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HAPPY Father's DAY

***“Whenever the cashier at the grocery store asks my dad if he would like the milk in a bag he replies, ‘No, just leave it in the carton!’”
–Dad Jokesⁱ***

June means the end of school and the beginning of summer, but what it’s really all about happens in the middle—Father’s Day! It’s time to bust out our favorite Dad Jokes and celebrate the man who makes them funny. He brings the finest one-liners, but what will you bring Dad this June 16th? Historically, the most popular gift for Father’s Day is necktiesⁱⁱⁱ but our family doesn’t need more of those. We’re guessing yours doesn’t either, so we came up with three gift ideas that are way better than ties.

***“Every Dad is entitled to one hideous shirt and one horrible sweater. It’s part of the Dad code.” –Tom Baker (Steve Martin),
Cheaper By the Dozen 2***

No, we’re not suggesting you gift him a hideous shirt—he’s accomplished at finding his own. We think every Dad should enjoy good health as much as he enjoys that one horrible sweater. Instead, help him detox his grooming routine this Father’s Day. From shaving oils to cologne to manly moisturizers, our personal care selection has something to break through

every Dad code. What they don’t have is synthetic fragrances, parabens or formaldehyde that might sneak into his hygiene routine. Help him wear that sweater so much better!

***“What did the mountain climber name his son? ... ‘Cliff!’”
–Dad Jokes^{iv}***

Your initial introduction to the great outdoors as a kid often features Dad in the starring role. In honor of the guy who helped you make your first s’more and told you your first scary campfire story, how about a gift of planet-friendly outdoor gear? With everything from Hydro Flasks to compostable paper plates and human-safe and environmentally-friendly sunscreens and bug sprays, a gift basket that’s as fun as Dad Jokes should be easy to create. Don’t forget the titanium spork!

“Real Dads just want bacon.”

That is according to Andy Smithson, a real dad quoted in a blog titled “What Do Dads Really Want for Father’s Day?”^v Smells like a fantastic idea to us, if it’s a animal welfare conscious and antibiotic-, synthetic growth-promotant and artificial-preservative free. Should vegetarian bacon be his preference, there are plenty of tantalizing alternatives too, and we can help you find them. We’re guessing a side of pancakes with some pure maple syrup won’t hurt his feelings, either, as long as he doesn’t have to do the dishes. Share the gift of delicious food with Dad—just make sure it’s as protective of his health as he is of you.

***“You want to be that rock your kids grab hold of in a stormy sea...
Actually, a rock would sink. So a floating rock.” –Phil Dunphy,
Modern Family***

How better could we close a tribute to the “old man” than with some Philosophizing from TV’s most relatable dad? Joking aside though, we have a heart full of thanks for the wisdom, the unconditional love and the irrepressible sense of humor that Dads always bring. Happy Father’s Day!

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INGREDIENTS

FOR THE PESTO

2 cups packed organic basil leaves

¼ cup coarsely chopped Natural Grocers Brand Bulk Walnuts

2 organic garlic cloves, minced

¼ cup Natural Grocers Brand Organic Parmesan Shreds

½ teaspoon sea salt

¼ cup Natural Grocers Brand Organic Extra Virgin Olive Oil

FOR THE FISH

1 (2.5-ounce) package Epic pork rinds, any flavor

½ cup pesto

Salt and pepper, to taste

4 portions (5-6 ounces each) mahi-mahi filets

1 organic lemon, cut into quarters

FOR THE VEGETABLES

2 bunches organic Swiss chard, stems removed

1 tablespoon Natural Grocers Brand Organic Extra Virgin Olive Oil

1 pint organic grape tomatoes

2 organic garlic cloves, minced

Salt and pepper, to taste

1 tablespoon butter or ghee

2 tablespoons pesto



NATURAL GROCERS PESTO CRUSTED MAHI-MAHI

SERVED WITH BLISTERED TOMATOES AND SWISS CHARD

This easy keto-friendly weeknight recipe is deliciously satisfying. The pesto crusted mahi-mahi is hearty and bursts with the flavors of garlic and basil, while the blistered tomatoes and chard add warmth, flavor, and color to this meal.

TOTAL TIME: 50 MINUTES

Serves 4

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Make the pesto: Add the basil leaves to the bowl of a food processor. Pulse until well chopped. Add the walnuts, garlic, cheese, and salt and process until the mixture is uniform, scraping down the sides as necessary. With the machine running, slowly add the olive oil and process until well incorporated. Set pesto aside.
3. Stack the chard leaves and roll them up and cut chiffonade (sliced perpendicular to the roll into thin strips). Do this in batches until all the leaves are sliced into thin strips. Set aside.
4. Place the pork rinds in a blender and blend into a powder. Transfer to a bowl. Add the pesto to the pork rind powder and stir together until well combined. Taste and add salt and pepper if desired.
5. Place the mahi-mahi portions on a parchment-lined baking sheet and spread the pesto mixture evenly onto each piece of fish, pressing the mixture onto the fish to form an even crust.
6. Bake the mahi-mahi for 12-16 minutes. Fish should reach an internal temperature of 145°F. Check the temperature by inserting an instant-read thermometer into the thickest part of the fish; if you do not have an instant-read thermometer, cut into the thickest part and look at the texture. The fish should be opaque and break easily into flakes when you nudge it with a fork.
7. For the vegetables: While the fish bakes, heat the olive oil in a heavy skillet (cast iron or stainless steel with a lid) over medium heat. When the oil is hot, add the tomatoes and let cook undisturbed for 2 minutes; the tomatoes should begin to pop and sizzle a bit (watch for flying oil and tomato juice). After 2 minutes, stir and turn the tomatoes over. Add the garlic to the skillet and leave the tomatoes and garlic alone without stirring for 1 minute, then stir until the tomatoes and garlic are well combined. Add ¼ of the chard and season lightly with salt and pepper. Cover and let sit for 1 minute, allowing the chard to wilt, uncover, stir and toss, add more chard, season lightly with salt and pepper, cover and let wilt; repeat the process every minute until all of the chard is incorporated. The total time to incorporate the chard with the tomatoes and garlic should take no more than 3-4 minutes.
8. Add the butter and pesto to the vegetables, stir, and carefully toss until fully incorporated. Taste and season with more salt and pepper if desired.
9. Distribute the vegetables evenly among four serving plates, mounding onto the center of the plate, then add the mahi-mahi. Squeeze fresh lemon juice over both the fish and the vegetables and serve immediately.

FOR THE LOVE OF ORGANICS

BASIL

By Charity Isely

Sunshine warms your cheeks as you dig your fingers into the dirt and breathe in the fragrance of a June afternoon in the garden. You inhale deeply and feel the world melting away, leaving you alone with the birdsong, the buzzing bees, and the scent of basil. The delight of real food fills your senses, as you gently pinch basil leaves from the stalk, rubbing them between your fingertips to release their spicy perfume. Ahhh, basil—an herb both evocative of carefree summer bliss and loaded with serious benefits—let’s dig into that.

ONE SMALL SERVING = ONE POTENT MOUTHFUL OF FLAVOR AND NUTRIENTS

Basil’s origins date back more than 5,000 years, and history has valued it throughout the centuries for its health-supporting properties.ⁱ In the ancient Ayurvedic traditions of India, holy basil is revered for its many benefits including as a respiratory and digestive aid.^{ii,iii,iv} Modern science confirms that basil’s volatile oil compounds can overpower a wide spectrum of bacteria, yeast, and mold and may inhibit several strains of drug-resistant bacteria.^{v,vi,vii} Like other culinary herbs, it’s a concentrated source of antioxidant polyphenols,^{viii} with the purple varieties boasting an extra punch of antioxidizing power because of the abundance of anthocyanins they contain.^{ix}

FOR THE LOVE OF BEES, KEEP IT ORGANIC

Make your pollinator garden come alive with basil. It’s super easy to grow, and the bees adore it too.^x Just be sure to choose organic seeds for your own sake, and for the bees. If planting basil isn’t in the cards this season, still buy organic. Two of the top chemicals used on conventional basil in California in recent growing seasons

were 1,3-dichloropropene and metam potassium.^{xi} Both are classified as “Bad Actors,” a term the Pesticide Action Network (PAN) has established to identify the most toxic pesticides. The qualifications for becoming a Bad Actor include being known carcinogens, reproductive toxins, and groundwater contaminants.^{xii} Go organic for your health, the planet, and the bees!

