

GLUTEN FREE

Gluten is the generic name for certain types of proteins that are found in common cereal grains (such as wheat, barley, rye, spelt, kamut, triticale, and their derivatives). Because it is found in a lot of foods, grocery shopping can seem very difficult if you need to avoid gluten due to celiac disease or an allergy or intolerance. But rest assured, it's not impossible to live gluten-free. To help you choose the right foods—and make shopping easier—we've created a list of gluten-free Publix brand products. But remember: ingredients can change, so always read package labels carefully. For more information, pick up our *Gluten Free* guide, available at your local Publix.

TABLE OF CONTENTS

Dairy.....	1
Fresh	3
Frozen Foods	4
Grocery	5
Health and Beauty	8

DAIRY

BUTTER AND MARGARINE

Publix Butter / Margarine / Spreads

- Butter, Salted and Unsalted
- Butter, Whipped, Salted and Unsalted
- Homestyle Spread – 48% Vegetable Oil
- Original Spread Quarters – 70% Vegetable Oil
- Sweet Cream Butter

Publix GreenWise Market Butter

- Organic Butter, Salted and Unsalted

CHEESE

Publix Natural Cheeses (all forms – block, chunk & shreds)

- Cheddar, Extra Sharp
- Cheddar, Mild
- Cheddar, Medium
- Cheddar, Sharp
- Colby
- Colby Jack
- Italian 6-Cheese Blend, Shredded

Publix Natural Cheeses (Cont'd)

- Mexican 4-Cheese Blend, Shredded
- Monterey Jack
- Monterey Jack with Jalapeño Peppers
- Monterey Jack & Cheddar, Shredded
- Mozzarella
- Muenster
- Provolone
- Ricotta
- Swiss

Publix Processed Cheeses

- Cheese Spread
- Deluxe American Cheese Slices
- Singles – Pasteurized Process American Cheese Food
- Singles – Pasteurized Process American Cheese Food, Thick Slice
- Singles – Pasteurized Process Swiss Cheese Food

Publix Specialty Cheeses

- Asiago Wedge
- Blue Crumbled

Shopping lists were compiled from products that are available in Publix Super Market stores. These products may not be available in Publix GreenWise Market®, Publix Sabor® or Pix™ stores. Because the products listed were evaluated using manufacturer-provided information, and product formulations can change at any time, Publix cannot guarantee the accuracy of the information provided. Customers are encouraged to read the product labels to obtain the most accurate nutrition and ingredient information. The information provided is intended to be nutrition and dietary guidance only and not medical advice. Publix cannot guarantee the absence of gluten in all products listed under the heading "gluten-free products" because such products may be processed on shared equipment and cross-contamination may occur during processing at the manufacturing facility.

**Publix Specialty Cheeses
(Cont'd)**

Crumbled Feta
Crumbled Goat
Crumbled Reduced Fat Feta
Feta Chunk
Gorgonzola Crumbled
Grated Parmesan
Parmesan, Grated
Parmesan Wedge
Reduced Fat Feta Chunk
Shredded Parmesan

CREAM AND CREAMERS**Publix Ultra Pasteurized Cream
Products (liquids)**

Coffee Creamer
Fat Free Non-Dairy Creamer
Fat Free Half & Half
Half & Half
Heavy Whipping Cream
Whipping Cream

Publix GreenWise Market

Half & Half

CREAM CHEESE / DIPS**Publix Cream Cheese, all styles,
all flavors**

Regular
Regular, soft – all flavors
Fat Free – all styles
Light, Soft – all flavors
Neufchatel

CULTURED PRODUCTS**Publix Cottage Cheese – all
styles, all flavors**

Large Curd, 4% milkfat
Small Curd, 4% milkfat
Low Fat
Low Fat with Pineapple
Fat Free

Publix Sour Cream – all styles

Fat Free
Light
Regular

Publix Sour Cream Dips

French Onion Dip
Guacamole Dip

Publix Yogurt Creamy Blends

Black Cherry
Blueberry
Original
Peach
Strawberry
Vanilla

Publix Active Fat Free Yogurt

Fat Free Light "Active" Peach
Fat Free Light "Active"
Strawberry
Fat Free Light "Active" Vanilla

