

## **Bulk Food Superstore February Newsletter**

First and foremost we would like to thank everyone who dropped by our Grand Opening in Ellenton on January 20th. We were thrilled with the number of people who stopped in and we truly appreciate all your support! We'd also like to congratulate everyone who won a raffle prize.

February is Heart Month and we have hearts on the brain at Bulk Food Superstore. Whether you are looking for heart healthy foods, or getting ready for an epic Valentines Day, we have what you need.

When it comes to Valentines Day, we are your one stop shop. We have beautiful Valentine cards from Treefree cards. And now that our wine and beer section is set up, we have a variety of excellent wines for you to choose from, including local wine from Keel and Curley Winery in Plant City. Our selection is varied, so we have something for everyone from red and white wines, to rose, mimosas, cider and beer.

Maybe your sweetie likes sweets. We've got that too, whether you are looking for traditional chocolates or something fun like Conversation Hearts or Valentine Gummies, we have lots of Valentine candy in stock. Take it one step further and you could cook a romantic dinner at home for your significant other. We have delicious, organic frozen pasta and sauces from La Pasta. They come in regular, gluten free and dairy free varieties, so putting together a tasty meal has never been easier. We've even got candles to set the mood.

We are also working with our favorite florist again, Medallion Flowers, and Valentine Bouquets are available to order as well. Stop by the store and order one of these beautiful arrangements before February 2nd and you can pick it up in time for Valentines day.

February is also Heart Month, and you won't find a better place to stock up on heart-healthy foods like raw nuts, oatmeal, flax seeds and dark beans like kidney beans or black beans. All of these items are available in our bulk section, so you can buy as much or as little as you want.

We have some great herbs and natural supplements to show some love to your heart. Oregon's Wild Harvest Hawthorn is a gentle and effective formula for a healthy heart and circulatory system. Hawthorn has been used for centuries for the heart, both in the spiritual sense as well as the physical sense.

CoEnzyme Q10 from Country Life is another heart helper you might want to look into. It helps cells produce ATP which is where energy comes from. Your heart works hard, why not give it something to help recharge it's batteries?

Magnesium is another great way to show your heart you care. It can help the body relax and dilate your arteries. This can lower your blood pressure and that makes it easier for the heart to do its job: pump blood through your body. It also promotes sleep which can lower stress levels and that also contributes to a happy heart.

From Carlson, we've got Omega 3 Fatty Acids. One of the main functions of this gem is that it is an anti-inflammatory. Inflammation causes and amplifies many degenerative diseases. By reducing inflammation, you can help reduce your risk of heart disease.

As always, make sure you check with your health care practitioner before taking any new supplement to make sure it is right for you.

We have lots of other great new products through out the store as well. We have brought in more hemp products from Ananda Hemp and Hemp Fusion, which have all kinds of benefits for your body. We've got new gluten-free goodies from Katz, as well as Yummi Empanadas Paleo foods with paleo-friendly muffins and cookie bites and 4 kinds of delicious jerky from Lorissa's Kitchen. We've got brought in some fantastic dark chocolate from Honduras. It's available in 4 varieties and is made from socially responsible, organic, natural ingredients. Best of all it's dairy free! Come on by the store and have a look around.

We want to hear from you! If you've got a suggestion for a product we haven't got, let us know! You can use the Contact Us section of our

website, [www.bulkfoodsuperstore.com](http://www.bulkfoodsuperstore.com) or drop in the store and add it to the Wish List.

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