





100 CLEANEST FINDS

(in Stores Now)

We've combed the grocery store shelves to bring you our list of top products for 2017. From snacks and drinks to household and beauty products, our in-depth guide will make it easier to stock your fridge and pantry with wholesome, *CE*-approved supermarket finds.

BY CLEAN EATING MAGAZINE, PHOTOGRAPHY BY GEOFFREY ROSS

THE CLEAN CRITERIA

We don't take product testing lightly around here. We tested more than 1,000 submissions to narrow down the list to these 100 exemplary picks, examining them inside out – from ingredients to packaging and everything in between! Here is a rundown of the stringent criteria we used to determine the winners.

1. **ECO-FRIENDLY PACKAGING**

We look for goods that have recyclable packaging and companies with an anti-landfill policy because we care about what happens to a product's packaging after it's consumed.

2. **THE CONVENIENCE FACTOR**

These items should help make cooking and eating clean easier and more convenient. In some cases, these foods can save you loads of time in the kitchen.

3. **TREND ALERT**

We're always on the lookout for the best food trends and new, must-try ingredients – this year, keep an eye out for cassava flour and cauliflower pizza crust!

4. **SIMPLE, WHOLESOME INGREDIENTS**

Every winning product has a simple and clean ingredient list, with no additives, preservatives or fillers.

5. **TEXTURE COUNTS**

Just as important as flavor is mouthfeel: Is it perfectly crisp? Velvety and creamy? We've considered this, too.

6. **SAFE & NONTOXIC**

We test out all household products and check their ingredient lists to ensure they are free of hazardous ingredients. We also run them through the Environmental Working Group's database (if applicable) to ensure they have an "A" or "B" rating for safety against harmful toxins.

7. **THE TASTE TEST**

Health is king, but we want you to love our picks! Our judges have high standards for taste, and we stand behind all of these winners.

8. **EASILY ACCESSIBLE**

The majority of these offerings are available in stores nationwide. In some cases, we made an allowance for the extra-special item that we felt was worthy of ordering online.

9. **ORGANIC, SUSTAINABLE & GMO-FREE**

We only endorse brands that are in line with our philosophy, which includes focusing on organic, sustainable and GMO-free foods.



Healthiest Mediterranean-inspired products!



HOUSEHOLD

IN THE BAG STASHER SANDWICH BAG

Bid adieu to wasteful plastic in favor of these reusable silicone storage bags, great for sandwiches, snacks or leftovers. These even work for storing marinades in the freezer or for cooking sous-vide. **\$12, stasherbag.com**



VERSATILE OIL AURA CACIA KEEP IT FRESH HOME CARE ESSENTIAL OIL BLEND

Use this reinvigorating blend of citrus, lavender and sweet basil essential oils to make room sprays, wax melts, garbage-pail pods and more. It keeps your home toxin-free and smelling superfresh! **\$20, auracacia.com**



SUPER CONCENTRATED BIOKLEEN ALL PURPOSE CLEANER CONCENTRATE

This plant-based cleaner goes a long way in keeping your home clean – all it takes is one ounce of cleaner per gallon of water. **\$7 per 32 oz, biokleenhome.com** for where to buy



WE CARE, INDEED! IF YOU CARE UNBLEACHED PARCHMENT BAKING PAPER

This 100% biodegradable and compostable parchment is one you can feel good about using while it keeps your pans spotless. **\$5 to \$6, ifyoucare.com**



GENTLE YET MIGHTY EARTH FRIENDLY PRODUCTS SHOWER CLEANER

Skip the elbow-busting job of scrubbing and simply spray this magical solution after each shower and walk away. It's made with plant-derived ingredients and essential oils. **\$4, ecos.com**



MEDITERRANEAN

PASTA'S ON THE PULSE EXPLORE CUISINE ORGANIC CHICKPEA FUSILLI

You'll get plenty of protein, fiber, iron and calcium in this mild-tasting pasta that works with a variety of sauces. It contains organic ingredients such as chickpea and brown rice flours along with tapioca starch and pea protein. **\$5, explorecuisine.com**



HOT TOMATO LUCINI ITALIA SPICY TUSCAN TOMATO ORGANIC SAUCE

This fiery pasta sauce hits it out of the park with its spicy-hot blend of organic fresh tomatoes, red bell peppers, parsley, carrots, onions and the real kicker, chile peppers. **\$8, lucini.com**