Publix Fat Free Light Yogurts

Apple Pie
Banana Crème Pie
Blueberry
Cappuccino
Caramel Crème
Cherry
Cherry Vanilla
Coconut Crème Pie
Honey Almond
Key Lime Pie
Lemon Chiffon
Mandarin Orange
Peach
Raspberry
Strawberry/Banana
Strawberry
Vanilla
Wild Berry Crumb Cake

Publix Fat Free Plain Yogurt**Publix Fruit on the Bottom
Yogurts**

Banana
Black Cherry
Blackberry
Blueberry
Cherry
Guava
Mango
Mixed Berry
Peach

**Publix Fruit on the Bottom
Yogurts (Cont'd)**

Pineapple
Raspberry
Strawberry
Strawberry/Banana
Tropical Blend

Publix Limited Edition Yogurt

Black Cherry with Chocolate
Egg Nog
Strawberry with Chocolate

Publix Multi Pack Yogurts

Creamy Blends Black Cherry &
Mixed Berry
Creamy Blends Blueberry &
Strawberry Banana
Creamy Blends Peach and
Strawberry
Kids / Blue Raspberry & Cotton
Candy
Kids / Grape Bubblegum &
Watermelon
Kids / Strawberry & Blueberry
Kids / Strawberry Banana &
Cherry

Publix No Sugar Added Yogurts

Blueberry
Cranberry Raspberry
Peach
Strawberry
Vanilla

DESSERTS**Publix Dessert Toppings**

Whipped Heavy Cream,
aerosol can
Whipped Light Cream,
aerosol can
Whipped Topping, Fat Free,
aerosol can

Publix Gelatin

Sugar Free Raspberry & Orange
Gelatin
Sugar Free Strawberry Gelatin

Publix Pudding

Rice Pudding
Tapioca Pudding

EGGS**Publix Eggs****Publix Egg Stirs****Publix GreenWise Market
Organic Cage-Free Eggs****MILK AND MILK PRODUCTS****Publix Egg Nog**

Original

Low Fat

Publix Instant Nonfat Dry Milk**Publix Milk**

Chocolate

Fat Free

Fat Free Plus

Low Fat

Low Fat Chocolate

Reduced Fat

Whole

**Publix GreenWise Market
Organic Milk**

Fat Free

Reduced Fat

Whole

**Publix GreenWise Market
Soy Milk**

Light – Plain or Vanilla

Plain

Chocolate

Vanilla

Publix GreenWise Market Beef

Beef Back Ribs

Beef Cubed Steak

Beef for Stew

Bottom Round

Bottom Round Steak

Brisket Flat

Chuck Eye Steak

Chuck Roast, Boneless

Chuck Short Ribs

Chuck Short Ribs, Boneless

Chuck Steak, Boneless

Eye Round

Eye Round Steak

Flank Steak

Flap Meat

Flat Iron Steak

Ground Chuck

Ground Chuck Patties

Ground Round

Ground Round Patties

Ground Chuck for Chili

Inside Skirt Steak

Outside Skirt Steak

Porterhouse Steak

Rib Eye Roast, Boneless

Rib Eye Steak, Bone-In

Rib Eye Steak, Boneless

Rib Roast

Round Cubes

Rump Roast

Shoulder Roast, Boneless

Shoulder Steak

Sirloin Flap Meat

Sirloin for Kabobs

Sirloin for Stir Fry

Sirloin Tip Roast

Sirloin Tip Side Steak

Sirloin Tip Steak

Strip Steak Boneless

T-Bone Steak

Tenderloin Roast

Tenderloin Steak

Top Blade Roast, Boneless

Top Blade Steak

Top Round

Top Round for Stir Fry

**Publix GreenWise Market Beef
(Cont'd)**

Top Round London Broil

Top Round Steak

Top Round Steak, Thin Sliced

Top Sirloin Steak, Boneless

Top Sirloin Filet Steak

Tri Tip Roast

Tri Tip Steaks

**Publix GreenWise Market
Chicken**

Boneless Chicken Breast

Boneless Chicken Thighs

Chicken Cutlet

Chicken Drummettes

Chicken Drumsticks

Chicken Fillet

Chicken Sausage, Herb and
Tomato

Chicken Sausage, Hot Italian

Chicken Sausage, Mild Italian

Chicken Tenderloin

Chicken Thighs

Chicken Wings

Ground Chicken

Skinless Chicken Drumsticks

Skinless Chicken Thighs

Split Chicken Breast

Whole Chicken

Publix HamHickory Smoked Ham, Semi-
Boneless, fully cookedHoney Cured Boneless Ham
– with Brown Sugar GlazeHoney Cured Bone-In Ham –
Brown Sugar Glazed or with

