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AVOCADO TOAST RECIPE | PAGE 15

LETTER

From the Iselys

"And I am all the things I have ever loved: scuppernong wine, cool baptisms in silent water, dream books and number playing." – Toni Morrison

February, you're a darling month, made for love and chocolate, and since it's a Leap Year, we get a whole extra day to love and find our chocolate bliss! Here's what our family is loving this season.

Luxuries—as in the everyday kind, like going outside so the fresh air can embrace our skin, even if it means having to bundle up so much that it just kisses our cheeks and the tips of our noses. The simple luxury of taking a warm bath infused with essential oils while reading an enthralling book. We also love going adventuring in chocolate—daring to try unusual pairings and savoring every delicious bite. And, we love finding the one—our soulmate in a luxurious chocolate bar—that's guaranteed to turn the world right-side-up, if only for a moment.

Organic—because it has the regenerative potential to heal our planet. It's about cleaner air and water, and it's about the soil—the life source of our food supply, with the carbon storage potential to have a climactic impact on the future. We also love organic because it means our fruits and veggies come with more antioxidants and, in our personal experience, organic tastes better!

Values—since without them, we would be lost. We consider the impact today's actions have on tomorrow's wellbeing, and for our family, this underpins what we will and won't put on our shelves. Our Family Values include sustainability, regenerative agriculture, responsibility, empowerment, gratitude, and spending time with the ones we love.

Empowerment—it happens in the little moments. It's the illumination that education provides and the warmth of sharing knowledge. To us, empowerment begins with knowledge, with nutrition education, so that our neighbors can make informed choices and take charge of their health and wellbeing. Empowerment begins with being able to choose food that has a positive impact on our collective future! And, most of all, our family believes that empowerment should lift everyone around us.

We hope that February brings you the things you love, laughter to brighten your gray days, moments of kindness when you're feeling down, and as much chocolate as you desire! And may we all find inspiration in the word magic of great poets and authors who have come before us.

"Life loves to be taken by the lapel and told: 'I'm with you kid. Let's go.'"
– Maya Angelou

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LEAP DAY!

LEAP DAY DEALS!

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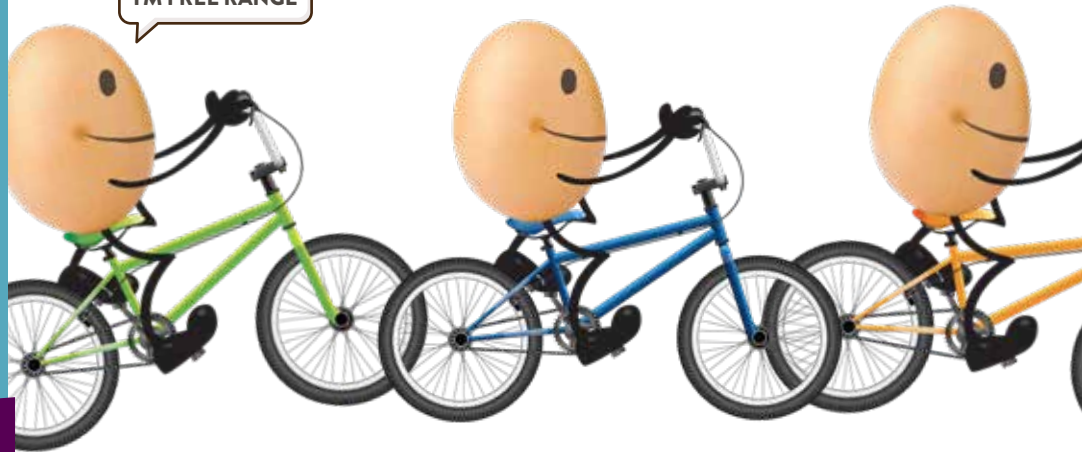
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INGREDIENTS

FOR THE SWEET POTATOES

4 organic sweet potatoes, scrubbed (look for longer sweet potatoes that are equal in size)

1 tablespoon Natural Grocers Brand Organic Extra Virgin Olive Oil

1 small organic onion, chopped

1 medium organic red, yellow, or orange bell pepper, stem removed, seeded and chopped

1 (15.5-ounce) can Natural Grocers Brand Organic Black Beans, drained

Natural Grocers Brand Bulk Seasonings:

1 teaspoon Organic Salt-Free Mild Chili Powder Blend

½ teaspoon Organic Garlic Granules

½ teaspoon Real Salt

½ cup Natural Grocers Brand Organic Mexican Blend Cheese Shreds, or dairy-free alternative

½ cup prepared organic salsa

½ cup prepared organic guacamole

FOR THE SLAW

1 tablespoon finely diced organic pickled jalapeños

Juice of one organic lime

3 tablespoons olive or avocado oil-based mayonnaise, or vegan alternative

1 teaspoon Natural Grocers Brand Raw and Unfiltered Clover Honey

1½ teaspoons Natural Grocers Brand Bulk Ground Organic Cumin Seed

½ teaspoon Natural Grocers Brand Bulk Real Salt

1 small head of organic cabbage, halved lengthwise, inner core removed and discarded, and thinly shredded (about 4 cups)

1 large organic carrot, shredded (about 1 cup)

NATURAL GROCERS

LOADED TEX-MEX SWEET POTATOES

SERVED WITH A QUICK SOUTH-OF-THE-BORDER SLAW

INSTRUCTIONS

TOTAL TIME: 35 MINUTES | SERVES 4

1. Pierce each sweet potato all over several times with a fork or paring knife. Place the potatoes on a microwave-safe plate and microwave* for five minutes. Turn potatoes and cook another 5-8 minutes, or until they are easily pierced with a fork. Continue with the recipe while the sweet potatoes cook.
2. Make the slaw. Combine the jalapeños, lime juice, mayonnaise, honey, cumin, and salt in a large bowl. Whisk to combine. Add the cabbage and carrots and mix until evenly distributed and well coated in the dressing. Set aside.
3. Prepare the stuffing. Heat a large skillet over medium heat. Once hot, add the olive oil and swirl the pan to coat, then add the onion. Sauté until the onion is just starting to soften, 2-3 minutes, before adding the chopped pepper. Continue sautéing, stirring occasionally, until the peppers and onion are cooked through, about 5 minutes. Add the beans, chili powder, garlic, and salt and stir well to combine. Cook until heated through, about 1 minute.
4. To serve, cut a slit in each potato lengthwise and then gently squeeze the ends toward each other to create a bowl shape. Top each potato with 1 tablespoon of cheese, ¼ of the bean mixture, another tablespoon of cheese, 2 tablespoons of salsa, and 2 tablespoons of guacamole. Serve immediately with the slaw on the side.

*No microwave? No problem. Simply preheat your oven to 400° F, pierce the potatoes all over with a fork or paring knife, and bake for 45 minutes, or until they are tender. Baking the sweet potatoes in the oven will add about 30 minutes to your total time for this recipe. You can also bake the potatoes ahead of time and simply rewarm them in the oven for a fast and easy dinner.

FOR THE LOVE OF ORGANICS: SWEET POTATOES

By Charity Isely

For this month of love and sweet things, we're romancing a root veggie that may possess a humble exterior, but don't let it fool you—once you unlock its delicious potential it will bring the fun to every breakfast, lunch, and dinner date. The sweetest of potatoes, and often mistaken for a yam, we are talking about the sweet potato!

