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HEALTH HOTLINE MAGAZINE

JUNE 2018 VOL. 13

INTRODUCING

Natural Grocers Brand BEANS All Six Varieties

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Recipe of the Month
**BEEF & RED
CABBAGE
SALAD**

4

**HELP SAVE THE
CORAL REEFS**

10

**NUTRITION
REPORTER™**

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**SENSATIONAL
SAVINGSSM**

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“My dear young fellow,” the old Green Grasshopper said gently, “there are a whole lot of things in this world of ours you haven’t started wondering about yet.”

—Roald Dahl, James and the Giant Peach

June is exhilarating; adventure wafts in on its warm breezes and invites us to come along. It’s the fresh start to summer, a time to unwind and reset. The happy chatter of kids floats around the neighborhood, like the soundtrack to your favorite feel-good movie. You can almost smell the backyard barbecue, and you haven’t even fired up the grill. It makes you want to find the nearest atlas, pack up the family and hit the road. Vacation is good for you and adventuring out in nature especially so. Science is even on the side of taking a break, saying time off provides loads of benefits, including lower risk of heart disease and better performance at work. One study suggests that being outside improves focus in kids, but we don’t even need science to tell us that we all feel happier, more energized, and more creative after spending some time soaking up the sun.

Speaking of the outdoors, wilderness expeditions have been a family tradition of ours for generations, and we love how many possibilities are right in our own backyard. Four hundred and seventeen for starters—that’s the number of national park sites in the United States—but if 417 is just a couple of summer vacations worth to you, try this on for size: There are more than 10,000 state parks around the country, and that includes around 38,200 miles of trail if you add them all together, which is like twice around the equator. Our point is, there’s a lifetime supply of creativity-

including exploration to be had without even getting a new stamp on your passport; although, we highly recommend that as well.

Whichever way you decide to launch into your summer activities, we’re right here with everything you need along the way. If you want a little extra motivation for your summer reset, our Nutritional Health Coaches (NHCs) have a wealth of tips and tricks they love to share. Whether you’re making a mad dash for an impromptu road trip or doing some careful planning for a backcountry expedition, our quality standards mean you don’t have to think twice about snacks. We have all the organic, non-GMO, pasture-raised, grass-fed, antibiotic and hormone-free staples, without any artificial colors, flavors, sweeteners, preservatives, or hydrogenated oils you can think of for any adventure you desire, and we keep them at prices that are always affordable. We’re committed to our community, including that great outdoors that we’re all responsible for, which is why we stay well stocked with biodegradable picnic supplies, reef-safe sunscreens that are people and wildlife safe as well, and chemical-free mosquito repellent. We also send all of your summertime goodies home in recycled boxes or re-usable bags, never a disposable plastic grocery bag in sight. So, drop on by and grab a spork, because you won’t find those trailside, and be sure to let us know how you’re going to invest in your health this summer. There is so much out there to be discovered... just ask the grasshopper!

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OUR 5 FOUNDING PRINCIPLES

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TO OUR
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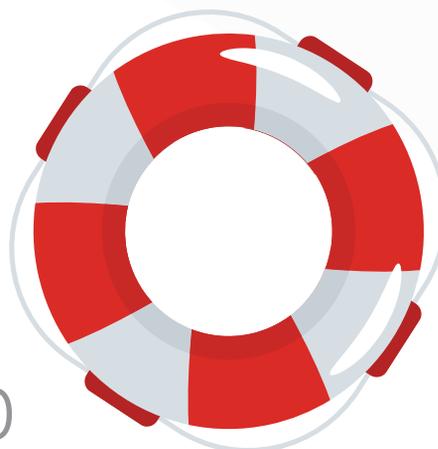
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{ Clip & Make }

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INGREDIENTS

3 small red beets, peeled and sliced

¼ cup olive oil

½ cup thinly sliced red onion

2 tablespoons Natural Grocers apple cider vinegar

½ small head of red cabbage, thinly shredded (about 3 cups)

¾ cup Italian parsley leaves

1 teaspoon orange zest

1 teaspoon fresh thyme leaves, or ¼ teaspoon dried thyme

1/8 teaspoon sea salt

1 teaspoon Natural Grocers honey

½ (4-ounce) container crumbled blue cheese

3 strips cooked bacon, crumbled (optional)

BEET & RED CABBAGE SALAD WITH BLUE CHEESE

Prep: 30 min. | Cook: 20 min. | Total: 30 min.

Serves 4

INSTRUCTIONS

1. Steam or boil the beets until fork tender, about 10 to 20 minutes. Strain and rinse under cold water to stop the cooking process.
2. While the beets are cooking, place the onion and apple cider vinegar in a bowl, mix well, and set aside to soak.
3. Combine the cabbage and parsley in a large bowl. Cut the cooked beets into matchsticks and add to the cabbage and parsley.
4. Strain the vinegar from the onions into a small bowl. Add the onions to the cabbage and beet mixture. Add ¼ cup olive oil, orange zest, thyme leaves, sea salt, and honey to the vinegar and mix until well combined.
5. Pour the dressing over the cabbage and beet mixture and toss to evenly coat the vegetables. Top with blue cheese and bacon just before serving.

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FOR THE LOVE OF ORGANICS: BEETS

By Charity Isely

What's the sweetest veggie in town, dressed in dapper shades of crimson, gold, and sometimes even stripes? You'll find it in all your favorite root vegetable recipes, and its leaves are yummy too. If you say beets, we say you're catching on, and the exciting thing is they're not just delicious—they also have all kinds of fun-boosting nutrients. They contain naturally occurring nitrates, which turn into nitric oxide when they encounter your saliva. Where's the fun in that, you may ask? Well you see, nitric oxide helps your body's transport system run better, keeping blood moving at the right pace and oxygen delivered to every nook and cranny, which can give you a performance boost during exercise. It's also been shown to support healthy blood pressure and help keep arterial walls flexible. So why not roll into the golden days of summer primed for any activity that suits your fancy? The bottom line is that when you're taking care of your cardiovascular system you're going to have more fun at anything you set your heart on, pun intended.

If you're thinking about gearing up for that summer fun-run with a shot of beet juice, consider this. There are 45 pesticides with an established tolerance for beets, which means that conventional beets can have residues of 45 chemicals, at levels considered safe by the EPA. Among these, there are 40 that are poisonous to wildlife and 14 that are toxic to bees. When you're relaxing on the back patio writing your grocery list and watching the birds flitting around the yard, remember that buying organic is something we all can do for the creatures that inhabit our outdoor adventures.

The fun to be had with beets goes way, way back. Legend has it that Aphrodite, the goddess of love, used them to amp up her charms, and it's rumored that the Romans considered them an aphrodisiac. Modern research says their high boron content could have something to do with it, as boron supports healthy sex hormone production. We say diving into summer romance with an organic beet salad is as good for your heart, and certainly won't break any.

