



# NATURAL GROCERS

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MARCH 2020 VOL. 32

## {N}power ONLY

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The Family Brand You **TRUST**  
PAGE 18



## CHOCTOPIA

PAGE 44

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All Chocolate Bars

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MARCH 28<sup>th</sup>



{N}power  
SPECIAL OFFER

# LETTER *From the Iselys*

Hello Neighbors,

Happy almost spring! These restless winds of March have us in a contemplative mood, so we wanted to share what's been on our minds. With the world constantly changing at the drop of an algorithm, we've been reflecting on something that hasn't changed in 65 years—our commitment to you!

When our parents started this journey in 1955, supplements and organic food weren't available at the speed of same-day delivery, acquired via faceless transactions and guided by anonymous reviews. Theirs was a face-to-face, get-to-know-your-customers-and-suppliers kind of business. And that, although it has expanded, has not changed. We see your faces when you walk through our doors, we engage with you, and have the conversations that help you find the supplements and foods that meet your unique needs. Most of all, we care that you leave with the highest quality and authentic products you seek. The only way for us to guarantee that happens is to continue doing it just like our parents taught us—knowing every ingredient, supplier, and product that finds a place on our shelves! We are proud that we are not a “market place” that sells every poor quality, expired, questionably made with questionable ingredients, out-right fake product any unscrupulous supplier wants to put up for sale.

We carefully curate the largest selection of authentic supplements available in a brick-and-mortar location, and we do it according to the steepest standards in the industry, verifying authenticity, purity, and Good Manufacturing Practices. Most importantly, we know “What We Won't Carry and Why.” We keep a finger on the pulse of our industry so we can deliver, not on trends, but rather the most innovative and evidence-based formulas to support your health. Because we're in the know, we also don't wait for regulatory action to remove a product from our shelves if cautionary evidence comes to light, and we don't continue to sell products with FDA-banned ingredients. With thousands of dietary supplement brands popping up these days, we believe our unique ability to bring you only those that we have personally vetted for quality ingredients to be of critical importance.

Education is empowerment, and it's one of the founding principles at the heart of the way we do business. A Google search can deliver an overwhelming amount of unverified information in a matter of seconds. A step inside our doors offers an entirely different experience. You're guided to the products that best fit your needs by knowledgeable crew members—trained by nutrition experts—who can connect you with more resources and with our in-store nutrition experts, our Nutritional Health Coaches. We invest hundreds of thousands of dollars in Crew education every year so that you get the most up-to-date and knowledgeable answers to your health and wellness questions.

As technology continues to re-shape and change our world and how we live our daily lives, there is one constant that you can trust: Us, because our family values haven't changed. The importance of personal relationships, caring about the health and wellbeing of our communities, and nutritional expertise has guided us for the last 65 years, and their value far outweighs the convenience of an algorithm. Our enduring commitment to you is sharing the empowerment of nutrition education and the benefits of the best natural and organic products, at Always Affordable Prices, because that's the legacy our parents passed on to us.

Now we'll leave you to your own springtime reflections, and we hope, as the Irish blessing says, that “Good luck be with you wherever you go, and your blessings outnumber the shamrocks that grow.” We look forward to seeing you soon!

*The Isely Family*

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## OUR 5 FOUNDING PRINCIPLES

**NUTRITION  
EDUCATION**

**HIGHEST  
QUALITY  
PRODUCTS**

**ALWAYS  
AFFORDABLE™**

**COMMITMENT  
TO OUR  
COMMUNITY**

**COMMITMENT  
TO OUR  
good4u™ Crew**

# NATURAL GROCERS

## ALWAYS AFFORDABLE!™

### NATURAL GROCERS BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE™

## Organic Pasta Sauces

Every mouthful of Natural Grocers Brand Premium Organic Pasta Sauce is loaded with the succulent flavor of heirloom tomatoes, each bite exploding with the robust sweetness of sunshine and vine.

**\$4.89**  
25 oz.



WANT TO SAVE  
EVEN MORE  
ON YOUR  
PURCHASES  
WHILE  
EARNING  
VALUABLE  
POINTS THAT  
GIVE YOU CASH  
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Then make sure to join one of the best loyalty rewards programs in the business—Natural Grocers' {N}power Program!

Each week, we send special {N}power members-only deals, cash off supplements, and grocery and cash rewards for our over 1,000,000 and growing {N}power members!

Don't be left out and don't miss out on the savings. Sign up for {N}power today!

**Natural Grocers**  
+  
**{N}power**  
= **Always Affordable™**

Go to [naturalgrocers.com/join](http://naturalgrocers.com/join) or simply text "Organic" to 41411





NATURAL GROCERS

## CREAMY, BACON-Y GREEN ONION DIP

This simple dip is the perfect combination of salty, savory bacon and bright green onions, all wrapped in a creamy dip. You'll love it with your favorite crudité, crackers, or even smeared on a sandwich or burger.

### INGREDIENTS

1 (8-ounce) package organic full-fat cream cheese

2 tablespoons mayonnaise (olive oil- or avocado oil-based)

2 tablespoons organic lemon juice

½ teaspoon Natural Grocers Brand Bulk Organic Granulated Garlic

Natural Grocers Brand Bulk Real Salt and Organic Ground Black Pepper, to taste

4 slices cooked Natural Grocers Brand bacon

2 bunches organic green onions, ends trimmed

### INSTRUCTIONS

PREP TIME: 20 MINUTES | MAKES 1½ CUPS

1. Add the cream cheese, mayonnaise, lemon juice, garlic, salt, and pepper to a medium bowl. Use a fork to mash and mix well until a smooth, uniform texture is achieved.
2. Chop the bacon and the green onions. Reserve about a quarter of each for topping and add the remainder to

the bowl. Mix well; taste and adjust seasonings as desired. Cover and refrigerate for at least 4 hours, up to 24. Refrigerate the reserved bacon and onion in a separate airtight container. Top with the reserved bacon and green onion just before serving.



# FOR THE LOVE OF ORGANICS: GREEN ONIONS

By Charity Isely



*IT'S HARD TO IMAGINE A CIVILIZATION WITHOUT ONIONS.*

-Julia Child

And without soil, it's impossible to sustain a civilization! The humble green onion is our featured organic produce this month; it is so widely available that we may take its existence for granted, which is also easy to do with the soil it grows from. While we can take for granted that green onions are abundant and easy to find, it's dangerous to take for granted the life source of our food supply—healthy, abundant soil—so let's dig into some fundamentals of food, farming, and climate.

*THE HEALTH OF SOIL, PLANT, ANIMAL AND MAN IS ONE AND INDIVISIBLE.*

-Albert Howard

When we treat soil like dirt, it loses the synergistic balance of microbes and nutrients that make it vital to the wellbeing of our planet. Healthy soil is rich in organic matter, which increases its fertility, ability to retain moisture, and structural integrity. Organic matter is composed of a mixture of bacteria and fungi, decaying plant tissue, etc. and is rich in carbon. Because of this, soil organic carbon (SOC) is often used as a measurement to indicate levels of organic matter in the soil.<sup>1,2</sup> Guess what consumes organic matter faster than it can be created? Synthetic nitrogen, the fertilizer on which most of our food-producing farmland now depends. The proof is in the oldest experimental agricultural fields in the country, the Morrow Plots of Illinois. A group of researchers analyzed the data on SOC in these plots from 1904 to 2005. Over the first few decades, the SOC consistently increased, but after the introduction of synthetic nitrogen fertilizer in 1967, the situation reversed and SOC steadily declined.<sup>3</sup> Not only that, the levels of nitrogen stored in the soil were significantly reduced as well, despite the fact that large amounts of synthetic nitrogen had been added to it over time.<sup>4</sup> Organic farming, in contrast, uses holistic techniques to fix nitrogen in the soil, build and maintain organic matter, and increase the potential for CO<sub>2</sub> sequestration.<sup>5</sup> <sup>6</sup> With our climate in crisis, every food choice counts—so will your green onions be grown in soil or dirt?

*OUR PRIMARY HEALTH CARE SHOULD BEGIN ON THE FARM...*

-Gary Hopkins

Here's a not-so-fun fact about metam potassium, the synthetic pesticide most used on green onions in California in 2016: The EPA has identified it as "likely to be carcinogenic to humans."<sup>7,8</sup> If that's not unsavory enough, consider this—the roster of pesticide residue found on green onions in USDA pesticide data tests includes four probable carcinogens, 13 suspected hormone disruptors, and 10 honeybee toxins.<sup>9</sup> We'll keep our appetites organic, thank you!

*I DON'T THINK I'LL EVER GROW OLD AND SAY, "WHAT WAS I THINKING EATING ALL THOSE FRUITS AND VEGETABLES?"*

-Nancy S. Mure

Oh green onions, you make our favorite savory dishes more delicious AND you come with a serving of the mighty flavonoid quercetin.<sup>10</sup> All onions are an excellent source of this phytonutrient, which has potent antioxidant and anti-inflammatory properties, plus there's an organic exclamation point when we're talking benefits.<sup>11,12</sup> A comparison study between conventional and organically raised yellow and red onions showed that total flavonol content, and quercetin specifically, were higher in organic varieties.<sup>13</sup> The reason? Researchers attributed it to the difference in soil management practices.<sup>14</sup> Isn't it delightful when being healthy tastes so good?

*SWITCHING TO ALL ORGANIC FOOD PRODUCTION IS THE SINGLE MOST CRITICAL (AND MOST DOABLE) ACTION WE CAN TAKE RIGHT NOW TO STOP OUR CLIMATE CRISIS.*

-Maria Rodale

When it comes to flavor, every St. Paddy's Day spread needs this month's featured recipe for Natural Grocers Creamy Green Onion Dip! When it comes to food, the future of civilization depends on the choices we make, so let's make them organic, and not take our planet for granted any longer.

