ZX885	Fruits & Cream Bears	12 x 50g	v	15.00	1.99	GSV
ZX881	Sour Bears	12 x 50g	v	15.00	1.99	GSV
ZX880	Sour Cola Bears	12 x 50g	v	15.00	1.99	GSV



INTRODUCTORY OFFER  
**20% OFF**  
OUR RANGE AT

**Suma**  
CO-OPERATIVE SINCE 1977

**6x**  
**250g**



**QS126**

**6x**  
**250g**



**QS113**

**6x**  
**250g**



**QS118**

**6x**  
**250g**



**QS122**

**QUINOLA™**  
MAKING EATING RIGHT, EASY

- GLUTEN FREE
- RICH IN PROTEIN
- PLANT-BASED
- SOURCE OF FIBRE

Taifun

**ORGANIC**  
**PLANT-BASED**  
**SAUSAGES**

Introducing Taifun's new veggie barbecue sausages – a flavourful and convenient plant-based protein option!



**VEGAN**



**PLANT-BASED**  
**PROTEIN**



**ORGANIC**



WHO GIVES A CRAP

**Double length**  
**single rolls**

who gives a crap



100% recycled

100% bamboo



50% of profits donated

**Order now**  
**for 15% off!**

\*All individually barcoded



# VIVANI

## THE FINEST ORGANIC CHOCOLATE

STOCK UP FOR CHRISTMAS

NEW

Organic  
Exciting flavours to treat everyone  
Plastic Free Packaging  
Premium Cocoa from sustainable sources

20 % off  
selected bars



[vivani.de/en](http://vivani.de/en)



Artisan flour made with more than 125 years of milling passion.



**Wessex Mill is a family-owned artisan flour brand milled in the heart of the beautiful North Wessex Downs.**

All wheat grain for our core flours come from trusted local Wessex farmers, some we have worked with for generations. Milled slowly and in small batches, altogether this makes quality flour with real heritage which provides excellent baking results for home and professional bakers alike.

**Stock up now**

  
**Wessex Mill**  
 PROUDLY MILLING IN WESSEX SINCE 1895

[www.wessexmill.co.uk](http://www.wessexmill.co.uk)

**It all started with a question..**

Are synthetic ingredients used in conventional oral care necessary? We started out making natural, low-impact oral care products back in 2015, selling from a stall at the local farmers market in London. Today we are the leading natural & zero-waste manufacturer in the UK.

# Zerolla

Suma new launch  
**INTRO PROMO**

**NATURAL**

Many 'natural' oral care products still use synthetic ingredients, like SLS, that we end up ingesting. We only use pure, natural & organic ingredients for all our products.

**ZERO-WASTE**

Our products are made in small batches from our site in West Sussex. We exclusively source ingredients as locally as possible & our packaging is designed to produce zero waste.

**CONSCIOUS**

The ingredients we use are ethically sourced, organic & food grade. There is certainly no animal testing & we work hard to ensure our environmental footprint is zero.

10% off

20% off

10% off



Fully Recyclable Packaging



Zero Synthetic Ingredients



100% Vegan Formulas



Natural Organic Formulas



Zero Plastic Packaging



Zero To Landfill Program

CODE	PRODUCT DESCRIPTION	SIZE	VAT	PRICE	RRP	OFFER PRICE	OFFER RRP	BFGOSV
DY764	Natural oil pulling mouthwash	10 x 60ml	v	39.30	7.90	<b>35.37</b>	<b>7.15</b>	OV
DY762	Natural Toothpaste in a jar	10 x 60ml	v	39.30	7.90	<b>31.44</b>	<b>6.35</b>	OV
DY763	Natural Toothpaste in a jar	10 x 60ml	v	39.30	7.90	<b>31.44</b>	<b>6.35</b>	OV
DY765	Dental Floss - Castor Oil	20 x 50m	v	21.77	4.40	<b>19.59</b>	<b>3.99</b>	V