THE ROOT OF THE MATTER

When it comes to quality relationships with food—go for the (naturally) colorful types because their vibrancy means they have lots of health-supporting phytonutrients.¹ Sweet potatoes are one of the best food sources of beta carotene, a powerful antioxidant that the body can convert to vitamin A.² In fact, they've been the subject of multiple studies for their ability to counteract vitamin A deficiency in developing countries, especially in children.^{3,4,5}

DIRTY SECRETS

Transparency is key to happy partnerships, so make sure your favorite tubers aren't harboring dirty secrets—like synthetic pesticide residues. Consider dicloran, a fungicide that is a possible carcinogen,⁶ has the potential to leach into groundwater, and is toxic to aquatic life, birds, honeybees, and earthworms.⁷ Not something you want to introduce to the family, right? According to tests from the USDA Pesticide Data Program, 47 percent of conventional sweet potatoes had dicloran residue, while none of the organic samples did.⁸

LOVE MOTHER EARTH TOO

The love language of organic agriculture begins with healthy soil. Organic farming practices nurture and regenerate the soil, differing from the conventional agriculture approach of high input for

maximum output. The deterioration of soil releases carbon and nitrogen into the earth's atmosphere in the form of greenhouse gases, but fertile soil, rich in organic matter, functions as a carbon sink, effectively capturing and storing carbon.^{9,10} A recent study from Northeastern University concluded that organically farmed soil has a 26 percent greater potential for long-term carbon storage than conventional. Comparing samples from across the U.S., the researchers zeroed in on humic substances, the heartbeat of fertile soil. They found that humic acid, which plays a pivotal role in carbon sequestration, was 44 percent higher in organic soil.^{11,12} So when you choose this earthy root, consider, as all successful relationships do, its long-term impact. Choose organic.

CALL THEM BY NAME

Have you ever mistaken a Garnet or a Jewel for a yam? They're sweet potatoes, although we often call them yams. The real yam isn't common in the US, preferring more tropical climates instead. So take your love of these delicious roots to the commitment stage and call them by their actual name.

References available upon request.



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GLYPHOSATE'S INSIDIOUS USE AS A CROP DESICCANT AND LINK TO BREAST CANCER RISK*

By Lindsay Wilson

Glyphosate, the active ingredient in Roundup weed killer, is the most widely used herbicide in the United States. The introduction of genetically modified “Roundup Ready” crops—which allow farmers to spray large amounts of the herbicide on their fields without killing the crops—in the mid-1990s dramatically increased its agricultural use, but another lesser known agricultural use of glyphosate is as a pre-harvest desiccant, or drying agent.

Many conventional farms, especially those located in regions with wet weather, commonly use glyphosate to speed the drying of crops such as wheat, barley, oats, and beans just before harvest, but spraying glyphosate on food crops right before harvest means higher residues end up in our food. In recent years Monsanto and other producers of glyphosate have requested substantial increases in glyphosate tolerance levels (legally allowable levels) in certain crops, which regulatory agencies have granted. It's becoming commonplace to find high levels of glyphosate residues in conventional foods that are not made from genetically-modified ingredients; for example, popular foods like granola and granola bars, breakfast cereals, and instant oats—products commonly marketed to parents as healthy, kid-friendly foods—have been found to have high residues of the herbicide.

In 2015 the International Agency for Research on Cancer (IARC), part of the World Health Organization, named glyphosate a probable human carcinogen, and just last year juries

awarded a California man \$289 million and a California couple more than \$2 billion in lawsuits against Monsanto in which they claimed glyphosate caused their cancer, which the courts found to be valid. Currently, there are approximately 11,000 pending lawsuits against Monsanto and its parent company Bayer claiming the herbicide caused cancer.

With growing concern about the long-term health effects of increased human exposure, more research is being done to examine the connection between glyphosate and cancer. A 2019 study designed on the hypothesis that more than 90 percent of cancers are linked to environmental factors examined the effects of glyphosate on DNA and breast cancer risk.

The study exposed breast cells to glyphosate for 21 days and observed genetic changes within the cells. Although glyphosate did not lead to tumorigenesis of the cells outright, the study found that glyphosate created genetic changes to the breast cell's DNA that are consistent with the “two-hit oncogenic model,” showing that glyphosate-induced genetic changes have the potential to increase a person's susceptibility to breast cancer.

Studies like this should sound the alarm, yet glyphosate use continues to increase. One of the most effective ways to reduce your glyphosate exposure is to eat an organic diet, which has also been shown to reduce the risk of cancer.

References available upon request.



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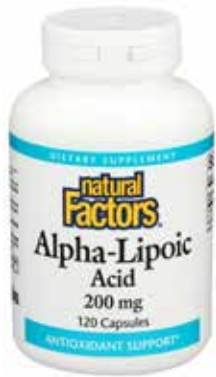


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NUTRITION BYTES*

EATING PROCESSED FOODS LEADS TO WEIGHT GAIN

New research published in the journal *Cell Metabolism* showed that people who ate a diet comprised of processed food consumed more calories and gained weight compared to those who consumed a diet of unprocessed foods. The processed-food diet included foods like breakfast cereals, muffins, white bread, low-fat yogurts, low-fat potato chips, processed meats, fruit juices, and diet drinks. This diet was shown to cause an increase in hunger hormones and caused subjects to consume more calories than the diet of unprocessed foods, which included fresh fruits and vegetables, eggs, chicken, fish, beef, whole grains, nuts, and seeds.

The study, conducted by the National Institutes of Health, recruited participants for a four-week period in which they consumed the processed diet or the unprocessed diet for two weeks and then alternated halfway through the study. While both diets offered similar calories, fiber, and salt the subjects were instructed to consume as much or as little as they desired for all of their meals and snacks. While on the processed-food diet, subjects consumed an average of 500 extra calories per day and gained weight over the two-week period of consuming the diet.

The researchers wrote, “Ultra-processed foods ... now constitute the majority of calories consumed in America and have been associated with a variety of poor health outcomes, including death.”

Alternatively, eating a natural foods diet rich in vegetables, fruit, and lean meat can reduce depression symptoms. A study published late last year in the journal *PLOS ONE* including 76 university students between the ages of 17 and 35, found that just three weeks of following a healthy diet significantly decreased symptoms of depression. At the start of the study, the subjects had “moderate-to-high” depression symptoms and ate diets high in processed foods. One group was instructed to follow a healthier diet that included five daily servings of vegetables, protein, dairy, nuts and seeds, olive oil, and spices for three weeks while decreasing their intake of refined carbs, sugar, fatty and processed meats, and soft drinks. At the end of three weeks, the group eating the healthier diet saw a significant improvement in mood, with their depression scores dropping to a normal range. They also had significantly lower anxiety scores compared to the control group.

THIAMINE (B1) DEFICIENCY IN CARDIOVASCULAR DISEASE

Thiamine, also known as B1, is an essential B vitamin that plays important roles in cellular energy production and blood sugar regulation, both critical to cardiovascular health. A recent review published in *Nutrition, Metabolism & Cardiovascular Diseases* highlights the prevalence of thiamine deficiency in cardiovascular disease (CVD) and other correlated diseases, including diabetes, obesity, endothelial dysfunction, myocardial infarction, and heart failure. Thiamine deficiency can result from a variety of factors including decreased thiamine levels in food due to processing and cooking, consuming an excessive amount of refined carbohydrates and sugars, and excessive alcohol intake.

The researchers looked at the effects of thiamine supplementation and found that it had several benefits on CVD and its risk factors. One study that included 60 patients with type-2 diabetes saw a reduction in total cholesterol and LDL cholesterol after the subjects took 100 mg of thiamine daily for six months. Another study saw significant improvements in left ventricular ejection fraction, a factor in heart failure, after supplementing with 300 mg of thiamine daily for four weeks. The review highlights thiamine deficiency’s potential role in the development of CVD and related diseases and provides evidence that more research should be done on thiamine’s potential in reversing CVD and its risk factors.