Brown Sugar Glaze Mix Packet

Publix Hot Dogs

Beef Hot Dogs

Beef Franks

Meat Hot Dogs

Meat Franks

Publix Pork

All Natural Fresh Pork

Pork Loin in Teriyaki Sauce,
Fully Cooked

FRESH**MEATS****Publix Bacon**

Bacon - all varieties

Publix BeefBeef Pot Roast with Home-Style
Gravy, Fully Cooked**Publix Chicken**

All Natural Fresh

Publix Sausage

Fresh Bratwurst
Fresh Chorizo
Fresh Italian – Hot or Mild
Fresh Turkey Italian – Hot or Mild

Publix Turkey

Fresh Young Turkey – Breast or Whole
Fully Cooked Smoked Turkey – Breast or Whole
Ground Turkey
Ground Turkey Breast

PRODUCE**Publix From Concentrate Juices**

Orange
Orange with Calcium
Ruby Red Grapefruit Juice

Publix Not from Concentrate Juices

Premium Orange Juice – Original, Calcium Plus, Old Fashioned, Grove Pure
Premium Ruby Red Grapefruit

Publix Salads

Classic Blend
Cole Slaw Blend
European Blend
Italian Blend
Packaged Blends
Romaine Lettuce Heart
Spinach

Publix GreenWise Market Vegetables

Organic Baby Arugula Salad
Organic Baby Lettuce Salad
Organic Baby Romaine Salad
Organic Baby Spinach Blend
Organic Baby Spinach Salad
Organic Fresh Herb Salad
Organic Mix Baby Greens
Organic Romaine Hearts
Organic Spinach
Organic Carrots
Organic Carrot Chips
Organic Carrot Shreds

Publix GreenWise Market Vegetables (Cont'd)

Organic Baby Carrots
Organic Juicing Carrots
Organic Snack Carrots
Organic Mushrooms
Organic Portabella Mushrooms
Organic Portabella Mushrooms, Sliced

FROZEN FOODS

FRUITS**Publix Frozen Fruits**

Blackberries
Blueberries
Cherries, Dark Sweet
Cranberries
Mixed Berries
Mixed Fruit
Peaches, Sliced
Raspberries
Strawberries, Sliced, Sweetened
Strawberries, Whole

ICE CREAM AND NOVELTIES**Publix Ice Cream**

Chocolate
Chocolate Marshmallow Swirl
Fudge Royal
Neapolitan
Vanilla
Vanilla Strawberry

Publix Low Fat Ice Cream

Chocolate
Fudge Royal
Neapolitan
Vanilla

Publix Ice Cream Novelties

Banana Pops
Cream Pops
Fudge Bar
Fudge Sundae Cups

Publix Ice Cream Novelties (Cont'd)

Ice Cream Bar
Ice Cream Squares
No Sugar Added Fudge Pops
No Sugar Added Ice Cream Bars
Orange, Cherry and Grape Junior Ice Pops
Red White and Blue Junior Ice Pops
Toffee Bar
Twin Pops
Vanilla Cups

Publix Premium Ice Cream

Banana Split
Bear Claw
Black Jack Cherry
Butter Pecan
Cherry Nut
Chocolate
Chocolate Almond
Chocolate Cherish Passion
Chocolate Chip
Coffee
Dulce de Leche
French Vanilla
Heavenly Hash
Mint Chocolate Chip
Neapolitan
Otter Paws
Peanut Butter Goo Goo
Santa's White Christmas
Strawberry
Vanilla

Publix Premium Homemade Ice Cream

Butter Pecan
Strawberry
Vanilla

Publix Premium Light Ice Cream

Butter Pecan
Chocolate
Coffee Almond Fudge
Neapolitan
Strawberry
Vanilla

Publix Premium Limited Edition**Ice Cream**

Buckeye's & Fudge
Caramel Mountain Tracks
Egg Nog
French Silk Duo
Maple Walnut
Monkey Business
Peppermint Stick
Rum Raisin

Publix Premium Low Fat**Frozen Yogurts**

Black Cherry
Butter Pecan
Chocolate
Neapolitan
Peanut Butter Cup
Peach
Strawberry
Vanilla
Vanilla Orange

