

OVER \$400 OF SAVINGS INSIDE!



good4u HEALTH HOTLINE MAGAZINE

JAN 2019 VOL. 19

CHECK OUT OUR OTHER FROZEN FRUIT OPTIONS, AVAILABLE IN OUR FROZEN SECTION: MIXED BERRIES, BLUEBERRY, MANGO, RASPBERRY OR STRAWBERRY

NEW

ORGANIC FROZEN FRUIT \$3.99 16 OZ. EDAP \$4.59 OFFER VALID 1.14.19 - 2.2.19

NATURAL GROCERS RESOLUTION RESET DAY 1.18.19

JOIN US JAN. 18

DON'T DROP YOUR RESOLUTION, RESET IT.



PREMIUM QUALITY AT AN AFFORDABLE PRICE SM



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



We hope you had a fantastic holiday season filled with *natural* warmth, *organic* laughter, and non-GMO indulgences! Now that January has arrived, we're primed to be your good4u "go-to," helping you fulfill your New Year's Resolutions. Our family understands that it can be challenging to meet your health and wellness goals. Our in-store Nutritional Health Coaches (NHCs) are ready to help you make 2019 a record-breaker for resolution success. Additionally, we only stock the highest quality, most nutritious and delicious products around. Our Standards make your healthiest intentions an everyday reality:

- Our 100% organic produce won't add synthetic pesticides to your body while you're trying to clear out the toxins and put healthier food on your plate.
- Our pasture-based dairy not only gives you better nutritional value—studies have shown that it has higher levels of fat-soluble nutrients like vitamin E, carotenoids, and CLA, and has a healthier ratio of omega-3 to omega-6 fats—but it also helps our grasslands sequester CO2 and puts the health and welfare of the animals first.
- Our humanely raised meat selections aren't counterintuitive to your goals, as they are raised without animal by-products, antibiotics, hormones, and other growth promotants. They support you as a conscious omnivore by prioritizing animal welfare and the environment.
- We have tons of vegan and vegetarian options to help make living a plant-based lifestyle easy and affordable.
- Our Quality Standards make your grocery shopping as stress-free as possible, you don't have to spend precious time reading labels, just fill your cart with our always affordable, delicious and nutritious food, free from artificial preservatives, sweeteners, colors, and flavors—and you never have to worry about trans fats sneaking into your diet.

Our Standards are here for you every day, all year, but we like to take an extra step to help you stay the course. Join us for a motivational tool we call **Resolution Reset**, happening at your favorite Natural Grocers on January 18th. It's a fun-filled time to snag a sample and stock up on everything you need to stay on track, along with kicking off three days of Hot Deals—amazing prices on the best stuff around.

We know the ball has dropped on Time's Square already, but here's a countdown to making this year one of healthy action:

- ONE: feed myself the highest quality organic food by buying 100% organic produce.
- TWO: count my calories towards environmental impact by buying only humanely raised meats.
- THREE: know where my food comes from so I can choose where the future is heading.

January 1st comes and goes every year, but what we eat and drink every day matters! Let's make it matter together.

The Isely Family

OUR 5 FOUNDING PRINCIPLES

NUTRITION
EDUCATION

HIGHEST
QUALITY
PRODUCTS

ALWAYS
AFFORDABLE™
PRICING

COMMITMENT
TO OUR
COMMUNITY

COMMITMENT
TO OUR
EMPLOYEES

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Featuring

NATURAL GROCERS
BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE™

BERRY COCONUT CREAM DELIGHT

Looking for a healthy treat? This Berry Coconut Cream Delight is not only healthy, but delicious too. The rich and creamy coconut milk freezes around the berries creating a wonderful mouth- feel with each bite. The frozen berries provide an ice-cream-like texture with just enough sweetness to satisfy cravings. This treat can be made to your individual preference; a sweetener is optional and so are the topping suggestions. This creamy treat is simple and fun to make.

Total time: 5 min.

Serves 6

INGREDIENTS

- 1 (13.5-ounce) can Natural Grocers Brand Organic Original Coconut Milk
- 1 (16-ounce) bag Natural Grocers Brand Frozen Organic Berries (blueberries, strawberries, raspberries, or mixed berries)

OPTIONAL SWEETENERS:
erythritol, stevia, Natural Grocers Brand Maple Syrup, etc.

OPTIONAL TOPPINGS:
nuts (pecan pieces, walnut pieces, or almond slivers), seeds (sunflower, pumpkin, hemp, or flax), shredded coconut, cacao nibs, cocoa powder, cinnamon powder, coriander powder, or nutmeg

INSTRUCTIONS

1. Pour the coconut milk into a mixing bowl; if it has separated, whisk until it is fully combined. Add the frozen berries. Stir until well combined and add sweetener of your choice to desired sweetness.
2. Divide among six serving dishes and add toppings of your choice. Before serving, let the berries and coconut milk sit for a few minutes, allowing the coconut milk to freeze around the berries

BLUEBERRY DELIGHT KETO-FRIENDLY SMOOTHIE

You will be delighted by the creamy coconut and blueberry sweetness of this smoothie. And it fits within your keto lifestyle!

Total time: 5 min.

Serves 2

INGREDIENTS

- 1 (13-ounce) can full-fat coconut milk
- $\frac{2}{3}$ cup Natural Grocers Bulk Whey Protein Concentrate
- $\frac{1}{2}$ cup Natural Grocers Frozen Organic Blueberries
- 2 tablespoons NOW Vanilla Hazelnut MCT Oil (Note: If you are new to MCT oil, start with 2 teaspoons and slowly work your way up to 2 tablespoons.)

INSTRUCTIONS

1. Add each ingredient into a blender in the order listed. Cover and blend until well combined and serve immediately.



Featuring

NATURAL GROCERS
BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE™

Supplements

OFFERS VALID JANUARY 14 TO FEBRUARY 2, 2019

Country Life®
B12 Gummies Strawberry *Coenzyme B-Complex Advanced™*

\$10.99
 60 gummy

\$16.79
 60 vcap

Vitamin B12 helps convert carbohydrates, fats and proteins into energy, as well as plays a key role in the function of the nervous system.*

EDAP \$11.99

Certified GF
 Gluten-Free



This new formula supports increased energy production, nervous system health and sugar metabolism.*

EDAP \$23.35

Nature's Plus®
Source of Life® Gold Liquid Multi *Source of Life® Gold Multi*

\$43.99
 30 oz.

\$35.49
 90 tab

Source of Life GOLD is the ultimate multi-vitamin supplement with concentrated whole foods. In liquid and tablet forms, it has a complete vitamin profile and contains high-potency vitamins.*

EDAP \$50.25

EDAP \$45.55



Nature's Way®
Sambucus Gummies Elderberry

\$12.89
 60 gummy

Made with black elderberry extract standardized to BioActives® (flavonoids), vitamin C and zinc.*

EDAP \$13.99



Nature's Way®
 100% Potency MCT Oil From Coconut

\$13.39
 16 oz.