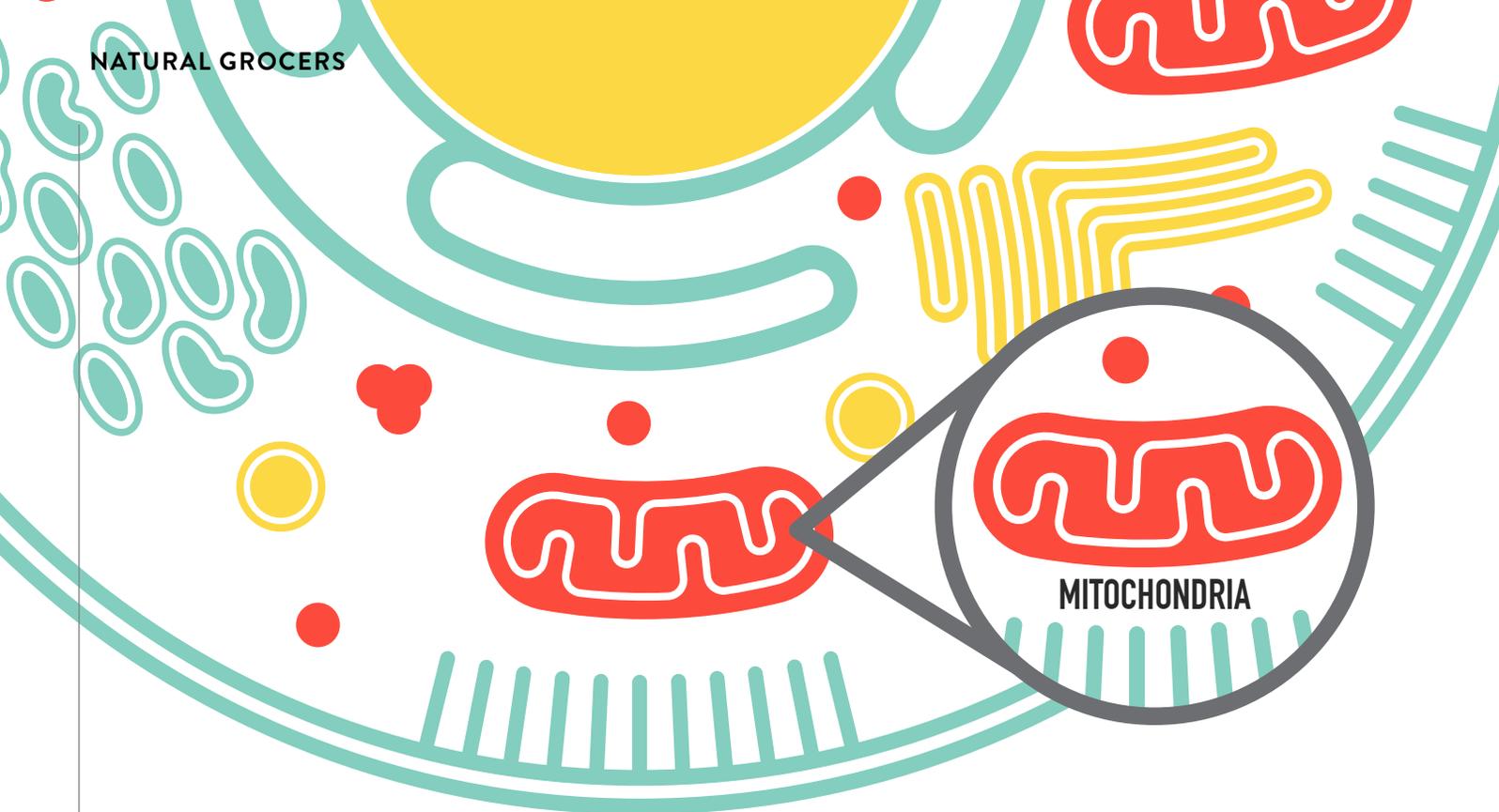
*"If you never did you should, these things are fun,
and fun is good."*

—Dr. Seuss

References available upon request.

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MITOCHONDRIA

COULD YOUR MITOCHONDRIA HOLD THE KEY TO HEALTH AND LONGEVITY?

6

Dr. Josh Axe, DNM, DC, CNS

You may not be familiar with mitochondria and the role they play in your overall health, but you should be. The health of your mitochondria could be the key to how well (or poorly) you age.

Commonly referred to as the “powerhouse” of cells, mitochondria are specialized structures found within almost every single cell of the human body (cells with high-energy needs, like those in the liver, muscles, and brain, can contain thousands of mitochondria). Their main function is to generate large amounts of energy in the form of adenosine triphosphate (ATP) that is required to power nearly every function and biochemical process that happens in our bodies. It has been estimated that an average adult body contains 10 million billion mitochondria, making up about 10 percent of our body weight, and that a healthy person produces their weight in ATP every day. ATP cannot be stored, so the mitochondria must stay in good working order to continuously create energy.

Mitochondria also store calcium for cell signaling, or communication among cells, and mediate cell growth and death, including apoptosis, or programmed cell death.

Based on these and other responsibilities, you may be starting to understand just how important mitochondria are to the function and health of your entire body. And with their residence in the majority of the body’s cells, it’s no wonder that you can start feeling off if your mitochondrial health isn’t optimal. Mitochondrial dysfunction is commonly cited as a primary cause of age-related decline, while optimal mitochondrial health is associated with longevity.

Mitochondrial dysfunction and poor health

One of the main symptoms of poor mitochondrial function is fatigue. In fact, according to an article published in the journal *Integrative Medicine*, “Loss of function in

mitochondria, the key organelle responsible for cellular energy production, can result in the excess fatigue and other symptoms that are common complaints in almost every chronic disease.” And the accumulation of malfunctioning and damaged mitochondria is believed to play a central role in aging, with both animal models and human tissues showing an increase in dysfunctional mitochondria with age. Research has also demonstrated that mitochondrial dysfunction plays a specific role in the pathophysiology of two very common health problems we are seeing today, fibromyalgia and chronic fatigue syndrome, and it has been implicated as a cause in neurodegenerative diseases like Parkinson’s, amyotrophic lateral sclerosis (ALS), and Alzheimer’s disease.

The mitochondria are especially susceptible to nutrient deficiencies, environmental toxins, and oxidative damage, especially the oxidative damage created within the mitochondria as a byproduct of ATP production.

How To Support Mitochondrial Health

The good news is that there are supplements, as well as lifestyle changes, that have been shown to be very effective at supporting mitochondrial health and function. They include:

B-Complex Vitamins

The B vitamins are integral to mitochondrial energy production and are essential for maintaining normal mitochondrial function. A deficiency in any of the B vitamins has a harmful effect on mitochondria structure and function by interrupting normal energy production, leading to an accumulation of toxic byproducts in the mitochondria and increasing oxidative stress. A deficiency in certain B vitamins can also lead to reduced glutathione levels, one of the most important endogenous antioxidants that protects mitochondria from oxidative damage. Try supplementing with a high-potency B-complex supplement that will provide balanced doses of each of the B vitamins.

CoQ10

Coenzyme Q10 (also known as CoQ10, ubiquinone, or ubiquinol) is required for the generation of usable energy by the mitochondria of our cells. In other words, CoQ10 actually helps the mitochondria to take raw energy from the foods we eat and turn it into ATP, which is the energy our cells can use. Overall, CoQ10 is a potent antioxidant required by every mitochondrion and every single cell in the body to operate. CoQ10 also acts as an “intramitochondrial” antioxidant, protecting mitochondria from the oxidative damage created by the production of ATP. Try supplementing with 200 mg of CoQ10 daily.

Alpha Lipoic Acid (ALA)

Researchers have actually labeled alpha lipoic acid a “mitochondrial nutrient.” This is a well-deserved title, since ALA has been shown to improve the structure as well as the function of mitochondria. In addition, ALA appears to increase antioxidant levels, restore vital enzyme activity, prevent oxidative damage due to aging, and even improve age-related memory decline. When taken with other “mitochondrial nutrients” like acetyl-L-carnitine and coenzyme Q10, ALA seems to work even better at decreasing oxidative mitochondrial damage and improving mitochondrial function. And for individuals suffering from neurodegenerative health problems, ALA may help to boost

mitochondrial and cognitive function at the same time. I recommend supplementing with 100-200 mg of alpha lipoic acid daily, taken on an empty stomach to increase bioavailability.

Resveratrol

A scientific review titled “Mitochondrial Protection by Resveratrol” points out how the bioflavonoid resveratrol seems to mimic the protective health effects of a calorie-restrictive diet. In animal studies, resveratrol intake has been shown to enhance mitochondrial biogenesis, which can be defined as the growth and division of pre-existing mitochondria.

Treatment with resveratrol led to an increase in mitochondrial content of liver, skeletal muscle, and blood vessel cells in particular. Regarding human research on the benefits of resveratrol, a small 2017 study reveals that resveratrol may be a treatment candidate for mitochondrial diseases. This study demonstrates for the first time that low-dose resveratrol improves mitochondrial respiratory dysfunction in the human skin cells of patients with mitochondrial diseases. To get the benefits of this potent antioxidant, try supplementing with 500 mg daily.

Taurine

Recent research from Japan found that the amino acid taurine is essential for mitochondrial protein synthesis and that a deficiency leads to a significant decrease in protein transcription, or production. Thousands of different proteins are either produced within the mitochondria or are transported into the mitochondria to carry out various functions, including maintaining mitochondrial structure. The researchers also found that when the cell was taurine deficient, part of the mitochondria collapsed, preventing the proteins produced outside of the mitochondria from entering, leading to a pile up of proteins with nowhere to go. Eventually, they broke down and created toxic aggregates inside the cell. Sufficient amounts of taurine are also needed to protect the mitochondria from excessive oxidative damage. The recommended dose of taurine is between 500 to 2,000 mg daily. The main source of taurine in the diet is

meat, so supplementation may be especially helpful for vegans and vegetarians.