code	description	size	details	price	vat	rrp	BFGOSV
<b>SUMA</b>							
<b>PATES, DIPS &amp; TAPAS (CHILLED)</b>							
❖ [ ] [ ] [ ] [ ]	CV655	<b>Black Pepper Pate</b>	9 x 150g	20.15		2.99	OSV
❖ [ ] [ ] [ ] [ ]	CV652	<b>Forest Mushroom Pate</b>	9 x 150g	20.15		2.99	OSV
❖ [ ] [ ] [ ] [ ]	CV653	<b>French Style Pate</b>	9 x 150g	20.15		2.99	OSV
<b>ECOLEAF BY SUMA</b>							
<b>PAPER PRODUCTS &amp; STATIONERY</b>							
❖ [ ] [ ] [ ] [ ]	HJ219	Retail - Laundry Products Laundry Detergent Sheets - Lav	10 x 30 sheets	Non Bio - Lavender - 30 washes	37.99	v	7.49 V
<b>ABSOLUTE AROMAS</b>							
<b>ESSENTIAL OILS</b>							
❖ [ ] [ ] [ ] [ ]	DY776	Aroma-Rolls Bliss Aroma Roll Gift set	1 x gift	Goodnight / De-stress / Relax <i>Special Offer Price</i>	7.77 6.60	v ▼	13.99 V 11.89
❖ [ ] [ ] [ ] [ ]	DY777	Energyse Aroma Roll Gift set	1 x gift	Daybreak / Focus / Refresh <i>Special Offer Price</i>	7.77 6.60	v ▼	13.99 V 11.89
❖ [ ] [ ] [ ] [ ]	DY778	Wellbeing Aroma Roll Gift set	1 x gift	Headaid / Prevention / Breath <i>Special Offer Price</i>	7.77 6.60	v ▼	13.99 V 11.89
❖ [ ] [ ] [ ] [ ]	DY779	Face Oil Face Oil - Balance	1 x ITEm	Jasmine and Juniperberry <i>Special Offer Price</i>	12.50 10.63	v ▼	25.00 V 21.25
❖ [ ] [ ] [ ] [ ]	DY780	Face Oil - Nourish	1 x ITEm	Jasmine, Rose & Sandalwood <i>Special Offer Price</i>	12.50 10.63	v ▼	25.00 V 21.25
❖ [ ] [ ] [ ] [ ]	DY781	Face Oil - Rejuvenate	1 x ITEm	Frankincense and Rosehip <i>Special Offer Price</i>	12.50 10.63	v ▼	25.00 V 21.25
❖ [ ] [ ] [ ] [ ]	DY782	Face Oil - Sensitive	1 x ITEm	Apricot Kernel and Vitamin E <i>Special Offer Price</i>	12.50 10.63	v ▼	25.00 V 21.25
<b>AMAIZIN</b>							
<b>CRISPS &amp; SNACKS</b>							
❖ [ ] [ ] [ ] [ ]	ZX482	<b>Spring Roll Wrappers</b>	12 x 100g		20.68		2.29 GOV
<b>BENNETTO</b>							
<b>CHOCOLATE</b>							