THE BEST BEANS JOVIAL 100% ORGANIC BORLOTTI BEANS

Ready to serve right out of the jar, these beans are the ultimate in convenience. With no artificial preservatives or additives, these all-natural beans contain only the addition of Sicilian sea salt and lemon juice. **\$3.50, jovialfoods.com**



MARVELOUS COMBO MEDITERRANEAN ORGANIC MEDITERRANEAN MEDLEY

Antipasto, salad or side dish – the choice is yours with this well-balanced mixture of artichokes, roasted red and yellow peppers, onions, basil, rosemary and garlic in sunflower and extra-virgin olive oil. **\$6, mediterraneanorganic.com** for where to buy



BREAKFASTS

SHERPA-APPROVED PEAK SHERPA TOASTED COCONUT TSAMPA

This high-fiber, prebiotic-rich barley cereal is a delicious and naturally energizing way to start your day. Proceeds from every purchase provide support to the people of the Himalayas. **\$8, sherpafoods.com** for where to buy



CRUNCH FACTOR NATURE'S PATH QI'A SUPERFLAKES HONEY CHIA

Look no further for the perfect snacking cereal: Gluten-free sprouted sorghum flour and non-GMO corn meal commingle with chia seeds and honey. We love eating this crunchy and lightly sweet snack out of hand or in a bowl with milk. **\$4, naturespath.com**



JOYOUS OATS BAKERY ON MAIN'S ORGANIC HAPPY ROLLED OATS

Serve these certified gluten-free oats with berries, wheat and a dollop of honey for a bowl of morning bliss. Use them as an ingredient in baking, too. **\$7, bakeryonmain.com**



ALL-NATURAL BREKKIE MICHELE'S TOASTED MUESLI

Whether served with milk for a nutritious breakfast or topping parfaits, this mouthwatering muesli combines a flavorful blend of toasted rolled oats, seeds, dried apricots, raisins and maple syrup. **\$7, michelesgranola.com**





A CLEAN HOME & BODY: Just as important as what you put into your body are the products you put on your body and use in your home. We've brought you some of the cleanest options to help you pamper your bod and detox your home.

OILS & VINEGARS

CELESTIAL EVOO OLIVAR DE LA LUNA ORGANIC EXTRA VIRGIN OLIVE OIL

Known as “olive grove of the moon” in Spanish, Olivar de la Luna is full-bodied with fruity and peppery notes. A percentage of each sale goes directly to the Olivar farm, helping to secure organic farming practices for future generations. **\$36, marxpantry.com**



HIGH-HEAT COOKING BLEND

LA TOURANGELLE ORGANIC SUN COCO OIL

This neutral-tasting blend of sunflower and coconut oils is specifically designed for cooking, with a smoke point of 440°F. **\$10, latourangelle.com**



FROM THE TROPICS ELLYNDALE ORGANICS BRAZIL NUT OIL

Pantry-must-have alert: This nutty, fragrant expeller-pressed Brazil nut oil adds depth of flavor to your salads, dips, roasted veggies and more. **\$13, nowfoods.com**



PURE CHOICE VITAL CHOICE ORGANIC VIRGIN COCONUT OIL

For cooking, baking and even body care, this coconut oil is as pure as it gets: It's organic, unrefined and packaged in a glass jar. **\$16, vitalchoice.com**



EDITOR'S SECRET COCONUT SECRET COCONUT VINEGAR

Our editor-in-chief has been raving about this raw enzyme-rich vinegar made from the sap of coconut trees – she swears by it as the secret ingredient that makes her homemade vinaigrettes shine. **\$6, coconutsecret.com**



NOT JUST A VINEGAR BRAGG ORGANIC APPLE CIDER VINEGAR

This raw and fermented apple cider vinegar helps improve digestion, boost metabolism and lower cholesterol – plus it tastes amazing on your salad! **\$4 per 16 oz, bragg.com**



PANTRY & BAKING

HEMP FOR THE WIN MANITOBA HARVEST HEMP HEART TOPPERS – ONION, GARLIC & ROSEMARY

Perfect for sprinkling over top of salads or soups, these hemp hearts impart savory flavor while adding plant-based omega fatty acids and protein. **\$6, manitobaharvest.com**