The Ketogenic Diet

Ketogenic diets have been shown to drastically improve mitochondrial function. A ketogenic diet, or keto diet, is a very low-carb diet plan that helps the body burn fat for energy, instead of relying on carbohydrates. When the body starts to burn fat, it also produces more ketones, and once ketone levels in the blood reach a certain level, the body is said to enter a state known as ketosis. According to a

2016 animal study, a ketogenic diet was able to reduce oxidative stress while boosting mitochondrial function after traumatic brain injury. A scientific article published in the *Journal of Lipid Research* points out that research-to-date has demonstrated the ability of a ketogenic diet to improve both mitochondrial function and cellular metabolic function,

Mitochondrial health isn't exactly a common topic these days, not even in the health world, but it should be. Mitochondrial health corresponds to overall health, the development and progression of many chronic diseases, and how well we age. The good news is that with exercise, dietary changes, and supplements, the health of your mitochondria can get a serious boost and you can start improving your health, for today and the future!

while also helping to maintain cellular homeostasis. In addition, data collected from clinical and preclinical studies shows that diets that restrict glycolysis, increase fat burning, and put the body into ketosis enhance mitochondrial respiration.

Exercise

Mitochondrial health isn't only about what you put in your body each day, it's also about what you are doing with your body. Exercise is one of the best physical ways to give your mitochondria a major boost. Research is revealing that being physically active can positively affect the body down to the cellular level, including the tiny mitochondria within them.

A study published in 2017 in *Cell Metabolism* found that exercise in both men and women improved age-related decline in muscle mitochondria. The specific exercise regimen used in the study was high-intensity interval training (HIIT), which was shown to improve skeletal muscle, mitochondrial respiration, and aerobic capacity. So if you were looking for one more reason to start or stick with an exercise program, the health of your mitochondria is certainly a good one.

References available upon request.

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Natural Grocers®
Wild Albacore, Skipjack or Yellowfin Tuna

1⁷⁹
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5.5-6 oz.
EDAP \$3.19-\$3.25



Kerrygold®
Foil Wrapped Pure Irish Butter

2⁹⁹
8 oz.
EDAP \$4.15



Zevia®
Zero Calorie Sodas

2/\$7
6-pack
EDAP \$5.89



Kettle Brand®
Select Potato Chips

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5 oz.
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CANNED Organic Beans & Vegetables

Lunching is fun and brunching even better, breakfast is delicious and dinner should be nutritious. So many meals to be had and so little time to make them, which is why every great cook knows the magic starts with how you stock the pantry. Premium quality canned goods can transform an ordinary meal into a gourmet moment, even when you don't have the time to start from scratch. We understand those occasions, and we know how to deliver perfection as quickly as you can find the can opener. Our canned beans, pumpkin and veggies are certified organic, non-GMO, junk free, without BPA and loaded with flavor, keeping your kitchen primed for any situation.

Have you ever been hungry for black bean tostadas or homemade hummus? Maybe it's a hearty pot of chili you're craving, or perhaps it's a fresh way to serve old favorites like kidney, pinto or great northern. One of the most versatile plant foods around, beans are protein packed and play well with flavors from around the globe. Pop a top of Natural Grocers line of canned beans and let the adventures begin. Plump and savory, undiluted with artificial anything, they take well to any seasoning you desire.

Pumpkin isn't just for patches and porches and once-a-year pumpkin pie. We're thinking gnocchi or curry or maybe French toast. Even if you're in a hurry, it's still within reach. Just grab a can of Natural Grocers very own, and let your palate be appeased. You can taste the farm-fresh perfection, hearty and smooth, it's so delicious that even the family dog will be begging for more.

Need more veggies at dinner but no time to prep them? Our corn, peas and green beans taste like they came straight from grandma's pantry, full of so much robust goodness that one can will barely contain it.

We love our neighborhood and the planet it's a part of, so we've made sure to have the most sustainably produced canned goods around. Our partners take care of water — 98% of it is re-used.

They have a closed-loop recycling system and natural gas trucking. They give back to the community through scholarships, education and food donations. When you buy Natural Grocers brand you're getting quality and conscience for the best price in town.

NEW



Organic Canned Beans
99¢
EDAP
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EDAP
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Organic Canned Pumpkin
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EDAP
15 oz.



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Help Save the Coral Reefs?

COULD A SIMPLE PERSONAL CHOICE

By Lindsay Wilson

Imagine a vibrant world hidden beneath the ocean surface, a world teeming with life; a veritable forest of coral that houses sea sponges, sea turtles, sharks, crabs, lobsters, seahorses, and fish in a shocking array of colors. The world's coral reefs make up a tiny fraction of the ocean, but support a quarter of all marine life, rivaling rainforests in their unique biodiversity. According to the National Oceanic and Atmospheric Administration (NOAA), every year coral reefs add \$3.4 billion to the U.S. economy through tourism, seafood, and medicine. The world's reefs are also crucial for protecting vulnerable coastlines by reducing storm surge and erosion from waves. But around the world, reefs are in trouble, with some researchers predicting that virtually all tropical coral reefs will be at risk of "severe degradation" by 2050. The biggest threats to coral reefs are climate change, harmful fishing practices, and pollution, and while admittedly, those are immense problems to tackle, there is something that every one of us can do at the individual level, starting this summer!

It's all about the sunscreen — ditch the chemical-based ones and replace them with reef-friendly mineral sunscreen.

EVEN TINY AMOUNTS ARE DAMAGING

One of the most ubiquitous chemicals found in sunscreens, oxybenzone (also known as benzophenone-3), has been shown to cause deformities in coral larvae and cause young coral to encase themselves in their own skeletons; cause coral bleaching (a prime cause of coral death); trigger viral infections in coral; and lead to DNA damage that weakens the coral's ability to adapt to climate change. The chemical can be damaging even in miniscule amounts—a recent study conducted by a team of international researchers found that oxybenzone can damage coral in concentrations as low as 62 parts per trillion, comparable to one drop in six and a half Olympic-sized swimming pools. Sea water samples taken in the study showed concentrations 12 times higher than that in Hawaii and the Caribbean, both areas with large numbers of sunscreen-slathered tourists, and the researchers observed more severe damage to reefs in these areas compared to more isolated



reefs. All told, up to 14,000 tons of sunscreen is estimated to be released into coral reef areas each year, putting about 40 percent of reefs located near coastal areas at risk of exposure. And it's not just swimmers and snorkelers shedding sunscreen into the water. Even if you live hundreds of miles from the ocean, if you wear chemical sunscreens at the pool, the river, the lake, or even in your facial moisturizer, it will wash off of you and eventually make its way to the ocean.

CANARY IN THE CORAL REEF?

If oxybenzone is harmful to coral and other marine species, could it affect humans? Turns out, it does. Oxybenzone is absorbed into the body through the skin and acts as an endocrine disruptor, altering reproductive and hormone function. It has been shown to have an estrogenic and anti-androgenic effect in mammals, and is also associated with an increased occurrence of endometriosis in women. The chemical also creates damaging free radicals in the skin when exposed to UV light, causing oxidative damage to our cells. And most of us are contaminated with the stuff. A study conducted by the Centers for Disease Control (CDC) tested 2,500 Americans, age six and up, and found that 97 percent had oxybenzone in their urine. Other studies have found similar results, and one study found that volunteers continued to excrete oxybenzone many days after the last application, an indication that it accumulates in fatty tissues.

The last safety review of oxybenzone was done in the 1970s. Since then, the Food and Drug Administration (FDA) has made no move to update sunscreen safety standards, despite a body of new research on the chemical and its effects on both marine life and humans.

A BETTER CHOICE FOR YOU AND THE REEFS!

Research has clearly shown that oxybenzone is no good for living things, including coral or people, but we all want to protect our skin from the burning rays of the sun and the potential damage they can cause, so what are the alternatives? Steer clear of the chemicals and choose mineral-based sunscreens like zinc oxide and titanium dioxide, which stay

While oxybenzone is the most pervasive and well-studied of the chemical sunscreens, there are others to be wary of. According to the Environmental Working Group (EWG), chemical sunscreens like octinoxate and homosalate also have hormone-like activity, may affect the reproductive system, and disrupt the normal activity of hormones like estrogen and progesterone.

Natural Grocers phased out all chemical sunscreens in 2015 and is committed to only selling mineral-based sunscreen. Visit your local Natural Grocers for more information on how to make healthy sunscreen choices to protect yourself, your family, and the coral reefs.

on top of the skin and physically block UV rays, and look for water-resistant varieties that won't immediately wash off in the water. UV-blocking swimwear and other clothing is also an option. And finally, protect yourself from the inside out with antioxidants like astaxanthin, lutein, lycopene, and vitamins C and E to reinforce your skin's natural defenses against UV damage. Just remember that these should be taken long term to provide adequate protection (i.e., don't take one dose of astaxanthin and go bake in the sun for six hours!).