“SUMMERTIME AND THE LIVIN’ IS EASY...” EXCEPT FOR THE MOSQUITOS

Delightful June afternoons melt into deliciously long evenings. Wrapping yourself in the warmth of a summer night and watching the stars come out is pure bliss until the pests show up. Guess what can throw mosquitoes off your scent? You guessed it—basil! Research suggests that basil essential oil may be as effective as DEET, so keep your summer evenings pest-free with a DIY non-toxic bug spray.^{xiii,xiv} Try mixing 20-30 drops of basil essential oil with a ½ cup of water and ½ cup of witch hazel in a spray bottle. For extra repelling action, include 10-20 drops each of lemon eucalyptus, citronella, geranium, and/or lavender. Good riddance mosquitos!



GO ADVENTURING WITH VARIETY

Summer soirées are the perfect opportunity to explore the flavorful nuances of basil’s many renditions. Thai basil has a subtle licorice flavor and maintains its flavor during cooking and lemon basil lives up to its name with a refreshing citrus twist. In authentic Italian pesto, Genovese rules the day,^{xv} while dark opal will lend its aesthetic appeal to any culinary combination.^{xvii}

British food writer and cookbook author Elizabeth David once said, “Summer cooking implies a sense of immediacy, a capacity to capture the essence of the fleeting moment.” To that end, we say, inhale the flavor, embrace the moment, and eat lots of pesto!

References available upon request.

Inner Glow

SUPPORT YOUR BEST SKIN, HAIR, AND NAIL HEALTH WITH THESE SUPPLEMENTS

BY SUZANNE BOOTHBY

We all want natural glowing skin, strong nails, and shiny, full-bodied hair—and if you enjoy a healthy lifestyle you may already notice that you look (and feel) your best when you eat a rainbow of colors, stay hydrated, and sleep well. Supplements can help you glow too. Supplements nourish your body at the cellular level to promote skin, hair, and nail health from the inside out.

The skin is the body's largest organ, whose primary function is to act as a barrier, protecting us from environmental assaults such as pollution, UV radiation, pathogens, etc., and to help with detoxification. Like all parts of the body, the skin (as well as the hair and nails) is dependent on

nutrients for optimal function.

Whether you have specific skin, hair, or nail issues, or just want an extra boost, here are some of the top supplements that can help.

TOP SUPPLEMENTS FOR HEALTHIER SKIN, HAIR, & NAILS

COLLAGEN

Collagen is the primary protein in skin that provides strength and structure, keeping it smooth, firm, and helps it retain moisture. Our bodies naturally produce collagen (when given the proper nutrients to do so), but production slows as we age.

Additionally, our diets contain much less of this vital building block compared to our ancestors' diets, so supplementation becomes necessary for healthy skin, hair, nails, joints, and even bones, which also contain collagen.

One placebo-controlled study found that women who regularly took collagen peptides — a form that is easy for the body to digest and may be a good choice for those with digestive issues — could see a visible reduction in wrinkles. One hundred and fourteen women were randomized to either receive 2.5 g of bioactive collagen peptides or placebo daily for eight weeks. After four and eight weeks of follow up, the women taking collagen saw a



significant decrease in eye wrinkles, as well as a significant increase in both procollagen (the precursor to collagen) and elastin in their skin. A positive long-lasting effect was seen four weeks after the treatment was stopped.¹

Another study of 69 women aged 35 to 55 found that taking a collagen supplement (2.5g-5g daily) improved skin elasticity in just four weeks. Some of the women also experienced a positive effect on skin moisture.²

Collagen comes in many forms, including pills, powders, and chews. Vegetarians and vegans can look for collagen precursor blends that typically contain a combination of vitamins, herbs, and amino acids to support collagen production.

VITAMIN C

Healthy skin requires large amounts of vitamin C, which is essential for making collagen, maintaining healthy cell growth, and for providing oxidative protection to skin cells. This antioxidant vitamin concentrates in the epidermis and research has found that those with aged and sun-damaged skin have diminished vitamin C levels in the skin. A number of studies have shown that supplementation with vitamin C improves resistance to UV damage (especially when combined with vitamin E); reduces wrinkle depth;

increases collagen production; and improves roughness and dryness. A vitamin-C rich diet has also been found to decrease oxidative damage caused by things like UV exposure and smoking, including decreasing wrinkles, sagginess, and hyperpigmentation.^{3,4,5} Studies have used between 500 mg to 2,000 mg daily of vitamin C.⁶ Topical solutions of vitamin C at concentrations of at least 10 percent have also proven effective.

BIOTIN

An outright deficiency of biotin is rare, but the first signs that you may not be getting enough of this B vitamin include thinning hair, skin rashes, and/or brittle nails. Biotin supports the production of keratin, a protein required to maintain healthy hair and nails,⁷ and it may be particularly helpful for dry, brittle nails. Two small studies found that people with brittle nails who took a biotin supplement daily for several months saw an increase in the thickness of their nails by 25 percent. Splitting of the nails was also reduced.^{8,9} The daily recommended intake for biotin in adults is 30 mcg.¹⁰

ASTAXANTHIN AND LUTEIN

Astaxanthin and lutein are carotenoid antioxidants that seem to be particularly effective at protecting human skin against photodamage. One study found that

astaxanthin “exhibited a pronounced photoprotective effect” on human skin cells exposed to moderate UVA radiation, preventing cell death, reducing levels of damaging free radicals, and increasing antioxidant activity. The researchers also observed that there was a preferential uptake of astaxanthin by fibroblasts, cells that make collagen.¹¹ Human studies have shown that 6 mg of astaxanthin daily for eight weeks improved “crow’s feet” (wrinkles around the eyes), hyperpigmentation (i.e., age spots), elasticity, moisture content, and skin texture in both men and women.¹²

Lutein may be best known for its role in eye health, specifically in the macula, but this blue-light filtering carotenoid is also proving to be valuable in skin health as well. Lutein, and its partner zeaxanthin, are present in the skin, where they filter damaging blue light and protect skin from environmental stressors. A placebo-controlled trial including 50 men and women with mild-to-moderate dry skin took a supplement containing 10 mg of lutein and 2 mg of zeaxanthin for 12 weeks. After 12 weeks, overall skin tone and “luminance” were significantly increased in the group taking the lutein, which researchers attributed to lutein’s photoprotective (sun protective) and antioxidant properties.¹³



HEALTHY GUT = HEALTHY SKIN

The outward appearance of the skin can be a glimpse into our internal health, specifically, gut health. Imbalances in the gut can manifest as a number of health issues, including skin disorders, and researchers are exploring how optimizing your gut microbiome can offer your skin a healthier glow.

Research investigating the gut-skin connection has found a strong association between imbalances in the gut microbiota and skin allergies, rosacea, and acne,¹⁴

¹⁵¹⁶ while probiotics have been shown to improve these conditions. A recent placebo-controlled trial in Japan found that women who consumed a strain of *Lactobacillus casei* for eight weeks saw an improvement in their skin, including reduced flakiness and a decrease in water loss from the skin, “suggesting an improvement of skin barrier function.”¹⁷ Another study showed that people who supplemented with a strain of *Lactobacillus rhamnosus* for 12 weeks saw an improvement in adult acne.¹⁸ Other research investigating the role of probiotics in skin health has found that

probiotics can help improve acne, psoriasis, wrinkles, and dry skin. Strains used have included *Lactobacillus acidophilus*, *L. bulgaricus*, *L. brevis*, *L. plantarum*, *Bifidobacterium infantis*, and *B. bifidum*.¹⁹

Our skin, hair, and nails act as our armor, protecting us from outside assaults like UV radiation and pollution every day. And just like every other body system, it needs good nutrition. A healthy, well-balanced diet as well as supplementation with key nutrients will keep your skin glowing, your hair shiny, and your nails strong and healthy.

References available upon request.

FOODS FOR HEALTHY HAIR, SKIN & NAILS

It’s no surprise that a variety of foods can help nourish you from the inside out and help strengthen your hair, skin, and nails. Since these parts of the body are part of the same organ system, the nutrients to help them stay healthy are similar.

8

AVOCADOS

Technically a fruit (thanks to the pit), avocado is an excellent source of pantothenic acid, or vitamin B5, and a good source of vitamins C and E, as well as a healthy source of fat, all of which support healthy skin and hair.

PASTURED EGGS

The egg yolks from hens that have been allowed to forage on pasture are rich in lutein and zeaxanthin, antioxidant carotenoids known to protect skin from photodamage caused by the sun.