Experience the benefits of MCT oil for brain and body fuel. Contains 14g of MCTs (including caprylic and capric acids) per serving.*

EDAP \$15.99



Nature's Way®
Sambucus Zinc Lozenges Honey Lemon

\$3.59
 24 loz.

Made with a unique, full-spectrum black elderberry extract in a delicious honey lemon flavor.*

EDAP \$4.15



Nordic Naturals®
Omega-3 Lemon *Ultimate® Omega Lemon*

\$30.49
 180 sg

\$48.99
 180 sg

Omega-3s provide support for the heart and brain, in pure soft gels.*

EDAP \$37.05

High-intensity omega-3 formula clinically shown to support a healthy heart.*

EDAP \$59.55



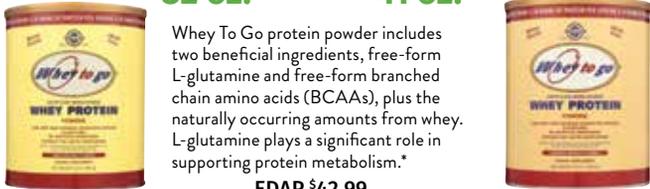
Solgar®
Whey To Go® Whey Protein Vanilla *Whey To Go® Whey Protein Chocolate*

\$37.99
 32 oz.

\$42.99
 41 oz.

Whey To Go protein powder includes two beneficial ingredients, free-form L-glutamine and free-form branched chain amino acids (BCAAs), plus the naturally occurring amounts from whey. L-glutamine plays a significant role in supporting protein metabolism.*

EDAP \$42.99

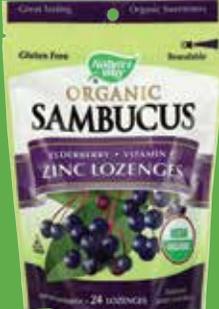


Nature's Way®
Organic Sambucus Zinc Lozenges

\$3.59
 24 loz.

Experience the immune-supporting benefits of black elderberry in a convenient lozenge. Made with organic black elderberry extract and includes vitamin C.*

EDAP \$4.15



Bluebonnet®
Multi One® or Iron-Free Multi One®

25% Off
 Our Always Affordable™ Price

\$32.25
 90 vcap

EDAP \$32.25



Plant Fusion®
Complete Lean™ Vanilla or Chocolate

\$24.79
 14.82 oz.

9g of prebiotic fiber, combined with chromium and banaba leaf, assists in the breakdown of sugars and carbohydrates.*

EDAP \$29.49



*All items are available while supplies last; no rain checks. We reserve the right to correct errors. 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.

Supplements

OFFERS VALID JANUARY 14 TO FEBRUARY 2, 2019

Super Nutrition®

Simply One®
Think Clearly

\$10.99
30 tab

Formulated to support brain health and a calm focus, with key nutrients and amino acids.*



EDAP \$19.15

Simply One® See Clearly
Berry

\$12.49
30 tab

Triple-power vision formula that helps maintain macular and retinal health.*



EDAP \$21.69

Vital Proteins®

Collagen Peptides Unflavored

\$33.99 ~~\$19.79~~
20 oz. 10 oz.

This nutrition powerhouse is sourced from grass-fed, pasture-raised bovine hides to ensure a natural, high-quality and sustainable source of collagen.*



EDAP \$38.99



EDAP \$22.79

Ancient Nutrition®

Keto™ Fire Caffeine Free or
Keto Biome™ Probiotic

\$32.49
180 cap

Keto Fire supports metabolism and healthy weight management, healthy energy, mental focus, clarity and cognitive function.*



EDAP \$44.99

Nature's Life®

Prostate
Maintain 600+™



\$10.29
100 vcap
EDAP \$14.29

Solaray®

Berberine



\$11.29
60 vcap
EDAP \$16.89

KAL®

Magnesium
Glycinate 400
Soy Free



\$19.69
120 sg
EDAP \$29.75

Solaray®

Super Bio D-3
5000 IU



\$9.29
120 sg
EDAP \$12.75

Solaray®

Vitamin C
500 mg

Two-Stage, Timed Release

\$3.99
100 vcap

This formula is designed to release half of the vitamin C rapidly and the other half gradually over a period of up to 12 hours.*



EDAP \$7.19

Reacta-C™
500 mg

\$4.89
60 vcap

A highly advanced patent-pending vitamin C formula that provides a reacted complex of strontium calcium ascorbate with L-threonate, bioflavonoids and indole-3-carbinol.*



EDAP \$8.85

KAL®

Dinosaurs
Zinc Elderberry
Mixed Berry ActivMelt™



\$5.39
90 melt

Zinc and elderberry are intended to provide nutritive support for healthy immune function.*

EDAP \$7.89

Dinosaurs
Dino-Dophilus™
Probiotic 2 Billion



\$7.29
60 chew

Provides probiotic help in tasty chewable tablets to support digestive health in young children.*

EDAP \$10.89

NOW®

Pure MCT Oil



\$8.99
16 oz.
EDAP \$10.49

MCT Oil
1000 mg



\$9.79
150 sg
EDAP \$13.39

NOW®

CurcuFresh™
Curcumin



\$15.79
60 vcap
EDAP \$21.09

CurcuFresh™
Curcumin
Powder



\$21.49
2 oz.
EDAP \$30.09

New Chapter®

Every Man™'s
One Daily Multi
for 55+



\$36.99
48 tab
EDAP \$43.79

Every Woman™'s
One Daily Multi
for 55+



\$36.99
48 tab
EDAP \$43.79

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Supplements

OFFERS VALID JANUARY 14 TO FEBRUARY 2, 2019

Natural Grocers®

C 1000 mg
w/ Rose Hips & Bioflavonoids

\$11.29
100 cap

Provides a potent dosage of vitamin C that's blended with rose hips and bioflavonoids, which are natural synergists to vitamin C.*

EDAP \$12.45



Curcumin C3
w/ Bioperine

\$14.89
60 cap

Supports joint health and pain modulation. Includes bioperine which optimizes bioavailability to deliver optimal health benefits.*

EDAP \$16.59

Magnesium Citrate

\$5.79
100 tab

Magnesium supports the normal functioning of cells, nerves, muscles, bones, and the heart.*

EDAP \$6.45



Vitamin D-3
2000 IU

\$13.79
365 sg

Vitamin D3 supports a healthy immune system.*

EDAP \$15.29

Herb Pharm®

Black Elderberry
Alcohol Free

Super Echinacea



\$8.99
1 oz.

EDAP \$10.89

\$9.79
1 oz.