**UP TO 51% OFF**  
**ALWAYS AFFORDABLE<sup>SM</sup>**

50% OFF



**\$12<sup>79</sup>**

60 VEG

ALWAYS AFFORDABLE \$25.79

30% OFF



**\$18<sup>29</sup>**

120 VEG

ALWAYS AFFORDABLE \$26.29

**COUNTRY LIFE<sup>®</sup>**

**ACETYL L-CARNITINE CAPS**

Acetyl-L-Carnitine combats age-related decline in brain health.\*

51% OFF

**95¢**



**MUIR GLEN<sup>®</sup>**

**Canned Organic Tomatoes**  
 14.5 OZ.

Muir Glen organic tomatoes are grown in the prime tomato-growing region of San Joaquin Valley in California.

ALWAYS AFFORDABLE \$1.95-\$2.15

44% OFF

**\$9<sup>49</sup>**



**HIMALAYA HERBAL<sup>®</sup>**

**Triphala**  
 60 CAP

Supports digestive regularity, provides a gentle colon cleanse and detox support.\*

ALWAYS AFFORDABLE \$17.09

37% OFF

**99¢**



**LÄRABAR<sup>®</sup>**

**Select Original Fruit & Nut Bars**  
 1.6-1.7 OZ.

Healthy, gluten-free energy bars made from minimal, pure ingredients.\*

ALWAYS AFFORDABLE \$1.59

36% OFF

**\$2<sup>79</sup>**



**CASCADIAN FARM<sup>®</sup>**

**Frozen Organic Fruit**  
 8-10 OZ.

Their time-tested organic growing methods make for the juiciest and sweetest berries under the sun.

ALWAYS AFFORDABLE \$4.39

31% OFF

**\$2<sup>99</sup>**



**EQUAL EXCHANGE<sup>®</sup>**

**Organic Teas**  
 20 CT.

These delicious, organic, fair trade teas are sourced from small-scale farmer co-ops in India, Sri Lanka, and South Africa.

ALWAYS AFFORDABLE \$4.39

31% OFF

**\$2<sup>19</sup>**



**SKINNYPOP<sup>®</sup>**

**Popped Popcorn**

(Excludes Davenport, IA Location)

4.4 OZ.

SkinnyPop has no GMOs, gluten, or preservatives, making it a tasty, guilt-free snack.

ALWAYS AFFORDABLE \$3.19





# BEAT THE TIME CHANGE BLUES!

## FREE POP-UP COFFEE BAR

HACK YOUR COFFEE WITH HEALTH-BOOSTING INGREDIENTS

**SATURDAY, MARCH 7<sup>th</sup> | 10 AM - 12 PM**

HACK #1  
Collagen



HACK #6  
Ghee



HACK #3  
MCT Oil



## ENTER TO WIN FREE COFFEE

FOR ONE YEAR\*

ONE WINNER PER STORE

OVER  
\$95  
VALUE



**NATURAL GROCERS<sup>®</sup>  
BRAND PRODUCTS**

PREMIUM QUALITY AT AN AFFORDABLE PRICE™

*Coffee*



**ONE DAY ONLY | MARCH 7<sup>th</sup> | ENTER ALL DAY AT ALL LOCATIONS**

\*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 and ends on March 7, 2020. Winner will receive a \$95 Natural Grocers Gift card, equal to the value of twelve 10 ounce bags of Natural Grocers Brand Organic Coffee, valued at \$6.99 per bag plus tax. For Official Rules and complete details, visit: [www.naturalgrocers.com/sweepstakes](http://www.naturalgrocers.com/sweepstakes). Sponsor: Vitamin Cottage Natural Food Markets, Inc.

# ONE DAY ONLY SATURDAY, MARCH 7<sup>th</sup>

\$9<sup>99</sup>\*

32%  
OFF



**Organic Valley**  
Organic Clarified Butter Ghee | 13 oz.  
Limit 6 | Always Affordable \$14.79

\$3<sup>49</sup>\*

33%  
OFF



**Kerrygold**  
Pure Irish Butters | 8 oz. | Limit 6  
Always Affordable \$5.19

\$9<sup>99</sup>\*

32%  
OFF



**Nature's Life**  
Liquid Coconut MCT Oil | 12 oz. | Limit 6  
Always Affordable \$14.79

\$11<sup>79</sup> - \$15<sup>99</sup>\*

40%  
OFF



**Jarrow Formulas**  
Golden Milk Whey, Golden Tea &  
Golden Chai | 9.5 oz. | Limit 6  
Always Affordable<sup>SM</sup> \$19.89 - \$26.99

\$9<sup>99</sup>\*

34%  
OFF



**Nature's Life**  
Coconut MCT Powder | 14 oz. | Limit 6  
Always Affordable \$15.25

\*These offers have already been loaded to your account. Be sure to enter your phone number at checkout to redeem these offers. ALL REWARDS REDUCE YOUR BASKET SIZE. Points are applied to the price paid after discounts. Discount cannot be combined with other offers. To join {N}power, visit [www.naturalgrocers.com/npower](http://www.naturalgrocers.com/npower). These offers are only available only to registered {N}power members on March 7, 2020 and are 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.



**{N}power**  
SPECIAL OFFER

**BEAT THE TIME  
CHANGE BLUES!**

**\$8<sup>99</sup>\***

**26%  
OFF**



**4th & Heart**  
Select Ghee | 9 oz. | Limit 6  
Always Affordable \$12.15



**\$14<sup>99</sup> - \$25<sup>29</sup>\***

**26%  
OFF**



**Garden of Life**  
Dr. Formulated MCT Oil Org  
Coconut MCT | 16-32 oz. | Limit 6  
Always Affordable \$20.35 - \$34.25



**\$18<sup>99</sup> - \$27<sup>49</sup>\***

**25%  
OFF**



**Natural Grocers Brand Hydro Flasks**  
20 oz. Wide Mouth Flip Lid &  
40 oz. Wide Mouth Flex Cap | Limit 6  
Always Affordable \$25.25 - \$36.99

**\$8<sup>49</sup>\***

**22%  
OFF**



**Herb Farm**  
Turmeric | 1 oz. | Limit 6  
Always Affordable \$10.89

**\$4<sup>99</sup>\***

**28%  
OFF**



**Natural Grocers Brand Product**  
Organic Coffee | 10 oz. | Limit 6  
Always Affordable \$6.99



\*These offers have already been loaded to your account. Be sure to enter your phone number at checkout to redeem these offers. ALL REWARDS REDUCE YOUR BASKET SIZE. Points are applied to the price paid after discounts. Discount cannot be combined with other offers. To join {N}power, visit [www.naturalgrocers.com/npower](http://www.naturalgrocers.com/npower). These offers are only available only to registered {N}power members on March 7, 2020 and are 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.

**UP TO 34% OFF**  
**ALWAYS AFFORDABLE<sup>SM</sup>**

# On These Select Nutraceutical Products

33% OFF

\$1.99



**HONEY GARDENS®**  
**Elderberry Immune Boost Drink**  
 10.1 OZ.  
 A delicious way to provide natural immune support.\*  
**ALWAYS AFFORDABLE \$2.99**

34% OFF

\$15.99



**SOLARAY®**  
**Turmeric Extract 300 mg**  
 120 VEG  
 This product is a highly purified extract guaranteed to be 95% curcumin.\*  
**ALWAYS AFFORDABLE \$24.29**

16% OFF

\$12.49



**ZHOU®**  
**Berberine 1000 mg**  
 60 VEG  
 Supports digestive health, heart health, immune function, and more.\*  
**ALWAYS AFFORDABLE \$14.99**

21% OFF

\$5.39



**ZAND®**  
**Immune Fast**  
**Elderberry or Orange**  
 15 CHEW  
 A superior combination of ingredients for fast immune response.\*  
**ALWAYS AFFORDABLE \$6.85**

27% OFF

\$15.89

8 OZ.  
**ALWAYS AFFORDABLE \$21.85**

24% OFF

\$12.99

90 VEG  
**ALWAYS AFFORDABLE \$17.29**

**HERITAGE®**  
**Black Seed Oil Liquid or**  
**Black Seed Oil 650 MG**  
 Black seed oil offers nutritive support that may benefit a healthy immune system.\*

**25% OFF**  
**Our Always Affordable Price on Select Solaray® Organically Grown Herbs**

\$14.81



**SOLARAY®**  
**Organic Fermented Turmeric 425 mg**  
 100 VEG  
**ALWAYS AFFORDABLE \$19.75**

\$14.43



**SOLARAY®**  
**Organic Fermented Mushroom 60 VEG**  
**ALWAYS AFFORDABLE \$19.25**

\$15.56



**SOLARAY®**  
**Organic Fermented Mushroom Powder 2.14 OZ.**  
**ALWAYS AFFORDABLE \$20.75**

Solaray organically grown products are 100% vegan, excipient free, and contain no fillers or additional ingredients.\*

**25% OFF**  
**Our Always Affordable Price on Select Nature's Life® Products**

\$8.99



**NATURE'S LIFE®**  
**Blueberry Pro-96 Acidophilus 16 OZ.**  
**ALWAYS AFFORDABLE \$11.99**

\$6.71



**NATURE'S LIFE®**  
**Magnesium 500 MG 100 CAP**  
**ALWAYS AFFORDABLE \$8.95**

\$10.71



**NATURE'S LIFE®**  
**Prostate Maintain 600 Plus 100 VEG**  
**ALWAYS AFFORDABLE \$14.29**

Nature's Life brand of supplements uses natural, health-supporting ingredients.\*



# NATURAL GROCERS BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE<sup>SM</sup>

## Organic Frozen Fruit

Mixed Berries, Raspberries, Blueberries, Mango Chunks or Strawberries.