Publix Sherbet

Cool Lime
Exotic Fruit Medley
Peach Mango Passion
Rainbow Dream
Raspberry Blush
Sunny Orange
Sunny Orange, No Sugar Added
Tropic Pineapple
Tropical Swirl

JUICE**Publix Frozen Juice**

Frozen Concentrated Orange

MEATS / POULTRY

Frozen Boneless Skinless
Chicken – Breasts or Cutlets
Frozen Chicken Breast
Tenderloins
Frozen Chicken Wingettes

POTATOES**Publix Frozen Potatoes**

Crinkle Cut Fries
Golden Fries

Publix Frozen Potatoes (Cont'd)

Shoestring Fries
Southern Style Hash Browns
Steak Fries
Tater Bites
Tater Puffs

VEGETABLES**Publix Frozen Vegetables**

Broccoli, Chopped
Broccoli, Cuts
Broccoli, Spears
Brussels Sprouts
Carrots, Whole Baby
Carrots, Crinkle Cut
Cauliflower
Collard Greens, Chopped
Corn on the Cob
Corn, Cut
Field Peas w/ Snap
Green Beans, Cut
Green Beans, French Cut
Green Peppers, Diced
Lima Beans, Baby
Lima Beans, Fordhook
Okra, Cut
Okra, Whole Baby
Onions, Diced
Peas
Peas, Blackeye
Peas, Butter
Peas, Crowder
Peas, Green
Peas, Petite
Peas, Purple Hull
Rhubarb
Spec. Butter Beans
Spinach, Chopped
Spinach, Cut Leaf
Spinach, Leaf
Squash, Cooked
Squash, Yellow Sliced
Turnip Greens, Chopped
Turnip Greens w/ Diced Turnips

Publix Frozen Vegetable Blends

Alpine Blend

Publix Frozen Vegetable Blends (Cont'd)

California Blend
Del Oro Blend
Gumbo Mix
Italian Blend
Japanese Blend
Mixed Vegetables
Peas and Carrots
Roma Blend
Soup Mix w/Tomatoes
Succotash

GROCERY**BAKERY PRODUCTS****Publix Coconut Flakes****Publix Marshmallows****Publix Morsels**

Butterscotch
Semi-Sweet Chocolate
Milk Chocolate

Publix Plain Yellow Corn Meal**Publix Sugar**

Granulated
Light Brown
Dark Brown
Powdered, 4X
Powdered, 10X

BEVERAGES AND ADDITIVES**Publix Coffee Creamers –****Powder variety**

Non-Dairy Creamer
Non-Dairy French Vanilla flavored
Creamer
Non-Dairy Lite Creamer

Publix Hot Cocoa

Mini Marshmallow
No Sugar Added
Original

**Publix Sodas / Bottled Water /
Beverages**

Black Cherry Soda

Publix Sodas / Bottled Water / Beverages (Cont'd)

- Cherry Cola
- Citrus Hit Soda
- Club Soda
- Coffee – all varieties
- Cola
- Cream Soda
- Decaffeinated Tea Bags
- Deli Iced Tea, Sweetened
- Deli Iced Tea, Unsweetened
- Deli Old Fashion Lemonade
- Diet Cola
- Diet Ginger Ale
- Diet Tonic Water
- Ginger Ale
- Grape Soda
- Lemon Lime Seltzer
- Lemon Lime Soda
- Orange Soda
- Raspberry Seltzer
- Root Beer
- Spring Water
- Tagless Tea Bags
- Tea Bags – all varieties
- Tonic Water

CANDY

Publix Candies

- Butterscotch Discs
- Double Dipped Chocolate Covered Peanuts
- Lollipops
- Gummi Worms
- Party Time Mix
- Smarties Candy
- Sour Worms
- Starlight Mints Candy

Publix Chocolate Covered Peanut Brittle

CANNED FRUITS

Publix Fruits

- Applesauce - Chunky, Cinnamon, Old Fashioned, or Unsweetened
- Apricot Halves Unpeeled in Heavy Syrup

Publix Fruits (Cont'd)