EDAP \$11.65

Renew Life®

Ultimate Flora Probiotic
Women's or Men's 90 Billion Complete

10% Off
Our Always
Affordable™
Price



30 vcap

EDAP \$40.29

LifeSeasons®

Glucose Stabili-T

Mobili-T
Healthy Joints



\$21.99
90 vcap

EDAP \$32.99

\$19.49
120 cap

EDAP \$28.79

Garden of Life®

Dr. Formulated
Probiotics Fitbiotic

Wild Rose
Herbal Detox



\$27.99
20 packet

EDAP \$35.25

\$23.79
1 each

EDAP \$29.99

Garden of Life®

Sport Certified Grass-Fed
Whey Chocolate or Vanilla

\$32.79
23-23.7 oz.

- 24g grass-fed whey protein
- No added hormones
- No antibiotics
- No added sugars

EDAP \$35.99



Flora®

Udo's Choice Udo's Oil 3.6.9 Blend



\$11.99
8.5 oz.

EDAP \$15.89

\$19.99
17 oz.

EDAP \$26.25

Jarrow Formulas®

Beyond Bone Broth™
Beef or Chicken

\$18.59
10.8 oz.

Beyond Bone Broth is a savory drink mix that supplies bioactive type I and type II collagen peptides.*

EDAP \$28.89



Himalaya Herbal®

LiverCare®

Triphala



\$12.49
90 vcap

EDAP \$22.49

\$7.89
60 vcap

EDAP \$17.09

Source Naturals®

Colloidal Silver
45 PPM

Theanine
Serene



\$12.89
2 oz.

EDAP \$15.19

\$11.99
60 tab

EDAP \$12.99

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NATURAL GROCERS

TOP 10
NUTRITION
TRENDSSM
FOR 2019

BY
SHELBY
MILLER,
MS

+ THE TREND TO KNOW ABOUT



At Natural Grocers we have advocated for health and wellness since we started way back in 1955. Part of that advocating means keeping our finger on the pulse of the next big things in wellness; those things that will serve our customers, our communities, and our planet. For this year's trends report, we spoke to more than 70 of our nutrition experts and pored over the latest research, and all signs point to a 2019 that's more intentional, purposeful, and mission driven.

We see priorities rapidly shifting, giving us renewed motivation to take care of ourselves, one another, and this planet we all share.

This year, we did things a little differently and added a bonus trend—a trend so important we think everyone should know about it. As we begin to see the real-time effects of climate change unfold before our eyes, we think it is a crucially important issue to not only discuss, but to actively work to find solutions to.

1 MITOCHONDRIAL OPTIMIZATION WILL KEEP HEALTHY FATS IN FOCUS

Five years ago the buzzword was microbiome; this year it is mitochondria. Mitochondria are our cells “power plants,” converting oxygen and food into the energy our body needs to stay alive and thrive. When your mitochondria are dysfunctional, not only will your energy reserve decrease, resulting in fatigue and brain fog, but you can also become vulnerable to degenerative diseases like heart disease, diabetes, and

neurodegenerative diseases. The best way to support healthy mitochondrial function? Eat more fat! Healthy fat, that is. Mitochondria function at their best when fueled by fat, not carbs. One tool to support mitochondria is the trending ketogenic diet. In 2019, expect to hear more about mitochondrial health and look to see brands embracing more high-fat focused and ketogenic products to support optimal mitochondrial function.

2

COLLAGEN & BONE BROTH ARE EASIER THAN EVER

Scoop by healthy scoop, collagen has gained mainstream interest over the past year as everyone adds it to their smoothies, matchas, and lattes in the quest for glowing skin, healthy joints, and gut healing, and in 2019, as more collagen and bone broth products enter the market, so will convenient opportunities for consumers to take collagen on a daily basis.

Supplement companies will continue to offer an array of

collagen products, including collagen powders, gummies, and drinks; marine collagen powders; and even vegan-friendly collagen precursors. Bone broth, one of the richest food sources of collagen, will continue its expansion into the mainstream as well. Companies are looking for unique and simple ways for consumers to try out bone broth, including bone broth protein bars, pre-made soups, and even bone-broth infused coffee!

3 SORRY SUGAR, WE'RE BREAKING UP WITH YOU

In 2019, consumers will continue to become aware of how much sugar is insidiously added to almost everything we eat. Look in your pantry and refrigerator and you're likely to find the major culprits—ketchup, barbecue sauce, flavored yogurts, coffee creamers, chips, breads, cereals,

spaghetti sauce, fruit juice, sports drinks, and even bacon!

This year, learn how to break up with sugar. Once you become a savvy monitor of added sugar, it will become easier to avoid it and enjoy the health benefits you're bound to experience.

4 THE SHROOM BOOM

In the last several years, the amount of scientific research published on mushrooms has exploded. Turns out, mushrooms hold the power to support the immune system, blood sugar balance, brain health, liver health, respiratory health, hormone balance, and can even boost energy levels.

In response to the growing mountain of research promoting the health benefits of mushrooms, the supplement, grocery, and even body care industries

are introducing more ways to try out these fungal superheroes. Supplement companies are turning out a variety of mushroom-centric supplements, geared toward everything from brain health to immunity. The stunning benefits of mushrooms are influencing new grocery products as well. We'll continue to see the category grow, with more mushroom teas, tonics, broths, and coffees making an appearance in 2019.

5

NOOTROPICS & NEUROPLASTICITY

Neuroplasticity is the now proven principle that we can change the structure and function of our brain throughout our lives and that our thoughts, emotions, and behavior are the primary means of doing that. Supplements help too.

Best. News. Ever. Right?

The discovery of neuroplasticity has led to the explosion of natural nootropics. Nootropics are substances that can be taken to improve mental performance in healthy people (one of the most

well-known nootropics is the caffeine found in the beloved cup of morning coffee) and they are most often used to boost memory, focus, creativity, intelligence, and motivation. Nootropics may also reduce age-related declines in brain function. Bacopa, vitamin B1, magnesium threonate, lutein, and phosphatidylserine (PS) are all examples of nootropics. Look for more brain-boosting formulas on the supplement shelves in the coming year.

6 LOVE YOUR LIVER

While it shouldn't be “trendy” to have fatty liver disease, unfortunately the disease is trending. In 2018 we were shocked to learn that millennials are getting fatty liver disease faster than any other age group, and according to the National Institutes of Health, up to 40 percent of U.S. adults have non-alcoholic fatty liver disease.⁵ Thus, we believe that loving your

liver will be on trend in 2019. Consumers will clean up their diets, ditching culprits like high fructose corn syrup and vegetable oils, and will embrace “mocktails” to reduce alcohol consumption. We also predict an increase in sales of herbal supplements that support liver health, like milk thistle and berberine, as well as MCT oil, which has been shown to reduce fat in the liver.ⁱⁱⁱ

7

GREEN BEAUTY MAKES ITS MARK

A recent study revealed that the products we slather on our bodies daily, like shampoo and deodorant, can create plumes of petrochemical emissions. The researchers, who originally set out to record emissions around the city of Boulder, discovered strange spikes in the data, especially during the morning commute, that weren't coming from cars. Instead, the compounds were from personal care products that emit D5 siloxane, a chemical emollient found in certain body care products. That's right,

your deodorant and lotion are potentially as toxic as your tailpipe.