EDAP  
**\$4.59**  
EACH  
16 oz.

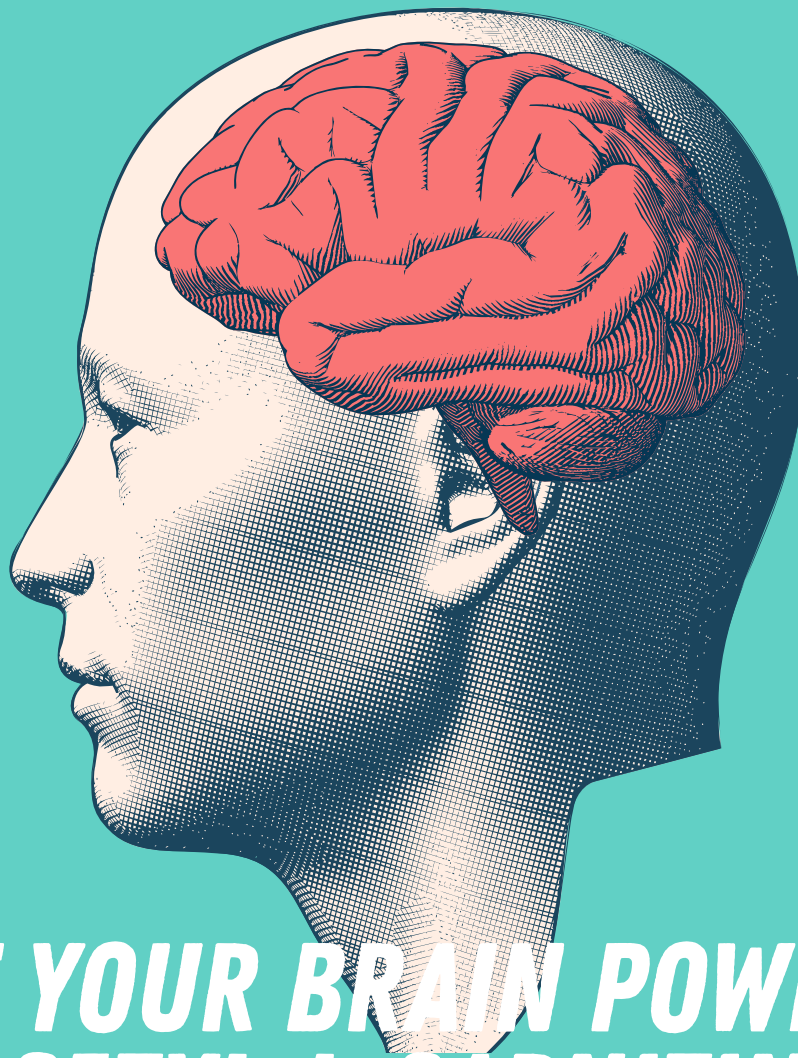


Who's ready for the Natural Grocers family to add our name to another fun, good4u food? It's time to move over "cherry on top," because we now have Natural Grocers mixed berries on top! So we can get a little cheesy about things when we're excited, but when you've brought home the juiciest frozen berries and mangoes around, excitement is bound to happen. Our frozen fruit has that tangy, spot-on sweet flavor that you're looking for when it's in-season fresh. It's certified organic because we don't put our name on anything less, and it's also non-GMO because organic standards make sure that GMOs are left out. There aren't any extra sweeteners or other junk hiding inside the BPA-free bags, simply fruit that's loaded with fiber and vitamin C. It's sourced from a company who gives back to the community and the environment, and it's the sweetest definition of everything about our family brand—excellence for a family friendly price! Raspberries, strawberries, blueberries or mixed, along with heavenly bites of mangoes to boot—it's summertime anytime in our freezer section. Sure, you can add them to smoothies, but with flavors like these, you're going to want to do so much more!

P.S. Ice is nice, and when you buy organic, you're helping out the planet.



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



**EDITOR'S NOTE:**

Last month, we focused on the health benefits of the nutrient L-carnitine. This month, learn what its derivative acetyl-L-carnitine can do for your mental and cognitive health!

# BOOST YOUR BRAIN POWER WITH ACETYL-L-CARNITINE!\*

By Suzanne Boothby

*IN THE FIGHT AGAINST CHRONIC STRESS, DEPRESSION, AND AGE-RELATED COGNITIVE DECLINE, ACETYL-L-CARNITINE SUPPORTS BRAIN FUNCTION AND MENTAL WELLBEING.*

Whether it's preventing anxiety and depression, enhancing memory, improving attention and focus, or just maintaining overall brain function as we age, brain health is top of mind (pun intended) for many of us. For anyone looking to reduce the effects of stress on the brain, combat depression, and enhance overall brain performance, including mood and memory, the supplement acetyl-L-carnitine (ALCAR) should be at the top of your list.

A derivative of L-carnitine, ALCAR easily crosses the blood-brain barrier where it increases brain carnitine levels and helps increase acetylcholine, an important neurotransmitter vital to learning, memory, and general cognition (severe depletion of acetylcholine is associated with Alzheimer's disease). Acetylcholine also supports neuronal plasticity, your brain's ability to change and grow throughout your lifetime.<sup>1</sup> Maintaining levels of this neurotransmitter is critical for a healthy brain.

As we age and/or experience chronic stress, carnitine levels decline in the brain and body.<sup>2</sup> Because carnitine is so critical

for healthy energy production in the mitochondria, this age-related or stress-related drop causes mitochondrial activity to slow down and contributes to a host of neurological issues, including memory loss, depression, and more. Further, ailing, poor-functioning mitochondria put a large amount of oxidative stress on the body, which can accelerate the aging process and lead to chronic inflammation.<sup>3</sup> ALCAR increases the efficiency of mitochondrial energy production in the brain and supports overall mitochondrial health, reducing both oxidative damage and inflammation.<sup>4</sup>

Research has shown that ALCAR can improve cognitive function, particularly in people who are starting to experience age-related decline.<sup>5</sup> In one study, scientists found that carnitine levels in older animals are about 20 percent lower than younger ones, and that supplementation with ALCAR helped restore them.<sup>6</sup> And in a study of older men and women between the ages of 70 and 88, those who took a daily supplement of ALCAR had a significant increase in both their physical and mental energy levels, along with an improvement in their overall cognitive function.<sup>7</sup>





## ALCAR, STRESS, DEPRESSION & DEMENTIA

Research investigating ALCAR's mechanisms of action is helping to give more insight into how and why stress can lead to depression.

In one study published in *Molecular Psychiatry*, researchers examined mice exposed to prolonged stress, finding structural changes in the amygdala, the part of the brain known to regulate emotions, including fear and anxiety.<sup>8</sup> Changes in the amygdala have also been linked with anxiety and depressive disorders.

During the study, mice endured 21 days of periodic confinement in a small space and then scientists tested to see how their behavior changed. They also analyzed neurons within three regions of the amygdala. They found that neurons in the medial amygdala shrank. This kind of damage can lead to an inability to adapt to new experiences and contribute to feeling depressed.

They later repeated the chronic stress experiment, this time giving some mice ALCAR supplementation toward the end of the 21 days. These animals fared far better than the ones who did not receive ALCAR and their medial amygdalas showed more branching, or growth.

A 2018 meta-analysis found that ALCAR supplementation in humans significantly lowers depressive symptoms compared with placebo or no intervention, and does so with fewer adverse effects than established antidepressants, especially in older adults. Further, several of the trials included in the review showed ALCAR to be as effective as prescription antidepressants in reducing depressive symptoms, with fewer side effects. The average dose was 3 grams per day.<sup>9,10</sup>

ALCAR has also been studied for its ability to help those with Alzheimer's disease, which affects an estimated 5.8 million Americans.<sup>11</sup> An early study from 1998 found that daily ALCAR supplementation lead to improvements in cognitive function and slowed the progression of the disease in Alzheimer's patients who were younger than 61.<sup>12</sup>

Recent studies have upheld those initial findings, showing the earlier patients start taking ALCAR, the more effective it is. Doses ranging from 1.5 to 3 grams per day for at least three months consistently show improvements in cognitive function several-fold greater than placebo, with significant improvements in attention, memory, and intellectual functioning.<sup>13,14</sup>

With its ability to easily cross the blood-brain barrier and support healthy mitochondria and energy production in the brain, in addition to reducing oxidative damage and inflammation, ALCAR is proving to be a valuable neuroprotective supplement.

**UP TO 30% OFF**  
**ALWAYS AFFORDABLE<sup>SM</sup>**



**30% OFF**

**ALL MYCHELLE<sup>®</sup> PRODUCTS**

Clean, conscious, and comprehensive skin care products that are bioactive, ethically sourced, and formulated with high-performance ingredients.

**30% OFF**  
**\$2.95**



**SO DELICIOUS<sup>®</sup>**  
**Organic Cocowhip Frozen Dessert Toppings**  
**9 OZ.**

Crafted for smooth deliciousness and dairy-free indulgence.

**ALWAYS AFFORDABLE \$4.25**



**30% OFF**  
**\$2.49**



**BACK TO NATURE<sup>®</sup>**  
**Select Crackers**  
**3.5-8.5 OZ.**

Carefully selected ingredients create great-tasting crackers that you can enjoy all day long.

**ALWAYS AFFORDABLE \$3.59**

**30% OFF**  
**\$3.45**



**BETTER LIFE<sup>®</sup>**  
**Dish Soaps**  
**22 OZ.**

Puts the hurt on grease without sulfates, while keeping your hands happy.