BERRIES

It’s no accident that berries are freshest during the summer season, as they are nature’s way of helping fight free radicals thanks to their high antioxidant content. Eat more berries to help protect your skin and hair from damage that can happen from too much time in the sun or pool.

SALMON & WALNUTS

These foods are heavy hitters when it comes to omega-3s which are essential fatty acids that help promote healthy skin and hair.

A RAINBOW OF VEGETABLES

Vegetables are full of so many beneficial vitamins and antioxidants, which go a long way in keeping skin healthy. Red and yellow bell peppers, leafy greens, sweet potatoes, tomatoes, carrots, and broccoli are all great choices to keep in regular rotation.

TURMERIC

In India, the spice turmeric is sometimes called “the golden goddess” thanks to its beautifying properties. Turmeric helps support healthy liver function to help rid the body of toxins and is full of antioxidants that can support skin cell health.



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NON-ALCOHOLIC FATTY LIVER DISEASE:
A MODERN-DAY
EPIDEMIC

By Lindsay Wilson

Have you heard of foie gras? Considered a culinary delight by some, abhorred by many, it is made by force feeding corn to ducks or geese, which grossly fattens their livers. Translated to English, it literally means “fat liver” (sounds nicer in French, doesn’t it?), and the condition is not restricted to French ducks. According to the National Institutes of Health, up to 40 percent of American adults are walking around with fatty livers, and research suggests that nearly 10 percent of children from ages two to 19 have fatty livers, making it the most common form of liver disease in children.^{i,iii}

Known in the medical community as non-alcoholic fatty liver disease (NAFLD), it is a condition in which fat accumulates in the liver and is generally driven by a high sugar and refined-carb diet rather than excessive alcohol consumption. Rates are steadily increasing and it has become the most common cause of chronic liver disease in the United States^{iv}. In some people NAFLD can develop into non-alcoholic steatohepatitis (NASH), in which inflammation and liver cell damage is also present. This can progress to scarring of the liver (fibrosis), cirrhosis (permanent scarring and hardening of the liver), and liver cancer. It is estimated that about 20 percent of people with NAFLD have NASH.^v

NAFLD is closely associated with obesity, insulin resistance, metabolic syndrome, type-2 diabetes, and high triglycerides and/or LDL cholesterol, which has led researchers to call it the “liver manifestation” of metabolic syndrome.^{vi} In the U.S., rates of obesity^{vii} closely parallel rates of NAFLD, and cardiovascular disease is the most common cause of death in people with NAFLD.^{viii} As you can see, all of these conditions are deeply intertwined.

The good news is that you can control and even reverse fatty liver, starting with diet. A diet that includes a healthy balance of protein, healthy fat, and an abundance of vegetables is critical for not only controlling fatty liver disease, but for maintaining a healthy weight, healthy blood sugar and insulin levels, healthy triglycerides, and a healthy ratio of LDL: HDL cholesterol. One of the most important things you can do is strictly limit sugar consumption and completely avoid high-fructose corn syrup, which has been directly implicated in the development of fatty liver.^{ix,xi} It’s also important to limit your consumption of deep fried foods, which usually contain trans fats and contribute to unhealthy triglyceride and cholesterol levels.

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IN ADDITION TO DIETARY CHANGES, THERE ARE A NUMBER OF SUPPLEMENTS THAT HAVE BEEN INVESTIGATED AS POTENTIAL THERAPIES FOR NAFLD.

BERBERINE. The plant compound berberine is uniquely suited to tackle the cluster of symptoms that often accompany NAFLD, including insulin resistance, high blood sugar, and high triglycerides; studies have consistently found that berberine reduces triglycerides, LDL cholesterol, and fasting blood sugar, improves insulin resistance, and reduces fat in the livers, while also improving liver function, in NAFLD patients.^{xii} A recent randomized, controlled trial including 184 patients with NAFLD compared lifestyle intervention (diet and exercise), life style intervention plus pioglitazone (a diabetic drug, that should be noted, can cause or worsen heart failure), or lifestyle intervention plus berberine (500 mg, three times daily). Lifestyle intervention plus berberine resulted in a significant reduction in liver fat (57% compared to 36% in the lifestyle intervention group), a “remarkable” decrease in body weight, and better reductions in blood glucose, triglycerides, and cholesterol. Berberine was more effective than the drug in reducing body weight and improving triglyceride levels.^{xiii} Research has found that the liver contains the highest concentration of berberine metabolites (the breakdown products of berberine), containing about 70 times as much as what is found in the plasma.^{xiv}

CHOLINE. Choline is an essential nutrient (i.e., our bodies can't make it) often grouped with the B vitamins. It is required to make phosphatidylcholine, which is needed to move fat out of the liver, and research has shown that humans deprived of choline develop fatty liver and liver damage. Choline is also an important component of cell and mitochondrial membranes, where it maintains structural integrity. Mitochondrial dysfunction is connected to the development of NAFLD, and research has suggested that the pathogenesis of NAFLD to fibrosis to cirrhosis, and eventually to liver cancer is in part a result of choline-deficient liver cells overproducing free radicals because of “leaky” mitochondria, leading to oxidative damage, inflammation, and DNA damage in the liver.^{xv} The richest food sources of choline are egg yolks and liver,^{xvi}

two incredibly nutrient-dense foods that a lot of people avoid; eggs, because they have been wrongly demonized for their cholesterol and saturated fat content, and liver, because, well, liver. Choline intakes among older children, men, women, and pregnant women have been found to be far below the adequate intake.^{xvii} Most B-complex vitamins contain small amounts of choline, but you can find larger concentrations in krill oil,^{xviii} alpha GPC,^{xix} and lecithin.^{xx} Phosphatidylcholine supplements are also available. The daily recommended intake for choline is 425 mg for women 19 and older and 550 mg for men 19 and older.^{xxi}

MILK THISTLE. Milk thistle's claim to fame is supporting liver health, so it's no surprise that this herb has proven to be valuable in halting the progression of fatty liver disease. Silymarin, one of the main constituents in milk thistle, has both anti-inflammatory and antioxidant properties; this is particularly helpful in NAFLD and NASH, as inflammation and oxidative damage are intricately linked to the progression of liver damage.^{xxii} Additionally, both animal and human studies have shown that silymarin improves liver function in cases of NAFLD, can reduce fibrosis, the thickening and scarring of the liver tissue, improve insulin resistance, reduce fat accumulation in the liver, and improve mitochondrial function.^{xxiii xxiv xxv} Research has also found that milk thistle taken in combination with phosphatidylcholine improves bioavailability to the liver.^{xxvi} Studies have used an average dose of 200 mg of silymarin, two to three times daily.

While NAFLD has become a modern-day epidemic, the good news is that it is treatable, and even reversible, with lifestyle modifications including diet and exercise, and dietary supplementation. The supplements discussed in this article are backed by solid research and have all shown efficacy in improving a number of factors involved in the development and progression of NAFLD, including metabolic factors such as insulin resistance, triglyceride levels, and mitochondrial function. There is never a better time than the present to start taking care of yourself, and your liver!

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EDAP \$7.99
Limit 3

**This offer is only available only to registered {N}power members from 6/14/2019 through 6/16/2019 and is redeemable only for in-store purchases at participating Natural Grocers stores. 30% discount will be applied to the product's regular, non-discounted price. Limit 3 per item, per transaction. Quantity limited to stock on hand; no rain checks. This reward has already been loaded to your account. Be sure to present your phone number at checkout to redeem your discount. ALL REWARDS REDUCE YOUR BASKET SIZE. Points are applied to the price paid after discounts. Discount cannot be combined with other offers. We reserve the right to correct errors. Void where prohibited by law. To join {N}power, visit www.naturalgrocers.com/npower.

{N}power

ENTER FOR A CHANCE TO WIN

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FOR
ONE YEAR



NATURAL GROCERS®

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OUR

ONE MILLIONTH

{N}power MEMBER

WE'RE GIVING AWAY THOUSANDS OF DOLLARS OF FREE GROCERIES!

Every {N}power purchase you make during the entry period automatically enters you for a chance to win. You can also enter online for your chance to win great prizes, including the Grand Prize of a full year of free groceries.

www.naturalgrocers.com/millionth

NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. OPEN ONLY TO LEGAL RESIDENTS OF THE 50 UNITED STATES AND THE DISTRICT OF COLUMBIA, 18 YEARS OR OLDER. VOID WHERE PROHIBITED BY LAW. Sweepstakes starts on May 16, 2019 and ends on July 31, 2019. For Official Rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.