Consumers are becoming more aware about the slew of chemicals that come from body care products, including ubiquitous endocrine disruptors, and are looking for products with ingredient lists that don't require a chemistry degree to understand. In 2019, expect companies to offer a wide variety of clean body care products with simple, natural ingredients that work!

8

PROMOTING THE BODY'S ABILITY TO HEAL ITSELF

In 2019, we'll see companies meet the demands of consumers who want to eschew the use of over-the-counter (OTC) meds and prescription drugs for natural remedies that support the body in healing. Instead of opening the medicine cabinet, people will use a combination of lifestyle choices, herbal remedies, and vitamin supplementation to support the body in times of discomfort, whether that discomfort comes from the common cold, digestive

issues, or inflammatory pain.

Immune support remedies like mushrooms, elderberry, manuka honey throat sprays, and natural zinc lozenges will dominate. Additionally, we'll see more alternatives to common OTC remedies and prescription drugs for digestive discomfort and general pain management. 2019 will be the year of supporting the structure and function of the body in a multitude of ways with beneficial natural remedies.

10

INGREDIENT LISTS > NUTRITION FACTS

There's no question that many of us have a rocky relationship with food. We've likely all grappled with counting calories and grams of fat, but in 2019, a new paradigm is bound to free us from some of the struggles we've formed around food, nutrition, and our health. This year the nutrition labels will be demoted and instead, consumers will read and make food choices

based on ingredient labels.

The days of counting every. single. calorie. are nearing an end. Rather than glorifying macronutrient logs and adhering to extremely strict dietary guidelines, 2019 will foster a friendlier relationship with food that focuses on simple, clean ingredients in products made with whole, real foods.

9

#LUTEIN #ONTREND

Blue light—from our smart phones, tablets, computers, TVs, and even light bulbs—has become ubiquitous, and a growing body of research is showing that all of this blue-light exposure damages the retina of the eye and can lead to age-related macular degeneration² (i.e., the leading cause of blindness in older adults).¹ Excessive blue light also disrupts the circadian rhythm which plays many roles in health, including regulating the sleep-wake cycle, hormone

balance, digestion, and body temperature.³ Enter lutein. Lutein preferentially accumulates in the macula, the part of the retina responsible for central vision, where it filters damaging blue light and increases macular pigment density.⁴ And because the health of the retina is directly related to how well our brains age,⁵ lutein also benefits the brain (see "Nootropics"). In 2019, lutein will solidify its role as protector of the eyes and the brain.

The Trend to Know About EATING SUSTAINABLY-RAISED MEAT AND DAIRY WILL HELP COMBAT CLIMATE CHANGE

At Natural Grocers we know that there's nothing more important than your food choices, especially for the health of the planet, and evidence is mounting that well-managed, pasture-based dairy and 100% grass-fed cows can prevent and potentially reverse climate change.

The person most responsible for bringing these insights to life is Allan Savory, who developed holistic management. Savory observed that livestock, when managed correctly, are the key to a land-healing approach that has now been applied to millions of acres around the world.

The natural grazing behaviors of ruminants contribute to promoting healthy soil that has the ability to sequester large amounts of carbon dioxide (CO₂) from the atmosphere. Healthy soil also holds more

moisture, which further contributes to the health of the ecosystems in which ruminants graze.

In 2019 consumers will hear and learn more about managed grazing and how it contributes to rebuilding healthy soil that can sequester carbon dioxide, helping to reduce CO₂ levels in the atmosphere, becoming a vital tool in our fight against global climate change.¹



Body Care - Bulk

OFFERS VALID JANUARY 14 TO FEBRUARY 2, 2019

Acure®
Brightening Facial Scrub

\$6.69
4 oz.



“Seas” the day with natural exfoliation from the ocean. Sea kelp super nutrients soften and detoxify, while lemon peel and French green clay cleanse without stripping away natural moisture.*

EDAP \$8.45

Himalaya Herbal Healing®
Complete Care Toothpaste; Assorted Flavors

\$3.99
5.29 oz.



These fluoride-free natural toothpastes reduce plaque and remove surface stains. Formulated without carrageenan, fluoride, and SLS or harsh abrasives.*

EDAP \$5.69

Jason®
Body Washes; Selected Scents

\$8.69
30 oz.



JASON body washes are “body-loving” washes, created with wholesome, botanical ingredients that work together in a safe, gentle and effective way. These products gently cleanse and refresh your skin without over drying.*

EDAP \$10.79

Andalou®
Goji Peptide Perfecting Cream

\$16.79
1.7 oz.



Fruit stem cell complex, resveratrol, CoQ10 and super antioxidants help support dermal vitality as goji glycopeptides uplift tone and texture for velvety soft skin with an appearance of fewer fine lines and wrinkles and a rejuvenated complexion.*

EDAP \$20.99

MyChelle®

20% Off
Our Always Affordable™ Price



Dr. Bronner's®
Peppermint Toothpaste

\$3.99
5 oz.



This low-foaming formula has no synthetic detergent foaming agents, is fluoride free, vegan and cruelty free, with no artificial colors, flavors, preservatives or sweeteners.*

EDAP \$5.49

Natural Grocers® Bulk

<p>Whey Protein Concentrate Non-GMO</p>  <p>\$5.99 1 lb. EDAP \$6.25</p> 	<p>Organic White or Tri-Color Quinoa</p>  <p>\$2.99 1 lb. EDAP \$3.49</p> 
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Desert Essence®
Tea Tree with Pink Himalayan Sea Salt Toothpaste

\$4.49
6.25 oz.



Keep your mouth healthy and your smile bright with this carrageenan-free formula. Pink Himalayan salt, packed with 84 minerals, and deeply cleansing virgin coconut oil help remove impurities.*

EDAP \$5.25

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RESOLUTION RESET DAYSM

— JANUARY 18TH, 2019 —

100 MILLION

AMERICANS WILL DROP
THEIR NEW YEAR'S RESOLUTION
BY FEBRUARY

DON'T DROP YOUR
RESOLUTION, RESET IT

WITH NATURAL GROCERS

**KETO-FRIENDLY
BERRY
COCONUT
CREAM DELIGHT
SAMPLES**

12PM - 2PM
on 1/18/19



FREE BAG WITH PURCHASE*

**FREE
KICAO
BAR**

{N}POWER
ONLY OFFER
on 1/18/19

*Limit one per customer. Valid at participating Natural Grocers stores on January 18, 2019 only while supplies last. No rainchecks.