Background pollutants like oxybenzone make coral less resilient and unable to bounce back from larger events like warming ocean water. While saving the world's coral reefs might sound overwhelming, there is a little part each one of us can play in a simple choice we make before hitting the beach (or the pool, or lake...). Say no to oxybenzone (and other chemical sunscreens) and choose a coral-reef safe sunscreen!

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Coenzyme B-Complex Caps contain essential B vitamins in their active, "coenzymated" form. The Coenzyme B-Complex Advanced is a new formula that supports increased energy and sugar metabolism.*

EDAP \$19.25 EDAP \$23.35



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Methylfolate 800 mcg Orange Melts  Benfotiamine w/ Coenzyme B1 150 mg

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60 melts **60 vcap**

This methylfolate contains patented Quatrefolic®, a metabolically active form of folate.*

Contains a unique combination of benfotiamine and thiamine to support cell glucose metabolism.*

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A proteolytic enzyme that breaks down proteins into various amino acids during digestion.*

DGL improves the integrity of the natural mucus lining of the stomach and intestinal wall.*

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CLA Tonalin
1000 mg

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\$8.69
1 lb.

\$11.99
1 lb.

EDAP \$16.49 EDAP \$9.69 EDAP \$13.45

Solaray®

Berberine Berberine 500 mg Berberine & Curcumin Root Extracts



\$11.39
60 vcap

\$12.49
60 vcap

\$23.99
60 vcap

EDAP \$16.89 EDAP \$18.85 EDAP \$33.85

Dynamic Health®

Organic Raw Apple Cider Vinegar with Mother Organic Tart Cherry

\$16.99
1 gallon

ACV contains the "mother" of vinegar that is formed naturally in unpasteurized vinegar by the acetobacterium*



\$10.49
16 oz.

Tart cherries contain naturally occurring plant compounds, including anthocyanins.*

EDAP \$20.49 EDAP \$13.35

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60 vcap

Jarrow Formulas Allergen-Free Jarro-Dophilus AF is composed of six well-characterized, allergen-free probiotic strains with clinical documentation.*

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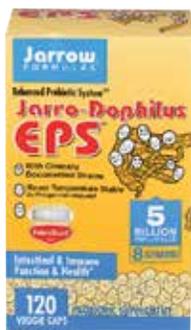
Jarrow Formulas®

Jarro-Dophilus EPS Family Size

\$25.99
120 vcap

Strains in Jarrow Formulas Jarro-Dophilus EPS promote healthy intestinal microflora, which in turn helps to support intestinal health and immune function.*

EDAP \$37.79



Genesis Today®

Organic Noni 100

\$23.49
32 oz.

Made from whole noni, a tart superfruit that grows along the sandy shores of islands dotting the South Pacific.

EDAP \$32.49



Organic Goji 100

\$23.49
32 oz.

A rich-colored, semi-tart liquid made entirely from whole, sun-ripened goji berries.

EDAP \$32.59



14

NOW®

Glucosamine & Chondroitin with MSM

\$21.99
180 cap

Combines three of the most popular and effective nutrients for supporting joint health in one dietary supplement.*

EDAP \$24.99



NOW®

MSM 1000 mg

\$11.99
240 cap

Helps to create the chemical links needed to form and maintain numerous different types of structural tissues.®

EDAP \$17.45



NOW®

Phosphatidyl Serine

\$16.99
60 vcap

Supports neurotransmitters involved in learning, memory and mood.*

EDAP \$20.49



25% Off

Our Always AffordableSM Price On These Select Gaia® Herbs Products

EDAP \$34.99



EDAP \$15.09

All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. We reserve the right to correct errors.

Supplements

OFFERS VALID JUNE 1 TO JUNE 23, 2018

NOW®

Red Yeast Rice 1200 mg

\$12.99
60 tab

Red yeast rice is a natural product that has been used by Asian traditional herbalists since 800 A.D.*



EDAP \$17.49

Beta-Sitosterol Plant Sterols

\$26.49
180 sg

Can help support healthy cholesterol levels already within the normal range.*

EDAP \$36.09

NOW®

L-Carnitine 500 mg

\$12.99
60 vcap

This amino acid supports healthy cellular energy production in the mitochondria.*



EDAP \$16.99

ENERGY

\$10.99
90 vcap

For metabolic energy and adrenal support.*

EDAP \$15.09

MRM®

Cal-Mag-Zinc Liquid Strawberry or Tropical Berry

\$5.79
16 oz.

This liquid formula contains the optimal ratio of cal-mag-zinc to support bone density.*



EDAP \$7.49

NOW®

Methyl B-12 10,000 mcg

\$16.99
60 loz

Vitamin B12 is critical in the maintenance of a healthy nervous system.*



EDAP \$23.49

B-6 100 mg

\$4.29
100 cap

Vitamin B-6 is a cofactor in numerous enzymatic reactions and is required for the metabolism of fat.*

EDAP \$5.99

Garden of Life®

Perfect Food Raw Organic Green Super Food Original or Chocolate

\$26.79
8.5-10 oz.

Raw, organic, green superfood supplement providing naturally occurring antioxidants, enzymes, amino acids, essential fatty acids and dozens of phytonutrients.*



EDAP \$31.99

MRM®

Bone Maximizer III

\$13.49
150 cap

This formula supports bone health and helps build bone density.*



EDAP \$17.99

Joint Synergy+

\$17.79
120 cap

Supports optimal joint health for increased flexibility and mobility.*

EDAP \$22.59

Nordic Naturals®

Ultimate Omega 2x

\$34.99
60 sg

Ideal for individuals needing the highest levels of the omega-3s EPA and DHA.*



EDAP \$42.59

Ultimate Omega 2x mini

\$24.49
60 sg

Packs a giant serving of the omega-3s EPA and DHA into two mini soft gels.*

EDAP \$29.79

Nutiva®

Organic Hemp Protein 15 g

\$20.29
30 oz.

Contains high-quality plant protein with branched-chain amino acids (BCAAs) that are vital for good health.*



EDAP \$29.85

Hemp Oil Cold-Pressed Organic Superfood

\$12.79
16 oz.

Just like hemp seed, the oil contains the ideal 3:1 omega-6 to omega-3 ratio.*

EDAP \$16.29

All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price. *These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. We reserve the right to correct errors.

good4uSM

NEW PRODUCTS OF THE MONTH

OFFERS VALID JUNE 1 TO JUNE 23, 2018

MegaFood[®]

C Defense Tangy Citrus Gummies or
D3 1000 IU Wellness Mixed Fruit Gummies

\$15.79
90 gummies
EDAP \$22.35



Made with whole foods you can see and only two grams of sugar or less, they taste as good as they are for you.

Nature's Answer[®]

Whole Beets
Organic & Fermented

\$18.99
6.34 oz.
EDAP \$24.99



Discover organic and fermented whole beets in a whole powder not from concentrate. Nature's Answer probiotic fermentation process yields up to 200% more nitrate content compared to regular beet powder.

16

SweetLeaf[®]

Water Drops

\$2.69
1.62 oz.
EDAP \$3.69



SweetLeaf Water Drops are a convenient, sugar-free water enhancer now available in two NEW delicious flavors, Tropical Punch and Mixed Berry. Take your hydration from boring to WOW!



Bearitos[®]

Corn Chips

2/\$5
8.25-9 oz.
EDAP \$3.39



Get your paws on these non-GMO, crunchy and tasty corn chips, great on top of chili! This year, Bearitos is donating \$150,000 to the World Wildlife Fund to help protect species like bears, and their habitats.



NuGo[®]

Protein Cookies

\$1.69
3.53 oz.
EDAP \$2.19



You can have your cookie and eat it, too! Enjoy the homemade taste and goodness of classic cookie flavors in these deliciously baked, vegan Protein Cookies, high in fiber and protein.

Alba Botanica[™]

Detox Warming Clay Cleanser

\$8.99
6 oz.
EDAP \$10.99



Massaging this naturally warming volcanic clay cleanser over skin softens pores for easy absorption of the everyday pollutants that cause complexion chaos. Skin is gently calmed and comforted while dirt, oil and problematic impurities simply wash away.

good4uSM CREW PICKS OF THE MONTH

OFFERS VALID JUNE 1 TO JUNE 23, 2018

NOW[®]
Pure MCT Oil

\$14.79
32 oz.
EDAP \$16.99



"MCTs are readily absorbed from the GI tract and are metabolized very quickly by the liver, where they are reported to encourage the use of fat for energy rather than for storage."

-Ryan

good4u crew since 2013



Host Defense[®]
Breathe

SAVE 20% OFF
60 vcap
EDAP \$23.99



"Equal parts cordyceps, reishi and chaga, this blend supports a balanced immune response in the lungs and respiratory tract, as well as the whole body."