UP TO 26% OFF**



Liquid Hyaluronic Acid Berry

26% OFF**

18⁷⁹ 16 oz.
EDAP \$25.59

Astaxanthin

25% OFF**

9⁹⁹ 60 sg
EDAP \$13.49

Extra Strength Melatonin 10 mg

25% OFF**

8⁹⁹ 100 vcap
EDAP \$11.99

Vitamin D-3 1000 IU

25% OFF**

4⁴⁹ 180 sg
EDAP \$5.99

Omega-3

25% OFF**

7⁹⁹ 200 sg
EDAP \$10.79

Red Yeast Rice 1200 mg

21% OFF**

13⁷⁹ 60 tab
EDAP \$17.49

5-HTP 100 mg

21% OFF**

18⁷⁹ 120 vcap
EDAP \$23.99

Organic MCT Oil

14% OFF**

24⁴⁹ 32 oz.
EDAP \$28.49

Pure MCT Oil

12% OFF**

14⁷⁹ 32 oz.
EDAP \$16.99

CoQ10 100 mg

10% OFF**

24⁹⁹ 150 sg
EDAP \$27.99

Glucosamine & Chondroitin with MSM

\$2.00 OFF**

22⁷⁹ 180 cap
EDAP \$24.79

OFFERS VALID MAY 31 TO JUNE 22, 2019

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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.

Supplements

OFFERS VALID MAY 31 TO JUNE 22, 2019

Natural Factors®
Apple Cider Vinegar
500 mg

33% OFF**

\$7.99
180 cap

Apple cider vinegar offers a wide variety of health-promoting benefits. It supports the body's natural elimination of toxins, good blood circulation, healthy digestion and weight maintenance.*



EDAP \$11.99

Country Life®
Certified GF Gluten-Free

23% OFF**

Coenzyme B-Complex
\$15.49
120 vcap

Contains essential B vitamins in its active, "coenzymated" form.*



29% OFF**

Benfotiamine w/ Thiamin
150 mg
\$10.99
60 vcap



EDAP \$20.29

EDAP \$15.55

Natural Factors®

22% OFF**

Stress-Relax® Melatonin
5 mg
\$10.79
180 chew

Melatonin resets the sleep-wake cycle to help provide a more restful and natural sleep.

Stress-Relax® Tranquil Sleep
90 sg
\$20.79

Tranquil Sleep provides natural compounds that support relaxation and sleep quality.*




EDAP \$13.99

EDAP \$26.99

Biochem®
100% Vegan Protein
Vanilla or Chocolate

20% OFF**

\$13.99
11.4-13 oz.



EDAP \$17.49

Country Life®
Certified GF Gluten-Free

12% OFF**

Vegan CoQ10
200 mg
\$21.49
60 vsg

CoQ10 supports a healthy immune system, a healthy heart and acts as a free radical scavenger.*

Vegan CoQ10
100 mg
\$22.49
120 vsg




EDAP \$24.49

EDAP \$23.99

Nature's Way®
Organic Flax Oil

11% OFF

\$8.99
16 oz.

Nature's Way Flax Oil contains 57% omega-3s (alpha-linolenic acid), 17% omega-9s (oleic acid) and 15% omega-6s (linoleic acid).*



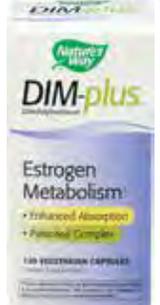
EDAP \$10.19

Nature's Way®
DIM-plus

10% OFF**

\$22.69
120 vcap

Contains diindolylmethane, a phytonutrient that supports the activity of enzymes that improve estrogen metabolism.*



EDAP \$25.25

Nature's Way®
Alive!®
Once Daily Women's or Men's 50+ Multi-Vitamin

10% OFF**

\$13.99
60 tab

Alive! Once Daily 50+ Ultra Potency are the most complete once daily multi-vitamins for men and women over 50.*



EDAP \$15.59

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OFFERS VALID MAY 31 TO JUNE 22, 2019

30% OFF** **Natural Factors®** **33% OFF****

CLA Tonalin 1000 mg **\$14.99** 90 sg
 EDAP \$21.49

CLA Tonalin 1000 mg **\$10.99** 60 sg
 EDAP \$16.49

CLA, or conjugated linoleic acid, supports fat metabolism and lean muscle mass.*




24% OFF** **Natural Factors®** **25% OFF****

Bromelain 500 mg **\$20.89** 180 cap
 EDAP \$27.85

DGL Licorice Root Extract **\$7.61** 90 chew
 EDAP \$10.15

Bromelain is an enzyme isolated from the stem of the pineapple plant and is used to support the digestive system.*

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




Natural Factors® **25% OFF****

WellBetX Berberine 500mg **\$15.89** 60 vcap
 EDAP \$21.19

Berberine plays a role in blood sugar metabolism, and helps support healthy blood sugar balance. It also helps maintain healthy blood lipid levels and supports cardiovascular health.*



Jarrow Formulas® **22% OFF**** **22% OFF****

MK-7 **\$13.99** 60 sg
 EDAP \$17.99

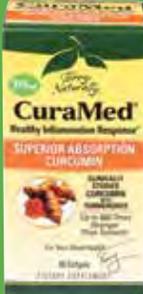
Hyaluronic Acid **\$11.59** 60 vcap
 EDAP \$14.99




Terry Naturally® **20% OFF****

CuraMed 375 mg **\$23.00** 60 sg
 EDAP \$28.75

Superior support for a healthy inflammation response. Supports liver, brain, heart and immune health.*



Garden of Life® **20% OFF****

Dr. Formulated Keto Fit **\$29.99** 12.52-12.87 oz.
 EDAP \$37.59

Chocolate or Vanilla

Dr. formulated with CLA and MCT, grass-fed whey protein, probiotics and ingredients clinically studied to help burn fat and fight cravings. Available in chocolate and vanilla.*




16% OFF** **Garden of Life®** **20% OFF****

myKind Organics Men's Once Daily **\$30.99** 60 vtab
 EDAP \$36.99

\$18.49 30 vtab
 EDAP \$23.25

A certified organic, non-GMO and vegan multi that's made from real, nutritious foods. This once daily whole food multivitamin is formulated specifically for men.*




15% OFF** **Garden of Life®** **20% OFF****

Raw Probiotics Men 50 & Wiser **\$32.99** 90 vcap
 EDAP \$38.99

Dr. Formulated Probiotics Once Daily Ultra **\$30.99** 30 vcap
 EDAP \$38.99

Garden of Life's probiotics have billions of diverse, clinically studied strains that promote digestive balance and immune health.*




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Supplements

OFFERS VALID MAY 31 TO JUNE 22, 2019

30% OFF** **MRM®** **30% OFF****

<p>Driven™ Pre-Workout Berries</p>  <p>\$17.79 12.3 oz.</p>	<p>Reload™ BCAA+G Watermelon</p>  <p>\$17.79 11.6 oz.</p>
--	--

RELOAD is packed with branched-chain amino acids (BCAAs) for the ultimate muscle-recovery formula.*
EDAP \$25.69 EDAP \$25.69

21% OFF** **Boiron®** **21% OFF****

<p>Arnicare Gel</p>  <p>\$5.49 1.5 oz.</p>	<p>Arnica Montana 30C</p>  <p>\$4.99 80 tab</p>
---	--

Relieves soreness, bruises and pain, arnica has been used for centuries as a natural pain reliever.*
EDAP \$6.99 EDAP \$6.39

16% OFF** **Wedderspoon®**

100% Raw
Manuka Honey
KFactor 16

\$23.49
8.8 oz.



Wedderspoon Manuka Honey is raw, non-GMO, and is sourced from New Zealand.*
EDAP \$27.99

10% OFF** **Manitoba Harvest®** **20% OFF****

<p>Hemp Yeah Balanced Protein + Fiber Unsweetened</p>  <p>\$9.79 16 oz.</p>	<p>Organic Hemp Yeah Max Fiber Unsweetened</p>  <p>\$11.99 16 oz.</p>
---	---

These protein powders offer a wide range of nutrition, including omegas and fiber.*
EDAP \$10.89 EDAP \$14.99

14% OFF** **Nordic Naturals®** **14% OFF****

<p>Ultimate Omega 2X</p>  <p>\$31.87 60 sg</p>	<p>Ultimate Omega 2X Mini</p>  <p>\$22.35 60 sg</p>
---	--

Formulated with 2,150 mg omega-3s to support heart, brain and immune system health.*
EDAP \$37.49 EDAP \$26.29

14% OFF** **New Chapter®** **14% OFF****

<p>Every Man's One Daily 40+ Multi</p>  <p>\$41.99 72 tab</p>	<p>Prostate 5LX</p>  <p>\$37.79 120 vcap</p>
--	---

EDAP \$48.99 EDAP \$44.35

11% OFF** **Nature's Plus®**

Keto Living™ Shake
Vanilla or Chocolate

\$39.79
1.27-1.49 lb.