THINK WIS

THE MOTHERLODE OF VINEGAR

Our apple cider vinegar is bursting with flavor—the crisp tang of apples, straight from the tree and never from concentrate. It’s raw, unfiltered, organic, and it has ‘the mother,’ which is the life source of fermented products and packed with beneficial nutrients and bacteria. Sustainably produced on the west coast from local apples, it’s pressed into juice, then converted to vinegar; it’s as simple as that—no pasteurization. The process is zero-waste, using every piece from peel to the core, and the allergen-free facility employs more than 50% solar-powered energy. Brighten your routine with this champion of vinegar at our gold medal sale price of \$2.99/ 16 oz.; \$4.49/ 32 oz.!



Offer valid
January 14 to
February 2, 2019

14



PARTY TIME CRUNCH

Our tortilla chips have that “can’t-stop-eating-them” texture. With just the right thickness, reliable crispness and the stone-ground flavor of old family recipes, they’re everything guacamole’s ever wanted in a triangle kind of chip! Minimal ingredients and a dash of sea salt let anything you pair them with shine. Blue begs for a side of green chili; yellow can’t wait for queso and white screams for any culinary adventure you have in mind. Taco night is covered too, with our crunchy, sodium-free shells. Our corny foods are certified organic, non-GMO and gluten free, and waiting for you to say “party” at these block-friendly prices of \$2.99 Tortilla Chips and Taco Shells.

COLD-PRESSED AT ITS BEST!

The silky texture of our extra-virgin olive oil hits all the right notes: light aromas of apple and almond on the nose, and a slight spiciness at the end. It’s cold-pressed and unadulterated, sourced from the olive groves of Spain, where silvery trees have graced sunny hillsides for centuries. This everyday indulgence is certified organic and non-GMO, produced in a nut-free facility. Uniquely sustainable and distinctively delicious, its excellence contributes to renewable energy AND returning dinner guests. Pair with anything that tempts your palate for a luxuriously delightful experience at an everyday affordable price of \$6.99/ 16.9 oz.; \$8.99/ 25.5 oz.



SELY

If you're thinking about the mundane task of writing your next grocery list, how about doing a little light reading first? Allow us to introduce you to "Think Wisely"—a narrative about the stuff you may want to include in your next snack, or brunch, or "welcome to the neighborhood" gift basket... Every product has a story to tell, and we're having a blast finding some fun ones to share with you. All you have to do is sit back, relax and make that grocery list something you look forward to.

SPREAD THE DELICIOUSNESS



EDAP
\$5.29
PER
20.5 oz

Find yourself in a jam? Why not try Natural Grocers preserves! They're like jam the way grandma used to make it. Certified organic and non-GMO, they're high in flavor and low in sugar, with 30% LESS sugar than similar brands! Tastefully produced in small batches and packed in recyclable jars, they come from preserving partners who share our values of giving back to their communities. We know we won't ever get stuck in a jam again, especially with preserves like these! We have all your favorite berry flavors, plus apricot for loads of extra fun like glazing and arguing over pronunciation. Try our family-style sizes at these family-friendly prices \$5.29.

YOU'LL WANT TO WAKE UP FOR THIS

The aroma is as good as the first time you noticed it - those Sunday mornings at your grandparents' house, as they divided up the comics over steaming mugs of coffee. It's a fresh cup of Natural Grocers' own coffee, deliciously waking up our neighborhood! Certified organic and fair trade, it comes from an employee-owned company that helps farmers' children pursue higher education and pays beyond fair-trade premiums. We have six habit-forming varieties from French Roast and Breakfast to single-origin beans. Gramps and Gram may have had better comics, but we have better coffee, and now you're old enough to try it! Fill your mug with our cozy sale prices of \$6.49.

Offer valid
January 14 to
February 2, 2019



NEW

SALE
\$6.49
PER
10 oz
EDAP \$6.99

THE TOAST WITH THE MOST



EDAP
\$3.99
PER
15-27oz

Something was missing in our bread section. We couldn't find that sweet spot—that chewy texture, with a side of nutty crunch, for an always affordable price. So, we decided to bring home our own sprouted bread and change the future of sandwiches. Packed with whole-grain taste and free of junk, it's certified organic, non-GMO and kosher. Sprouting boosts protein and fiber content, lowers the glycemic index and can help improve digestion of grains, which makes this a real breadwinner, (pun intended)! Toast to making it in a peanut and tree-nut free facility and bite into deliciousness at these mouth-watering prices of \$3.99.

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

Offer valid
January 14 to
February 2, 2019



SUMMERTIME ANYTIME

It's time to move over "cherry on top" because we have Natural Grocers mixed berries on top! Our frozen fruit has that spot-on sweet flavor that you're looking for when it's in-season fresh. It's certified organic and non-GMO because that's how we do things 'round here. Added sugar, gluten, and other junk aren't hiding inside the BPA-free bags, simply fruit that's loaded with fiber and vitamin C. It's summertime anytime in our freezer section these days, with all kinds of berries and heavenly bites of mangoes, too. You can add them to smoothies, but with flavors like these, you're going to want so much more! How about our luscious sale prices of \$3.99

PASTA NIGHT IS OUR FAVORITE WAY TO PASTA TIME

16

Every mouthful of our pasta sauce explodes with the sweetness of heirloom tomatoes—the fruit of plants unaltered for generations. It's bursting with the vibrancy of sunshine and vine, and FREE of preservatives, artificial colors, flavors or added sugar. Extra-virgin olive oil and sea salt combine with locally grown tomatoes to create a creamy, bright base for every jar, along with a handful of veggies and spices to enhance your favorite pasta dish. Kettle cooked in small batches, it's also certified organic, non-GMO and vegan-friendly. Now it's ready to join your dinner table and make fine dining family-style! Try it at this legendary price of \$4.89.



BREAKFAST, BRUNCH, WHY NOT LUNCH?

What is thick, caramelly and divine on French toast? Adores cold climates and nutritious lifestyle habits? Maple syrup! We love maple syrup, so we went searching for our own bucket full. We knew we found it when we tasted these robust drops, with a strength of flavor like no other syrup class. It doesn't quit after breakfast either—it's splendid for glazing, grilling, and baking, too. Collected with care for the forest, using low impact methods, now we're bringing it home in BPA-free containers, certified organic and non-GMO. Drizzle some over your pork or pancakes...you'll see. There's finally a world-class, Grade A maple syrup, with a house brand kind of price of \$5.99/ 8 oz.; \$7.99/ 12 oz.; \$17.99/ 32 oz.



NATURAL GROCERS CHEESE? YES, PLEASE!

There's something legendary about to happen in your Natural Grocers dairy case! We're bringing home blocks, slices and shreds of cheese to satisfy all your meltiest cravings. Milk from pasture-raised cows, who graze year-round in the California sunshine, puts our cheese on a platter of its own. Non-GMO, vegetable-derived enzymes are used instead of animal rennet, and it's certified organic and free of hormones and antibiotics. Plus, production happens with consideration for water, waste and the planet. Now you can indulge in dairy till the cows come home! Look for it soon and tell us how you say "cheese"—we'll have all the ways from parmesan shreds to sharp cheddar at the gooiest prices of just \$3.99/blocks and shreds; \$3.79/slices.