References available upon request.

WHILE ON THE PROCESSED-FOOD DIET, SUBJECTS CONSUMED AN AVERAGE
500
EXTRA CALORIES
PER DAY & GAINED WEIGHT



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**Free Chocolove Chocolate Bar offer is available only to registered {N}power members at participating Natural Grocers stores on February 14, 2020, limit 1 per customer. Quantity limited to stock on hand; no rainchecks. This offer has already been loaded to your account. Be sure to enter your phone number at checkout to redeem this offer. We reserve the right to correct errors. Void where prohibited by law. To join {N}power, visit www.naturalgrocers.com/power.



INGREDIENTS

2 tablespoons Natural Grocers Brand Organic Extra Virgin Olive Oil, divided

½ small organic red onion, thinly sliced

1 small organic red pepper, cored and thinly sliced

1 cup organic kale or spinach

2 slices Natural Grocers Brand Organic Bread

1 organic avocado, pitted and mashed

2 Natural Grocers Brand Organic Pasture Raised Eggs

Natural Grocers Brand Bulk Real Salt and Organic Ground Black Pepper

Organic hot sauce of your choice

OPTIONAL TOPPING TO USE INSTEAD OF SALT AND PEPPER:

Sam's Everything Bagel Seasoning

Natural Grocers Brand Bulk Ingredients:

2 parts Organic Poppy Seeds

1 part Organic White Sesame Seeds

1 part Organic Black Sesame Seeds

2 parts Organic Garlic Flakes

2 parts Organic Onion Flakes

1 part Celtic Sea Salt

NATURAL GROCERS

AVOCADO TOAST

WITH ONION, PEPPER & GREENS

INSTRUCTIONS

TOTAL TIME: 10 MINUTES | SERVES 2

1. Add 1 tablespoon of olive oil to a skillet over medium-high heat. Add the onion and pepper and sauté for 2-3 minutes, until the veggies soften. Add the greens, stir to incorporate, season with salt and pepper, and sauté for another minute or two until the greens are wilted. Once done, transfer to a bowl and set aside.
2. Toast the bread, spread the mashed avocado on top, season lightly with salt and pepper, and evenly divide the vegetables over each piece of toast.
3. In the same skillet the veggies were prepared in, over medium heat, add

the remaining tablespoon of olive oil. Once hot, carefully break the eggs into the skillet. Season with salt and pepper and cook to your preferred doneness.

4. Top each avocado toast with an egg, drizzle with hot sauce, and serve immediately.
5. For the optional topping: Add all ingredients to a jar with a lid and shake until well combined. Sprinkle lightly over the avocado and egg instead of using salt and pepper.

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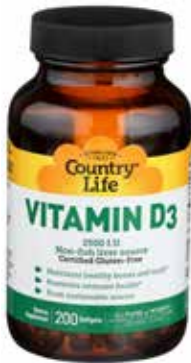
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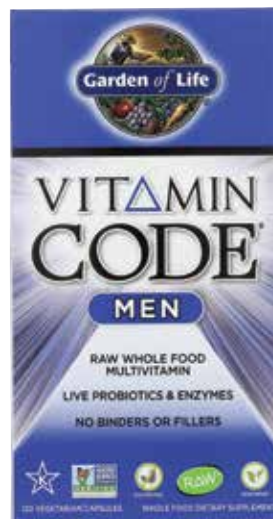
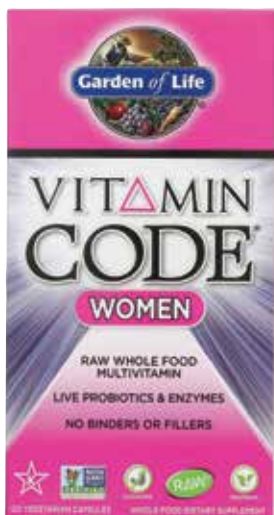
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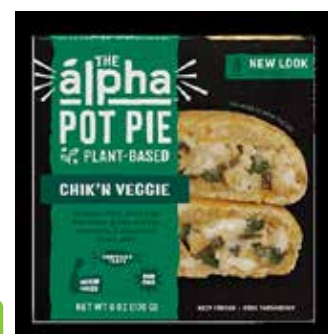


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FOUNDATIONAL FIVESM



SUPPLEMENTS

Five

TO THRIVE:SM

FOUNDATIONAL SUPPLEMENTS FOR HEALTH

THE SUPPLEMENTS EVERYONE SHOULD TAKE FOR OPTIMAL HEALTH*

BY LINDSAY WILSON

As our collective health has grown poorer, motivation to take responsibility for individual wellness has grown stronger. We're striving to eat healthier, move our bodies more, reduce our exposure to chemicals, and take our supplements. In fact, Americans are taking supplements in record-breaking numbers. In an annual survey conducted by The Council for Responsible Nutrition, 77 percent of respondents said they regularly take dietary supplements, the highest level reported to date.¹ This is great news! In our modern world, and the modern lifestyles that come with it, taking supplements has become a necessity. High levels of stress, an onslaught of chemical exposure, nutrient-poor soils caused by years of conventional agricultural practices, processed foods, etc. make dietary supplements an essential part of a healthy lifestyle, but which supplements will build the foundation to help you thrive? We've put together a list of "Five to Thrive"—five dietary supplements that most of us don't get enough of, and ones that everyone can benefit from (#5 is the fun part where you personalize it to make it your own!).

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

1

BUILD THE FOUNDATION: MULTIVITAMIN

First up is a multivitamin. This provides the basics—the B vitamins, antioxidant vitamins like C and E, vitamin D, and minerals like iodine, zinc, and selenium. It will fill in the gaps where we fall short in our diets and is especially important if you struggle with healthy eating. Even if you generally eat a healthy diet loaded with vegetables, it's hard to get optimal amounts of certain vitamins and minerals through food alone. Decades of chemical-intensive conventional agricultural practices have severely depleted our soils, stripping them of beneficial vitamins and minerals, leaving little for vegetables to take up as they grow. Multiple studies have found declines in a number of important nutrients in vegetables and fruit, including calcium, magnesium, iron, riboflavin (vitamin B2), and vitamins A and C.² And brand new research is beginning to show that climate change will also have a negative impact on the nutrient content of plants, with plants becoming more concentrated in carbohydrates like glucose, fructose, and sucrose and containing fewer minerals, including zinc, iron, and magnesium.³ While taking a daily multi will give you a solid foundation to build on, you may also consider your individual needs and take more specific nutrients as needed (for example, vitamin D or the B vitamins).

2

KEEP IT RUNNING SMOOTHLY: MAGNESIUM

Magnesium is one of those nutrients that plays an integral role in, well, almost everything. It is a cofactor in more than 600 biochemical reactions in the body, including those involved in protein synthesis (building and maintaining muscle mass and other tissues); muscle function (including keeping our hearts beating); the release of neurotransmitters (the chemicals in our brain responsible for mood, learning, memory, and focus); blood sugar control; and blood pressure regulation. It is also required for energy production in the mitochondria that keeps us alive and healthy, normal cell function and repair, and is a key player in maintaining healthy bones.^{4,5,6,7} Low magnesium levels have been associated with type-2 diabetes, inflammation, hypertension, cardiovascular disease, osteoporosis, depression, migraine headache, asthma, and colon cancer.^{8,9} As you can see, magnesium is no minor player in whole body health.