- Bartlett Pears in Heavy Syrup, Halves and Slices
- Chunky Mixed Fruit in Heavy Syrup
- Fruit Cocktail in Heavy Syrup
- Lite Bartlett Pear Halves in Pear Juice
- Lite Chunky Mixed Fruit in Pear Juice
- Lite Fruit Cocktail in Pear Juice
- Lite Yellow Cling Peaches in Pear Juice, halves and slices
- Mandarin Oranges in Light Syrup
- Mandarin Oranges in Gel
- Maraschino Cherries
- Pineapple (all styles)
- Yellow Cling Peaches in Heavy Syrup, halves and slices
- Whole Cranberry Sauce

Publix GreenWise Market

- Organic Apple Sauce – Original or Unsweetened

CANNED VEGETABLES

Publix Vegetables

- Baked Beans
- Beets
- Carrots
- Corn, Whole Kernel
- Golden Sweet
- Corn, Cream Style Golden
- Green Beans
- Green Beans, Veggi-Green
- Green Lima Beans
- Kidney Beans, Dark and Light
- Pork & Beans
- Potatoes, White
- Sweet Peas
- Sweet Peas, Small
- Mixed Vegetables
- Spinach
- Tomato Paste
- Tomato Puree
- Tomato Sauce
- Tomato Sauce, No Salt Added
- Tomatoes, Peeled Whole
- Tomatoes, Crushed

Publix Vegetables (Cont'd)

- Tomatoes, Diced
- Tomatoes, Diced, Italian Style
- Tomatoes, Diced, No Salt Added
- Tomatoes, Diced, Petite
- Tomatoes, Diced with Roasted Garlic & Onion
- Tomatoes, Diced with Green Chilies
- Tomatoes, Sliced, Stewed

Publix GreenWise Market Organic Vegetables

- Black Beans
- Corn, Whole Kernel
- Crushed Tomatoes
- Diced Tomatoes, Basil, Garlic, and Oregano
- Diced Tomatoes, Regular
- Garbanzo Beans
- Green Beans
- Kidney Beans, Dark Red
- Pinto Beans
- Soy Beans
- Sweet Peas
- Tomato Paste
- Tomato Sauce

CONDIMENTS

Publix Honey

- Clover Honey
- Orange Blossom Honey
- Wildflower Honey

Publix GreenWise Market Organic Honey

Publix Ketchup

Publix GreenWise Market Organic Ketchup

Publix Mustard

- Classic Yellow
- Deli Style
- Dijon
- Honey Mustard
- Spicy Brown

Publix GreenWise Market Organic Mustard

- Creamy Yellow

**Publix GreenWise Market
Organic Mustard (Cont'd)**

Spicy Brown
Tangy Dijon

Publix Olives

Ripe, Colossal, Large, Small
Green Olives, all sizes and styles

Publix Pasta Sauce

Chunky Mushroom
Garden Style
Parmesan and Romano
Pizza
Premium Basil and Tomato
Premium Creamy Vodka
Premium Six Cheese
Tomato, Garlic, and Onion
Traditional
Traditional, Meat

Publix Pickles

All varieties

Publix Salsa

All Natural – Hot, Medium,
or Mild
Southwestern Black Bean
and Corn
Thick & Chunky – Hot, Medium,
or Mild

**Publix GreenWise Market
Organic Salsa**

Medium
Mild

Publix Vinegar

Apple Cider Vinegar
Balsamic Vinegar
Red Wine Vinegar
White Distilled Vinegar

**Publix GreenWise Market
Organic Vinegar**

Balsamic Vinegar
Red Wine Vinegar

DELI PRODUCTS ***Publix Deli Condiments**

BBQ Sauce
Fresh Ground Peanut Butter

**Publix Deli Pre-pack Sliced
Lunch Meats**

Beef Bologna
Beef Bottom Round Roast
Cooked Ham
Corned Beef
Extra Thin Sliced Honey Ham
Extra Thin Sliced Turkey Breast –
Oven Roasted or Smoked
German Bologna
Hard Salami – Reduced Fat
Honey Kut Ham
Low Salt Ham
Olive Loaf
Peppered Beef
Pickle & Pimento Loaf
Smoked Turkey
Spanish Style Pork
Sweet Ham
Tavern Ham
Turkey Breast
Virginia Brand Ham

**Publix Deli Fully Cooked Turkey,
Whole****Publix Deli Fully Cooked Turkey
Breast****Publix Deli U.S.D.A. Choice
Cooked Beef Bottom Round
Roast****Publix Deli Rotisserie Chicken**