Discover shakes specially designed to provide the support you need to live a successful keto or LCHF (Low-Carb, High-Fat) lifestyle.*
EDAP \$44.99

\$3.76 OFF** **Renew Life®** **\$2.90 OFF****

<p>Ultimate Flora Probiotic Extra Care 50 Billion</p>  <p>\$50.99 60 vcap</p>	<p>Ultimate Flora Probiotic Adult 50+ 30 Billion</p>  <p>\$39.79 60 cap</p>
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EDAP \$54.75 EDAP \$42.69

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WHY DID THE CHICKEN CROSS THE ROAD? TO GET TO BETTER PRICES!

NATURAL GROCERS IS NOW OFFERING MARY'S WHOLE CHICKENS AT INCREDIBLE NEW PRICES!

\$7⁹⁹

**Mary's
Non-GMO
Whole Chicken**

EDAP \$8.99



\$9⁹⁹

**Mary's
Organic
Whole Chicken**

EDAP \$10.99

**No Preservatives or Additives • No Antibiotics Ever • Vegetarian Fed
Non-GMO Feed and/or Organic Feed • No Animal By-products
Enhanced Outdoor Access • Air Chilled**



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Supplements

OFFERS VALID MAY 31 TO JUNE 22, 2019

31% OFF** **MegaFood®** **24% OFF****

Thyroid Strength® **Balanced B Complex**

\$27.99 **\$18.99**

60 tab **60 tab**

Thyroid Strength supports thyroid health and metabolic activity. Balanced B Complex supports healthy energy levels.*

EDAP \$40.75 EDAP \$24.99



27% OFF** **Solgar®** **28% OFF****

No. 7 **Turmeric Root Extract**

\$15.99 **\$9.99**

30 vcap **60 vcap**

Supports mobility, flexibility and range of motion in sensitive joints.*

The active ingredients in turmeric include beneficial flavonoids called curcuminoids.*

EDAP \$21.99 EDAP \$13.99



Vega® **21% OFF****

One Shake

Chocolate or Vanilla

\$46.99

24.3-25 oz.

Full of real, organic plant-based ingredients to help you supercharge your day.*

EDAP \$59.99



Barlean's® **18% OFF****

Organic Flax Oil or Organic Lignan Flax Oil

\$17.49

16 oz.

These flax and lignan flax oils contain pure, unrefined sources of plant-based omega-3 fatty acids.*

EDAP \$21.39-\$21.79



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FREE LOYALTY PROGRAM

{N}power
good4u

exclusive

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COUPONS & WEEKLY OFFERS**

EARN REWARD POINTS EVERY TIME YOU SHOP!

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



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

NUTRIENT TO KNOW ABOUT: BERBERINE

BLOOM INTO HEALTH WITH BERBERINE

**Berberine benefits the body in a bounty of ways—
including brain health, mood and memory!**



PICK UP YOUR BERBERINE TODAY!



Featuring

NATURAL GROCERS
BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE

INGREDIENTS

- 1 (16-ounce) package ground chorizo sausage, thawed
- 1 medium organic onion, diced
- 1 (15.5-ounce) can Natural Grocers Brand Organic Black Beans, drained and rinsed
- 1 medium organic zucchini, ½-inch dice
- 1 large organic green bell pepper, ½-inch dice
- 1 pint organic grape tomatoes, halved
- 1 (8-ounce) package organic button mushrooms, cleaned and sliced
- ¼ teaspoon salt
- 4 Natural Grocers Brand Organic and Pasture-Raised Eggs
- ½ cup Natural Grocers Brand Organic Mexican Blend Cheese Shreds
- ¼ cup organic salsa, or more as desired for serving (optional)
- ¼ cup organic sour cream, for serving (optional)

NATURAL GROCERS CHORIZO AND BLACK BEAN BOWL

This veggie-rich bowl is a fiesta to eat, any time of day! The gentle spice of chorizo combines with rich egg yolk and cheese to fill your belly and soul.

TOTAL TIME: 45 MINUTES

Serves 4

INSTRUCTIONS

1. Warm a large heavy-bottomed skillet or Dutch oven with a lid over medium heat. Add chorizo and brown until mostly cooked, about 8 minutes, stirring occasionally.
2. Add the onion and continue to sauté, breaking up the sausage, for about 2 minutes, or until onion begins to turn translucent.
3. Add the black beans, zucchini, bell pepper, tomatoes, mushrooms, and salt and stir to combine. Continue to cook, stirring occasionally, until the vegetables are tender and evenly cooked through, about 15 minutes.
4. Create four depressions in the vegetable and sausage mixture. Crack an egg into each depression, season eggs with salt, and cover to cook. Cook about 5 minutes for runny yolks, or up to 10 minutes for set yolks.
5. To serve, scoop ¼ of the sausage and vegetable mixture, including one egg, into a bowl. Sprinkle with about 2 tablespoons of cheese and top with salsa and sour cream if desired before serving.



good4uSM

NEW PRODUCTS OF THE MONTH

OFFERS VALID MAY 31 TO JUNE 22, 2019

Purity Organics®

Sparkling Organic Juice Drinks

Sparkling water with a light splash of ripe organic fruit juice in four refreshing varieties. Move over soda, there's a new fizz on the block.

\$3.49

4 pk.
EDAP \$4.99



30% OFF*



Neo Cell®

Glow Matrix
Adv Skin Hydrator

\$17.14

90 cap
EDAP \$24.49



30% OFF*

Everyone®

Facial Moisturizer

\$5.59

4 oz.
EDAP \$7.99



30% OFF*

24

R.W. Knudsen Family®

Organic Beet Carrot Orange Juice Blend

\$4.99

32 oz.
EDAP \$6.89

A new, refreshing spin on beet; meet R.W. Knudsen's new blend, Beet Carrot Orange.



27% OFF*

26% OFF*

NOW®

23% OFF*

Collagen Peptides Powder

\$10.99

8 oz.
EDAP \$14.99



BioCell Collagen

\$21.99

120 vcap
EDAP \$28.59

Sweetwood Smokehouse®

Fatty Turkey Sticks

\$1.49

1 oz.
EDAP \$1.75

These new, small-batch Fatty meat sticks are made with premium free-range turkey and all-natural ingredients, making it a tasty treat for any adventure.



14% OFF*

Guayaki®

Organic Limon, Ginger Sage or Blackberry Mint Sparkling Mate

\$1.99

12 oz.
EDAP \$2.29



These three new, Organic Sparkling Yerba Mate flavors will enliven as they refresh, and all are deliciously under 2 grams of sugar!



13% OFF*

good4uSM CREW PICKS OF THE MONTH

OFFERS VALID MAY 31 TO JUNE 22, 2019

Clif Kids®
Organic ZBars

\$3.39
6 pk.
EDAP \$5.25



"My daughter's favorite snack."
-Matt
good4u crew since 2011

35% OFF*



Hail Merry®
Two-Pack Cups

\$1.59
EDAP \$2.35



"Hail Merry Dark Chocolate Espresso Cups are the perfect dessert. They have a tiny touch of sea salt to go with the rich dark chocolate."

-Annie
good4u crew since 2018

32% OFF*



Solaray®
Reacta-C
500 mg

\$6.39
60 vcap
EDAP \$8.85



"Reacta-C gives me the free radical scavenging support I need."
-Rhea
good4u crew since 2009

27% OFF*



Bulldog Natural Skincare®

\$11.24
3.3 oz.
EDAP \$14.99



"The Age Defense moisturizer is the best I have ever used."

-Bob
good4u crew since 2014

25% OFF*



Gaia Herbs®
Turmeric
Supreme

25% OFF*
\$26.24
120 vcap
EDAP \$34.99



"I like that this turmeric supplement helps support a healthy inflammatory response in my body."
-Troy
good4u crew since 2014



Annie's Naturals®
Organic Dressings

2/\$6
8 oz.
EDAP \$3.99



"A long-time dressing staple that is creamy and tart."
-Esteban
good4u crew since 2017

24% OFF*



OFFERS VALID MAY 31 TO JUNE 22, 2019

30% OFF* **So Delicious®** **23% OFF***

Dairy-Free Frozen Dessert Pints  Dairy-Free Dessert Bars 

\$3.59-
\$3.99 **\$4.59**
EDAP \$5.19-\$5.65 **4 ct.** EDAP \$5.99

Certified **GF** Gluten-Free 

Saffron Road® **24% OFF***

Frozen Entrees

\$3.79
10 oz.