**ALWAYS AFFORDABLE \$4.95**

**30% OFF**  
**\$13.89**



**JARROW FORMULAS<sup>®</sup>**  
**Golden Milk**  
**9.5 OZ.**

A mixable powder of delicious grass-fed whey protein + milk protein and coconut milk, seasoned with organic turmeric, cinnamon, and organic ginger root.\*

**ALWAYS AFFORDABLE \$19.89**

**28% OFF**  
**\$7.99**



**COUNTRY LIFE<sup>®</sup>**  
**Easy Iron 25 mg**  
**90 VEG**

This advanced iron supplement is non-constipating, gentle on the stomach and supports energy.\*

**ALWAYS AFFORDABLE \$11.25**

**28% OFF**  
**\$10.49**



**COUNTRY LIFE<sup>®</sup>**  
**Chelated Magnesium 250 mg**  
**180 TAB**

Chelated magnesium offers superior bioavailability, meaning the body can readily use and absorb the magnesium contained in the tablet.\*

**ALWAYS AFFORDABLE \$14.59**

**NOW** **DEALS**  
**UP TO 29% OFF**  
**ALWAYS AFFORDABLE™**



**22% OFF**

**\$20<sup>79</sup>**



**NOW®**  
**N A C**  
**250 VEG**  
**ALWAYS AFFORDABLE \$26.89**

**25% OFF**

**\$8<sup>99</sup>**



**NOW®**  
**Extra Strength Melatonin 10 mg**  
**100 CAP**  
**ALWAYS AFFORDABLE \$11.99**

**23% OFF**

**\$16<sup>49</sup>**



**NOW®**  
**5-HTP 100 MG**  
**120 VEG**  
**ALWAYS AFFORDABLE \$21.49**

**26% OFF**

**\$6<sup>49</sup>**



**NOW®**  
**Vitamin D-3 5000 IU**  
**120 SG**  
**ALWAYS AFFORDABLE \$8.79**

**25% OFF**

**\$11<sup>49</sup>**



**NOW®**  
**Vitamin D-3 5000 IU**  
**240 SG**  
**ALWAYS AFFORDABLE \$15.49**

**23% OFF**

**\$16<sup>49</sup>**



**NOW®**  
**D-Mannose 500mg**  
**120 VEG**  
**ALWAYS AFFORDABLE \$21.49**

**29% OFF**

**\$16<sup>99</sup>**



**NOW®**  
**D-Mannose Powder**  
**3 OZ.**  
**ALWAYS AFFORDABLE \$23.99**

**29% OFF**

**\$15<sup>99</sup>**



**NOW®**  
**Probiotic-10 25 Billion**  
**50 VEG**  
**ALWAYS AFFORDABLE \$22.59**

**22% OFF**

**\$25<sup>79</sup>**



**NOW®**  
**Probiotic-10 50 Billion**  
**50 VEG**  
**ALWAYS AFFORDABLE \$33.49**

**25% OFF**

**\$14<sup>99</sup>**



**NOW®**  
**Double Strength Lutein 20 mg**  
**90 VEG**  
**ALWAYS AFFORDABLE \$19.99**

**29% OFF**

**\$15<sup>99</sup>**



**NOW®**  
**Ocu Support**  
**90 VEG**  
**ALWAYS AFFORDABLE \$22.59**

**24% OFF**

**\$32<sup>99</sup>**



**NOW®**  
**Neptune Krill Oil 500 MG**  
**120 SG**  
**ALWAYS AFFORDABLE \$43.69**

**27% OFF**

**\$18<sup>49</sup>**



**NOW®**  
**Neptune Krill Oil 500 MG**  
**60 SG**  
**ALWAYS AFFORDABLE \$25.49**



**UP TO 28% OFF**  
**ALWAYS AFFORDABLE<sup>SM</sup>**



**28% OFF**

**\$4<sup>29</sup>**

**NATURAL FACTORS<sup>®</sup>**

**Stress-Relax Melatonin 3 mg  
 90 CHEW**

Helps support a more restful, natural sleep.\*

**ALWAYS AFFORDABLE \$5.99**



**28% OFF**

**\$7<sup>99</sup>**

**NATURAL FACTORS<sup>®</sup>**

**DGL Licorice Root Extract  
 90 CHEW**

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

**ALWAYS AFFORDABLE \$11.19**

**28% OFF**

**\$6<sup>99</sup>**

**NATURAL FACTORS<sup>®</sup>**

**Oil of Oregano 180 MG  
 30 SG**

A potent herbal supplement made from a wild-crafted, Mediterranean species.\*

**ALWAYS AFFORDABLE \$9.75**



**28% OFF**

**\$3<sup>99</sup>**

**ZEVIA<sup>®</sup>**

**Zero Calorie Stevia Sodas  
 6 PK.**

Zevia's naturally sweetened sodas are an alternative to artificial commercial beverages.

**ALWAYS AFFORDABLE \$5.59**



**27% OFF**

**\$1<sup>85</sup>**

**EVOL<sup>®</sup>**

**Frozen Burritos  
 6 OZ.**

Burritos as they should be. Elevate your plate today!

**ALWAYS AFFORDABLE \$2.55**

**27% OFF**

**\$1<sup>29</sup>**

**LITTLE SECRETS<sup>®</sup>**

**Crispy Wafers  
 1.4 OZ.**

Delicious, crispy sweetness in every Little Secrets bite.

**ALWAYS AFFORDABLE \$1.79**



**26% OFF**

**\$1<sup>29</sup>**

**PETER RABBIT ORGANICS<sup>®</sup>**

**Organic Fruit Puree Pouches  
 4 OZ.**

Naturally wholesome, healthy snacks for kids! 100% USDA Certified Organic and non-GMO ingredients.

**ALWAYS AFFORDABLE \$1.75**



# SUPPORT HEART HEALTH



JOIN NATURAL GROCERS'  
MISSION TO CREATE  
*A HEALTHIER AMERICA*

Did you know Daylight Saving Time is bad for your heart? There's a nearly 25% increase in the number of heart attacks that occur on the Monday after Daylight Saving Time begins compared to the rest of the Mondays throughout the year.

**Let's put an end to Daylight Saving Time  
& support our tickers**

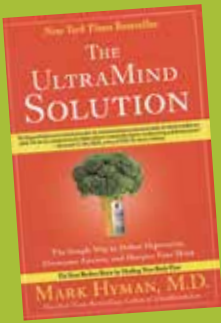
SOURCE: Sandhu, A., Seth, M., & Gurm, H. S. (2014). Daylight savings time and myocardial infarction. *Open Heart*, 1(1). doi: 10.1136/openhrt-2013-000019

**SIGN THE PETITION TO  
END DAYLIGHT SAVING TIME**

**@ enddaylightsavingtime.org**

JOIN THE CONVERSATION @NATURALGROCERS @ f

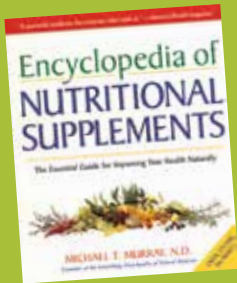




**30% OFF**  
paperback

**The UltraMind Solution**  
Mark Hyman  
MSRP \$19.00

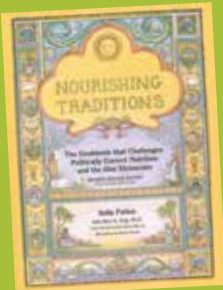
In *The UltraMind Solution*, Dr. Mark Hyman explains that to fix your broken brain, you must heal your body first. Through his simple six-week plan, Dr. Hyman shows us how to correct imbalances caused by nutritional deficiencies, allergens, infections, toxins, and stress, restoring our health and gaining an UltraMind—one that's highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits.



**30% OFF**  
paperback

**Encyclopedia of Nutritional Supplements**  
Michael Murray  
MSRP \$26.00

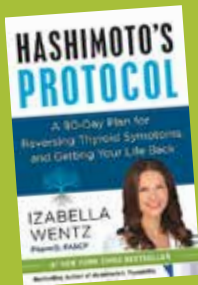
Based on extensive scientific research, *Encyclopedia of Nutritional Supplements* empowers readers to make educated decisions about which supplements to take for health conditions including cancer, arthritis, depression, high cholesterol, allergies, heart disease, and more.



**30% OFF**  
paperback

**Nourishing Traditions**  
Sally Fallon  
MSRP \$27.00

This well-researched, thought-provoking guide to traditional foods contains a startling message: animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system, protection from disease, and optimum energy levels.



**30% OFF**  
hardcover

**Hashimoto's Protocol**  
Izabella Wentz  
MSRP \$29.99

Diagnosed with Hashimoto's at twenty-seven, pharmacist Dr. Izabella Wentz knows first-hand the effects of the disease, as well as the value—and limitations—of medication. The key to improved health, she argues, involves lifestyle interventions. In *Hashimoto's Protocol*, she outlines a proven treatment that has helped thousands heal and many others feel better—in as fast as ninety days.

OFFERS VALID FEBRUARY 28 TO MARCH 28, 2020

# NATURAL GROCERS® BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE<sup>SM</sup>

**11% OFF**



## NATURAL GROCERS®

**Organic Reduced Sugar Preserves**  
20.5 OZ.

Our organic and reduced sugar preserves pair perfectly over Natural Grocers Brand bread!

**ALWAYS AFFORDABLE \$5.29**

**\$4.69**

**14% OFF**

**\$2.99**



**NATURAL GROCERS®**  
**Organic Apple Cider Vinegar**  
16 OZ.

Raw, unpasteurized ACV made from organic apples and with 'the mother.'

**ALWAYS AFFORDABLE \$3.49**

**12% OFF**

**\$3.95**



**NATURAL GROCERS®**  
**Raw & Unfiltered Clover Honey**  
12 OZ.

We can't think of anything sweeter than our raw, unfiltered Natural Grocers Brand honey.