YOUR PANTRY'S SECRET WEAPON

Pop a top of our canned beans and veggies and have fun with whatever ingredients you have on hand. Plump and savory, they pair well with any seasoning you desire, it's as simple as discovering your cravings. They're certified organic, non-GMO and packed in BPA-free, recyclable cans. Undiluted with artificial flavors, colors or preservatives, they aren't sneaking trans fats or gluten into your diet, either. Our canned beans and veggies are sustainably produced, re-using water, using a closed-loop recycling system and natural-gas trucking. They give back to the community, AND we pay it forward by making dinner convenient and affordable, with these appetizing prices of \$0.99 Canned Beans; \$1.49 Canned Vegetables.

CREAMY, RICH, DAIRY'S GOT NOTHING ON THIS

Our canned coconut milk and cream know just how to make your day more delicious! They get their clean, rich taste from young Thai coconuts, chosen for their vibrant flavor. Their full-bodied, creamy texture delivers excellence to all your favorite recipes, with less separation between water and fat thanks to a proprietary homogenization process. They're certified organic, which is also non-GMO and contain nothing artificial. Every silky spoonful is vegan-friendly, and there aren't any added sweeteners in the recyclable, BPA-free cans. Experience this cream of the crop selection for yourself—we have the variety to suit any culinary creation at these velvety prices of \$1.99/milks; \$1.49/cream.



OFFERS VALID JANUARY 14 TO FEBRUARY 2, 2019

Mary's®
Non-GMO Boneless Skinless Breast

\$5.59
per lb.

- Gluten free
- No preservatives
- No antibiotics ever
- Raised without added hormones
- Fed no animal by-products



EDAP \$5.99 per lb.

Bonafide Provisions®
Bone Broths

\$6.49
24 oz.

There is no meat or added stock, just a collagen-rich broth that turns to gelatin when it's cooled.*



EDAP \$8.19

evol®
Select Single-Serve Meals

\$3.59
8.13-11.3 oz.

evol is making frozen "cool again" by freezing fresh ingredients for busy people to eat healthy food whenever they want.



EDAP \$4.39

Cascadian Farm Organic®
Frozen Organic Vegetables

\$2.19
16 oz.

Frozen vegetables from a working, active, productive farm dedicated to bringing wholesome, organic food to your table.



EDAP \$2.99

Smart Flour Foods®
Gluten-Free Pizzas

\$5.49
10-10.3 oz.

A perfect trio of ancient grains that mix for an unbeatable combination of taste, texture and nutrition.



EDAP \$6.99

Natural Grocers®
Organic Frozen Fruit

\$3.99
16 oz.

Our frozen fruit is certified organic, because we don't put our name on anything less.



EDAP \$4.59

Califia Farms®
Dairy-Free Almondmilk Creamers

\$3.59
32 oz.

Say yes to the simple plant-powered yum of almond + coconut cream that treats you and your coffee kindly.

Dairy-Free Almondmilks

\$3.29
48 oz.

Soy free, dairy free, gluten free, carrageenan free, non-GMO, kosher, vegan, BPA free and contains 50% more calcium than milk.



EDAP \$4.79

EDAP \$4.29

Silver Hills®
Sprouted Grain Bread Loaves

\$2.69-
\$2.99
15-22 oz.

Silver Hills Bakery makes specially crafted breads using a unique sprouting process that harnesses the best of pure, quality ingredients.



EDAP \$3.69-\$3.99

REBBL®

Select Organic Elixirs

\$2.89
12 oz.

EDAP \$3.79

12-16g Organic Plant Protein Beverages

\$3.59
12 oz.

EDAP \$4.59



GoodBelly®
Organic Probiotic Beverages

\$2.49
32 oz.

At GoodBelly, they test the probiotic count in all their finished products as they come off the production line.



EDAP \$3.29

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

ALWAYS AFFORDABLESM • 100% ORGANIC PRODUCESM



REWARDS PROGRAM

SIGN UP NOW & RECEIVE
\$2 OFF
YOUR NEXT PURCHASE

Enter your phone number every time you checkout and points are automatically added to your account.

FREE
LOYALTY
PROGRAM

EXCLUSIVE
{N}POWER
PRICING

WEEKLY
OFFERS

CLUBS

Earn Extra Rewards
by Shopping in Select
Departments

A black smartphone is shown at an angle, displaying a text message. The message text is: 'TEXT organic TO: 41411 AND FOLLOW THE LINK TO JOIN'. The word 'organic' is highlighted in a green speech bubble.

TEXT
organic
TO: 41411
AND FOLLOW THE LINK
TO JOIN

SIGN UP ONLINE
NATURALGROCERS.COM/JOIN

QUESTIONS? VISIT NATURALGROCERS.COM/CONTACT

*See naturalgrocers.com/privacy/ for our Privacy Policy and naturalgrocers.com/terms for the {N}Power Terms of Use. Message and data rates may apply.

OFFERS VALID JANUARY 14 TO FEBRUARY 2, 2019

Maple Hill®
100% Grass-Fed Organic Milks
100% Grass-Fed Organic Greek Yogurts



\$4.39-
\$4.89
64 oz.

\$1.49
5.3 oz.
EDAP \$1.79

USDA ORGANIC

EDAP \$4.59-\$5.35

Kite Hill®
Dairy-Free Almond Milk Yogurts
Artisan Almond Milk Yogurts



\$3.79
16 oz.
EDAP \$4.79

\$1.39
5.3 oz.
EDAP \$1.69

NON-GMO VERIFIED

Wildbrine®
Probiotic Sauerkrauts



\$4.99
18 oz.

Raw, vegan, gluten free and traditionally fermented to provide you with the essential probiotics your tummy needs.*

EDAP \$6.25

USDA ORGANIC NON-GMO VERIFIED

Westbrae®
Organic Canned Beans



\$2.69
25 oz.

Westbrae organic beans are versatile, convenient and nutritious as a source of fiber and protein.

EDAP \$3.29

USDA ORGANIC NON-GMO VERIFIED

Natural Grocers®
Skinless & Boneless Wild Pink Salmon



\$3.49
6 oz.

Sustainably caught, canned fresh, never frozen—and always rich in omega-3s.

EDAP \$3.99

NON-GMO VERIFIED

Bellucci®
Organic 100% Italian Extra Virgin Olive Oil
Organic Sicilia Extra Virgin Olive Oil



\$8.69
16.9 oz.

\$11.69
16.9 oz.

EDAP \$12.69

EDAP \$15.69

Certified GF Gluten-Free USDA ORGANIC NON-GMO VERIFIED

Rumiano®
Organic Cheese Blocks
Organic Cheese Slices



\$3.55-\$4.49
8 oz.