Apple Wood Smoked
Barbecue Flavored with Barbecue
Seasoning
Barbecue Flavored with Barbecue
Seasoning and Sauce
Lemon Pepper Flavored with
Lemon & Herb Seasoning
Original Roasted

Publix Deli Salads

Chicken Tarragon

Publix Deli Snacks

Deli Popcorn

DRY BEANS**Publix Dry Beans**

Baby Lima Beans
Black Beans
Blackeye Peas
Garbanzo Beans
Great Northern Beans
Green Split Peas
Large Lima Beans
Lentils
Light Red Kidney Beans
Navy Beans
Pinto Beans
Small Red Beans

DRY FRUITS**Publix Dry Fruit**

Raisins

JUICES**Publix Juices**

Apple
Cranberry Apple Juice Cocktail
Cranberry Juice Cocktail
Reduced Calorie Cranberry
Juice Cocktail
Grape
Grape-Cranberry Juice Cocktail
Pineapple
Raspberry Cranberry Juice
Cocktail
Ruby Red Grapefruit
Tomato
White Grape

**Publix GreenWise Market
Organic Juices**

100% Organic Apple Juice

* Please note that, while the deli items listed below are gluten-free, Publix cannot guarantee the absence of gluten in the products, as cross-contamination may occur with other gluten-containing items prepared in our Publix Deli department. If you have any questions or concerns, please see your deli associate.

**Publix GreenWise Market
Organic Juices (Cont'd)**

Cranberry
Grape
Lemonade
Tomato

OILS AND SHORTENINGS**Publix Cooking Sprays**

Butter Flavored
Olive Oil
Original Canola

Publix Oils

Canola
Corn
Olive
Peanut
Vegetable

Publix Vegetable Shortening**RICE****Publix Rice**

Long Grain Brown Rice
Long Grain Enriched Rice
Medium Grain White Rice
Precooked Instant Boil In Bag
Precooked Instant Brown Rice
Precooked Instant White Rice
Yellow Rice Mix

SALAD DRESSING**Publix Salad Dressings, Bottled**

Balsamic Vinaigrette
California French
Chunky Blue Cheese
Creamy Parmesan
Fat Free Italian
Fat Free Thousand Island
Italian
Lite Caesar
Lite Honey Dijon
Lite Ranch
Lite Raspberry Walnut
Ranch
Thousand Island
Zesty Italian

SALTY SNACKS**Publix Chips / Snacks**

Corn Chips, King Size
Crunchy Cheese Curls
Crunchy Cheese Puffs
Lightly Salted Rice Cakes
Potato Chips – Dip Style, Original
Thins, or Salt & Vinegar
Mini Caramel Rice
Mini Cheddar Rice
Mini Ranch Rice
Unsalted Rice Cakes
White Cheddar Rice Cakes
White Corn Tortilla Chips,
Restaurant Style
Yellow Corn Tortilla Chips,
Round Style

Publix GreenWise Market

Tortilla Chips – Blue or Yellow

Publix Premium Nuts

Chocolate Brittle
Jumbo Cashew
Peanut Brittle
Virginia Peanuts

SPICES**Publix Extracts**

Almond
Lemon
Vanilla

Publix Spices

Adobo Seasoning with Pepper
Adobo Seasoning without
Pepper
Black Pepper
Chili Powder
Cinnamon
Garlic Powder
Garlic Powder with Parsley
Garlic Salt
Ground Ginger
Ground Red Pepper
Italian Seasonings
Lemon & Pepper
Minced Onion
Onion Powder

Publix Spices (Cont'd)

Paprika
Parsley Flakes
Salt
Seasoned Salt
Taco Seasoning Mix
Whole Basic Leaves
Whole Bay Leaves
Whole Black Pepper
Whole Oregano

SPREADS AND SYRUPS**Publix Jams / Jellies / Preserves**

All flavors

Publix Pancake Syrup

Pancake Syrup
Syrup, Sugar Free

**HEALTH AND
BEAUTY****NON-FOOD PRODUCTS**

**Publix Free and Clear Fabric
Softener Sheets**

NUTRITIONAL SUPPLEMENTS**Publix Nutritional Drink
Supplements**

Balanced Nutritional Drink –
Chocolate, Chocolate Plus,
Strawberry, Strawberry Plus,
Vanilla, or Vanilla Plus

