



Tuesday is

**PRICES
DAY**



The Yellow Superfood

Yellow mustard has become popular because of its unique, strong and spicy flavour and is used as a condiment in hotdogs, salads, sandwiches and burgers around the world. Mustard is rich in protein, fiber, vitamin C and many of the B-complex vitamins. There are several health benefits of mustard for the body like relief from muscular pains, ringworm, and respiratory disorders and also helps in treating cancer and diabetes (recipes.timesofindia.com).

Mustard is a price controlled good and retails as follows:

Item	Size	Price
Swiss Mustard	8oz	\$5.13
Promos Mustard	8oz	\$5.99
Country Barn Mustard	8oz	\$5.99
Swiss Mustard	12oz	\$6.05
Country Barn Mustard	14oz	\$7.99
Shoppers Value Mustard	14oz	\$8.78

**For more information on price control goods contact
Prices and Consumer Affairs Division
462-0834 | Hotline/whatsapp 464-4238
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