\$2.75
6 oz.
EDAP \$3.95

EDAP \$5.15-\$5.49

USDA ORGANIC NON-GMO VERIFIED

Introducing **NATURAL GROCERS® BRAND PRODUCTS**
PREMIUM QUALITY AT AN AFFORDABLE PRICE™

Natural Grocers®
Organic Apple Cider Vinegar



\$2.99
16 oz.

\$4.49
32 oz.

EDAP \$3.49

EDAP \$4.99

USDA ORGANIC

Tasty Bite®
Entrée Pouches



\$2.45
10 oz.

Discover a world of flavors with all-natural ingredients and spices in every Tasty Bite product.

EDAP \$3.15

NON-GMO VERIFIED

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

Grocery

OFFERS VALID JANUARY 14 TO FEBRUARY 2, 2019

Primal Kitchen®
Avocado Oil Mayonnaise



\$6.59
12 oz.

Primal mayo, who knew? Made with avocado oil, organic eggs and rosemary extract, this delicious condiment is one you won't want to miss!

EDAP \$8.89

Koyo®
Ramen



79¢
2-2.1 oz.

Koyo's organic ramen noodles are baked, not fried, are low fat and contain no added MSG or preservatives.

EDAP 99¢

Kettle & Fire®

Bone Broths Bone Broth Soups



\$5.29
16.2 OZ.

EDAP \$6.79

\$5.69-\$6.49
16.9 OZ.

EDAP \$7.19-\$7.99

Simple Mills®

Crunchy Cookies or Almond Flour Crackers Almond Flour Baking Mixes



\$3.89
4.25-5.5 OZ.

EDAP \$4.79

\$6.15
9-11.5 OZ.

EDAP \$7.59

Local Hive®
Raw & Unfiltered Honey



\$5.59
16 oz.

In addition to only working with American beekeepers, Local Hive is committed to spreading the word on pollinators by partnering with some of the most trusted experts in the field.

EDAP \$7.29

Justin's®

Cashew or Almond Butter Squeeze Packs Almond Butter Jars



\$10.49
10-pk.

EDAP \$12.89

\$9.75
16 OZ.

EDAP \$11.75

Maker Oats®
Organic Overnight Oats



\$5.29
2.29 OZ.

EDAP \$6.99

\$8.29
11.4 OZ.

EDAP \$10.99

Cascadian Farm Organic®
Organic Cereals, Granolas or Select Bars



\$2.99
6.2-16 oz.

One of the country's leading brands of organic foods is dedicated to bringing wholesome, organic food to your table.

EDAP \$4.55-\$4.89

Orgain®

Organic Vegan Protein Shakes Organic Complete Protein Shakes



\$2.29
11 OZ.

EDAP \$2.99

\$9.19
4-pk.

EDAP \$11.79

Introducing **NATURAL GROCERS® BRAND PRODUCTS**
PREMIUM QUALITY AT AN AFFORDABLE PRICE™



NEW

\$6.49
10 oz.

Every BPA-free bag of Natural Grocers coffee is certified organic and fair trade.

EDAP \$6.99

GoMacro®
Macrobars



\$2.15
2-2.4 oz.

All GoMacro products are certified organic, vegan, gluten free, kosher, non-GMO and delicious.

EDAP \$2.59

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

good4uSM

NEW PRODUCTS OF THE MONTH

OFFERS VALID JANUARY 14 TO FEBRUARY 2, 2019

fishpeople[®]
Wild Seafood Kits

\$6.29

10.2-10.5 oz.
EDAP \$8.99



Sustainably-caught fish meets its match with the simple ingredients of chef-crafted toppers. Restaurant-worthy seafood at home is within reach.

Primal Kitchen[®]

Spicy Brown Mustard

\$2.79

12 oz.
EDAP \$3.99



Unsweetened Ketchup

\$3.99

11.3 oz.
EDAP \$5.39



Organic spicy brown mustard is infused with zesty organic turmeric and other organic ingredients. Ketchup packed with wholesome, all-American taste without the added sugar.

22

The Soufull Project[®]

Hot Cereals

\$3.99

14.1 oz.
EDAP \$5.29



\$2.69

7 oz.
EDAP \$3.55



For every serving of The Soufull Project's hot cereal purchased they donate a serving of their 4 Grain cereal to a food bank in your region.

Natural Factors[®]

Whole Earth & Sea Organic Fermented Protein & Greens; Tropical or Chocolate

\$44.99

660-710 g
EDAP \$49.99



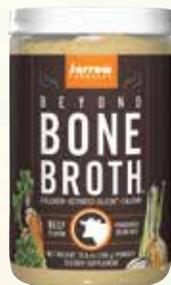
Fermented protein powders offer a concentrated source of amino acids to help you meet your daily protein needs, while fermented greens supplements are a rich source of beneficial phytonutrients.*

Jarrow Formulas[®]

Beyond Bone Broth[®]
Spicy Beef Ramen

\$18.59

10.8 oz.
EDAP \$28.89



Beyond Bone Broth is a powdered drink mix that supplies bioactive type I and type II collagen peptides, cartilage chondroitin sulfate, calcium, marine minerals and JarroSil activated silicon. Try the new Spicy Beef Ramen flavor!

Nutiva[®]

Coconut Body and Facial Oil
4 Scents

\$6.49

3.4 oz. each
EDAP \$8.29



Nourish your body with pure oil made from organic young coconuts and organic essential oils.

All items are available while supplies last; no rain checks. We reserve the right to correct errors. 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.

good4uSM CREW PICKS OF THE MONTH

OFFERS VALID JANUARY 14 TO FEBRUARY 2, 2019

Teton Waters Ranch® Bratwurst or Sausages

\$5.25
10 oz.
EDAP \$6.15



"It's a spicy, tasty sausage. Everyone needs a little spice in their life!"
-Curt
good4u crew since 2018



Perfect Bar® Almond Butter Bars

\$2.15
2.2-2.3 oz.
EDAP \$2.69



"This is my go-to snack at work! Packed with protein and just a hint of sweetness, it really hits the spot."
-Summer
good4u crew since 2018



Essentia® Ionized Water

\$1.99
1.5 L
EDAP \$2.49

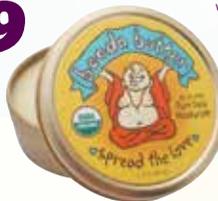


"It is the best-tasting water!"
-Tracy
good4u crew since 2012



Booda Organics® Booda Butter

\$9.49
2.3 oz.
EDAP \$11.89



"Spread the love with this all-in-one daily moisturizer that has over 50 uses for the whole family. This product is wax free and I love how it nourishes and protects my dry skin, cuticles and hair (...yes hair!) especially during the winter months. Plus it smells amazing!"
-Sundi
good4u crew since 2015



Amazing Grass® Green Superfood Original

20% Off
Our Always
Affordable™
Price



Original Green SuperFood is a powerful blend of nutritious greens, phytonutrient-packed fruits, veggies and cereal grasses, digestive enzymes and probiotics which increase energy, promotes detoxification and boosts your immune system.
-Jon
good4u crew since 2016

8.5 oz.
EDAP \$24.19



Gaia Herbs® Mental Alertness

\$17.79
60 cap
EDAP \$22.59



"Mental Alertness helps enhance the cognitive functions of the brain with concentrated herbal extracts that support memory, concentration and clear thought."
-Casey
good4u crew since 2018



NEW





Introducing
NATURAL GROCERS®
BRAND PRODUCTS
PREMIUM QUALITY AT AN AFFORDABLE PRICE™

When it comes to house brands, it seems like everybody has one these days.