-Kristy

good4u crew since 2015



Farmhouse Culture[®]
Organic Krauts

\$4.79
16 oz.
EDAP \$6.29



"Great for gut health! I also like the taste!"

-Anand

good4u crew since 2007



NuGo[®]
Select Dark Chocolate Protein Bars

99¢
1.76 oz.
EDAP \$1.39



"A gluten-free, vegan, dark chocolate, salty pretzel... it's like eating a rice crispy treat with a pretzel and chocolate coating!"

-Matthew

good4u crew since 2012



Native Forest[®]
Organic Simple Unsweetened Coconut Milk

\$2.39
13.5 oz.
EDAP \$2.99



"I love using this coconut milk in my smoothies and smoothie bowls. It's full of healthy fat and makes great dairy-free mashed potatoes, too!"

-SuAnna

good4u crew since 2014



Radius[®]
Organic Coconut Oil and Banana Toothpaste

\$4.49
1.7 oz.
EDAP \$5.99



"I love that this is an organic toothpaste that works well for the whole family, even the babies! My 18-month-old loves the flavor and so do I!"

-Genavieve

good4u crew since 2015



OFFERS VALID JUNE 1 TO JUNE 23, 2018

Redd Remedies®
Gouch!

\$21.49 **\$41.69**
60 vcap 120 vcap

Supports normal, healthy kidney function, healthy uric acid levels and healthy immune system function.*

EDAP \$23.99 EDAP \$46.39

Irwin Naturals®
Power to Sleep PM

\$12.69
60 sg

This unique formula is designed to help you relax before bed, to sleep soundly through the night and to wake up feeling refreshed in the morning.*

EDAP \$17.19

Vega®
Protein Smoothie
Chocolate or Vanilla

\$15.99
9.2-9.3 oz.

Vega Protein Smoothie is a convenient protein powder you can take (and make) as an on-the-go snack or part of a healthy breakfast.*

EDAP \$17.09

Reserveage®

Collagen Replenish HA & Vit C

\$13.79 **\$15.49**
2.75 oz. 60 chew

Restore your radiance with the replenishing support of bioactive collagen peptides, hyaluronic acid and vitamin C.*

EDAP \$17.75 EDAP \$19.19

New Chapter®

Prostate 5LX
120 vcap

Provides holistic support for prostate health, supporting normal urine flow.*

EDAP \$44.35

Every Man's One Daily 40+ Multi
72 tab

Supports heart, vision and prostate health with whole-food fermented vitamins and minerals*

EDAP \$48.99

Ancient Nutrition®

Bone Broth Collagen
Chocolate or Vanilla

\$28.79
18.2-18.6 oz.

Supports healthy digestive and immune system function, healthy skin, hair and nails, and clinically shown to support joint comfort, flexibility and cartilage health.*

EDAP \$32.35

Boiron®

Arnica Montana 30C
80 tab

Arnica pellets help to relieve widespread pain for the whole body and may be combined with Arnicare gel, cream or ointment.*

EDAP \$6.39

Arnicare Gel
1.5 oz.

Arnicare helps to relieve muscle pain and stiffness and to reduce pain, swelling and discoloration from bruises.*

EDAP \$6.59

Solgar®

No. 7
30 vcap

The next-generation alternative after glucosamine that increases mobility, flexibility and range of motion in sensitive joints.*

EDAP \$21.95

Turmeric Root Extract
60 vcap

The active ingredients in turmeric include beneficial flavonoids called curcuminoids, which are plant-based free radical scavengers.*

EDAP \$13.99

All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price. *These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. We reserve the right to correct errors.

Body Care

OFFERS VALID JUNE 1 TO JUNE 23, 2018

15% Off

Our Always Affordable™ Price on All DERMA-E® Products



Badger®

Aloe Vera Gel

\$4.99
4 oz.

Cool, soothe and hydrate dry and sun-parched skin.*



EDAP \$6.29

Sport Sunscreen Cream
Unscented SPF 35

\$11.59
2.9 oz.

Safely blocks the sun's harmful rays with non-nano mineral zinc oxide.*



EDAP \$14.49

Alba Botanica™

Fragrance-Free Mineral Spray Sunscreen for Sensitive Skin

\$9.49
4 oz.

This fragrance-free formula helps protect against sunburn, skin cancer and premature signs of aging and is ideal for sensitive skin.*

EDAP \$12.15



Quantum Health®

Buzz Away Extreme Spray

\$9.59
8 oz.

This natural plant-based bug repellent has been proven just as effective as chemical repellents in both independent field-testing and lab research. It wards off mosquitoes for up to four hours and ticks for up to two hours.*

EDAP \$13.69



Dr. Bronner's®

Pure-Castile Liquid Soap Peppermint

\$6.99
16 oz.

Dr. Bronner's 18-in-1 Peppermint Pure-Castile Soap is made with organic oils. Certified fair trade, certified vegan, Non-GMO Project Verified and no animal testing.

EDAP \$9.25



Naturtint®

Plant-Based Permanent Hair Color

\$11.99
5.28 oz.

Natural plant-based ingredients nourish and protect your hair while providing vibrant, long-lasting color.

EDAP \$14.99



25% Off

Our Always Affordable™ Price on all Bulldog® Products



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OFFERS VALID JUNE 1 TO JUNE 23, 2018

Applegate®
Select Hot Dogs

\$3.69-\$7.19
10-14 oz.

- All Natural
- No Antibiotics
- Worry-Free Meat
- Humanely Raised



EDAP \$4.29-\$7.79

Mulay's®
Ground Sausage

\$6.79
15 oz.

Mulay's sausage is made from antibiotic-free pork that comes from animals that are humanely raised and vegetarian fed.



EDAP \$8.09

Saffron Road®
Frozen Entrées

\$3.49
10 oz.

Made with grass-fed cattle, wild-caught fish and no hormones, antibiotics or GMOs.



EDAP \$4.99

Amy's®
Select Pizzas

\$5.79-\$6.99
12-15 oz.

Discover a variety of delicious pizzas made with Amy's house-made savory pizza sauce.



EDAP \$7.25-\$9.15

Hilary's Eat Well®
Organic Veggie Burgers

\$2.69
6.4 oz.

A great-tasting veggie burger free of all the common food allergens and artificial ingredients.



EDAP \$3.39

Niman Ranch®
Snack Packs

\$3.19
3 oz.

When you need a meal on-the-go, don't compromise. Made with exceptional ingredients to satisfy your appetite.



EDAP \$4.19

Rudi's®
Select Organic Sandwich Breads

\$3.99
20-24 oz.

So hearty it will stand up to anything you can throw at it or in between it. No preservatives, artificial ingredients or pesticides.



EDAP \$5.59

Kerrygold®

Foil Wrapped
Pure Irish Butters

Reserve Cheddar Block



\$3.29
8 oz.
EDAP \$4.15

Irish butter and cheese made with milk from grass-fed cows.

\$3.45
7 oz.
EDAP \$4.35

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INTRODUCING

Natural Grocers Brand Products

CANNED Organic Tomatoes

READ MORE AT
NATURALGROCERS.COM

Bruschetta, moussaka, risotto, baked eggs and feta... if you're longing for an epicurean adventure, but you haven't the time, we're here to say don't worry – all you need is a can of tomatoes picked ripe from the vine. If you know what to look for, your culinary dreams can come true in just a few minutes.

The perfect can of tomatoes is brimming with flavor, and California sunshine delivers all the right notes: bright, acidic, sweet and rich. It's always 100% certified organic and uses micro irrigation for the love of the planet. It doesn't take long to get from field to steam peeled, avoiding harsh chemicals every step of the way. Packed with care, it's nutrient rich with the antioxidant bonus of lycopene. It resides in a liner without

BPA, traveling to your pantry in recycled steel, and when your dinner is done you can recycle it again. The perfect can of tomatoes comes just as it is, full of sun-ripened flavor, without added sugar, artificial enhancements or preservatives in sight. It's available any way you like it: crushed, diced, as sauce or in paste. At its savory best, it's still up for adventure, whether with salt or without, fire-roasted, Italian or petite with green chile. The perfect can of tomatoes is a genius duo of quality and convenience, and it's just arrived in your neighborhood as Natural Grocers own – here to make dinner nutritious, easy and fun at these appetizing prices:

NEW

Organic Fire Roasted
Crushed Tomatoes

\$2.65*
28 oz.

EDAP \$2.99

Organic
Canned Tomatoes

\$1.49*
10-14.5 oz.

EDAP \$1.69

ORGANIC
is naturally
GMO FREE

Organic
Tomato Paste

99¢
EDAP
6 oz.