**ALWAYS AFFORDABLE \$4.49**

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





25% OFF

## ALL NATURTINT® PRODUCTS

Naturtint permanent hair color provides everything you need to color, nourish, and protect your hair and scalp.



26% OFF  
**\$1.69**



### RUNA® Organic Clean Energy Drinks 12 OZ.

These unsweetened energy drinks provide a clean taste with 0 calories and no added sugar.

**ALWAYS AFFORDABLE \$2.29**

25% OFF  
**\$3.49**



### GARDEIN® Select Meat Alternatives 8.8-14.1 OZ.

Gardein makes your meatless lifestyle easy. Find plant-based meat substitutes for chicken, sausage, beef, and more.

**ALWAYS AFFORDABLE \$4.69**

25% OFF  
**\$3.65**



### MICHAEL ANGELO'S® Organic Frozen Entrees 10 OZ.

Where classic tastes meet high-quality ingredients. Always free of additives often found in other frozen and prepared foods.

**ALWAYS AFFORDABLE \$4.89**

25% OFF  
**\$2.09**



### BOULDER CANYON® Select Potato Chips 5 OZ.

Premium, kettle-cooked potato chips with natural ingredients.

**ALWAYS AFFORDABLE \$2.79**

25% OFF  
**\$3.65**



### MARY'S GONE CRACKERS® Select Organic & Gluten-Free Crackers 5.5-6.5 OZ.

A select blend of organic, gluten-free, whole-grain brown rice, quinoa, flax seeds, and sesame seeds.

**ALWAYS AFFORDABLE \$4.89**



25% OFF

### 2CHIC BY GIOVANNI® PRODUCTS

2chic® products are sulfate free and paraben free, without harsh chemicals and artificial dyes. Always cruelty free.

OFFERS VALID FEBRUARY 28 TO MARCH 28, 2020

**UP TO 25% OFF**  
**ALWAYS AFFORDABLE<sup>SM</sup>**



**25% OFF**

**ALL TEA TREE THERAPY<sup>®</sup> PRODUCTS**

Experience the benefits of tea tree oil every day with Tea Tree Therapy's pure products.

**25% OFF**  
**\$6.69**



**NELLIE'S CLEAN<sup>®</sup> Laundry Soda 1.6 LB.**

Nellie's Laundry Soda is truly perfect for every household.

**ALWAYS AFFORDABLE \$8.99**

**25% OFF**  
**\$4.25**



**SWEETLEAF<sup>®</sup> Natural Stevia Packets 70 CT.**

Discover a natural sweetener made from stevia leaf. No artificial ingredients, and zero calories or carbohydrates.

**ALWAYS AFFORDABLE \$5.69**

**22% OFF**  
**\$3.49**



**TONY'S CHOCOLONELY<sup>®</sup> Chocolate Bars 6-6.35 OZ.**

They're focused on producing and selling chocolate closely following fair trade practices, by partnering with trading companies to buy cocoa beans directly from the farmers.

**ALWAYS AFFORDABLE \$4.49**

**25% OFF**  
**\$20.99**

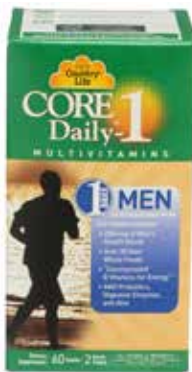


**LIFE-FLO<sup>®</sup> Magnesium Oil Night Roll On + CBD, or Magnesium Oil Sport Roll On + CBD, or Pure Magnesium Oil Spray + CBD 2 OZ.**

Available at select locations.

**ALWAYS AFFORDABLE \$27.99**

**24% OFF**  
**\$13.99**



**COUNTRY LIFE<sup>®</sup> Core Daily<sup>®</sup> One Men or Women Multi 60 TAB**

Formulated with probiotics, whole foods, B vitamins, and enzymes.\*

**ALWAYS AFFORDABLE \$18.55**

**24% OFF**  
**\$27.39**



**ENZYMEDICA<sup>®</sup> Digest Spectrum 90 VEG**

Powered by Thera-blend™, the enzymes in Digest Spectrum are active throughout the entire digestive tract to help support your health.\*

**ALWAYS AFFORDABLE \$36.25**

**24% OFF**  
**75¢**



**ICELANDIC GLACIAL<sup>®</sup> Spring Water 500 ML**

Sourced from the legendary Ölfus Spring in Iceland.

**ALWAYS AFFORDABLE \$0.99**



22% OFF

\$1.69

**MOUNTAIN VALLEY®**  
 Spring or Sparkling Spring Waters  
 1 L

Pure, native, premium water sourced in the heart of the Ouachita Mountains.

ALWAYS AFFORDABLE \$2.19

UP TO 23% OFF  
 ALWAYS AFFORDABLE<sup>SM</sup>



23% OFF

99¢

**JUSTIN'S®**  
 Almond Butter Squeeze Packs  
 1.15 OZ.

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

ALWAYS AFFORDABLE \$1.29



23% OFF

\$18.99

**NATURAL FACTORS®**  
 Whole Earth & Sea Super Mushroom  
 30 VEG

Whole Earth & Sea Super Mushroom by Natural Factors supports overall health and wellness and promotes optimal immunity.\*

ALWAYS AFFORDABLE \$24.79



22% OFF

\$1.39

**CHOCOLOVE®**  
 Chocolate Covered Cups  
 1.2 OZ.

Made in Boulder, Colorado where the most decadent chocolate bars are carefully crafted using the timeless combination of chocolate and love.

ALWAYS AFFORDABLE \$1.79



22% OFF

\$20.99

**GARDEN OF LIFE®**  
 myKind Organics Turmeric Gummy  
 120 GUMMIES

The ingredients are sourced from sustainable organic farms and use an organic, non-GMO extraction method without the use of chemicals.\*

ALWAYS AFFORDABLE \$26.99



22% OFF

\$21.49

**NATURAL FACTORS®**  
 Bromelain  
 180 CAP

Contains 500 mg of a proteolytic enzyme isolated from the stem of the pineapple plant.\*

ALWAYS AFFORDABLE \$27.85



23% OFF

\$1.29

**HIMALAYA HERBAL®**  
 PartySmart®  
 1 VEG

PartySmart provides you with clinically studied "next morning" support.\*

ALWAYS AFFORDABLE \$1.69

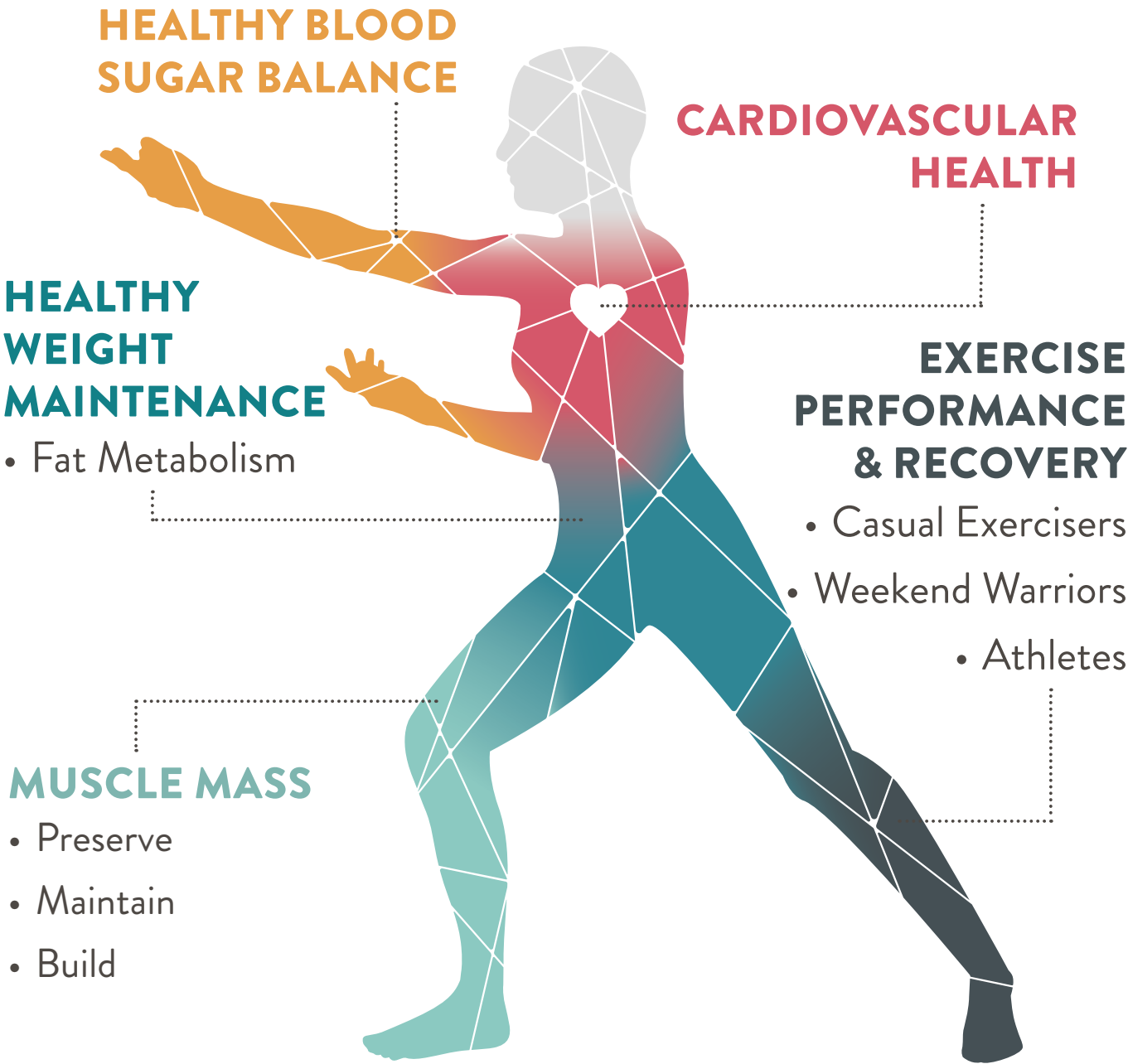
All items are available while supplies last; no rain checks. We reserve the right to correct errors.

