

Put Healthy Living First with You First

BIG DEAL

You First Organic Virgin Coconut Oil 1 L
99.99 each



You First Himalayan Fine Crystal Salt or Coarse Himalayan Crystal Salt 700 g
19.99 each



You First Almond Flour 350 g
79.99 each



You First Chia Seeds 500 g
69.99 each



You First Xylitol 500 g
69.99 each



You First Sunflower Seeds 500 g
28.99 each



Bake a lot. Yum Cayenne, Garlic & Herb or Lightly Salted Seed Crackers 210 g
39.99 each



Bake a lot. Yum Butter Shortbread Biscuits 125 g, Choc Chip Shortbread 125 g or Cranberry Peanut Butter Cookies 110 g
24.99 each

Healthy Snack Alternatives



Gullón No Added Sugar Whole Grain Breakfast Biscuits 216 g
24.99 each

THE BEST IN FRESH GUARANTEED!

THE BEST VALUE

If you find better value on fresh from another retailer, bring in your proof and we'll match it, **PLUS** give you the difference.

THE BEST QUALITY

Not satisfied with any of our fresh products? We'll replace it and give you another one absolutely free!

THE BEST RANGE

If it's available in S.A. and it's not on our shelves, we'll find it and deliver it to you free of charge.*

*Department must exist in store.

THE BEST SERVICE

Our highly-trained staff aim to make your shopping experience a pleasure. If they don't live up to your expectations, tell us about it and you'll receive a R100 FLM shopping voucher. Contact customer care on 086 000 7728 to claim your voucher.