❖ [ ] [ ] [ ] [ ]	KB872	<b>70% Dark Chocolate Bar</b>	12 x 80g		25.43	v	3.39 FGOV
❖ [ ] [ ] [ ] [ ]	KB874	<b>82% Super Dark Bar</b>	12 x 80g		28.86	v	3.89 FGOV
❖ [ ] [ ] [ ] [ ]	KB875	<b>Coconut Flake Bar</b>	12 x 80g	Dark Choc with coconut flakes	25.43	v	3.39 FGOV
❖ [ ] [ ] [ ] [ ]	KB896	<b>Dark Chocolate with Raspberry</b>	12 x 80g		28.86	v	3.89 FGOV
❖ [ ] [ ] [ ] [ ]	KB880	<b>Dark Coffee Bar</b>	12 x 80g		28.86	v	3.89 FGOV
❖ [ ] [ ] [ ] [ ]	KB885	<b>Dark Mint Bar</b>	12 x 80g		25.43	v	3.39 FGOV
❖ [ ] [ ] [ ] [ ]	KB895	<b>Dark Orange with Chilli bar</b>	12 x 80g		25.43	v	3.39 FGOV
❖ [ ] [ ] [ ] [ ]	KB894	<b>Dark Salted Caramel</b>	12 x 80g		25.43	v	3.39 FGOV
❖ [ ] [ ] [ ] [ ]	KB900	<b>Dark with Toasted Hazelnuts</b>	12 x 80g		25.43	v	3.39 FGOV
<b>BIO D</b>							
<b>HOUSEHOLD CLEANING PRODUCTS</b>							
❖ [ ] [ ] [ ] [ ]	HJ392	5 Litres Bulk All Purpose Sanitiser Rhubarb	5l	Yorkshire Rhubarb	7.59	v	13.99 V
❖ [ ] [ ] [ ] [ ]	HJ390	Handwash Rhubarb	5l	Yorkshire Rhubarb	13.64	v	23.99 V
❖ [ ] [ ] [ ] [ ]	HJ391	Washing Up Liquid Rhubarb	5l	Yorkshire Rhubarb	9.50	v	15.99 V
<i>Retail</i>							
❖ [ ] [ ] [ ] [ ]	HJ394	All Purpose Sanitiser Rhubarb	12 x 500ml	Yorkshire Rhubarb	25.60	v	3.49 V
❖ [ ] [ ] [ ] [ ]	HJ395	Hand Wash Rhubarb	6 x 500ml	Yorkshire Rhubarb	16.86	v	4.79 V
❖ [ ] [ ] [ ] [ ]	HJ393	Washing Up Liquid Rhubarb	12 x 750ml	Yorkshire Rhubarb	21.21	v	2.99 V
<b>BIONA</b>							
<b>BREADS &amp; BREAD MIXES</b>							
❖ [ ] [ ] [ ] [ ]	BT223	<b>Oat Topped Wholemeal Rolls</b>	6 x 300g		17.30		3.85 OV
❖ [ ] [ ] [ ] [ ]	BT224	<b>Power Protein Bread</b>	8 x 375g		24.29		4.05 OV
❖ [ ] [ ] [ ] [ ]	BT222	<b>Rustic Seeded Baguette</b>	6 x 300g		17.30		3.85 OV
<b>GRAINS</b>							
❖ [ ] [ ] [ ] [ ]	QS110	<b>Golden Rice &amp; Lentils</b>	7 x 250g		18.59		3.55 OV
❖ [ ] [ ] [ ] [ ]	QS108	<b>Porcini Mushroom Risotto</b>	8 x 210g		24.29		4.05 OV