Publix Vitamins**A**

Vitamin A 8,000IU Natural
Softgel, 100 CT
Antioxidant with Zinc Tablets,
60 CT
Animal-shapes Chewables,
60 or 300 CT
Animal-shapes Chewables
Children's Complete, 60 CT
Animal-shapes Chewables with
Iron, 60 or 300 CT
Animal-shapes Chewables with
Vitamin C, 300 CT

B

Vitamin B Complex Natural with Vitamin C Tablets, 100 CT
Vitamin B Complex 300mg with Vitamin C Caplets, 130 CT
Vitamin B50 Natural Tablets, 100 CT
Vitamin B6 100mg Synthetic Tablets, 100 CT

C

Vitamin C 250mg Natural with Rose Hips Tablets, 100 CT
Vitamin C 500mg Fruit Chewables, 100 or 180 CT
Vitamin C 500mg Natural with Rose Hips Caplets, 100, 250, or 500 CT
Vitamin C 500mg Natural with Rose Hips Tablets, 100 CT
Vitamin C 500mg Synthetic Organic Chewables, 100 CT
Vitamin C 500mg Synthetic Tablets, 100 or 250 CT
Vitamin C 500mg Synthetic Time-Release Tablets, 100 CT
Vitamin C 1,000mg Natural with Rose Hips Tablets, 60 or 100 CT
Vitamin C 1,000mg Synthetic Tablets, 100 CT
Calcium 400mg with Vitamin D Caplets, 100 or 300 CT
Calcium 500mg Oyster Shell with Vitamin D Tablets, 160 CT
Calcium 600mg Tablets, 60 CT
Calcium 600mg with Soy Tablets, 60 CT
Calcium Citrate Caplets, 60, 120, or 220 CT
Calcium Magnesium Zinc Caplets, 100 or 250 CT
CO Q10 50mg Softgels, 30 CT
Cranberry Caplets, 90 CT

E

Vitamin E 200IU Blended Softgels, 100 CT
Vitamin E 200IU Synthetic Softgels, 100 CT
Vitamin E 400IU Synthetic Softgels, 100 or 300 CT

E (Cont'd)

Vitamin E 1,000IU Synthetic Softgels, 100 CT
Echinacea Caplets, 90 CT
Evening Primrose Oil Softgels, 75 CT

F

100% Fiber Capsules by Guardian Drug
Ferrous Sulfate Tablets, 100 or 125 CT
Fish Oil Softgels, 60 CT
Flax Seed Oil Softgels, 100 CT
Folic 400mcg Natural Tablets, 250 CT

G

Garlic High-Potency Odorless Tablets, 30 CT
Garlic Oil 3mg Softgels, 100 CT
Gelatin Synthetic Caplets, 100 CT
Ginkgo Biloba 120mg Caplets, 50 CT
Ginseng Softgels, 60 CT
Glucosamine Chondroitin Double-Strength Caplets, 150 or 240 CT
Glucosamine Chondroitin Sodium-Free Caplets, 110 CT

L

L-lysine 500mg Natural Tablets, 100 CT

M

Magnesium 250mg Natural Tablets, 100 CT
Multi-Vitamin Century Advantage Tablets, 75 or 120 CT
Multi-Vitamin Century Senior Tablets, 100 or 300 CT
Multi-Vitamin Century Tablets, 130 or 300 CT
Multi-Vitamin Prenatal Tablets, 100 or 200 CT
Multi-Vitamin Men Tablets, 100 CT
Multi-Vitamin Tablets, 100 or 365 CT
Multi-Vitamin with Calcium Iron Tablets, 100 or 300 CT

M (Cont'd)

Multi-Vitamin with Iron Tablets, 100
Multi-Vitamin Senior Tablets, 80 CT
Multi-Vitamin Stress with Zinc Tablets, 60 CT

N

Niacin 100mg Synthetic Tablets, 100 CT
Niacin 250mg Time-Release Tablets, 100 CT

P

Panax Ginseng Caplets, 50 CT
Potassium 99mg Natural Caplets, 100 or 250 CT
Potassium 99mg Natural Tablets, 100 CT

S

Saw Palmetto Softgels, 50 CT
Selenium 200mcg Tablets, 100 CT
Vitamin, Mineral, Herbs Menopausal Supplement Caplets, 30 CT

Z

Zinc 50mg Natural Caplets, 100 or 250 CT
Zinc 50mg Natural Tablets, 100 CT

ORAL HYGIENE**Publix Dental Floss**

All flavors