Quality Indian food finally meets convenience in their line of Halal-certified frozen entrees.

EDAP \$4.99

22% OFF* **Cappello's®** **26% OFF***

Select Gluten-Free Pizzas  Gluten-Free Naked Pizza Crust

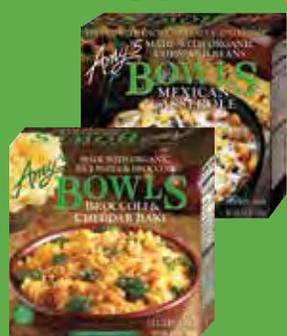
\$6.95 **\$4.69**
12 oz. 6 oz.
EDAP \$8.95 EDAP \$6.35

Certified **GF** Gluten-Free 

Amy's® **20% OFF***

Select Bowls

\$3.99
8.4-10 oz.



Discover Amy's select bowls—carefully crafted to curb any craving... pronto!

EDAP \$4.99

Hilary's Eat Well® **16% OFF***

Organic Veggie Burgers

\$2.49
6.4 oz.



Hilary's makes delicious, culinary-inspired foods using real, minimally processed ingredients that are organic, vegan and free from common allergens.

EDAP \$2.99

Certified **GF** Gluten-Free  

Niman Ranch® **16% OFF***

All-Natural Sausages

\$5.19
12 oz.



Niman Ranch raises livestock traditionally, humanely and sustainably to bring you great-tasting, all-natural meat.

EDAP \$6.19

Organic Prairie®

Organic Grassfed 85% Lean Ground Beef

\$7.49
16 oz.



Organic Prairie's certified organic beef is free of artificial pesticides, fertilizers, antibiotics, hormones, GMOs or other synthetic contaminants.

EDAP \$7.99



Mary's®

Non-GMO Boneless Skinless Breast

\$5.59
per lb.



Mary's free-range chickens are fed a non-GMO, vegetarian diet consisting of 65% non-GMO corn, 30% non-GMO soybean meal and 5% vitamins and nutrients.

EDAP \$5.99 per lb.



Grocery

OFFERS VALID MAY 31 TO JUNE 22, 2019

SweetLeaf®
Water Drops

24% OFF**

\$2.79
1.62 oz.

Convenient, sugar-free and gluten-free hydration enhancers available in six fruit-flavored blends.



EDAP \$3.69

Kite Hill®

24% OFF** **17% OFF****

Plant-Based Cream Cheese Style Spreads

Plant-Based Almond Milk Yogurts

Great-tasting, dairy-free foods made by plant-based artisans.



\$5.29 **\$1.39**

8 oz. 5.3 oz.

EDAP \$6.99 EDAP \$1.69

Perrier®
Sparkling Mineral Water Slim Cans

20% OFF**

\$6.39
10 pk.

Elegant and refreshing, Perrier Carbonated Mineral Water has delighted generations of beverage seekers, with its blend of bubbles and balanced mineral content, for over 150 years.



EDAP \$7.99

C2O®
Coconut Waters

17% OFF**

\$1.65
17.5 oz.

Fresh from the coconut groves of Thailand, C2O Pure Coconut Water fuses a unique, full-flavor profile with all of the naturally occurring electrolytes Mother Nature has to offer.



EDAP \$1.99

Bhakti Chai®

17% OFF** **22% OFF****

Ready-to-Drink Iced Chai Beverages

Craft-Brewed Chai Concentrates



\$3.19 **\$6.99**

16 oz. 32 oz.

EDAP \$3.85 EDAP \$8.99

KeVita®
Organic Probiotic Beverages

16% OFF**

\$2.15
15.2 oz.

Discover KeVita's incredibly refreshing sparkling probiotic drinks with four strains of live probiotics containing 4 billion CFUs, and whole-plant extracts.



EDAP \$2.59

Maple Hill®

14% OFF** **16% OFF****

100% Grassfed Organic Milk Kefirs

Select 100% Grassfed Organic Milks



\$4.29 **\$4.39**

32 oz. 64 oz.

EDAP \$4.99 EDAP \$5.25

Evolution Fresh®
Cold-Pressed Juices

up to 17% OFF**

\$2.99
15.2 oz.

Evolution Fresh offers cold-pressed juices and smoothies in pursuit of the most delicious, most nutritious juice experience.



EDAP \$3.19-\$4.69

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NUTRITION BYTES

SWITCHING TO ORGANIC DIETS REDUCES PESTICIDE LEVELS IN CHILDREN AND ADULTS

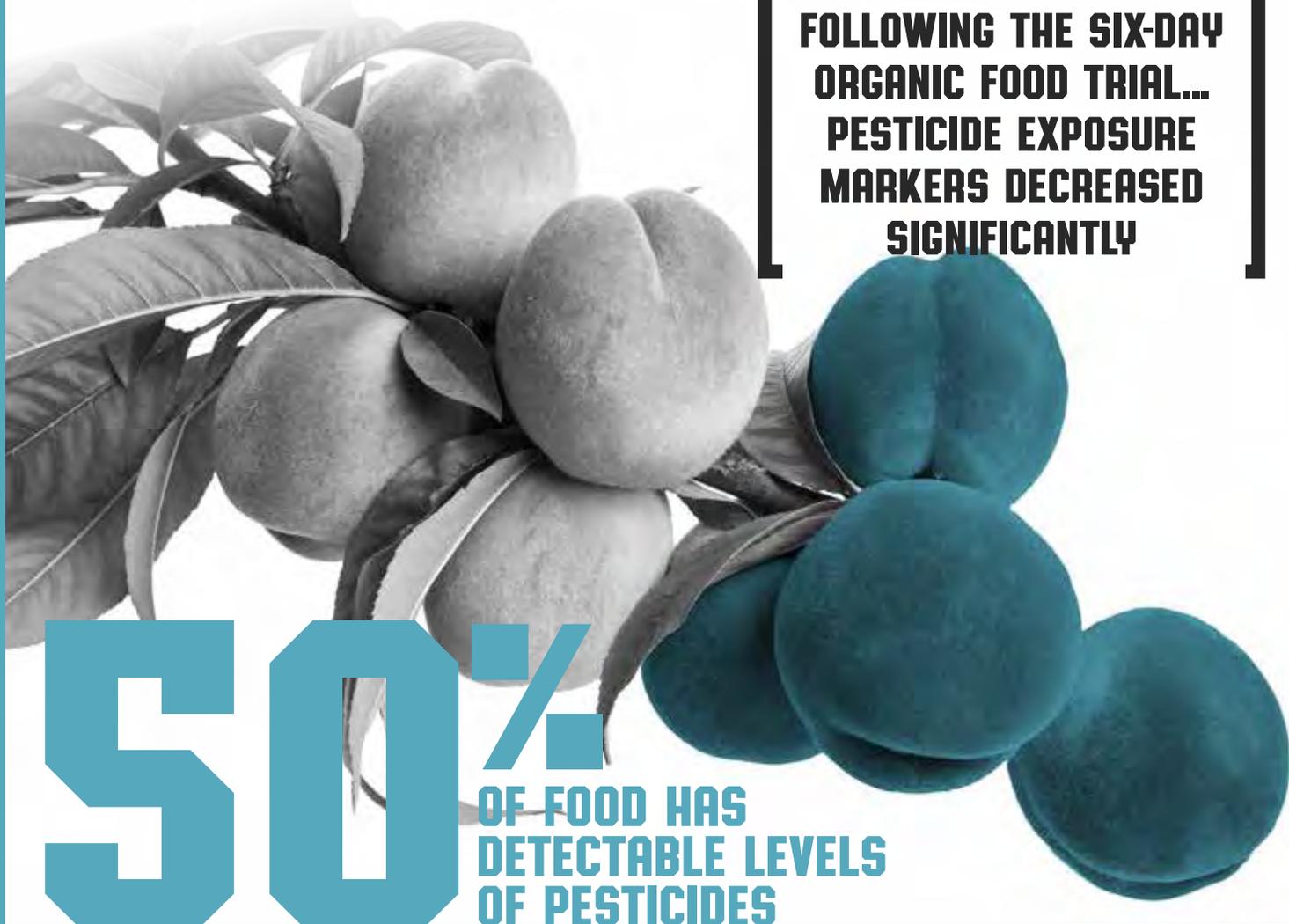
Pesticides are an increasing problem in our country and diet accounts for a significant level of exposure for the general population. A 2016 report from the Food and Drug Administration Pesticide Residue Monitoring program showed that close to 50 percent of food has detectable levels of pesticides. Pesticides have been shown to be associated with a wide range of health issues, including cognitive dysfunction, behavioral and attention problems in children, asthma, cancer, reduced fertility, and endocrine dysfunction.