Dietary surveys consistently show that intakes of magnesium are lower than recommended amounts, with 1 out of 3 Americans not getting the recommended daily allowance (RDA). Additionally, because of decreases of this important mineral in our food, and a host of modern-day magnesium drains (stress, chronic disease, prescription drugs, refined and processed foods, and alcohol), almost all of us have suboptimal levels; in other words, just enough to prevent an outright deficiency, but not enough to prevent chronic disease.¹⁰ According to research, most people need an additional 300 mg of magnesium daily (in addition to the daily recommended allowance (RDA) of 320-420 mg daily) in order to obtain optimal levels that lower the risk of chronic disease.¹¹

3

QUENCH INFLAMMATION, AND THE RISK OF DISEASE: EPA & DHA

In an ideal world, we would all eat an abundance of food rich in the anti-inflammatory omega-3 fats EPA and DHA while limiting foods high in pro-inflammatory omega-6s. In reality, though, most of us eat way too many omega-6 fats that promote inflammation and fall woefully short on omega-3s. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), found in fatty fish, fish oil supplements, and certain types of marine algae, reduce inflammation via a number of different mechanisms, including producing anti-inflammatory compounds and inhibiting pro-inflammatory molecules in the body.¹² EPA and DHA play a significant role in protecting the body from diseases that are either caused by or worsened by inflammation, from arthritis and asthma to cardiovascular disease, cancer, and Alzheimer's.

They are also crucial for brain health. The brain is 60 percent fat and DHA makes up the majority of that fat, influencing nerve

transmission and cellular communication, and less than optimal levels of DHA can negatively affect normal brain function.^{13,14} The omega-3s are critical in fetal and infant brain development, and in young and old alike, the omega-3s have proven to improve cognition, learning, attention, focus, and memory.^{15,16} They also have a positive effect on mood and mental health, particularly in depression.^{17,18}

Most of us simply don't eat enough cold water, fatty fish—the main food source of EPA and DHA—to obtain optimal levels. In fact, a study conducted by the Harvard School of Public Health found that a low intake of the omega-3 fats was one of the main dietary risks for death.¹⁹ A supplement is an easy way to get your daily dose of these vital fats. In healthy people, 1,000-2,000 mg of a combination of EPA and DHA daily is recommended.²⁰

PROTECT YOUR PEEPERS AND POWER UP YOUR BRAIN: LUTEIN



Our modern lifestyles—which include a near constant exposure to blue light from our smartphones, computers, tablets, TVs, and fluorescent and LED lights—have made lutein more critical than ever before. Excessive exposure to blue light is particularly damaging to the macula, the part of the retina that allows us to see color, fine detail, and is responsible for central vision; it has also been implicated in the development of age-related macular degeneration (AMD).^{21 22 23} Lutein, and zeaxanthin, a related carotenoid that naturally occurs with lutein, make up the macular pigment that protects the macula and absorbs damaging blue light, preventing oxidative damage to this delicate region.²⁴

Lutein is also the most dominant carotenoid in the brain and the thickness of the macular pigment is directly related to the amount of lutein found in the brain. In fact, researchers use macular pigment as a biomarker of lutein content in the brain, and a significant correlation has been observed between macular pigment density and how well our brains age—thicker macular pigment is an indicator of a healthy and better performing brain as we grow older.²⁵ But lutein doesn't just benefit an aging brain—it accounts for nearly 60 percent of all carotenoids found in the infant brain and appears to be necessary for healthy brain development. And research has shown that in school-aged children through senior adults, lutein supports overall cognition and helps the brain work more efficiently, allowing the brain to accomplish more without requiring more energy. It's truly a supplement for all ages.^{26 27 28 29 30}

MAKE IT YOUR OWN: SUPER NUTRIENTS



Studies have consistently shown that daily doses ranging from 10 to 20 mg effectively increase levels in the retina and the brain.

Now that you've got the basics down, here's the fun part! There's a whole world of dietary supplements that run the gamut from liver health to heart health to blood sugar support to sports nutrition. We call these health-specific supplements the "super nutrients." This is where you consider your individual needs and create your own toolbox. Is your liver sluggish and needs a little extra love? Milk thistle is your BFF! Blood sugar out of whack? You may want to consider berberine for blood sugar control and healthy weight maintenance. Are you a fitness fanatic looking to up your game? Try beetroot, MCT oil, and cordyceps for endurance, energy, and stamina. Beetroot is also especially important for cardiovascular health and maintaining healthy blood pressure. Probiotics are beneficial for everyone, but especially for those dealing with gut issues.

To help you decide which of the super nutrients will best help you reach your health goal(s), set up a free health coaching session with one of our Nutritional Health Coaches (NHCsSM) at your local Natural Grocers to help guide you down the path to your best health. Or go to naturalgrocers.com/foundational-5 and take the Super Nutrient Quiz to begin your journey to optimal wellbeing today!

References available upon request.



A NOTE ON QUALITY

Supplements have become one of the backbones of a modern wellness routine and you can find them at just about any big box store, grocery store, and from online retailers. But buyer beware. There are unscrupulous companies out there that sell supplements that are of poor quality or contain ingredients that they shouldn't (or don't contain what they say they do!). This is especially rampant online.³¹

Buying your supplements from Natural Grocers ensures you are always getting the highest quality dietary supplements without questionable fillers, artificial ingredients, and other problematic ingredients. Everything on the shelves has gone through a rigorous screening process by quality standards experts and are Good Manufacturing Practices (GMP) Certified with certificates of analysis verified for authenticity of ingredients and to screen out heavy metals. And even better? You will always find in-the-know, real-life good4u Crew ready to answer any questions you have!



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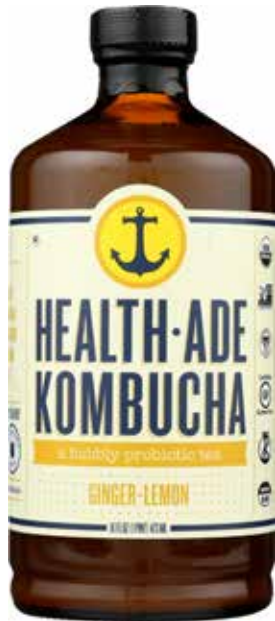


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Beat the Winter Weight-Gain Blues with L-Carnitine!

By **Lindsay Wilson**

After months of cold, dark days and a natural tendency to go into hibernation mode, this time of year can bring on major energy slumps, changes in metabolism, and the dreaded winter weight gain blues, even for the healthiest of people. It's no surprise, really, because as we move into the winter months, our brains tell our bodies to switch to an insulin-resistant state, an evolutionary mechanism that causes our bodies to store fat in case of food scarcity.¹ But in our modern times, there is no shortage of food for most of us, and the average American gains between five and seven pounds during the winter months,^{2,3} which is often accompanied by fatigue, a depressed mood, stress, and anxiety. L-carnitine may just be the spark you need!

L-carnitine's main job is to transport fat into the mitochondria, the energy factories of our cells, where it is used to produce ATP, our cells' major form of energy. Without sufficient levels of L-carnitine, fat will not be able to enter the mitochondria to be burned for fuel

and will instead be stored as body fat.⁴ If you want to use fat as fuel as efficiently and effectively as possible, you need L-carnitine.

L-carnitine also enhances carbohydrate utilization, particularly in those who are metabolically impaired and are poor sugar burners. This is especially important in our carb-overloaded diets because all of the excess carbohydrates we eat are converted into and stored as fat. For most of us this happens when we consume more than 150 grams of carbs a day.⁵ Government recommendations tell us to get between 45 to 65 percent of our total daily calories from carbohydrates, which translates to between 225 and 325 grams each day,⁶ which most people easily meet or exceed. By enhancing carbohydrate utilization, L-carnitine helps to minimize the damaging effects of consuming high amounts of carbs.