SUREFIRE BAKING AID CARRINGTON FARMS ORGANIC COCONUT FLOUR

A small amount of this coconut flour goes a long way in adding fiber and nutty flavor to baked goods like pancakes, quick breads, pizza crust and brownies. **\$14 per 4-lb bag, carringtonfarms.com**



CLEAN CATCH WILD PLANET FOODS WILD YELLOWTAIL FILLETS

Sustainably caught in the North Pacific, these mild-tasting fish fillets in extra-virgin olive oil are ideal for salads, in sushi or simply on their own. **\$5, wildplanetfoods.com**



JUST LIKE HOMEMADE SIMPLE MILLS ALMOND FLOUR BANANA MUFFIN MIX

This muffin mix is a scrumptious blend of almond and coconut flours, arrowroot, banana and coconut sugar. We guarantee everyone will be asking for the “recipe”! **\$8, simplemills.com**



THE LITTLE SEED THAT COULD ECOLIFE ORGANIC AMARANTH

Mix this chewy, nutty and gluten-free seed into porridge, soups, baked goods and more. **\$5, liveecolife.com**



VEGGIE FLOUR ZÓCALO SWEET POTATO FLOUR

Sweet potato flour may sound like an unconventional baking ingredient, but we think it's brilliant! This one adds rich, sweet flavor to breads, cookies and soups, while it also helps thicken sauces. **\$10 per 1-lb bag, marxpantry.com**



SOUPS & BROTHS

SIPPABLE SOUP ZÜPA NOMA ORGANIC TOMATILLO JALAPEÑO

Why spoon your soup when you can drink it? With drinkable soups cropping up all over, this tangy-hot option was one of our faves (it even contains spirulina for a superfood boost), and it's 100% organic. **\$7, drinkzupa.com**



GOOD TO THE BONE BONAFIDE PROVISIONS FREE RANGE CHICKEN BONE BROTH

Free-roaming, organic chickens are used to make this small-batch healing broth that's great to have on hand for particularly draining days or when immunity is low. Packaging is 100% BPA-free. **\$10, bonafideprovisions.com**



MISO TO GO ORGANIC EDEN INSTANT RED MISO SOUP

Enjoy the taste of traditional handmade miso soup on the go with this revolutionary instant version that uses freeze-dried miso soup cubes. **\$9.50, edenfoods.com**







MUCHO CALIENTE

Warning:
HIGHLY
addictive

Aloha
healthy
snacks!

BETTER
(BEAN-Y)
CRISPS

Mmmm
Berry
Bar

SOUL SPROUT
ALMOND CRACKERS
NET WT 3.5 OZ (100g)

ALTER ECO
ORGANIC
SALTED CARAMEL TRUFFLES
NET WT 4.2 OZ (120g)

Quinn
white CHEDDAR & SEA SALT
PURE POP
NO CHEMICAL OR PLASTIC COATING
NON-GMO POPCORN

PURE
Raspberry

ATE JULY SNACKS
Thin & Crispy
ANTINA Dippers
BLUE CORN
USDA ORGANIC
NON-GMO Project VERIFIED

theobon
coconut turmeric chocolate clusters
NET WT 2.5 OZ (70g)

Royal Hawaiian
SEA SALT MACADAMIAS
NET WT 5.0 OZ

SALT OF THE EARTH
NO ARTIFICIAL ANYTHING
ALWAYS GLUTEN FREE
NEVER EVER FRIED
BEAN CRISPS
NEW! FROM POPCORNERS
REBELLION

SNACKS

ADDICTIVELY CHEESY

QUINN SNACKS
WHITE CHEDDAR
MICROWAVE
POPCORN

With only four ingredients – organic popcorn, sunflower oil, cheddar and sea salt – this tasty snack is hard to put down. Trust us, we happily went through many bags of them. **\$5**, quinnsnacks.com



THE NUT CRACKER

SOUL SPROUT
SPICY CHIPOTLE
ALMOND CRACKERS

Made with only nuts, seeds and spices, these low-carb crackers are a great vehicle for all your favorite dips and spreads. **\$7**, soulsprout.com