When it comes to our brand, it's a family legacy. It's a giant step to provide our neighborhood with the healthiest options at prices that every family can afford.

We choose products that represent not simply value, but our values—values that support small farmers, family businesses and environmental stewardship; values that have been defining our family's mission since 1955, never compromising quality for the easy way through. When you see “hormone and antibiotic free,” “free range,” “pasture based” and “non-GMO” on our labels, they mean what you expect them to mean, no loopholes.

We choose to keep it real by letting our family values define the products we offer to your family. We want the stuff bearing our name to be the best that money can buy, while still leaving room in your wallet for those indulgences you crave.

Because when it comes to house brands, we believe every family deserves the best in the house at an always, Everyday Affordable Price.

JANUARY 17TH-19TH ONLY!

Don't Miss Our **THREE DAYS OF HOT DEALS**

Cascadian Farm Organic®
Frozen
Organic Vegetables



1⁹⁹
16 oz.
EDAP \$2.99

Natural Grocers®
Skinless & Boneless
Wild Pink Salmon



2⁹⁹
6 oz.
EDAP \$3.99

Natural Grocers®
Organic Whole Bean
or Ground Coffee



5⁹⁹
10 oz.
EDAP \$6.99

Introducing

NATURAL GROCERS®
BRAND PRODUCTS
PREMIUM QUALITY AT AN AFFORDABLE PRICE™

KeVita®
Organic Kombucha or
Sparkling Probiotic Drinks

1⁹⁹
15.2 oz.
EDAP \$2.59



good4u Offers valid January 14 to February 2, 2019
deals of the month

Bellucci®
Organic 100% Italian
Extra Virgin Olive Oil



7⁹⁹
16.9 oz.
EDAP \$12.69

NEW

\$3⁹⁹
16 oz. EDAP \$4.59

Natural Grocers®
Organic Frozen Fruit

\$2⁹⁹
16 oz. EDAP \$3.49

Natural Grocers®
Organic Apple Cider Vinegar

Grocery

OFFERS VALID JANUARY 14 TO FEBRUARY 2, 2019

Bobo's®
Oat Bars

\$1.99
2.5-3 oz.



Each one of Bobo's oat bar ingredients is gluten free, vegan, non-GMO and made from 100% organic whole-grain oats.



EDAP \$2.59

RXBAR®
Protein Bars

\$1.89
1.83 oz.



Simply made and infused with all-natural ingredients, these are the protein bars you've been looking for, without the added B.S.

EDAP \$2.29

EPIC®
Meat Bars

\$2.15
1.3-1.5 oz.



EPIC beef, venison, wild boar, lamb and bison meat bars are all raised on open pasture—just how nature intended.



EDAP \$2.65

HIPPEAS®
Organic Chickpea Puffs

\$2.59
4 oz.



HIPPEAS are the new go-to snack for those who demand great taste and high-quality ingredients.



EDAP \$3.19

Boulder Canyon®
Select Potato Chips

\$2.49
5.25-6.5 oz.



Experience the taste of better-for-you snacks with fewer, better and minimally processed ingredients.

EDAP \$2.99

Lundberg Family Farms®
Organic Thin Stackers
Organic Rice Cakes

\$2.19
5.9 OZ.



\$2.89
8.5-10 OZ.



Certified GF
Gluten-Free
USDA ORGANIC
NON-GMO VERIFIED

EDAP \$2.79 EDAP \$3.69

Inka Crops®
Plantain Chips

\$1.49
3.25-4 oz.



High-quality plantains that are sliced and fried in pure palm oil, for a light and crispy snack that can be enjoyed with dips or straight from the bag.

EDAP \$1.89

R.W. Knudsen Family®
Select Just Juices

\$6.19
32 oz.



Enjoy a delicious glass of high-quality, all-natural juice, including organic options—just 100% juice and unique flavor combos for any taste bud.



EDAP \$7.69

High Brew Coffee®
Cold Brew Coffee Beverages

\$1.79
8 OZ.



\$6.29
4-pk.



EDAP \$2.39 EDAP \$7.99

Zevia®
Zero Calorie Stevia Sodas

\$4.19
6-pk.



The healthier alternative to conventional sodas and diet sodas, Zevia contains no artificial ingredients and is sweetened with plant-derived stevia leaf extract.

EDAP \$5.89

Seventh Generation®
Dish Liquids Liquid Laundry Detergents

\$2.99
22-25 OZ.



\$10.99
95-100 OZ.



EDAP \$3.69 EDAP \$13.99

The Honest Kitchen®
Beams Fish Skin Dental Chews Select Dehydrated Dog Food

\$8.99
3.25 OZ.



\$17.49
2 lb.



EDAP \$10.99 EDAP \$21.99

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

good4u **SENSATIONAL SAVINGS**SM
OFFERS VALID JAN. 14 TO FEB. 2, 2019



Alexia[®]

Select Frozen Potatoes

2⁸⁹ - 3²⁹

15-32 oz.

EDAP \$3.65-\$4.39



Jackson's Honest[®]

Grain-Free Puffs or Coconut Oil Tortilla Chips

2⁸⁹

4-5.5 oz.

EDAP \$3.55-\$3.59



Van's[®]

Frozen Waffles

2⁴⁹

8-9 oz.



EDAP \$2.99



KeVita[®]

Organic Kombucha or Sparkling Probiotic Drinks

2¹⁵

15.2 oz.



EDAP \$2.59

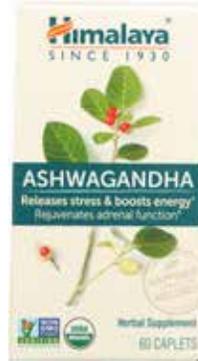


7⁴⁹
180 cap

Natural Factors[®]

Apple Cider Vinegar
500 mg

EDAP \$11.99



9⁹⁹
60 vcap

Himalaya Herbal[®]

Ashwagandha

EDAP \$19.89

Health From The Sun[®]

Coconut MCT Powder

\$7.99

14 oz.

EDAP \$11.65



Liquid Coconut MCT Oil

\$8.99

12 oz.

EDAP \$14.79

MRM[®]

CoQ-10
100 mg

8⁴⁹

60 sg

EDAP \$9.99



12⁷⁹

120 sg

EDAP \$14.99

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*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.