In short, L-carnitine is crucial for energy production in the cells, mitochondrial health, a healthy metabolism, and for converting fat and carbs into energy, helping to maintain a healthy weight.



WHERE CARNITINE SHINES: WEIGHT MAINTENANCE, BLOOD SUGAR CONTROL & HEALTHY AGING

Because of L-carnitine's intrinsic role in cellular energy production and mitochondrial health, it has been investigated for its potential role in aging, weight maintenance, cardiovascular health, and blood sugar regulation. This is what the research has found.

WEIGHT LOSS

Carnitine supplementation has been shown to amplify the body's ability to burn fat and drop weight. One study involving 12 "slightly overweight" subjects showed that 3 grams of L-carnitine daily for 10 days lead to a significant increase in fat oxidation; this was while following their normal diet and not exercising.⁷ And a recent meta-analysis of nine randomized controlled trials including 911 subjects concluded that carnitine supplementation results in weight loss. The subjects who took L-carnitine lost significantly more weight and had a greater decrease in body mass index (BMI) overall compared to the controls. The studies included a variety of subjects, including some who were physically active, some who had diabetes, some who were obese, and some with muscle fatigue. No matter the group, those who supplemented with L-carnitine saw benefits, including weight loss, improvements in BMI, and increased energy. Doses of L-carnitine ranged from 1.8 to 4 grams a day.⁸

INSULIN RESISTANCE & BLOOD SUGAR BALANCE

One way in which L-carnitine helps maintain a healthy weight, in addition to its ability to increase fat burning, may be its ability to improve how the body handles glucose, helping to prevent spikes in blood sugar and decreasing insulin resistance (which can certainly help combat that natural winter switch over to a more insulin-resistant state). In its role in enhancing the body's use of carbohydrates, L-carnitine also ensures that the glucose produced when we eat carbs is used for energy production, rather than being converted and stored as excess body fat.

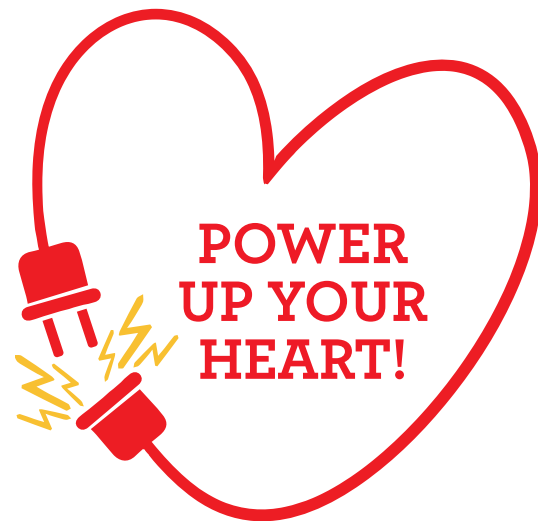
In an Italian study of 15 non-obese healthy volunteers and 20 type-2 diabetic patients, an infusion of L-carnitine supported improvements in glucose uptake from the bloodstream in both groups. It also improved insulin resistance and the ability to use glucose as fuel in those with type-2 diabetes.⁹ The researchers concluded that L-carnitine helps balance energy metabolism, especially when it is impaired or when the body is under a state of stress. Other research has found similar results with the administration of oral L-carnitine and its ability to increase glucose oxidation and reduce insulin resistance.^{10 11 12}

IMPROVE ENERGY, MAINTAIN MUSCLE MASS & LOSE WEIGHT

Another area of research where L-carnitine shines is increasing energy production as we age. Energy production in the mitochondria naturally declines with age, impairing energy production and increasing oxidative stress, which causes damage to cells and impairs the healthy functioning of the entire body. One randomized controlled trial investigating the effect of L-carnitine supplementation on physical and mental fatigue in 70 centenarians (100 to 106 years old) found that 2 grams of L-carnitine daily significantly improved both mental and physical fatigue, cognitive function, and reduced fat mass while it increased muscle mass.¹³

MAKE SURE TO GET ENOUGH

L-carnitine is produced in our livers and kidneys, but production slows as we age. Any type of disease state or state of metabolic dysfunction (obesity, diabetes, metabolic syndrome, etc.) will result in low L-carnitine levels. Additionally, suboptimal levels of vitamin C, B6, niacin, or iron (all necessary for the body to produce carnitine)¹⁴ will result in inadequate production, and in turn, an inadequate supply of energy. Because dietary sources of carnitine include red meat and other animal foods, vegetarians and vegans are vulnerable to carnitine deficiencies. Doses between 2 and 4 grams have been effectively used in studies.^{15 16}



POWER UP YOUR HEART!

L-carnitine is also good for your heart, especially for anyone with a history of heart issues. Research has found that people with heart muscle damage, such as from a heart attack or heart failure, have low carnitine levels in the body.¹⁷ And according to cardiologist Stephen Sinatra, MD, the heart gets 60 percent of its fuel from fat and is especially vulnerable to even slight deficiencies in carnitine.¹⁸ Because it is necessary to shuttle fat into the heart's mitochondria to burn for energy, carnitine provides this important muscle with the fuel it needs to properly function.

One year-long placebo-controlled study investigated the effect of carnitine on patients with a recent diagnosis of myocardial infarction (heart attack). Eighty-one patients were given 4 grams of carnitine daily, in addition to their prescription treatments, while the remaining patients received placebos. Those taking L-carnitine had an improvement in heart rate and blood pressure, and a decrease in anginal attacks and rhythm disorders compared to the control group. There was also a lower mortality rate among those taking L-carnitine (1% compared to 12.5% in the placebo group).¹⁹

In a more recent 2017 analysis of 17 randomized controlled trials for chronic heart failure (CHF) treatment including 1,625 patients, researchers concluded that "L-carnitine treatment is effective for CHF patients in improving clinical symptoms and cardiac functions..."²⁰

**DEALS AT
29% OFF
or \$2.29**

NATURAL GROCERS

**{N}power
SPECIAL OFFER**

**SATURDAY
FEBRUARY 29, 2020 ONLY**



29 LEAP DAY DEALS

29% OFF OF THESE ITEMS

\$304*
LIMIT 6

29% OFF

Pacific Foods
Organic Creamy Soups | 32 oz.
Always Affordable \$4.29

\$266*
LIMIT 6

29% OFF

Imagine
Select Organic Broths | 32 oz.
Always Affordable \$3.75

\$269*
LIMIT 6

29% OFF

Lily's Sweets
Stevia Sweetened Chocolate Bars | 2.8-3 oz.
Always Affordable \$3.79

\$198*
LIMIT 6

29% OFF

Nick's Sticks
Organic Love Crunch Granolas
11.5 oz.
Always Affordable \$2.79

\$1229*
LIMIT 6

29% OFF

Now Foods
Red Yeast Rice
1200 mg
60 TAB
Always Affordable \$17.49

\$734*
LIMIT 6

29% OFF

Lakewood Juices
Organic Pure Cranberry or
Pure Pomegranate Juice | 32 oz.
Always Affordable \$10.35

\$655*
LIMIT 6

29% OFF

C20
Pure Coconut Water | 8 pk.
Always Affordable \$9.25

\$205*
LIMIT 6

29% OFF

Endangered Species Chocolate
Chocolate Bars | 3 oz.
Always Affordable \$2.89

\$344*
LIMIT 6

29% OFF

Nature's Path
Organic Love Crunch Granolas
11.5 oz.
Always Affordable \$4.85

\$212*
LIMIT 6

29% OFF

Montebello
Organic Pastas | 16 oz.
Always Affordable \$2.99

\$212*
LIMIT 6

29% OFF

Late July Snacks
Organic Multigrain Snack Chips
5.5-6 oz.
Always Affordable \$2.89