BEST CRUNCH

GOOD HEALTH
GARLIC OLIVE OIL
KETTLE-STYLE
POTATO CHIPS

We can't get enough garlic in our lives, and these delightfully pungent chips made with olive oil offer just the right amount of it. **\$3.50** per 5-oz bag, goodhealthsnacks.com



ENJOY THE BLUES

LATE JULY
ORGANIC BLUE CORN
CANTINA DIPPERS

For all your salsa needs and a burst of colorful flair, turn to this Non-GMO Project-verified crispy blue corn chip. **\$4.50** per 8-oz bag, latejuly.com



BE A REBEL

OUR LITTLE REBELLION
SALT OF THE EARTH
BEAN CRISPS

We're seriously obsessed with these salty and crunchy thin crisps, made from peas, beans and non-GMO corn. **\$3.50** per 6-oz bag, ourlittlerebellion.com



ISLAND MUNCHIES

ROYAL HAWAIIAN
ORCHARDS SEA
SALT MACADAMIAS

Often overlooked as an everyday snack, macadamia nuts make the ultimate trail mix with dried fruit. Try them lightly toasted in the oven – they are out of this world! **\$6** per 5-oz bag, royalhawaiianorchards.com



BEST BARS

SMOOTHIE
SUBSTITUTEPRESSED BY
KIND MANGO APPLE CHIA

If chopping and blending all your favorite superfoods into a daily smoothie is too time consuming, then this tropical health booster is for you. Plus, the chia seeds and fiber-rich fruits will keep you full until your next meal! **\$2**, kindsnacks.com

SUPERFOOD
SNACKROOBAR
BAOBAB GINGER

This 100% organic raw snack bar is sure to tingle your taste buds with the addition of both ginger and baobab. It's also gluten-free, vegan and free of added sugars. **\$2.50**, roobar.com



DAIRY & DAIRY-FREE

BEST NON-DAIRY CHEESE
KITE HILL SOFT RIPENED

With a soft texture and light almondy flavor, we were impressed at how much this product resembled cheese – and we were equally happy with its clean ingredient list. **\$10**, kite-hill.com for where to buy



VIBRANT YOLKS

PETE AND
GERRY'S
ORGANIC EGGS

These top-quality, grade-A eggs come from free-range, certified-humane hens fed with 100% organic feed. **\$6**, peteandgerrys.com for where to buy



HAND CHURNED

ORGANIC VALLEY
CULTURED
PASTURE BUTTER

This hand-churned, golden-colored butter is delicately sweet, velvety smooth and higher in healthful omega-3 fatty acids due to the fact that it's made from the milk of pasture-raised cows. **\$5** per 8 oz or **\$8** per 1 lb, organicvalley.coop for where to buy



THICK AS THIEVES

SIGGI'S WHOLE MILK
PLAIN ICELANDIC-
STYLE YOGURT

Meet the new yogurt that is all the rage on the dairy shelves: Icelandic-style yogurt. Made from milk of grass-fed cows, this überthick, high-protein yogurt is worth a try. **\$6** per 24 oz, siggidairy.com for where to buy



DREAMIEST CREAM

HORIZON ORGANIC
SOUR CREAM

If you've been depriving yourself of sour cream because you think it's not clean, think again. This cultured sour cream has a squeaky-clean ingredient list and gets our stamp of approval. **\$4** per 16 oz, horizondairy.com for where to buy



A GOAT ABOVE

MEYENBERG VALLEY
GOAT CHEDDAR

With just a light hint of goat's milk flavor, this delicious sharp cheddar cheese is aged for at least 90 days. This is a great product for those who are intolerant to cow's milk. **\$8** per 8 oz, meyenberg.com



FILTERED FAVORITE

FAIRLIFE WHOLE
ULTRA-FILTERED MILK

We love the creamy texture of this whole milk that undergoes a unique filtration process that removes the lactose and also boosts the protein and calcium content. **\$4**, fairlife.com for where to buy



PROTEIN & SUPERFOOD BOOSTS

**FREE RADICAL FIGHTER
BARLEAN'S
ANTIOXIDANT
SUPERSEED BLEND**

Flaxseed, coconut, camu camu, Acerola cherry and acai make this superfood blend a health-improving addition for smoothies, yogurt and breakfast bowls. **\$12.50, barleans.com**