P.S. If you're feeling lucky, Casper the cricket says go ahead and roll the dice; just remember good luck can't outdo being nice.

***OFFERS VALID JUNE 1 TO JUNE 23, 2018**

All items are available while supplies last; no rain checks.
EDAP = Every Day Affordable Price. We reserve the right to correct errors.



**NATURAL
GROCERS®**
By Vitamin Cottage

OFFERS VALID JUNE 1 TO JUNE 23, 2018

Coeur De Chevre®
Organic Goat Cheese Logs

\$3.99
4 oz.

These fresh goat cheese logs are made with prime quality milk collected from local, independent family farms.

EDAP \$4.95



Horizon®

Organic Cottage Cheese

Organic Cheese Sticks

\$3.49
16 oz.

Packed with protein and active cultures.

EDAP \$4.49



\$3.79
6 oz.

Perfect for the lunchbox or an after-school snack. It is an excellent source of calcium and a good source of protein.

EDAP \$4.99

Kite Hill®

Select Artisan Almond Milk Yogurts

\$1.39
5.3 oz.

Greek-style almond milk yogurts in a variety of flavors.

EDAP \$1.69



Cream Cheese Style Spreads

\$4.99
8 oz.

Cream cheese style spreads are made with all-natural ingredients to create a complex flavor and a velvety smooth texture.

EDAP \$5.99



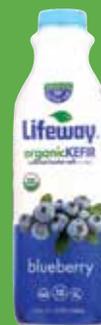
Lifeway®

Organic Low-Fat Kefirs

\$3.99
32 oz.

Kefir is a tart and tangy cultured dairy drink packed with protein, calcium and 12 live and active probiotic cultures.

EDAP \$4.89



So Delicious®

Refrigerated Organic Coconutmilk Beverages

\$2.59
64 oz.

Slide over soy milk and move over milk, coconut milk is here! This delicious beverage goes great on cereal, in coffee, mixed into recipes and poured into a tall glass.

EDAP \$3.29



KeVita®

Organic Master Brew Kombuchas or Sparkling Probiotic Drinks

\$1.99
15.2 oz.

These high-quality Probiotic Drinks and Master Brew Kombuchas are bold, smooth and naturally energizing.

EDAP \$2.59



GoodPop®

All-Natural Frozen Pops

\$3.49-\$3.89
4-pack

Made with only the finest all-natural and organic ingredients and nothing artificial, ever.

EDAP \$4.49-\$4.89



So Delicious®

Select Non-Dairy Frozen Dessert Pints

\$4.29

100% plant-based, dairy-free, non-GMO frozen desserts with no artificial sweeteners or trans fats.

EDAP \$5.65



good4u™

OFFERS VALID JUNE 1 TO JUNE 23, 2018

deals of the month



Fresh from inland coconut groves of Thailand, C20 fuses a unique, full-flavor profile with naturally occurring electrolytes.

\$1.39

17.5 oz.

EDAP \$1.99



C20®
Coconut Waters



Mulay's Sausage uses only 100% heritage pork and premium spices.

\$4.99

12 oz.

EDAP \$6.69

Mulay's®
Sausage Links



Open a bag of TERRA Chips for a unique and sophisticated snacking experience.

\$1.99

5-6 oz.

EDAP \$3.39

Terra®
Select Vegetable Chips



Unlock the smooth, creamy bite every chocolate lover craves.

\$2.29

2.65-2.82 oz.

EDAP \$3.35



Alter Eco®
Organic Chocolate Bars

All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price.

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DIETARY NITRATE MAY BE THE PERFECT SOLUTION TO HYPERTENSION



Dietary nitrate, found in beetroot and other vegetables, may turn out to be the best natural treatment for high blood pressure. The body converts nitrate to nitrite, which is then converted to nitric oxide—a molecule that regulates blood vessel tone and elasticity.

Lex B. Verdijk, PhD, of the Maastricht University Medical Center, The Netherlands, and his colleagues tested four nitrate-rich beverages on 11 men and seven women who were in their late twenties. All of the subjects were healthy, had normal blood pressure, and were physically active. The study consisted of a crossover design, so each subject consumed one of the beverages on one day over five weeks.

Each of the four beverages contained 800 mg of nitrate. They included concentrated beetroot juice, a beverage made from fresh arugula, a beverage made from fresh spinach, and a beverage containing sodium nitrate.

Each drink reduced diastolic blood pressure by several points, but beetroot concentrate had the greatest effect two and a half hours after ingestion—an average reduction of 7.5 mm Hg. At five hours, blood pressure remained lowest after consuming arugula and spinach drinks.

The beetroot and arugula drinks reduced systolic blood pressure by 5 to 7 mm Hg two and a half hours after ingestion, and the spinach drink reduced systolic blood pressure five hours after ingestion. Systolic blood pressure did not change with the sodium nitrate beverage. The study shows that “various natural food sources” can lower blood pressure.



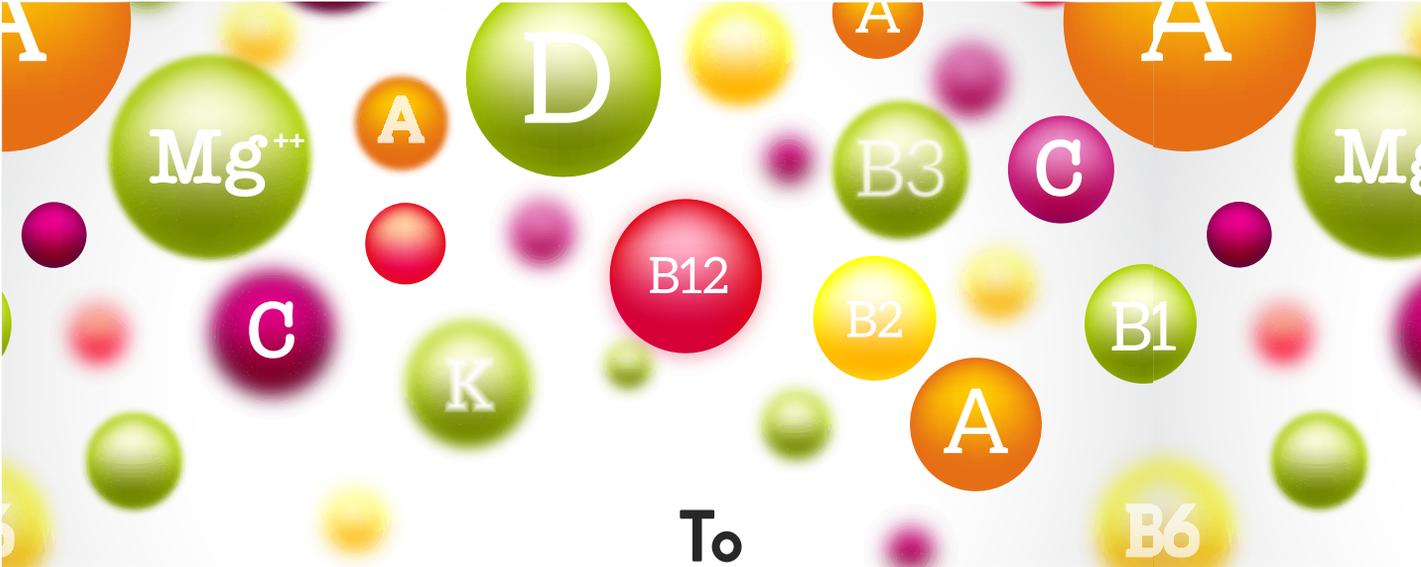
In honor of Jack Challem's legacy as a beloved nutrition writer and author, we will continue to publish the backlog of The Nutrition Reporter newsletters, through his final newsletter.

The
**Nutrition
Reporter**
™
by Jack Challem

THE INDEPENDENT
NEWSLETTER THAT
REPORTS VITAMIN,
MINERAL, AND
FOOD THERAPIES.



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NATURALGROCCERS.COM



To “LIVE LONG AND PROSPER,” Be Sure to Take Your Vitamins and Minerals

New studies show that vitamin D and multivitamin supplements lower the risk of cancer and that magnesium reduces the risk of heart disease.

Cedric Garland, DrPH, of the University of California School of Medicine, San Diego, and his colleagues analyzed data from two studies, including 2,304 women, that focused on their health and vitamin D levels.

They found that women with blood levels of vitamin D higher than 40 ng/mL had a 47 percent lower risk of cancer, compared with women who had blood levels below 20 ng/mL. Their analysis is consistent with other studies noting a link between low vitamin D levels and various types of cancer.