\$744*
LIMIT 6

29% OFF

Kicking Horse Coffee
Select Organic Coffee | 10 oz.
Always Affordable \$10.49

\$318*
LIMIT 6

29% OFF

Daiya
Dairy-Free Cheesy Mac
10.6 oz.
Always Affordable \$4.49

\$879*
LIMIT 6

29% OFF

Country Life
Vitamin D3
2500 IU
200 SG
Always Affordable 12.39

\$223*
LIMIT 6

29% OFF

Nature's Path
Organic Waffles | 7.4 oz.
Always Affordable \$3.15

\$266*
LIMIT 6

29% OFF

Koia
Plant-Powered Protein Beverages | 12 oz.
Always Affordable \$3.75

\$127*
LIMIT 6

29% OFF

Primal Kitchen
Collagen Bars | 1.7 oz.
Always Affordable \$1.79

\$205*
LIMIT 6

29% OFF

High Brew Coffee
Cold Brew Coffee Beverages
4 pk.
Always Affordable \$8.89

\$179*
LIMIT 6

29% OFF

The Ginger People
Ginger Chews | 3 oz.
Always Affordable \$2.55

\$294*
LIMIT 6

29% OFF

Four Sigmatic
Organic Mushroom Focus Shot w/ Lion's Mane | 2.5 oz.
Always Affordable \$4.15

\$223*
LIMIT 6

29% OFF

Rao's Homemade
Pastas | 16 oz.
Always Affordable \$2.79

\$699*
LIMIT 6

29% OFF

Mt. Hagen
Organic Instant Coffee | 3.5 oz.
Always Affordable \$9.89

\$127*
LIMIT 6

29% OFF

Late July Snacks
Organic Multigrain Snack Chips
5.5-6 oz.
Always Affordable \$2.89

\$629*
LIMIT 6

29% OFF

High Brew Coffee
Cold Brew Coffee Beverages
4 pk.
Always Affordable \$8.89

This offer is only available only to registered (N)power members on February 29, 2020 and is redeemable only for in-store purchases at participating Natural Grocers stores. Quantity limited to stock on hand; no rain checks. We reserve the right to correct errors. Void where prohibited by law.

BUT WAIT, THERE'S MORE!

N **NATURAL GROCERS**
power
 SPECIAL OFFER

MORE GREAT SAVINGS FOR \$2²⁹

\$2²⁹*
 LIMIT 6
52% OFF




Traditional Medicinals
 Boxed Teas | 16 ct.
 Always Affordable \$4.79

\$2²⁹*
 LIMIT 6
42% OFF



Grain Berry
 Onyx Sorghum Cereals
 12-16 oz.
 Always Affordable \$3.99

\$2²⁹*
 LIMIT 6
42% OFF



Terra
 Select Vegetable Chips
 4.2-6 oz.
 Always Affordable \$3.99

\$2²⁹*
 LIMIT 6
35% OFF




R.W. Knudsen Family
 Organic Tomato Juice | 32 oz.
 Always Affordable \$3.55

\$2²⁹*
 LIMIT 6
31% OFF




Crown Prince Natural
 Smoked Oysters | 3 oz.
 Always Affordable \$3.35

\$2²⁹*
 LIMIT 6
27% OFF



Tasty Bite
 Meal Pouches | 10 oz.
 Always Affordable \$3.15

\$2²⁹*
 LIMIT 6
23% OFF



Health-Ade
 Organic Kombuchas | 16 oz.
 Always Affordable \$2.99

This offer is only available only to registered (N)power members on February 29, 2020 and is redeemable only for in-store purchases at participating Natural Grocers stores. Quantity limited to stock on hand; no rain checks. We reserve the right to correct errors. Void where prohibited by law.

HEY
LEAPLINGS

BORN ON 2/29?

WE LOVE BIRTHDAYS AT
NATURAL GROCERS & THIS LEAP YEAR
WE CELEBRATE YOU!
COME IN ON 2/29/20 WITH A VALID ID & RECEIVE A
\$29 GIFT CARD JUST FOR YOU



This offer is available only on February 29, 2020 at participating Natural Grocers stores. To receive a \$29 gift card, you must present a valid form of identification confirming your birthday is on February 29 and that you are 18 years of age or over. Void where prohibited by law.

OFFERS VALID JANUARY 31 TO FEBRUARY 29, 2020

NATURAL GROCERS® BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM



\$6.99

10 oz.



NATURAL GROCERS® BRAND BULK ORGANIC DRIED MANGO

Ready, set, let's mango! Discover a tasty snack that's also a good source of vitamin C.*

ALWAYS AFFORDABLE \$7.99



\$2.39

1 LB.



NATURAL GROCERS® BRAND BULK ORGANIC SUNFLOWER SEEDS

Every seed is loaded with flavor and nutrition at an unbeseebable bulk price!

ALWAYS AFFORDABLE \$2.39



\$4.49

1 LB.

NATURAL GROCERS® BRAND BULK CALIFORNIA NATURAL ALMONDS

We're nuts about the freshness and versatility of our bulk almonds. Grown in the California sunshine, they're deliriously happy to be home with you.

ALWAYS AFFORDABLE \$4.99



\$1.49

1 LB.



NATURAL GROCERS® BRAND BULK ORGANIC BROWN OR GOLDEN FLAX SEEDS

Did you know, flax seeds contain a good amount of protein, fiber, and omega-3 fatty acids, in addition to being a good source of some vitamins and minerals?

ALWAYS AFFORDABLE \$1.79

OFFERS VALID JANUARY 31 TO FEBRUARY 29, 2020

NATURAL GROCERS® BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM



\$2.49
2 LB.

NATURAL GROCERS® BRAND BULK
ORGANIC THICK ROLLED OATS
ORGANIC ROLLED OATS
ORGANIC QUICK ROLLED OATS
ORGANIC STEEL CUT OATS

ALWAYS AFFORDABLE \$2.99



\$7.99

NATURAL GROCERS® BRAND BULK
BRAZIL NUTS
10 OZ.

High in the mineral selenium, Brazil nuts are a great way to sneak in extra nutrition throughout the day.

ALWAYS AFFORDABLE \$7.99



\$3.99

NATURAL GROCERS® BRAND BULK
ORGANIC CRYSTALLIZED GINGER
10 OZ.

Have a hankering for something a little spicy and sweet? Grab a bag of our organic, crystallized ginger!

ALWAYS AFFORDABLE \$3.99



\$3.49
10 OZ.

NATURAL GROCERS® BRAND BULK
HEMP SEEDS

A perfect powerhouse addition to yogurt, smoothies, baked goods, and more.

ALWAYS AFFORDABLE \$3.49

\$1.49

NATURAL GROCERS® BRAND BULK
FINE PINK HIMALAYAN SALT
8 OZ.

Its soft pink color gives Pink Himalayan salt its signature name. With its versatility in taste, you can make any meal a signature dish.

ALWAYS AFFORDABLE \$1.49



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

39% OFF

\$10⁴⁹

SOLARAY®
Berberine Root Extract
60 VCAP

ALWAYS AFFORDABLE \$17.29



35% OFF

\$5⁷⁹

NATURAL FACTORS®
Vitamin D3 5000 IU
120 SG

ALWAYS AFFORDABLE \$8.99



27% OFF

\$9⁹⁹

NOW®
Shea Butter
16 OZ.