**MULTI-FUNCTION HERO
SALUS RED BEET
CRYSTALS**

Sourced from the juice of fresh beets, these vibrant beet crystals are a boon to thriving health and contain vitamin C and iron. **\$26.50, florahealth.com**



**TOP-SHELF PROTEIN
RESERVEAGE
NUTRITION
GRASS-FED WHEY
PROTEIN – VANILLA**

Pasture-raised cows are the source for this creamy and nutrient-dense whey protein that's also gluten- and soy-free. **\$30 per 12.7 oz, reserveage.com**



**PLANT POWER
PURELY INSPIRED
ORGANIC PROTEIN
– DECADENT
CHOCOLATE**

With 20 grams of protein per serving, this plant-based formula is made with pea and brown rice proteins and is infused with probiotics and enzymes. **\$20, purelyinspired.com for where to buy**



**TOTAL NUTRITION
SUNWARRIOR'S
ILLUMIN8 MOCHA**

Touted as more than a protein powder, this organic meal replacement is loaded with healthy fats, vitamins, fiber, enzymes, probiotics, protein, carbs and minerals. **\$55, sunwarrior.com**



**THE GREEN QUEEN
AMAZING GRASS
ORIGINAL
RAW RESERVE**

With 25 billion probiotics per serving and greens sourced from the land, freshwater and sea, this is bar none one of the purest, most potent green drink formulas on the market and contains no soy or fillers. **\$40, amazinggrass.com**



SWEETENERS

**NATURAL HEALER
WEDDERSPOON 100%
RAW MANUKA HONEY
KFACTOR 16**

Manuka honey is revered for its live enzymes and natural antibacterial qualities. We love adding a dollop of this pure, natural sweetener to our morning oatmeal or swirled into yogurt for a boost of nutrients. **\$30 per 250 g, wedderspoon.com**



**A PURER SUGAR
WHOLESOME!
ORGANIC
COCONUT PALM
SUGAR**

Extracted from the tropical coconut palm tree flower, this CE-approved sweetener is less processed than most sweeteners and is a good option when you need that extra depth of flavor in baked goods. **\$6, wholesomesweet.com for where to buy**



**NEXT-LEVEL SYRUP
RUNAMOK MAPLE'S
BOURBON BARREL-
AGED MAPLE SYRUP**

Maple syrup just got a major gourmet upgrade with this artisanal and infused Bourbon barrel-aged maple syrup straight from Vermont. We loved it as a finishing touch to glazes and in ice cream and beverages. **\$20 per 250 mL, runamokmaple.com**



BEAUTY & BODY

**SKIN SAVER
EVERCLÉN FACE
CREAM, 1.69 FL OZ**

This hypoallergenic face cream moisturizes with the help of botanicals and essential oils, leaving skin smooth without irritation. **\$20, everclen.com for where to buy**



**SOAK THE DAY AWAY
NATURAL VITALITY'S
NATURAL CALM
BATH – LAVENDER**

Melt stress away with these magnesium-lavender bath salts, which are also great for exercise recovery. **\$16, naturalvitality.com**



**NO RAZOR BURN
NOW SOLUTIONS
NUTRI-SHAVE NATURAL
SHAVE CREAM**

Formulated with coconut oil, aloe vera and olive oil, this cream promises a smooth shave every time. **\$7.50, nowfoods.com**



**DEEP MOISTURE
ALL GOOD ORGANIC
LEMONGRASS
COCONUT OIL
SKIN FOOD**

This coconut oil-based formula moisturizes skin while leaving behind a light lemongrass scent. **\$15, allgoodproducts.com**



**LONG-LASTING FRESHNESS
SPRY NATURAL
CINNAMON ORAL RINSE**

Freshen breath with this oral rinse that eschews toxic ingredients. **\$7, xlear.com**



**THE BEE'S KNEES
ROUTINE. NATURAL
DEODORANT –
MAGGIE'S CITRUS FARM**

Made with beeswax and other wholesome ingredients, this deodorant kept us smelling fresh even after a hardcore boxing session. **\$25, routinecream.com**





The coolest new finds for 2017!