	code	description	size	details	price	vat	rrp	BFGOSV
<b>BIOTIFUL DAIRY</b>								
❖	 CV677	<b>DRINKS (CHILLED)</b> <b>Blossom Honey Kefir Drink</b>	6 x 500ml		16.28	△	3.65	GO
<b>BUTTERMILK</b>								
❖	 KB854	<b>CHOCOLATE</b> Choccy Wafer Bar	18 x 38g		21.34	v ▼	1.89	GSV
				<i>Special Offer Price</i>	<del>18.14</del>		<del>1.49</del>	
<b>CATURAL</b>								
❖	 NF272	<b>PET FOODS &amp; PET CARE</b> <b>Cat Litter - Natural</b>	10l	100% Plant based by product	5.99	v	9.99	O
<b>CLEARSPRING</b>								
❖	 BT226	<b>BISCUITS CRACKERS &amp; CRISP BREAD</b> <b>Oat Biscuits - Date</b>	12 x 40g		13.41		1.49	OSV
❖	 BT231	<b>Oat Biscuits - Matcha</b>	12 x 40g		13.41		1.49	OSV
❖	 BT236	<b>Oat Biscuits - Miso Maple</b>	12 x 40g		13.41		1.49	OSV
<b>CRESPO</b>								
❖	 KJ399	<b>OLIVES</b> Green olives Pimento Stuffed	8 x 354g		11.88		1.99	V
❖	 KJ397	Pitted Black Olives	8 x 354g		11.88		1.99	V
❖	 KJ398	Pitted Green Olives	8 x 354g		11.88		1.99	V
<b>FAITH IN NATURE</b>								
<b>BODY CARE</b>								
❖	 DY774	Body Wash - Coconut	6 x 500ml	Aluminium Bottle. Hydrating.	26.30	v	7.49	V
❖	 DY772	Body Wash - Grapefruit&Orange	6 x 500ml	Aluminium Bottle. Energising	26.30	v	7.49	V
❖	 DY773	Body Wash-Lavender & Geranium	6 x 500ml	Aluminium Bottle. Relaxing	26.30	v	7.49	V
		Conditioner						
❖	 DY770	Conditioner - Shea & Argan	6 x 500ml	Aluminium Bottle. Dry hair	33.45	v	9.49	V
❖	 DY771	Conditioner-Grapefruit&Orange	6 x 500ml	Aluminium Bottle. Normal/oily	33.45	v	9.49	V
❖	 DY769	Conditioner-Lavender&Geranium	6 x 500ml	Aluminium Bottle. Normal/dry	33.45	v	9.49	V
		Shampoo						
❖	 DY768	Shampoo - Grapefruit & Orange	6 x 500ml	Aluminium Bottle. Normal/oily	33.45	v	9.49	V
❖	 DY766	Shampoo - Lavender & Geranium	6 x 500ml	Aluminium Bottle. Normal/dry	33.45	v	9.49	V
❖	 DY767	Shampoo - Shea & Argan	6 x 500ml	Aluminium Bottle. Dry hair	33.45	v	9.49	V
<b>HELLO WELLNESS</b>								
<b>SUPPLEMENTS &amp; REMEDIES</b>								
		Herbal Blends						
❖	 VM412	Brain Capsules	6 x 30 capsules	Biodegradable Packaging	69.96	v	19.99	GV
❖	 VM409	Digestion Capsules	6 x 30 capsules	Biodegradable Packaging	69.96	v	19.99	GV
❖	 VM406	Energy Capsules	6 x 30 capsules	Biodegradable Packaging	69.96	v	19.99	GV
❖	 VM407	Hormones Capsules	6 x 30 capsules	Biodegradable Packaging	69.96	v	19.99	GV
❖	 VM408	Immunity Capsules	6 x 30 capsules	Biodegradable Packaging	69.96	v	19.99	GV
❖	 VM410	Menopause Capsules	6 x 30 capsules	Biodegradable Packaging	69.96	v	19.99	GV
❖	 VM411	Sleep Capsules	6 x 30 capsules	Biodegradable Packaging	69.96	v	19.99	GV
<b>HEMPWELL</b>								
<b>SUPPLEMENTS &amp; REMEDIES</b>								
❖	 VM415	Broad Spectrum CBD Oil 1000mg	1 x 30ml	Natural Flavour	31.24	v	49.99	V
❖	 VM416	Broad Spectrum CBD Oil 1500mg	1 x 30ml	Natural Flavour	40.61	v	64.99	V
❖	 VM418	Deep Relief CBD Cream - 1000mg	1 x 100ml		31.24	v	49.99	V
❖	 VM417	Deep Relief CBD Cream - 500mg	1 x 100ml		18.74	v	29.99	V
❖	 VM413	Pure CBD Oil - 1000mg	1 x 30ml	Natural Flavour	25.00	v	39.99	V
❖	 VM414	Pure CBD Oil - 1500mg	1 x 30ml	Natural Flavour	34.37	v	54.99	V
<b>HIGHER NATURE</b>								
<b>SUPPLEMENTS &amp; REMEDIES</b>								
		True Food						
❖	 VM419	Clarity For Women	1 x 60 capsules		19.51	v ▼	34.95	V
				<i>Special Offer Price</i>	<del>16.58</del>		<del>29.71</del>	