In a separate study, researchers at Sweden’s Karolinska Institute and Harvard University analyzed data collected from 18,530 male physicians. After an average follow-up of 12 years, they looked at whether taking a daily multivitamin reduced the risk of serious cardiovascular disease, which was defined as a nonfatal heart attack, nonfatal stroke, or cardiovascular-related death.

Susanne Rautiainen, PhD, reported that the clearest benefit was for men who had been taking multivitamins for at least 20 years. They had a 44 percent lower risk of serious cardiovascular disease. Men who took multivitamins for 13-19 years had some benefit, but it was not strong statistically. There did not appear to be any benefit for men who had been taking multivitamins for less than 12 years.

A similar study, published in 2015, found that multivitamin use also reduced the risk of cardiovascular disease by 44 percent in women.

Peter J. Joris, MSc, of Maastricht University, Netherlands, and his colleagues tested the effects of magnesium citrate supplements on 52 overweight or slightly obese men and postmenopausal women.

The subjects were given either 350 mg of magnesium or placebos daily for 24 weeks. Joris and his colleagues measured the subjects’ arterial stiffness, or blood vessel tone, using a technique called pulse wave velocity (PWV).

The subjects’ PWV was reduced by an average of 1.0 m/s. “Results of longitudinal epidemiologic studies have estimated that the risk of cardiovascular events decreases by 14 percent when PWV improves by 1.0 m/s,” wrote Joris. He describes the results as “clinically relevant.”

Analysis Confirms Omega-3 Brain Benefits

A meta-analysis of 15 published studies, including 2,525 children, has confirmed the benefits of the omega-3s and omega-6s on brain development, according to researchers at Tufts University. Four of the studies focused on omega-3 supplementation by pregnant women, and 16 looked at omega-3 and omega-6 supplementation on infants shortly after their birth. The supplements consisted of a combination of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA); DHA and arachidonic acid (AA); and DHA plus EPA and AA. The average length of supplementation was seven months. DHA by itself or in combination with EPA, either prenatally or during infancy, improved psychomotor development. The combination of DHA and AA improved mental development. Although AA is generally considered pro-inflammatory, it is needed for normal brain development.

References available upon request.



{ Clip & Make }

INGREDIENTS

- 1 vitamin E capsule
- 2 cloves garlic, minced or pressed
- ¼ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 teaspoon oregano
- 1 teaspoon herbs de Provence
- 4 pieces of bone-in, skin-on chicken (thighs and/or drumsticks)

GRILLED CHICKEN THIGHS & DRUMSTICKS

Prep: 10 min. | Cook: 12 min. | Total: 22 min.

Serves 4

INSTRUCTIONS

1. Pierce the vitamin E capsule and combine with the garlic. Rub over the chicken skin, thoroughly covering all sides.
2. Combine the salt, pepper, oregano, and herbs de Provence in a small bowl. Sprinkle the mixture over the chicken, thoroughly coating all sides of each piece.
3. Cover and let marinate for about 5 minutes.
4. Preheat the grill while the chicken is marinating, bringing the temperature to 400-450° F.
5. Place the drumsticks on the grill first, as they take slightly longer to cook. Grill for 5 minutes then add the thighs, skin side down, and grill for 5 minutes before turning. Turn chicken (drumsticks and thighs) and finish cooking to an internal temperature of 165°F, about 7 more minutes.

READ MORE AT
NATURALGROCERS.COM



Grocery

OFFERS VALID JUNE 1 TO JUNE 23, 2018

Annie's®
Organic Ketchup

2/\$5
24 oz.

Combining ripe organic tomatoes and a blend of spices, Annie's ketchup is sure to please ketchup lovers everywhere.

EDAP \$3.39



Annie's®
Organic Mustards or BBQ Sauces

\$2.79
9-12 oz.

Annie's prioritizes key ingredients, setting goals to increase organic farming.

EDAP \$3.99



Natural Grocers®
Wild Albacore, Skipjack or Yellowfin Tuna

2/\$4
5 oz.

Our tuna is 100% pole and line caught and is a good source of EPA & DHA omega-3s.*

EDAP \$2.69



Annie's Naturals®
Natural Dressings Organic Dressings

\$1.79 **\$2.49**
8 oz. 8 oz.

Experience Annie's homegrown dressings in natural or organic varieties.

EDAP \$3.29 EDAP \$3.99-\$4.19



Natural Grocers®
Gluten-Free Pastas

2/\$4
8 oz.

Now you don't have to deprive yourself of your favorite "noodle" dishes—look for our variety of gluten-free pastas.

EDAP \$2.49



Natural Grocers®
Organic Pasta Sauces

\$3.99
25 oz.

Every mouthful of our premium, 100% organic pasta sauce is loaded with the succulent flavor of heirloom tomatoes.

EDAP \$4.89



Mezzetta®
Marinara Sauces

\$3.79
16.25 oz.

Mezzetta's Marinara sauce is crafted from a succulent blend of Italian plum tomatoes, imported from San Marzano, locally grown California plum tomatoes, fresh onions, fresh garlic, fresh basil and imported olive oil.

EDAP \$4.79



Annie's Homegrown®
Select Organic Mac & Cheese Mixes

2/\$4
5.5-6 oz.

Made with organic pasta and real cheese from cows not treated with rBST*, no artificial flavors, synthetic colors or preservatives.

EDAP \$3.19-\$3.25



*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. We reserve the right to correct errors.

OFFERS VALID JUNE 1 TO JUNE 23, 2018

Justin's®
Chocolate Hazelnut Butter or Almond Butter Squeeze Packs

\$9.89
10-pack

These squeeze packs are great for a delicious on-the-go, gluten-free, high-protein snack.



EDAP \$12.89

Certified **GF** Gluten-Free

Santa Cruz Organics®

Organic Fruit Spreads Organic Peanut Butters

\$2.79 **\$4.85**
9.5 oz. 16 oz.

Discover a home-style fruit spread that is unmatched. Made with organic Spanish peanuts, it's a great-tasting peanut butter that's good for you.



EDAP \$3.59 EDAP \$5.85

USDA ORGANIC NON-GMO VERIFIED

Crunchmaster®
Gluten-Free Multi-Seed Crackers

\$2.49
4.5 oz.

They're specially crafted to pair with all your favorite flavors like artisan cheeses, hummus, seafood, soups and salad.



EDAP \$3.29

Certified **GF** Gluten-Free

Newman's Own®
Fig Newmans

\$3.19
10 oz.

Fruit-filled cookies made with organic figs.



EDAP \$4.19

Annie's Homegrown®
Bunny Grahams

\$2.99
7-7.5 oz.

They're hard to stop eating once you start! And they're as wholesome as they are delicious.



EDAP \$3.99

USDA ORGANIC NON-GMO VERIFIED

Annie's Homegrown®
Organic Fruit Snacks

\$2.99
4 oz.

Certified organic, gluten-free, vegan and gelatin-free fruit snacks and fruit bites. Made from real fruit juice!



EDAP \$4.49-\$4.69

USDA ORGANIC NON-GMO VERIFIED

LÄRABAR®

Organic Superfoods Bars Fruits + Greens Bars

4/\$5
1.6 oz.

\$1.05
1.24 oz.

LÄRABAR makes healthy, gluten-free energy bars made from minimal, pure ingredients.



EDAP \$1.99 EDAP \$1.75

USDA ORGANIC NON-GMO VERIFIED

Clif®
Select Luna or Original Clif Bars

99¢
1.48-2.4 oz.

Feed your adventure with select Clif or LUNA bars. They're crafted to help keep you nourished throughout your busy day.



EDAP \$1.25

All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price. *These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. We reserve the right to correct errors.

Grocery

OFFERS VALID JUNE 1 TO JUNE 23, 2018

Zevia®
Zero Calorie Sodas

\$3.99
6-pack



Sweetened with plant-derived stevia leaf extract and available in 14 delicious flavors, this is the naturally sweetened soda pop you and your family will crave.

EDAP \$5.89

Certified GF Gluten-Free

NON-GMO Project VERIFIED

Reed's®
Ginger Brews

\$4.99
4-pack



Each small batch is hand crafted with pride, carefully brewed and aged by expert brewmasters. They choose only the finest fresh herbs, roots, spices and fruits.

EDAP \$5.89

Hubert's®
Lemonades

2/\$3
16 oz.



Hubert's Lemonade is a tasty, refreshing mix of sweet and tart. Their sun-ripened lemons are squeezed to please and mixed for a taste that makes you go "aaah" every time. It's happiness in a bottle!

EDAP \$1.99

R.W. Knudsen Family®
Select Organic Juice or Juice Blends

\$3.39
32 oz.