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



# NUTRIENT TO KNOW ABOUT: CARNITINE

## L-Carnitine for Every Body



**Maintain the WINNING EDGE  
Achieve Your HEALTH GOALS**

**PICK UP YOUR CARNITINE TODAY!**

\*These statements have not been evaluated by the Food and Drug Administration. This statement is not intended to diagnose, treat, cure or prevent any disease.





## CHOLESTEROL: THE BREAKDOWN

Cholesterol is so vital to human health that our bodies don't rely on diet to provide it—most of the cholesterol found in our bodies is not from food but made via the liver and intestines (20% vs 80%).<sup>3</sup> It is a key building block for hormones, including estrogen and testosterone; it is required to make vitamin D; it gives cell membranes stability, keeping them healthy; it is involved in cellular communication and normal apoptosis (cell death); and it helps our bodies absorb the fat-soluble vitamins A, D, E, and K. The body works hard to maintain cholesterol homeostasis, or balance, and will reduce or increase endogenous production as needed.<sup>4</sup>

There are two major types of cholesterol: High-density lipoprotein (HDL) and low-density lipoprotein (LDL). In general, LDL delivers cholesterol to tissues throughout the body, while HDL brings cholesterol back to the liver for excretion. You will likely have

heard that LDL is “bad” cholesterol and HDL is “good” cholesterol. But LDL is not inherently bad—it becomes unhealthy when it is oxidized, or damaged by free radicals.<sup>5</sup>

Further, there are specific types of LDL which determine how susceptible it is to oxidation, and thus whether it is problematic. Large, fluffy LDL is known as “pattern A” LDL, and it is associated with a lower risk of cardiovascular disease (CVD). Then there is small, dense LDL known as “pattern B” LDL that is more vulnerable to oxidation and is significantly associated with an increased risk of heart attack.<sup>6,7</sup> Pattern B LDL is also associated with higher levels of triglycerides, another predictor of CVD.<sup>8</sup> And it is a diet high in refined carbohydrates, particularly sugar—not cholesterol—that increases levels of pattern B LDL and triglycerides.<sup>9,10,11,12</sup>



## SUPPORT YOUR BEST CARDIOVASCULAR HEALTH (FORGET THE CHOLESTEROL)

CVD is a complicated process, but some of the major risk factors include chronic inflammation and oxidative damage, high blood pressure, and chronically elevated blood sugar and insulin levels. Cholesterol is not a driving factor for these. Sugar is. Trans fats are. And an excess of refined and processed carbohydrates are. The best diet to support long-term cardiovascular health is one that is low in processed and refined carbohydrates and rich in a variety of colorful vegetables, healthy fats (extra virgin olive oil, organic butter and ghee, coconut oil, unrefined avocado oil, etc.) moderate protein, and some nuts and seeds.<sup>13,14</sup> This is a dietary lifestyle that will reduce inflammation and oxidation, help you maintain balanced blood sugar and insulin levels, and support healthy blood pressure—all things that reduce your risk of CVD.

**In addition to adopting a healthy diet, consider some of these supplements that have a proven track record in supporting overall cardiovascular health.**

**BERBERINE.** This potent plant compound has been found to have a positive impact on several markers of cardiovascular health, including improving the ratio of HDL to LDL cholesterol, improving endothelial function, and suppressing inflammation. One review of existing studies found that berberine significantly reduced total cholesterol, triglycerides, and LDL cholesterol, and resulted in a “remarkable” increase in HDL cholesterol.<sup>15,16,17</sup> Try 1,500 mg in divided doses daily.<sup>18</sup>

**EPA & DHA.** Numerous studies support the cardiovascular benefits of the omega-3 fats EPA and DHA, including their ability to reduce triglycerides, blood pressure, and inflammation. In both observational studies and clinical trials, higher levels of EPA and DHA are associated with a lower risk of sudden cardiac death (heart attack). Some research has also found that DHA in particular can increase the particle size of LDL cholesterol (remember, it’s the smaller particles of LDL that are associated with an increased risk of heart attack).<sup>19,20,21</sup> Studies have generally used 3–4 grams of combined EPA and DHA daily.<sup>22</sup>

**VITAMIN E.** The body’s “master” fat-soluble antioxidant, vitamin E protects against the oxidation of LDL cholesterol, a risk factor for atherosclerosis. Large population studies have shown as vitamin E intake increases, the risk of heart attack and death from heart disease decreases, and the results of the Vitamin E Atherosclerosis Prevention Study found that supplementing with 400 IU of vitamin E daily significantly decreased circulating oxidized LDL cholesterol and also reduced LDL’s susceptibility to being oxidized.<sup>23,24,25</sup> Try 400 IUs of natural source D-alpha-tocopherol daily.

**MAGNESIUM.** This essential mineral plays a key role in hundreds of different biochemical processes in the body, including the regulation of heartbeat. In one study, researchers at the Harvard University School of Public Health determined that high blood levels of magnesium are associated with a significantly lower risk of developing cardiovascular diseases, including ischemic heart disease.<sup>26</sup> Try 300-400 mg daily.

**VITAMIN D.** Research has shown that people with low levels of vitamin D are significantly more likely to experience a heart attack, heart failure, or stroke. In addition, people with low vitamin D levels are also more likely to have high blood pressure.<sup>27,28</sup> Deficiencies in vitamin D are common; it’s important to have your vitamin D levels checked and aim to maintain them between 40-80 ng/mL.<sup>29</sup> For most people, 4,000–5,000 IU daily is beneficial.

**VITAMIN K2.** This form of vitamin K (unlike K1, which is found in leafy greens, K2 is found in pasture-raised animal products) is necessary to activate proteins that ensure calcium is deposited in the bones and teeth and removed from soft tissues like the arteries. These proteins play a significant role in the prevention of atherosclerosis. The Rotterdam Heart Study, one of the first large-scale population-based studies that looked at the connection between K2 and heart disease, revealed that subjects who consumed the largest amounts of vitamin K2 in their diet experienced a 57 percent reduction in death from heart disease compared to people who consumed the least amount. They also had less calcium buildup in the aorta.<sup>30</sup> Studies have found that 45 mcg daily is associated with a reduction in arterial calcification and cardiovascular mortality.<sup>31</sup>

*References available upon request.*



# THE FAMILY BRAND YOU TRUST



## NATURAL GROCCERS® BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE<sup>SM</sup>



# WELCOME THE NEWEST MEMBER TO THE FAMILY

**NEW!**



**\$3.99**  
12 OZ.

NATURAL GROCERS  
BRAND BACON  
ALWAYS AFFORDABLE: \$5.49

{N}power  
ONLY

Mmm...

## MAPLE BACON WRAPPED CHICKEN THIGHS

Recipe on page 34





# THINK WIS

## COCOA CASHEW DREAMS COME TRUE!

What happens when you take a flawlessly roasted cashew, dip it in fair-trade dark chocolate, dust it with cocoa powder and make it a Natural Grocers staple? Anything can happen when you do that, we know because things haven't been the same since we brought our Cocoa Dusted Cashews home! It's about that feeling you get when you pop a handful in your mouth. Decadent dark chocolate coating your taste buds, crunching into creamy cashew-ness with a hint of sea salt—it's pure bliss. Next thing you know, you're clutching a bag of Cocoa Dusted Cashews on a bike trip in Croatia, and the only thing you remember about how you got there was that first bite. Certified organic and non-GMO, it's the kind of treat that wakes up your imagination, whispering, "anything is possible!" You'll see—just follow the trail of cocoa dust others have left in their wake. With our great prices, you'll save some cash-ew while you're at it.

**SALE**  
**\$4.69**  
 PER  
 6 oz.  
 3/1-3/31/20



ALWAYS AFFORDABLE™  
**\$4.29**  
 PER  
 8 oz.

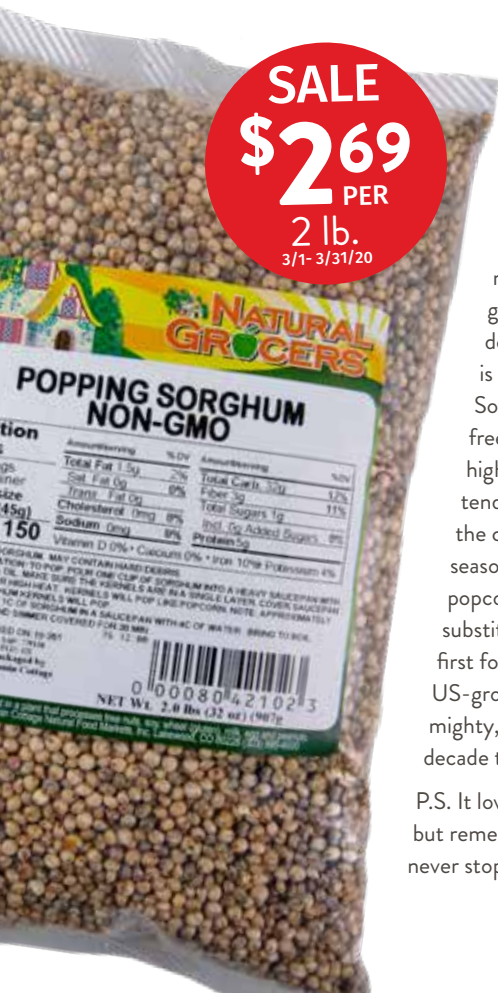


**SALE**  
**\$2.69**  
 PER  
 2 lb.  
 3/1-3/31/20

## IS YOUR SNACK GAME POPPIN'?

It's a new decade, and what does that mean? It means it's time to up your snack game, of course! And the coolest way to do that, not to mention one of the tastiest, is with Natural Grocers Brand Popping Sorghum. For starters, it's naturally gluten free, which is a pretty big deal, and it's high in protein. Also, it's NOT corn, which tends to be a common allergen, but it has all the crunchy, drench-me-in-your-favorite-seasonings goodness that we love about popcorn. Not only that, you can use it as a substitute for rice or pasta, just toast it lightly first for extra impressive flavor. Non-GMO, and US-grown, our Popping Sorghum is a tiny, but mighty, delicious snack, so don't wait another decade to find out for yourself.