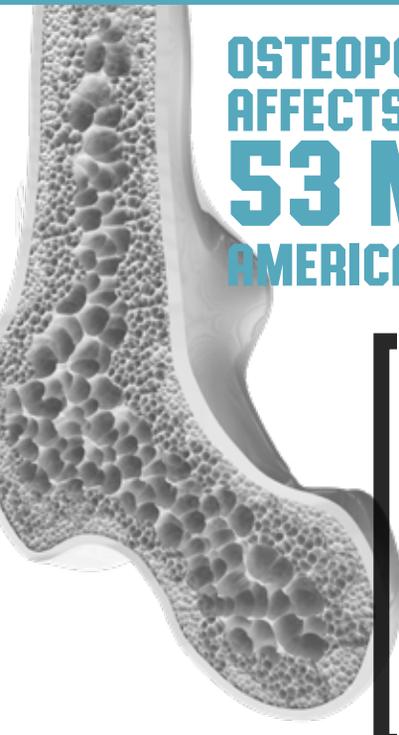
A recently-published study investigated the impact of an organic diet on urinary levels of pesticide metabolites in children and adults. Each family that participated in the study was previously eating a conventional diet and their levels of urinary pesticide metabolites were measured for five days. Following the initial screening period, each family followed an organic diet for the next six days. More than 158 urine samples were collected to analyze the difference in pesticide levels during the conventional and organic diet period.

The researchers detected fourteen different pesticide exposure markers among the participants, representing more than 40 different pesticides used in agriculture. Following the six-day organic food trial, all but one of these pesticide exposure markers decreased significantly. This study adds to the growing body of research that demonstrates the benefit of switching to an organic diet. With pesticide use on the rise, it is never too late to start eating organic.

FOLLOWING THE SIX-DAY ORGANIC FOOD TRIAL... PESTICIDE EXPOSURE MARKERS DECREASED SIGNIFICANTLY

50%
OF FOOD HAS
DETECTABLE LEVELS
OF PESTICIDES





OSTEOPOROSIS AFFECTS MORE THAN 53 MILLION AMERICANS

PQQ WAS ABLE TO PREVENT ESTROGEN DEFICIENCY-INDUCED OSTEOPOROSIS BY IMPROVING SEVERAL MEASURES OF BONE HEALTH AND OXIDATIVE STRESS

PQQ FOR POSTMENOPAUSAL OSTEOPOROSIS

Osteoporosis affects more than 53 million Americans and is characterized by low bone mass and bone strength. Studies have shown that postmenopausal women can be especially susceptible to osteoporosis due to a decrease in estrogen accompanied with higher levels of oxidative stress, placing them at risk for increased bone fractures.

A study published earlier this year in the *International Journal of Biological Sciences* looked to examine the effects of the supplement pyrroloquinoline quinone, also known as PQQ, on estrogen deficiency-induced osteoporosis in mice. PQQ has recently emerged as a potent antioxidant and has been shown to improve mitochondrial function. The researchers in the study investigated the effects of PQQ on various measures of

bone health and oxidative stress and compared PQQ side-by-side against estrogen therapy and a control group.

The results of the study showed that PQQ was able to prevent estrogen deficiency-induced osteoporosis by improving several measures of bone health and oxidative stress. Although the estrogen therapy was able to produce the same beneficial results, the researchers concluded by stating that PQQ worked as effectively as estrogen but without any known side effects. This study highlights the benefits of PQQ as a safe therapy for both the prevention and treatment of postmenopausal osteoporosis.

NEW RESEARCH REVEALS PROBIOTICS' BENEFIT IN THE TREATMENT OF SIBO

The human body houses up to six pounds of bacteria, with most of these bugs residing in our guts. This delicate ecosystem of microorganisms, also known as the gut microbiome, consists of trillions of bacteria that promote human health by carrying out crucial functions such as aiding digestion, synthesizing essential vitamins, supporting the immune system, and protecting us from pathogens. When disrupted, however, disease and dysfunction ensue, resulting in conditions such as small intestinal bacterial overgrowth (SIBO).

SIBO is characterized by too much of the wrong types of bacteria in the small intestine and often occurs as a result of low stomach acid, impaired gastrointestinal motility, and anatomical abnormalities. Once in the small intestine, these bacteria ferment and feed off of undigested carbohydrates in the gut, producing hydrogen gas and leading to symptoms such as gas, bloating, diarrhea, and constipation. With microbial imbalance as the underlying etiology, use of probiotic supplements has been considered for both prevention and treatment of SIBO.

A recent review of 18 published studies provided support for probiotic supplementation as a beneficial therapy for SIBO eradication and decontamination. Probiotics inhibited the movement of endotoxins from the gut to the bloodstream and inhibited colonization by pathogenic bacteria. Probiotics also significantly reduced overall SIBO symptoms, including excess gas and abdominal pain. Primary strains cited in the review included *Bifidobacterium*, *Saccharomyces boulardii*, *Bacillus clausii*, *Lactobacillus*, or a combination.



A RECENT REVIEW OF 18 PUBLISHED STUDIES PROVIDED SUPPORT FOR PROBIOTIC SUPPLEMENTATION AS A BENEFICIAL THERAPY FOR SIBO ERADICATION AND DECONTAMINATION.

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Steaz®
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16 oz.

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You "can" transform an ordinary meal into a gourmet moment with our new, organic canned beans.



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deals of the month



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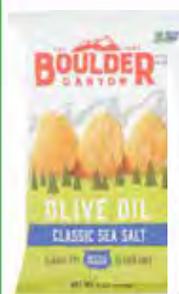
Discover Muir Glen canned tomatoes to bring authentic Californian flavor to your dinner.

EDAP \$1.95-\$2.15



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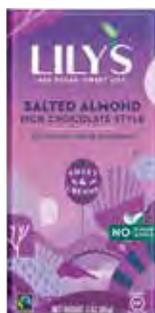
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It's a snackable moment for our family brand—bite into our new, Natural Grocers Brand Organic, 100% Grass-Fed Beef Jerky and you'll understand! Flavor shouts to your taste buds, in the savory notes of beef brought up the way it was meant to be—on pasture. Our organic, non-GMO jerky, made from Hereford cattle, is humanely raised in Uruguay with plenty of space and never an encounter with antibiotics, hormones or animal by-products. There aren't any added nitrites lurking in the BPA-free bags, BUT there is a variety to fulfill all your meaty cravings. Whether you prefer the zesty kick of Peppered, the sweet bite of Teriyaki or the smoky heat of Chipotle, Natural Grocers Brand Organic Jerky will deliciously define your snackable moment.

NEW



Organic
Beef Jerky

\$4.99
3 oz.

EDAP \$5.99

**USDA
ORGANIC**

OFFERS VALID MAY 31 TO JUNE 22, 2019

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OFFERS VALID MAY 31 TO JUNE 22, 2019

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The perfect accompaniment to any mouth-watering meal. Muir Glen for the win!



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Simmer sauces from Saffron Road are a secret weapons for anyone who loves exotic flavors from around the world.



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TruRoots®
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8.5 oz.

Tasty grains paired with organic lentils, organic olive oil and sea salt make for a delicious base of any meal.



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\$12.39 **\$10.39**
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Wild Albacore, Skipjack or Yellowfin Tuna

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5 oz.

Pop open a can of one of Natural Grocers' three varieties of tuna—albacore, skipjack and yellowfin. This powerhouse snack will have you hooked!



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Almond or Chocolate Hazelnut Butter Squeeze Packs

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Napa Valley Naturals®

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Avocado Oil

Organic Extra Virgin Olive Oil

Napa Valley Naturals specializes in crafting certified organic, exceptional oils.



\$10.49 **\$9.79**
25.4 oz. 25.4 oz.

EDAP \$11.75 EDAP \$11.19

USDA ORGANIC

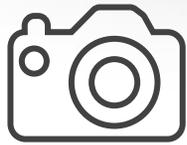


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Show us how you are {N}powered to live a healthy lifestyle by taking a photo with your bandana. Be sure to check out the themes for June, July, & August on our website to be considered!