	code	description	size	details	price	vat	rrp	BFGOSV
❖	[ ] [ ] [ ] [ ]	VM420 Rekindle For Women	1 x 60 capsules		19.51	v ▼	34.95	V
				<i>Special Offer Price</i>	<b>16.58</b>		<b>29.71</b>	
❖	[ ] [ ] [ ] [ ]	VM421 Vitality For Women	1 x 60 capsules		19.51	v ▼	34.95	V
				<i>Special Offer Price</i>	<b>16.58</b>		<b>29.71</b>	
<b>HONEY &amp; GREENS</b>								
<b>HONEY</b>								
❖	[ ] [ ] [ ] [ ]	HY030 Apple Orchard Honey	12 x 240g	British Honey	160.03			17.99
❖	[ ] [ ] [ ] [ ]	HY014 Honey with blackcurrant	12 x 240g	British Honey	90.01			9.99
❖	[ ] [ ] [ ] [ ]	HY024 Honey with Ginger	12 x 40g	British Honey	90.01			9.99
❖	[ ] [ ] [ ] [ ]	HY028 Honey with Lemon	12 x 240g	British Honey	90.01			9.99
❖	[ ] [ ] [ ] [ ]	HY021 Honey with OG Ceylon Cinnamon	12 x 240g	British Honey	90.01			9.99
❖	[ ] [ ] [ ] [ ]	HY033 Organic Honey with Matcha	12 x 200g	Spanish Honey	125.80			13.99 O
❖	[ ] [ ] [ ] [ ]	HY031 Organic Lavender Honey	12 x 240g	Spanish Honey	125.80			13.99 O
❖	[ ] [ ] [ ] [ ]	HY032 Organic Oak Honey	12 x 240g	Spanish Honey	125.80			13.99 O
❖	[ ] [ ] [ ] [ ]	HY029 Wildflower Honey	12 x 240g	British Honey	90.01			9.99
<b>HUNTER AND GATHER</b>								
<b>SUPPLEMENTS &amp; REMEDIES</b>								
Restore								
❖	[ ] [ ] [ ] [ ]	VM404 Electrolytes - Lemon & Lime	6 x 30		135.00	v	34.99	V
❖	[ ] [ ] [ ] [ ]	VM403 Electrolytes - Mixed Berry	6 x 30		135.00	v	34.99	V
❖	[ ] [ ] [ ] [ ]	VM402 Electrolytes - Unflavoured	6 x 30		135.00	v	34.99	V
❖	[ ] [ ] [ ] [ ]	VM405 Electrolytes - Variety Box	6 x 30		135.00	v	34.99	V
<b>ISLANDS CHOCOLATE</b>								
<b>BAKING SUNDRIES</b>								
Cooking Chocolate								
❖	[ ] [ ] [ ] [ ]	KB902 55% Milk Chocolate Buttons	1 x 2kg	for baking, cooking & snacking	54.57			
❖	[ ] [ ] [ ] [ ]	KB915 65% Milk Chocolate Buttons	1 x 2kg	for baking, cooking & snacking	48.29			V
❖	[ ] [ ] [ ] [ ]	KB924 70% Dark Chocolate Buttons	1 x 2kg	for baking, cooking & snacking	49.72			V
❖	[ ] [ ] [ ] [ ]	KB928 75% Dark Chocolate Buttons	1 x 2kg	for baking, cooking & snacking	54.43			V
<b>COCOA</b>								
❖	[ ] [ ] [ ] [ ]	KB932 45% Hot Chocolate Powder	1 x 2kg	Made with organic cocoa powder	25.00			V
<b>LINDA MCCARTNEY</b>								
<b>SAUSAGES &amp; BURGERS (FROZEN)</b>								
❖	[ ] [ ] [ ] [ ]	XL254 Vegetarian Quarter Pounder	9 x 227g		18.52			2.75 V
<b>LOVE CBD</b>								
<b>SUPPLEMENTS &amp; REMEDIES</b>								
❖	[ ] [ ] [ ] [ ]	VM393 Hemp Tea	1 x 10 bags	Peppermint, Ginger & Chamomile	4.29			5.99 V
❖	[ ] [ ] [ ] [ ]	VM391 High Strength CBD Patches	1 x 10	45mg Per Patch	10.55	v		19.99 V
❖	[ ] [ ] [ ] [ ]	VM392 Versatile CBD Balm	1 x 63g	Muscle & Lip Balm	12.85	v		22.99
<b>OCEAN'S HALO</b>								
<b>SEA VEGETABLES</b>								
❖	[ ] [ ] [ ] [ ]	HE171 <b>Sushi Nori Wrap</b>	12 x 28g		35.91			3.99 GOV
❖	[ ] [ ] [ ] [ ]	HE172 <b>Wasabi Sushi Nori Wrap</b>	12 x 28g		35.92			3.99 GOV
<b>ORGANICO</b>								
<b>BISCUITS CRACKERS &amp; CRISPREAD</b>								
Rustic Breadsticks								
❖	[ ] [ ] [ ] [ ]	BT061 <b>Flaxseed Crissini</b>	12 x 120g		21.11			2.35 OV
<b>PETER'S YARD</b>								
<b>BISCUITS CRACKERS &amp; CRISPREAD</b>								
❖	[ ] [ ] [ ] [ ]	BT234 Swedish Crispbread - Bag	12 x 175g		34.97			3.99
<b>QUINOLA</b>								
<b>GRAINS</b>								
❖	[ ] [ ] [ ] [ ]	QS113 Champagne Lentils	6 x 250g		9.50			2.09 V
❖	[ ] [ ] [ ] [ ]	QS122 <b>Golden Vegetables</b>	6 x 250g		9.50			2.09 GOV
❖	[ ] [ ] [ ] [ ]	QS118 <b>Spicy Mexican</b>	6 x 250g		9.50			2.09 GOV
❖	[ ] [ ] [ ] [ ]	QS126 Wholegrain Quinoa	6 x 250g		9.50			2.09 GV