P.S. It loves a drizzle of chocolate or caramel too—but remember—if you try it that way, you may never stop.



## SNACK ATTACK? DON'T SWEAT IT!

It'll sneak up on you when you're least expecting it—that craving for something sweet, salty, crunchy—the perfectly balanced snack. You may be in an important meeting, on a date, inventing a composting garbage can—it can happen anywhere, anytime! We know, and we've got you covered. The answer is called Snack Attack (Natural Grocers' own), and like everything we put our name on, it's good4u too—certified organic and non-GMO, without any artificial junk. Roasted almonds and peanuts mingle with raisins and dark chocolate chunks in delicious simplicity. It's so fabulous that when we finally get around to exploring Tierra Del Fuego, in Argentina (where the peanuts come from), we're taking this mix to "The End of the World" with us!

# WISELY

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

## REIMAGINE YOUR SALAD!

A salad without dressing is like a dinner party without friends! So is a sandwich without mayo, and most things without mustard because, let's face it, condiments are one of life's tastiest details. Yet, when you're keto, paleo or gluten free, condiments can be a challenge. So much sugar is often hiding in the fine-print and artificial junk that nobody needs, regardless of your lifestyle. Sir Kensington's is here to change that. Their mission is to "reimagine ordinary and overlooked food with fearless integrity and charm," using the freshest, healthiest, responsibly sourced ingredients to bring more flavor to your plate. Their latest reinvention is the vinaigrette, in four Keto Certified varieties. Non-GMO Project Verified, and gluten free—they average 2 grams of carbs per serving, and they're packaged in amber glass bottles to protect the integrity of the oils. Light, bright, and known by some as "the best ever," there's only one thing that makes sense—grab a bottle (of Sir Kensington's Vinaigrette), call your friends, and throw a dinner party!



ALWAYS AFFORDABLE™  
**\$4.45** PER  
8.45 oz.



**SALE**  
**\$17.19** PER  
5 lb.  
2/28-3/28/20

## HOW HONEST IS YOUR PUP'S DIET?

You love them like you love your humans, so why not nourish them like you do your people? Now you can, because Honest Kitchen has created the first-ever, 100% Human-Grade dry dog food, and we have it at your go-to healthy grocery store, Natural Grocers. Around the Honest headquarters, they refer to Whole Food Clusters as "too good to be called kibble," and we can see why. The ingredients are cold-pressed, slow-roasted, and gently dehydrated, using single-source proteins and Veterinary expertise to ensure that your furry family is getting the nutrition they need. The small-batch production is manufactured in a facility that meets standards for human food. They have all kinds of other doggie deliciousness, too, from wet food to toppers and selections for your kitty as well, which brings us to this conclusion: it's time to treat your four-legged friends to the same honest love they always have for you!

## HOW BITCHIN' IS YOUR PARTY?

It's a party food kind of month—St. Patrick's Day, March Madness, end-of-spring-cleaning bash—take your pick because there's something to celebrate. And what does a celebration require? The most Bitchin' dip in town! We're talking about the plant-based beacon of deliciousness known as Bitchin' Sauce, whose saga began when Starr Edwards was just 16 and trying to make her vegan lifestyle more flavorful, without artificial props. Using a handful of wholesome ingredients and a lot of culinary genius, she created these creamy, almond-based sauces and changed the future of plant-based diets everywhere, thank you very much! Make that the future of flavor, because Bitchin' is for everyone from your vegan BFF to your meat-and-potatoes second cousin. Non-GMO Project Verified, Certified Gluten Free, and, of course, vegan, they come in mouthwatering flavors like Chipotle, Pesto, and Bombay (to name a few). Known around Bitchin' headquarters as "social currency"—they're the kind of extraordinary that will make you the star of every party.



ALWAYS AFFORDABLE™  
**\$5.15** PER  
8 oz.





## LATTE LOVE

Lattes are for lovers—lovers of delicious daily rituals, of delightful indulgences, of dreaming and daring. Pop & Bottle Almond Milk Lattes take the loving to a whole new level! Every dairy-free brew is infused with a handful of organic ingredients, lightly sweetened with sun-ripened dates, and blended to velvety perfection. Featuring fair-trade coffee beans, premium Japanese matcha, and raw cacao, there's a match made in beverage heaven just for you. The coffee-based varieties offer Cold Brew in delicious classics like Vanilla and Mocha. Matcha Green Tea comes with a super boost of spirulina, and if you're not looking for a caffeinated love affair—the Cacao and Golden Turmeric varieties (both minimal caffeine) are your soulmates. There's NO refined sugar, gluten, soy, or gums in these plant-based beverages, and they're certified organic and paleo compliant. Women-owned and operated—Pop & Bottle is ready to inspire all the dreaming, daring, and delighting that you love!

## THE “FARM-TO-SUPPLEMENT” NUTRITION SOLUTION

Are you eating the rainbow every day? Given the routine demands of life, it can be a challenge to answer that with a resounding YES. Fortunately, Natural Factors has a solution to fill the daily gaps when clouds cover the rainbow. Whole Earth & Sea Multivitamins & Minerals are packed with raw, bioenergetic, whole food nutrition and created with a unique “farm-to-supplement” approach. Nutrients are primarily derived from plants, and many are grown on Natural Factors certified organic farms, using heirloom seeds and harvested when bioactive compounds are at their peak. Immediately after harvest, plant materials are processed using a proprietary method that protects and concentrates the bioenergetic vitamins, minerals, enzymes, and antioxidants they contain. Now you can nurture your body with the raw, living nutrition it craves, brought to you by a company that's still independently owned and one of the most trusted names in the industry. Don't let clouds interfere with your most vibrant self any longer.



## HOW'S YOUR MICROBIOME?

Here's a fun fact—researchers from the Human Microbiome Project report that “microbes contribute about 360 times more genes for human survival than our own human genes contribute.” So, how are you treating the incredible ecosystem (your microbiome) where these microorganisms reside? If you're not sure how to answer that, Solaray is, and it's called MycrobioMe Probiotics. The MycrobioMe difference is that they're “guaranteed to reach the gut,” since the best probiotic won't do you much good if it doesn't survive your stomach acid. Solaray's patented, Enteric Shield capsule protects multiple strains and billions of live cultures throughout their journey to your GI tract, where they can get busy doing what they came to do—restore balance to your microbiome. Vegan and non-GMO, they're free of gluten, corn, and soy and come in a range of targeted formulas. Thanks to Solaray, next time someone politely inquires about your microbiome—you can confidently say MYcrobioMe is covered!



# GOOD KARMA—YOU KNOW YOU WANT IT!

What does Good Karma have to do with breakfast? Pretty much everything! How you start your day sets the tone for how the rest of it goes, we all know. So, will you leap in without adequate nourishment, leaving a trail of less-than-good karma behind you, or fortify with healthy fats and protein so you can crush it? With Good Karma Flax Milk + Protein to assist, you may end your day nominated for a Nobel Prize—it's that nourishing! Unique among plant-based milk alternatives for its star ingredient—organic, cold-pressed flaxseed oil, Good Karma delivers 1,200 mg of Omega 3s in every 8 oz. serving of their Flax Milk line. The + Protein varieties bring you super karma, with 8 grams of pea protein, and it's all wrapped in the kind of silky-smooth texture that might make you forget it isn't dairy. Created without nuts, soy, or gluten, they're non-GMO Project Verified and Certified Vegan, meaning there's only one thing left for you to consider. Which flavor will bring you Good Karma today?

ALWAYS AFFORDABLE™  
**\$3<sup>39</sup>** PER  
 32 oz.



## EMPOWER YOUR BRILLIANT BRAIN!

For all the freethinkers, and the ones who wish they could think more freely—CurcuBrain by NOW foods is for you! The key is Longvida Optimized Curcumin, which delivers this potent antioxidant in the way our bodies can best use it—free form! Shown to penetrate the blood-brain barrier, Longvida brings the free-radical neutralizing power of curcumin straight to your cranium to support neuronal tissue. Studies have also demonstrated that it exhibits superior bioavailability—up to 65 times more than generic curcumin. Now you can empower your cognitive care regimen with this award-winning supplement brought to you by a revolutionary in the industry—NOW Foods. Still family-owned and operated, they are a leader in Good Manufacturing Practices (GMP) and guided by “an unwavering commitment to product quality and purity.” So, go ahead, free your thinking with the protective power of CurcuBrain.



ALWAYS AFFORDABLE™  
**\$29<sup>99</sup>** PER  
 50 cap.