SWEET TREATS

TURMERIC BOOST
THEO COCONUT
TURMERIC CHOCOLATE
CLUSTERS

These clusters with crispy quinoa and sorghum are supplemented with coconut, vanilla and anti-inflammatory turmeric for a guilt-free afternoon treat. (And don't worry, the turmeric isn't overpowering!) **\$6, theochocolate.com**



PALEO-FRIENDLY BAR
PURE7 CHOCOLATE –
HONEY-SWEETENED
RASPBERRY BAR

It's rare to find chocolate sweetened with honey rather than sugar, but this delicious raspberry-filled bar fits the bill, making it suitable for some alternative diets including Paleo. **\$7, pure7chocolate.com**



MIRACULOUS TREAT
HAIL MERRY
CHOCOLATE
ALMOND BUTTER
MINI MIRACLE TARTS

No need to go for conventional, preservative-filled peanut butter cups anymore – this indulgent yet clean variety with almond butter beats them hands-down both in taste and quality of ingredients. **\$3, hailmerry.com for where to buy**



CRAVE-WORTHY
TRUFFLE
ALTER ECO ORGANIC
SALTED CARAMEL
TRUFFLES

These rich, creamy truffles with just a touch of salt didn't last long around the CE offices – plus we love that they're made with organic and Fair Trade-certified ingredients. **\$8, alterecofoods.com**



CUTTING EDGE

GRAIN-FREE GOODNESS
SIETE FAMILY
FOODS CASSAVA
& CHIA TORTILLAS

Our team fell head over heels for these cassava- and coconut-flour tortillas. Serve warmed on a griddle at medium-high as the base for Mexican-style recipes. **\$9, sietefoods.com**



FLOURLESS CRUST
CALI'FLOUR
FOODS ORIGINAL
CALI'ITALIAN
CAULIFLOWER
PIZZA CRUST

This low-carb, gluten-free pizza crust tastes absolutely delicious and is made of just five ingredients: cauliflower, mozzarella, eggs, basil and garlic. **\$13, califlourfoods.com**



SPICY PASTE
INDIAN CURRY
ENTUBE

Elevate your Southeast Asian dishes with this tantalizing paste that contains cumin, turmeric, fennel, fenugreek and Acerola cherry. **\$8, entube.la**



PROBIOTIC SHOTS
WILDBRINE KIMCHI LIVE
SHOTS – SPICY KOREAN

Combining ginger, garlic, cabbage and Korean red pepper, this tangy, umami-flavored drink goes down smooth with a nice kick of heat. **\$4, wildbrine.com for where to buy**



NO FOOD PROCESSOR
REQUIRED
BOULDER CANYON
AUTHENTIC FOODS
RICED BROCCOLI

When you need a quick side dish, this broccoli "rice" can be heated up in the microwave in 3 to 5 minutes. Or you can toss it all into a pan and sauté on medium-high. **\$3 to \$4, bouldercanyonfoods.com for where to buy**



SPICES & SALTS

A TASTE OF ETHIOPIA
WHOLE FOODS MARKET
ORGANIC BERBERE
SEASONING

If you haven't yet cooked with berbere – the aromatic African spice blend made of paprika, fenugreek, coriander, turmeric and many more – this is one to try. We love simmering lentils in it. **\$5, wholefoodsmarket.com for where to buy**



FOR GARLIC LOVERS
SALTOPIA KISS
& TELL GARLIC
INFUSED SEA SALT

This gorgeous salt adds deliciously pungent flavor to meats and roasted veggies. Our favorite use? A finishing touch over baked potatoes! **\$13 per 3.4 oz, saltopiasalts.com**



GOOD AS GOLD
FRONTIER CO-OP
ORGANIC SAFFRON
THREADS

Don't be put off by the world's most expensive spice: You only need a pinch to infuse lovely yellow color and elegant flavor into your recipes. **\$18, frontiercoop.com**



GO PINK OR GO HOME
SAN FRANCISCO
SALT COMPANY
SHERPA PINK
HIMALAYAN SALT
SHAKER

Mineral-rich Himalayan pink salt is one of the purest forms of salt you can find. For a gourmet kick, use it in place of regular sea salt to season veggies, salads, meats and soups. **\$7, sfsalt.com**



SUPPLEMENTS

ENERGIZE

VITALITY POWER IRON + ORGANIC SPIRULINA

Boost your energy levels and ward off fatigue with this iron and organic spirulina supplement that also contains vitamin B₁₂, folic acid and vitamin C.