ALWAYS AFFORDABLE \$13.69



HOT DEAL OFFERS AVAILABLE FEBRUARY 14TH - 16TH ONLY!

33% OFF

\$13⁹⁹

NOW®
Curcumin
60 VCAP

ALWAYS AFFORDABLE \$20.99



27% OFF

\$18³⁹

JARROW FORMULAS®
UBIQUINOL
QH-ABSORB + PQQ

ALWAYS AFFORDABLE \$25.29



33% OFF

\$1.99

ALTER ECO®
Organic
Chocolate Bars
2.65-2.82 OZ.

ALWAYS AFFORDABLE \$2.99



29% OFF

\$2.69

LILY'S SWEETS®
Stevia Sweetened
Chocolate Bars
2.8-3 OZ.

ALWAYS AFFORDABLE \$3.79



24% OFF

\$7.89

KICKING HORSE®
COFFEE
Organic Regular Coffee
10 OZ.

ALWAYS AFFORDABLE \$10.49



HOT DEAL OFFERS AVAILABLE FEBRUARY 14TH - 16TH ONLY!

20% OFF

\$4.89

TETON WATERS®
Bratwurst or Sausage
10 OZ.

ALWAYS AFFORDABLE \$6.15



26% OFF

\$5.99

BONAFIDE PROVISIONS®
Bone Broths
24 OZ.

ALWAYS AFFORDABLE \$8.19



UP TO 20% OFF
ALWAYS AFFORDABLESM



20% OFF
\$9.99

AURA CACIA® Hydrosols
Various Scents
3 OZ.

Experience the aromatic water solutions that remain after essential oils are distilled.

ALWAYS AFFORDABLE \$12.99

15% OFF
\$32.49



RESERVEAGE® Keratin Booster™
Hair Booster
60 CAP

Helps reduce hair shedding and supports the hair growth cycle.*

ALWAYS AFFORDABLE \$38.25

14% OFF
\$13.59



SOURCE NATURALS®
Vegan Omega-3s
EPA-DHA
30 VSG

EPA/DHA supports the healthy functioning of the brain and cardiovascular system. Made from algae.*

ALWAYS AFFORDABLE \$15.85

13% OFF
\$15.49



SOURCE NATURALS®
Wellness Formula Caps
120 CAP

The Wellness Formula of products is designed to support the immune system when under physical stress.*

ALWAYS AFFORDABLE \$17.99

12% OFF
\$41.99



ANCIENT NUTRITION®
Keto Protein
Chocolate or Vanilla
18.7-19 OZ.

Provides protein & fat from chicken bone broth & MCTs.*

ALWAYS AFFORDABLE \$47.99

12% OFF
\$13.99



NATURE'S PLUS®
Source of Life
Garden
Vitamin K2
60 VCAP

Each capsule provides 120 mcg of vitamin K2, the most bioavailable form of this critical bone-health nutrient, as menaquinone-7 from organic natto.*

ALWAYS AFFORDABLE \$15.99

11% OFF **10% OFF**
\$11.99-\$21.99



AMERICAN HEALTH®
Ester-C® 500 mg
w/ Bioflavonoids
120-240 CAP

Ester-C is a unique breakthrough vitamin C formula supported with naturally occurring metabolites.*

ALWAYS AFFORDABLE \$13.49-\$24.49

20% OFF
\$8³⁹



KICKING HORSE COFFEE®

Organic Regular Coffee

10 OZ.

100% organic, fair trade, Rocky Mountain-roasted coffee.

ALWAYS AFFORDABLE \$10.49

UP TO 20% OFF
ALWAYS AFFORDABLESM

20% OFF
\$2⁷⁹



SOURCE NATURALS®

Wellness Shot® Berry

2.5 OZ.

A convenient way to support your immunity.*

ALWAYS AFFORDABLE \$3.49

20% OFF
\$3³⁹



PACIFIC FOODS®

Organic Creamy Soups

32 OZ.

Flavorful, organic soups that are healthy and delicious.

ALWAYS AFFORDABLE \$4.29

20% OFF
\$2⁹⁹



KOIA®

Plant-Powered Protein Beverages

12 OZ.

All Koia flavors deliver nine essential amino acids, which means you get a complete plant protein in every bottle.

ALWAYS AFFORDABLE \$3.75

17% OFF
\$11⁹⁹



ALBA BOTANICA®

Bath and Shower Gel Various Scents

32 OZ.

Packed with pure botanical emollients, these replenishing bath and shower gels nourish and soften with each scent.

ALWAYS AFFORDABLE \$14.49

17% OFF
\$23⁹⁹



MAD HIPPIE®

Vitamin C Serum

1.02 OZ

A harmonious blend of free radical scavengers that brighten, tighten, and smooth the skin.

ALWAYS AFFORDABLE \$28.99

17% OFF
\$14⁷⁹



MRM®

Bone Maximizer III

150 CAP

A high-potency, synergistic formula containing vitamin K2, MK-7, and MCHC for maximum bone health support and joint support.*

ALWAYS AFFORDABLE \$17.99

UP TO **16% OFF**
ALWAYS AFFORDABLE™



\$6.59

15% OFF

ORGANIC PRAIRIE®
 Organic Ground Turkey Chub
 12 OZ.



Organic Prairie sells the finest organic meats free of antibiotics, hormones, GMOs, or other synthetic contaminants.

ALWAYS AFFORDABLE \$7.79*



16% OFF
\$5.15

15% OFF
\$28.99



15% OFF
\$30.79



TETON WATERS®
 Bratwurst or Sausage
 10 OZ.

Made with 100% grass-fed beef. No nitrites or nitrates added. No hormones. No antibiotics.

ALWAYS AFFORDABLE \$6.15

NEW CHAPTER®
 Perfect Prenatal or Postnatal
 Multivitamin
 96 TAB

Nourishing yourself and your baby with the perfect ingredients matters.*

ALWAYS AFFORDABLE \$34.29

RESERVEAGE®
 Collagen Booster™
 with Hyaluronic Acid & Resveratrol
 60 CAP

Supports radiant, healthy skin from the inside.*

ALWAYS AFFORDABLE \$36.49



15% OFF

**Our Always Affordable™
 Price on all Derma E®
 Products**

15% OFF
\$8.29

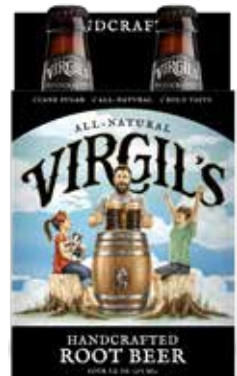


MARANATHA™
 Select Almond Butters
 12 OZ.

They select only the finest, heart-healthy* California almonds.

ALWAYS AFFORDABLE \$9.79

15% OFF
\$4.75



VIRGIL'S®
 Bottled Sodas
 4 PK.

Enjoy microbrewed root beer made with all-natural ingredients: carbonated water, unbleached cane sugar, and natural herbs & spices.

ALWAYS AFFORDABLE \$5.59

14% OFF

\$11.99

NATURE'S PLUS®

Source of Life
Vitamin D3
60 VCAP

100% plant-source cholecalciferol from a variety of organic, healthful "mushroom".

ALWAYS AFFORDABLE \$13.99



UP TO 14% OFF
ALWAYS AFFORDABLE

10% OFF



\$41.99

12% OFF

\$4.99



TOM'S OF MAINE®

Luminous White Toothpaste
Clean Mint
4 OZ.

Featuring a clinically proven natural whitening technology to remove surface stains that is also safe on enamel and safe for everyday use.