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Submit your photo to our website and tell us what you love about Natural Grocers in the caption, then encourage your friends and family to vote for your photo! Don't forget to use the hashtag #IAmNpowered.



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The person who receives the most votes for their photo each month will win a grand prize of six months of FREE groceries.* A new chance to win every month, plus a shot at other great prizes!**

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* NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. OPEN ONLY TO LEGAL RESIDENTS OF THE 50 UNITED STATES AND THE DISTRICT OF COLUMBIA, 18 YEARS OR OLDER. VOID WHERE PROHIBITED BY LAW. Sweepstakes starts on June 1, 2019 and ends on August 31, 2019. For Official Rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.

** ENTRANTS MAY WIN ONLY ONE PRIZE DURING THE THREE MONTH SWEEPSTAKES PERIOD.



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Crunchmaster®
Gluten-Free Multi-Seed Crackers

30% OFF**

\$2.29
4 oz.

Their multi-seed and multi-grain crackers are made with the very best ingredients. Certified gluten free, low in saturated fat and cholesterol free.



EDAP \$3.29

Certified GF Gluten-Free

Annie's Homegrown®
Bunny Crackers, Organic Bunny Grahams or Organic Fruit Snacks

27% OFF**

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4-7.5 oz.

Now, everybunny can enjoy guilt-free, non-GMO snacks on-the-go!



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Barnana®
Organic Banana Bites

26% OFF**

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Made only with organic bananas and crafted with love in Santa Monica, California.



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Local Hive®
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Fuel your day with a variety of delicious and nutritious Clif, Luna and Sweet & Salty bars.



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Pamela's®
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\$3.69
7.5-9 oz.

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3 oz.

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Organic Waffles

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1-1.06 oz.

EDAP \$1.19

Organic Cracker N' Nut Butter Snack Bars

\$1.49
1.5 oz.

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Grocery

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Que Pasa®
Organic Tortilla Chips

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USDA ORGANIC
NON-GMO Project VERIFIED

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Ecover®

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\$2.99 **\$10.39**
25 oz. 93 oz.

Ecover offers a cleaner solution for every room in the house.



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TCHO®
Chocolate Bars

22% OFF**

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2.5 oz.

TCHO is known for its single-origin, fair-trade certified chocolate bars and flavored varieties.



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Lily's Sweets®

Stevia Sweetened Dark Choc. Baking Chips Stevia Sweetened Chocolate Bars

16% OFF** **21% OFF****

\$2.99 **\$5.25**
2.8-3 oz. 9 oz.

Meet Lily's—delicious, no-sugar-added chocolate that delivers the goods.



Certified GF Gluten-Free
NON-GMO Project VERIFIED

EDAP \$3.79 EDAP \$6.25

Skinny Pop®
Popped Popcorn

18% OFF**

\$2.59
4.4 oz.

Popcorn with a gluten-free, non-GMO guarantee. That's what they call Pure Popped Perfection®!

(Excludes Davenport, IA Location)



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Paqui®
Tortilla Chips

15% OFF**

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7 oz.

Paqui tortilla chips are gluten-free, non-GMO and come in just-gotta-have-it, mouth-watering flavors.



EDAP \$3.99

Freshpet®
Multi-Protein Recipe Dog Food

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2 lb.

A multi-protein complete meal containing chicken, beef, egg and salmon for dogs.



EDAP \$7.99

Freshpet®
Grain Free Chicken Recipe Dog Food

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1.75 lb.

This recipe is prepared using humanely raised chicken, with leafy greens like spinach and nutritious carrots.



EDAP \$8.49

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Organic Maple Syrup

What is thick, rich and heavenly on French toast? Adores cold climates, world-class hockey teams, and nutritious lifestyle habits? We adore organic maple syrup, so we searched deep in the north woods for the perfect bucket full. We knew it was the one, the moment we tasted its dark, 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. Now we're bringing it home in BPA-free containers, certified organic and naturally non-GMO. Drizzle some over your pork or pancakes... you'll see. There's finally a world-class, organic grade A dark maple syrup, with a house brand kind of price.



Grade A Organic
Dark Maple Syrup
\$7.99
12 oz.
EDAP

Grade A Organic
Dark Maple Syrup
\$5.99
8 oz.
EDAP

P.S. Max the Moose asked if there was anything as fun as 100% pure maple syrup, and brunch said there isn't!



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Grocery-Bulk-Books

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Sunflower Seeds Roasted Salted or Unsalted

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1 lb.



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Natural Grocers® Bulk
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Packed full of nutrients, chia seeds are often referred to as a "superfood." They're also super good in smoothies, yogurt and anything else you can sneak them in!

EDAP \$4.99



The Naturally Bug-Free Garden
Anna Hess

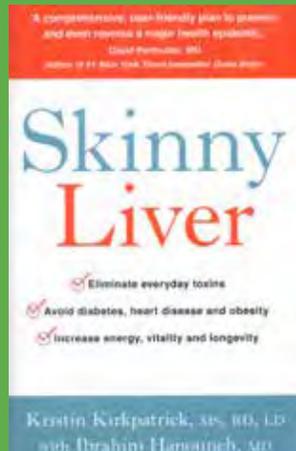


Are you sick and tired of pesky insects in your garden? Do you want to stay away from pesticides and harmful poisons that could be hazardous to your health and your garden? If you answered yes to both of those questions, *The Naturally Bug-Free Garden* has all the answers to your troubles. This book will show you how to bring your garden ecosystem into balance so that beneficial insects and larger animals do the work of pest control for you.

\$10.49
paperback

MSRP \$14.99

Skinny Liver
Kristin Kirkpatrick, MS, RD, LD



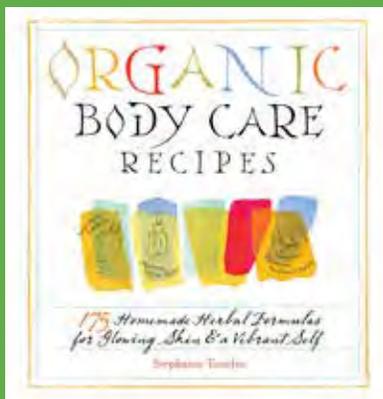
A healthy liver is essential to a fully functioning body, but our modern sedentary lifestyles and unhealthy eating habits can truly damage the liver, and overall health. This four-week program will help get your liver back on track, with exercise, healthy eating, and other lifestyle changes.

\$11.99
paperback

MSRP \$15.99

Organic Body Care
Stephanie Tourles

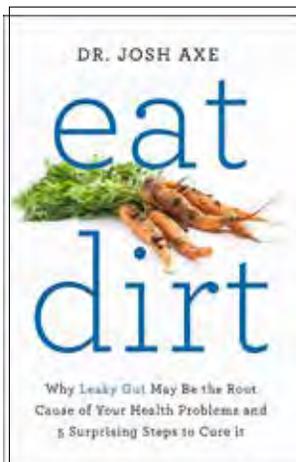
Discover the joys of all-natural body care. Stephanie Tourles shows you how to use fruit, flowers, herbs, and minerals to craft healthy products that promote radiant skin, strong nails, shiny hair, and an elevated mood. Pamper yourself from head to toe with recipes like Strawberry Cleanser, Pineapple Sunflower Scrub, and Almond Rose Body Lotion. They're gentle on your skin and free of harsh chemicals found in commercial products.



\$13.25
paperback

MSRP \$18.95

Eat Dirt
Dr. Josh Axe



In *Eat Dirt*, Dr. Josh Axe explains that what we regard as modern "improvements" to our food supply—including refrigeration, sanitation, and modified grains—have damaged our intestinal health. In fact, the same organisms in soil that allow plants and animals to flourish are the ones we need for gut health.

\$19.99
hardcover

MSRP \$27.99

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Ionized Water

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1.5 L
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35% OFF**



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28 oz.
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Once Again Nut Butter®
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16 oz.
EDAP \$7.39

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LiverCare

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Natural Factors®

CurcuminRich™
Theracurmin™

28% OFF**

15.99
60 vcap
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Super Enzymes

NOW®

Probiotic-10
25 billion

26% OFF**

30% OFF**

10.99
90 cap
EDAP \$14.99



15.79
50 vcap
EDAP \$22.59

Nature's Life®

Magnesium
500 mg

48% OFF**

4.59
100 cap
EDAP \$8.95



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