\$17 per 30 capsules, vitality.ca



NUTRIENTS ON-THE-GO

CAL-EZ CALCIUM AND VITAMIN D POWDER

These fast-absorbing calcium and vitamin D powders can be easily stirred into drinks or foods. We have these stashed in our desk and purses so that we never forget to take them. **\$13, cal-ez.com**



FUEL YOUR BRAIN & BODY

CARLSON MCT OIL

These capsules contain 1,000 milligrams of concentrated medium-chain triglycerides (MCTs), which help increase energy, support brain health and metabolize fat more efficiently. **\$25 per 120 soft gels, carlsonlabs.com**



MAGIC IN PILL FORM

BLUE MAJIK 60CT CAPSULES

A powerful phycocyanin derived from blue-green algae, Blue Majik protects cells, supports joint health and promotes healthy inflammation response after exercise. **\$40 per 60 capsules, e3live.com**



DO-IT-ALL DAILY

GAIA HERBS DAILY WELLBEING FOR WOMEN

From combatting stress to boosting immunity, this supplement with magnesium, vitamin D₃, calcium and herbal extracts covers all the bases. **\$40 per 60 capsules, gaiaherbs.com**



WELL-ROUNDED B

COUNTRY LIFE VITAMINS COENZYME B-COMPLEX CAPS

No ordinary B vitamin, this one contains B vitamins (including methylfolate) in their active and more absorbable form for optimal energy support. **\$21 per 60 capsules, countrylifevitamins.com**



HIGHLY ABSORBABLE

ESTER-C 500 MG VEG TABS WITH CITRUS BIOFLAVONOIDS, 90 CT

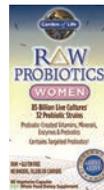
Thanks to its patented formula, this vitamin C supplement gives you 24 hours of immune system support and contains naturally occurring metabolites that enhance its absorption. **\$12.50, americanhealthus.com for where to buy**



GOOD FOR YOUR GUT

GARDEN OF LIFE RAW PROBIOTICS WOMEN

With 32 probiotic strains and 85 billion live cultures, these female-specific probiotics contain no binders or fillers. **\$52.50 per 90 capsules, gardenoflife.com**



FIGHT INFLAMMATION

NATURAL FACTORS CURCUMINRICH WHOLE BODY OPTIMIZER

This high-absorption form of curcumin fights inflammation from head to toe. **\$35 per 60 capsules, naturalfactors.com for where to buy**



HIGH-POTENCY D

NORDIC NATURALS VITAMIN D₃ 5,000

Bolster immunity, regulate mood, manage sleep rhythms and support bone health with this super source of vitamin D₃. **\$24 per 120 soft gels, nordicnaturals.com**



SUPER SOURCE OF OMEGA-3

DR. MERCOLA PREMIUM SUPPLEMENTS – DR. MERCOLA VIRGIN SALMON OIL

This salmon oil is a high-quality source of omega-3s for heart, brain and cholesterol support. **\$46 per 90 soft gels, mercola.com**



3X THE ANTIOXIDANTS

NEOCELL POMEGRANATE FROM THE SEED

Containing three times the antioxidants of similar amounts of green tea or red wine, pomegranate seed extract helps you fight harmful free radicals daily. **\$25 per 90 capsules, neocell.com for where to buy**



IMPROVE MEMORY

BRICKER LABS MEMORY MATTERS

Sharpen memory, enhance sleep and improve your multi-tasking skills with this natural support for cognitive health. **\$30 per 60 capsules, brickerlabs.com**



HEALTHFUL FUSION

DR. OHHIRA'S PROPOLIS PLUS ESSENTIAL FORMULAS INCORPORATED

This potent supplement provides Brazilian Green Propolis, astaxanthin and vitamin E for antioxidant support, prebiotics and probiotics for gut health, and omega-3 fatty acids derived from flax oil. **\$70 per 60 capsules, drohhiraprobiotics.com**



HERBAL PEP

REDD REMEDIES TRUEENERGY

Clear the mental cobwebs and sustain physical energy all day long with this powerful adaptogen herb blend. **\$26 per 50 capsules, reddremedies.com**