ALWAYS AFFORDABLE \$5.69

12% OFF

\$11.99



NOW®

Shea Butter
16 OZ.

Natural shea butter has a rich, luxurious texture that is well absorbed by the skin to condition and moisturize every type of skin.

ALWAYS AFFORDABLE \$13.69

NATURAL FORCE®

Organic Bone Broth Protein
Unflavored or Chocolate
10.79-13.81 OZ.

Handcrafted from real grass-fed beef bone broth.

ALWAYS AFFORDABLE \$46.79

10% OFF

\$9.55



APPLEGATE®

Gluten-Free Family Size
Chicken Tenders or Nuggets
14 OZ.

Made from chickens that are humanely raised and never administered with antibiotics or fed animal by-products.*

ALWAYS AFFORDABLE \$10.65

10% OFF

\$26.49



BIOCHEM®

100% Vegan Protein
Chocolate or Vanilla
22.8-26 OZ.

BioChem's 100% Vegan Protein is made from pea, hemp seed, and cranberry proteins.*

ALWAYS AFFORDABLE 29.49

NATURAL GROCERS® BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM



16% OFF

\$4.99



NATURAL GROCERS®
Organic Beef Jerky
3 OZ.

Flavor shouts to your taste buds, in the savory notes of beef brought up the way it was meant to be—on pasture.

ALWAYS AFFORDABLE \$5.99



12% OFF

\$3.49



NATURAL GROCERS®
Organic Cheese Blocks
8 OZ.

Isn't it time you discovered the best cheese blocks on the block? Nat Gs cheese, yes please!

ALWAYS AFFORDABLE \$3.99



11% OFF

\$7.99



NATURAL GROCERS®
Organic Extra Virgin Olive Oil
25.5 OZ.

In our quest to bring you the best olive oil in the world, we would accept nothing less than perfection.

ALWAYS AFFORDABLE \$8.99



16% OFF

2/\$5

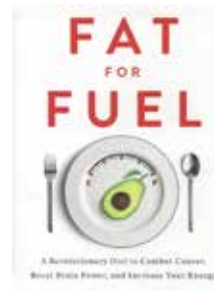
{N}power® Pricing Only



NATURAL GROCERS®
Organic Tortilla Chips
16 OZ.

With just right thickness, reliable crispness, and the stone-ground flavor of old family recipes, they're all we ever wanted in a triangle kind of chip.

ALWAYS AFFORDABLE \$2.99

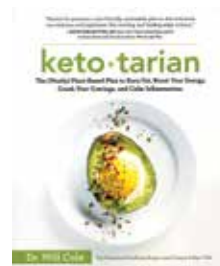


Fat for Fuel
Dr. Joseph Mercola

MSRP \$27.99

New York Times best-selling author and leading natural-health practitioner Joseph Mercola explains how nearly all disease is caused by defective metabolic processes. *Fat for Fuel*, a new book by Dr. Joseph Mercola, talks about a revolutionary way to help you combat cancer, boost your brain power, and increase your energy.

\$19.59
hardcover

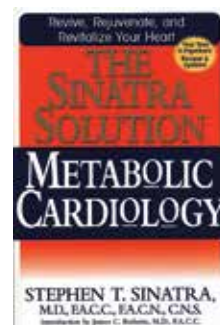


Ketotarian
Dr. Will Cole

MSRP \$20.00

With more than 75 recipes plus meal plans, expert tips, and more, *Ketotarian*® is a game-changer for anyone looking for a healthy way to drop pounds, tame inflammation, and achieve peak physical and mental performance—for life. Let the ketotarian revolution begin. Rest your health by going plant-based Keto.

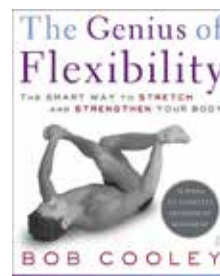
\$14.00
paperback



The Sinatra Solution
Stephen Sinatra
MSRP \$19.99

Board-certified cardiologist Dr. Stephen T. Sinatra discusses the importance of energy metabolism on cardiovascular health and the positive impact these three energy-supplying nutrients have on the cardiovascular system. He guides you through the basics of energy metabolism and cardiac bioenergetics.

\$13.99
paperback



The Genius of Flexibility
Bob Cooley
MSRP \$20.00

Utilizing a revolutionary technique that has been user-tested by thousands of people from Olympic athletes to people suffering from serious injury, presents a 16-step stretching regimen that dramatically improves flexibility and strength while improving physiological and psychological health.

\$14.00
paperback

good4u

NEW PRODUCTS

\$5⁷⁹
24 oz.



**RAO'S®
Tomato Sauces**

Rao's sauces are simmered slowly and made in small batches with only the best ingredients, like pure Italian olive oil and hand-picked, naturally ripened tomatoes from southern Italy.

ALWAYS AFFORDABLE \$8.29

\$3¹⁹
12 oz.



**VITAL PROTEINS®
Collagen Waters**

Hydration with a 10g side of collagen. Light and refreshing, all you need to do is open and sip.

ALWAYS AFFORDABLE \$4.59

\$13⁹⁹
23.1 oz.



**SEVENTH GENERATION®
Easy Dose Ultra Concentrated Laundry Detergents**

With Seventh Generation's new Easy Dose Ultra Concentrated Laundry Detergent, you get the right amount of liquid—every time.

ALWAYS AFFORDABLE \$16.55

\$9⁷⁹
200 sg



**NOW®
Omega-3
Molecularly Distilled**

Discover an Omega-3 supplement free of potentially harmful levels of contaminants, such as PCBs, dioxins, mercury, and other heavy metals.*

ALWAYS AFFORDABLE \$12.79

\$23⁹⁹
180 sg



**NOW®
Ultra
Omega-3**

This Ultra Omega-3 supplement supports brain, heart, and whole-body health.*

ALWAYS AFFORDABLE \$30.79

\$10¹⁹
4 oz.



**DERMA E®
Vitamin C Gentle Daily Cleansing Paste**

This Vitamin C cleansing paste helps to reduce the appearance of uneven skin tone, revealing a radiant and beautiful complexion.

ALWAYS AFFORDABLE \$11.99

\$20⁹⁹
120 vcap



**JARROW FORMULAS®
Acetyl L-Carnitine
500 MG
120 VCAP**

Acetyl-L-Carnitine supports emotional wellbeing, in addition to combating age-related decline.*

ALWAYS AFFORDABLE \$29.99

\$12³⁹
50 vcap



**JARROW FORMULAS®
L-Carnitine
500 MG
50 VCAP**

L-Carnitine helps transform fats into energy (i.e., ATP). L-Carnitine facilitates the metabolism of carbohydrates to support ATP production.*

ALWAYS AFFORDABLE \$18.99

Sensational SAVINGS

OFFERS VALID
JANUARY 31 TO FEBRUARY 29, 2020

33% OFF*

\$1.99



HONEY GARDENS®
Elderberry
Immune Boost Drink
10.1 OZ.

ALWAYS AFFORDABLE \$2.99

26% OFF*

\$27.49



NOW®
Curcumin
Softgels
120 SG

ALWAYS AFFORDABLE \$37.99

26% OFF*

\$24.99



NATURAL FACTORS®
Ubiquinol Active CoQ10
100 MG
60 SG

ALWAYS AFFORDABLE 33.99

25% OFF*

ON ALL DAIYA® PRODUCTS



23% OFF*

\$22.99



JARROW FORMULAS®
Ubiquinol QH-absorb
100 mg
60 SG

ALWAYS AFFORDABLE \$29.99



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

*Our Always Affordable™ Price