	code	description	size	details	price	vat	rrp	BFGOSV
<b>SAVVY SWEETS</b>								
<b>SWEET SNACKS</b>								
❖	ZX879	Berry Bears	12 x 50g	with Prebiotic Fibre	15.00	v	1.99	GV
❖	ZX885	Fruits & Cream Bears	12 x 50g	With Prebiotic Fibre	15.00	v	1.99	GV
❖	ZX881	Sour Bears	12 x 50g	With Prebiotic Fibre	15.00	v	1.99	GV
❖	ZX880	Sour Cola Bears	12 x 50g	with Prebiotic Fibre	15.00	v	1.99	GV
<b>TAIFUN</b>								
<b>MEATLESS SUBSTITUTES (CHILLED)</b>								
❖	CV679	<b>BBQ Sausages</b>	6 x 250g		23.70		5.25	OV
<b>VIVANI ORGANIC CHOCOLATE</b>								
<b>CHOCOLATE</b>								
Snack Size								
❖	KB867	<b>Crème Brulee</b>	18 x 40g		20.06	v ▼	1.79	OS
				<i>Special Offer Price</i>	<b>16.05</b>		<b>1.45</b>	
❖	KB861	<b>Wafer Praline Bar</b>	18 x 40g		20.06	v ▼	1.79	OS
				<i>Special Offer Price</i>	<b>16.05</b>		<b>1.45</b>	
<b>WESSEX MILL</b>								
<b>FLOURS &amp; BREAD MIXES</b>								
❖	FG086	Plain Flour	5 x 1.5kg		7.50	▼	1.99	V
				<i>Special Offer Price</i>	<b>6.75</b>		<b>1.79</b>	
❖	FG081	Six Seed Bread Flour	5 x 1.5kg		11.60	▼	3.09	V
				<i>Special Offer Price</i>	<b>10.44</b>		<b>2.79</b>	
❖	FG055	Strong White Bread Flour	5 x 1.5kg		8.16	▼	2.19	V
				<i>Special Offer Price</i>	<b>7.34</b>		<b>1.99</b>	
<b>WHO GIVES A CRAP</b>								
<b>PAPER PRODUCTS &amp; STATIONERY</b>								
❖	NF273	Toilet Tissue ExtraSoft Bamboo	16 x 1 pack	Bamboo, Double Length Roll	12.76	v ▼	1.35	
				<i>Special Offer Price</i>	<b>10.85</b>		<b>1.15</b>	
<b>ZEROLLA</b>								
<b>TOOTH CARE</b>								
❖	DY764	<b>Natural oil pulling mouthwash</b>	10 x 60ml		39.30	v ▼	7.90	OV
				<i>Special Offer Price</i>	<b>35.37</b>		<b>7.15</b>	
❖	DY762	<b>Natural Toothpaste in a jar</b>	10 x 60ml		39.30	v ▼	7.90	OV
				<i>Special Offer Price</i>	<b>31.44</b>		<b>6.35</b>	
❖	DY763	<b>Natural Toothpaste in a jar</b>	10 x 60ml		39.30	v ▼	7.90	OV
				<i>Special Offer Price</i>	<b>31.44</b>		<b>6.35</b>	
Dental Floss								
❖	DY765	Dental Floss - Castor Oil	20 x 50m		21.77	v ▼	4.40	V
				<i>Special Offer Price</i>	<b>19.59</b>		<b>3.99</b>	