HOT BEVVIES

MAD ABOUT MATCHA LIVELY MATCHA CEREMONIAL MATCHA



We always look forward to our afternoon cup of matcha, which gives us a crash-free energy boost while offering disease-fighting antioxidants, calming L-theanine and a slightly sweet, delicate taste you can truly savor. **\$35, livelymatcha.com**

GOLDEN MILK NUMI ORGANIC TEA TURMERIC CHAI GOLDEN LATTE



Anti-inflammatory turmeric is the star ingredient in this tea, which also contains black pepper to help activate its healthful properties. Add some boiled milk for a spicy and comforting herbal latte. **\$15, numitea.com**

JOLT OF JAVA KICKING HORSE COFFEE HOLA – GROUND



Get some pep in your step by brewing a cup of this light-roast coffee. It has a pleasing chocolate-nougat aroma, juicy acidity and creamy body. **\$12, kickinghorsecoffee.com**

TRANSFORMATIVE TEA

BLUE CHAI LUSCIOUS BLUE ORANGE BLOSSOM TEA



It's not food coloring, we promise! This vibrant tea is made up of dried orange blossoms and dried butterfly pea edible flowers, resulting in a bright blue burst of color in your cup. Try adding a few drops of fresh citrus juice to turn it pink. **\$10, bluechai.com**

COLD DRINKS

SWEET SIPPER SUJA JUICE STRAWBERRY BALSAMIC DRINKING VINEGAR



Apple cider vinegar is combined with balsamic vinegar, water, lime, strawberry, probiotics, stevia and coconut nectar for a sweet, fruity taste and plenty of vitamin C. **\$3, sujajuice.com**

TAPPED FROM THE TREE SÄPP BIRCH WATER – ORGANIC ROSEHIP INFUSION



Sourced from the sap of birch trees, this no-sugar-added hydrator tastes lightly fruity with a honey-like aftertaste. Plus, it's an excellent source of manganese. **\$3 to \$4, sapplife.co for where to buy**

FRUITY SPARKLE SPINDRIFT RASPBERRY LIME SPARKLING WATER



Sit back, sip and enjoy! This unsweetened bevvie contains only sparkling water, raspberries, fresh lime juice and natural flavor. **\$4 per pack of four, spindriftfresh.com for where to buy**

PEACHY KEEN HONEST TEA UNSWEETENED PEACH GINGER TEA



Best served chilled, this organic black and honey bush tea naturally refreshes with notes of ripe peach and ginger. **\$2, honesttea.com for where to buy**

TAKE-TO-GO SMOOTHIE NOMVA KALE YEAH PROBIOTIC SUPER SMOOTHIE PACK



Packed with 2 billion probiotics, this smoothie marries kale, apple, pineapple and spinach for a vitamin- and mineral-rich infusion. **\$4, livenomva.com for where to buy**

NUT BUTTERS & SPREADS

POWDER-STYLE CRAZY RICHARD'S 100% PURE PEANUT POWDER



We love PB in everything from smoothies to sammies – but this powdered option gives us even more ways to use this legume – think baking and soups! **\$4.50 per 6 oz, crazyrichards.com**

HERB-INFUSED JEM ORGANICS: CINNAMON MACA ALMOND BUTTER



A Peruvian herb known to help with stress, red maca is added to this smooth almond butter with cinnamon, coconut sugar and vanilla. **\$13, jemorganics.com**

OLIVE BLISS GAEA KALAMATA OLIVE SPREAD



CE staff practically drooled over this savory spread made with sun-dried tomato flakes, basil, oregano, garlic and Kalamata, black and green olives. **\$4, gaeaus.com**

TWIST ON HUMMUS HOPE FOODS JALAPEÑO CILANTRO HUMMUS



Snacking on plain hummus can get dull day in and out – enter this cilantro-jalapeño flavor to help spice things up! **\$4, hopefoods.com**

PUNCHED-UP MAYO CHOSEN FOODS HARISSA AVOCADO OIL MAYO



This avocado-oil mayo is infused with the flavors of harissa (peppers, garlic, cumin and caraway) to give it a kick of heat. **\$10.50, chosenfoods.com**

STAFF PICKS:

From Bourbon barrel-aged maple syrup to herb-infused nut butter, these innovative products blew us away. 