Look no further to find all your favorite natural juice and juice blends.

EDAP \$4.39

USDA ORGANIC

NON-GMO Project VERIFIED

Dang®
Coconut Chips

\$2.89
2.82-3.17 oz.



With as much fiber and less sugar than a medium apple, they're a deliciously convenient way for everyone in the family to get their fruit fix.

EDAP \$3.85

NON-GMO Project VERIFIED

Beanitos®
Bean Chips

2/\$5
5.5-6 oz.



Beanitos are all-natural snack chips made from beans. They're high in fiber and protein and they contain no gluten, corn, trans fat, MSG or GMOs.

EDAP \$2.89

Certified GF Gluten-Free

Jackson's Honest®
Organic Coconut Oil Tortilla Chips

\$2.59
5.5 oz.



Sourced using organic, non-GMO varieties of blue, yellow and red corn from farmers who care for their land. Each chip is cooked in organic coconut oil to bring out the full, rich flavor of organically sourced corn kernels.

EDAP \$3.59

USDA ORGANIC

NON-GMO Project VERIFIED

Vermont Smoke & Cure®
Select Meat Sticks

\$1.15
1 oz.



These classic meat sticks offer perfectly portable protein made the Vermont way. With individually wrapped beef, pork and turkey options, on-the-go snacking is easier and more delicious than ever.

EDAP \$1.49

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OFFERS VALID JUNE 1 TO JUNE 23, 2018

Saffron Road®

Chickbean Crisps or Crunchy Chickpeas

2/\$5
3.5-6 oz.

Packed with plant-based protein, these crisps and chickpeas are the perfect crunchy snack.



EDAP \$3.59-\$3.89



Kettle Brand®

Select Potato Chips

2/\$4
5 oz.

Created using only the most natural, real-food ingredients, the finest potatoes, best oils and craft cooking methods.



EDAP \$2.69

Alter Eco®

Organic Truffles

59¢
.42 oz.

Melt away with a smooth-as-silk creamy chocolate center made with nourishing coconut oil.



EDAP 75¢

Zola®

Coconut Water

\$3.39
1 L

Refresh, replenish and hydrate naturally. Sourced from only the best-tasting coconuts from Thailand for a slightly sweet, never from concentrate coconut water.



EDAP \$4.59

Perrier®

Sparkling Mineral Water Slim Cans

\$5.89
10-pack

Perrier carbonated mineral water was born in the south of France and has delighted people worldwide for more than 150 years.



EDAP \$6.89

Repurpose®

Compostable Clear Cups or Compostable 9" Plates

\$2.79
20 ct.

Repurpose makes high-quality, eco-friendly, compostable, affordable and disposable cups, plates and utensils for everyday use.



EDAP \$3.49

Repurpose®

Compostable Clear Cups or Compostable 9" Plates

20% Off

Our Always Affordable™ Price on All Lifefactory® Items



Organic Apple Cider Vinegar
Raw • Unfiltered • With the Mother

NEW

Brighten your morning tonic with this champion of vinegars, knowing that from our pantry to yours – it's a product you can trust.

\$3.99
32 oz.

EDAP \$4.99

\$2.99
16 oz.

EDAP \$3.49



Bulk-Books

OFFERS VALID JUNE 1 TO JUNE 23, 2018

Natural Grocers® Bulk
Organic Golden or Brown Flax Seeds

\$1.25
1 lb.



Flaxseeds contain the omega-3 fatty acid ALA, as well as protein, fiber and minerals like magnesium and phosphorous.

EDAP \$1.69



Natural Grocers® Bulk
Sunflower Seeds Roasted, Salted or Unsalted

\$2.39
1 lb.



Sunflower seeds are an excellent source of vitamin E and a very good source of copper and vitamin B1.

EDAP \$2.69

The Ultimate Guide to Soil
Anna Hess



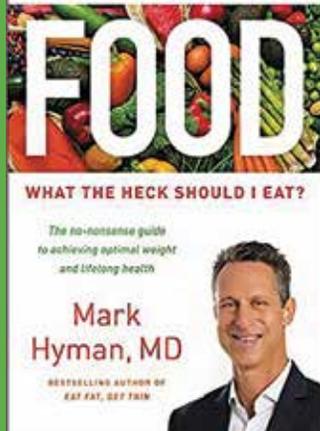
Have you noticed the extraordinary flavors and yields emanating from even a small garden when the soil is just right? If you've ever been envious of your neighbor's dirt or just curious about homesteading, then *The Ultimate Guide to Soil* is perfect for you.

The book begins with a personality test for your soil, then uses that information to plan a course of action for revitalizing poor soil and turning good dirt into great earth. Next, you'll learn to start and maintain a no-till garden, to balance nutrients with remineralization, and to boost organic matter with easy-cover crops.

\$12.74
paperback

MSRP \$16.99

Food: What the Heck Should I Eat?
Mark Hyman, MD

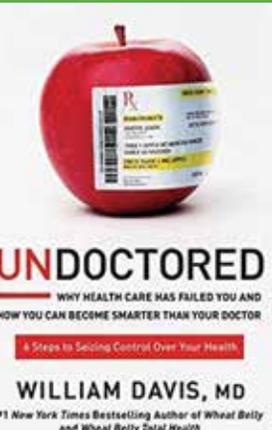


When it comes to diet, there's so much conflicting information flying around that it's impossible to know where to look for sound advice. Bestselling author Dr. Mark Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* he takes a close look at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, this is a no-nonsense guide to achieving optimal weight and lifelong health.

\$21.00
hardcover

MSRP \$28.00

Undoctored
William Davis, MD

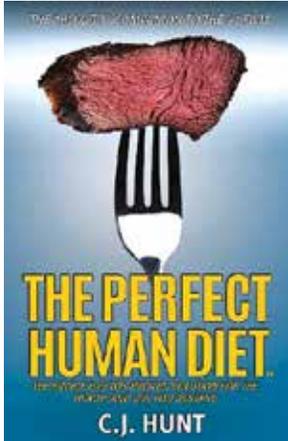


In his New York Times bestseller *Wheat Belly*, Dr. William Davis changed the lives of millions of people by teaching them to remove grains from their diets to reverse years of chronic health damage. In *Undoctored*, he goes beyond cutting grains to help you take charge of your own health. Davis will help you create a comprehensive program to reduce, reverse, and cure hundreds of common health conditions and break your dependence on prescription drugs. *Undoctored* is the spark of a new movement in health that places the individual, not the doctor, at the center.

\$20.99
hardcover

MSRP \$27.99

The Perfect Human Diet
C.J. Hunt



The Perfect Human Diet, the companion book to the film that defined the real paleo diet, is a game changer in the world of health and nutrition. The result of broadcast journalist C.J. Hunt's unprecedented global exploration for a solution to our exploding epidemic of obesity and diet-related disease.

Uniquely easy to put into use, Hunt explains a new method of eating to optimize your health based on these breakthrough scientific facts, including detailed grocery shopping advice and great-tasting recipes.

\$12.99
hardcover book or DVD

MSRP \$24.95

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good4u **SENSATIONAL SAVINGS**SM
OFFERS VALID JUNE 1 TO JUNE 23, 2018



SkinnyPop[®]
Popcorn
(Excludes Davenport, IA. Location)

2⁴⁹

4.4 oz.

EDAP \$3.59



Dish Liquids



2⁴⁹

22-25 oz.

EDAP \$3.49

Liquid Laundry Detergents



9⁹⁹

95-100 oz.

EDAP \$13.99

High Brew Coffee[®]

Cold-Brew Coffee
Beverages

1⁷⁹

8 oz.

EDAP \$2.39



Icelandic Glacial[®]

Spring Water

1⁶⁹

1.5 L

EDAP \$2.29



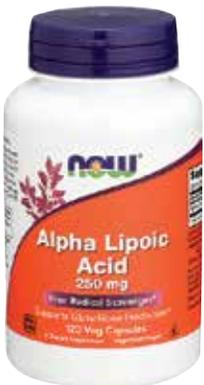
NOW[®]

Alpha Lipoic Acid
250 mg

15⁴⁹

120 vcap

EDAP \$22.89



Nature's Life[®]

Magnesium
500 mg

4⁹⁹

100 cap

EDAP \$8.95



Jarrow Formulas[®]

Lutein
20 mg

9⁷⁹

60 sg

EDAP \$16.29



Garden of Life[®]

myKind Organics Once Daily
Women's or Men's

17⁴⁹

30 tab

EDAP \$23.25



All items are available while supplies last; no rain checks. Offers valid June 1 through June 23, 2018. EDAP = Every Day Affordable Price.

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