## NO MORE DIRTY SECRETS!

It's a dirty world out there, and nothing makes it more apparent than when you're doing laundry. So, why use a detergent that's hiding dirty secrets? Why not switch to a brand so pristine that it was created in honor of the founder's mother! Nellie's laundry products will leave your wash spotlessly fresh, and your eco-conscientiousness bright and shiny too. They're free of synthetic fillers, fragrances, and optical brighteners and full of super-concentrated, plant-based cleaning power. Did we mention, they're biodegradable and hypoallergenic? Plus, Nellie's amps up efficiency while saving water by making laundry soda in powdered form instead of liquid (which is mostly water). Such planet-loving ingenuity also saves you cash, because a regular size load requires just one tablespoon of laundry soda to render your clothes immaculate! From the stain-eradicating genius of the WOW stick to the aromatic softness of the Lavender Scented Wool Dryer Balls—Nellie's has everything you need to make sure your laundry room isn't hiding any dirty secrets.

SALE  
**\$6<sup>69</sup>** PER  
 1.6 lb.  
 2/28-3/28/20



ALWAYS AFFORDABLE™  
**\$10<sup>75</sup>** PER  
 1 ct.



ALWAYS AFFORDABLE™  
**\$8<sup>99</sup>** PER  
 2.7 oz.

UP TO **22% OFF**  
**ALWAYS AFFORDABLE**™



**20% OFF**

**ALL ANDALOU® PRODUCTS**

Discover the world of natural personal care and the latest in ingredient biotechnology.

**EXCLUDES TRAVEL SIZE**

**22% OFF**

**\$10<sup>79</sup>**



**NATURAL FACTORS®**

**Melatonin 5 mg  
 180 CHEW**

Melatonin works with the body's natural cycles to safely and effectively support your "biological clock."\*\*

**ALWAYS AFFORDABLE \$13.99**

**21% OFF**

**\$15<sup>99</sup>**

**16 OZ.**

**ALWAYS AFFORDABLE \$20.35**

**GARDEN OF LIFE®**

**Dr. Formulated Organic Coconut MCT Oil**

100% organic coconut oil delivers 13g of MCTs—including caprylic and capric acids—per serving.\*

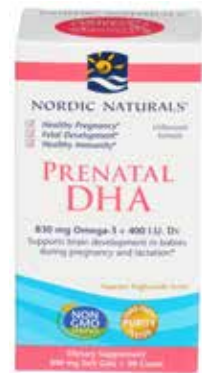
**\$26<sup>99</sup>**

**32 OZ.**

**ALWAYS AFFORDABLE \$34.25**

**21% OFF**

**\$19<sup>49</sup>**



**NORDIC NATURALS®**

**Prenatal DHA  
 90 SG**

A pure and fresh source of the omega-3s that your growing baby needs for brain and nervous system development, and support for a healthy pregnancy.\*

**ALWAYS AFFORDABLE \$24.69**

**21% OFF**

**\$38<sup>99</sup>**



**SOVEREIGN SILVER®**

**Bio-Active Silver Hydrosol  
 16 FL OZ.**

Support your immune system today!\*

**ALWAYS AFFORDABLE \$49.75**

**21% OFF**

**\$8<sup>39</sup>**



**ENZYMEDICA®**

**Digest™ Complete  
 30 CAP**

Powered by Thera-blend™, the enzymes in Digest are active throughout the entire digestive tract.\*

**ALWAYS AFFORDABLE \$10.69**

**20% OFF**

**\$2<sup>85</sup>**



**ALMOND BREEZE®**

**Refrigerated Almond Breeze Beverages  
 64 OZ.**

Made with carefully selected almonds and quality ingredients.

**ALWAYS AFFORDABLE \$3.59**







20% OFF

\$3.59



**APPLEGATE®**  
Breakfast Sausage Patties or Links  
7 OZ.

Humanely raised & gluten-free. Breakfast has never tasted better!

**ALWAYS AFFORDABLE \$4.49**

UP TO **20% OFF**  
**ALWAYS AFFORDABLE** SM

20% OFF

\$3.59



**BIRCH BENDERS®**

Select Waffles  
6.56-8.75 OZ.

Crispy on the outside, fluffy on the inside, and totally tasty through and through.

**ALWAYS AFFORDABLE \$4.49**

20% OFF

\$6.69



**CAULIPOWER®**

Cauliflower Crust Pizzas  
6-11.6 OZ.

CAULIPOWER is tasty, crispy, melty, crazy good pizza.

**ALWAYS AFFORDABLE \$8.39**

20% OFF

\$3.39



**EARTH BALANCE®**

Dairy-Free Butters  
13-16 OZ.

Vegan, lactose free, non dairy, gluten free, non-GMO, and contains no MSG.

**ALWAYS AFFORDABLE \$4.29**

20% OFF

\$1.39



**FORAGER PROJECT®**

Organic Cashew Yogurts  
5.3 OZ.

Rich and creamy, these totally devourable Cashewmilk yogurts will forever change how you feel about dairy-free yogurts.

**ALWAYS AFFORDABLE \$1.75**



20% OFF

\$3.99



**KERRYGOLD®**

Cheddar Reserve  
7 OZ.

Made with the milk of Irish grass-fed cows and aged for an additional year for an intense flavor.

**ALWAYS AFFORDABLE \$4.99**

20% OFF

\$3.99



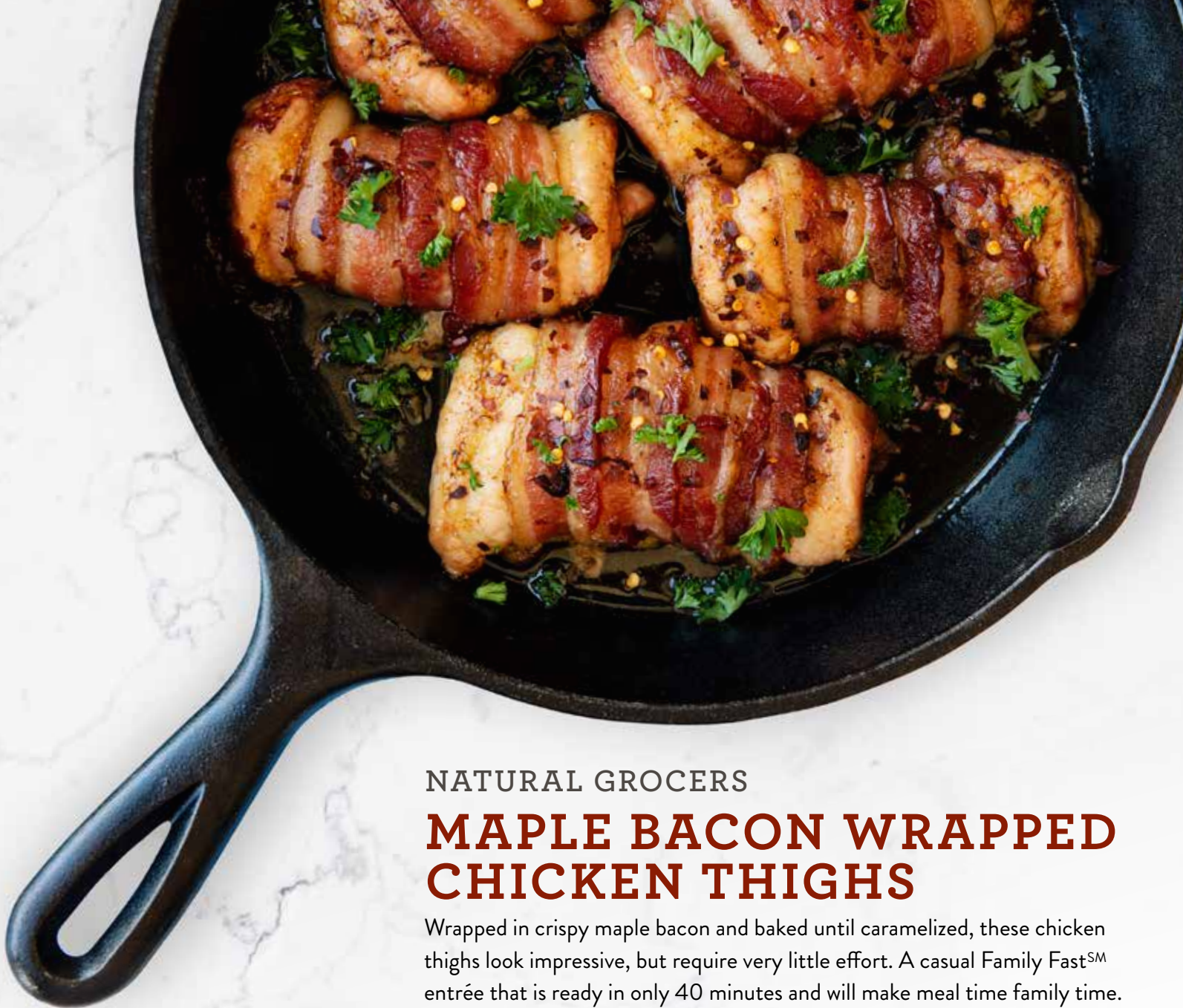
**AMY'S®**

Select Bowls  
8.5-10 OZ.

Hunger doesn't stand a chance with Amy's selection of hearty bowls.

**ALWAYS AFFORDABLE \$4.99**





NATURAL GROCERS

## MAPLE BACON WRAPPED CHICKEN THIGHS

Wrapped in crispy maple bacon and baked until caramelized, these chicken thighs look impressive, but require very little effort. A casual Family Fast<sup>SM</sup> entrée that is ready in only 40 minutes and will make meal time family time.

### INGREDIENTS INSTRUCTIONS

4 Mary's Boneless Skinless Chicken Thighs

**Natural Grocers Brand Bulk Seasonings:**

*½ teaspoon Organic Garlic Powder*

*½ teaspoon Organic Smoked Paprika*

*½ teaspoon Organic Ground Black Pepper*

*½ teaspoon Real Salt*

*½-1 teaspoon Organic Red Chili Flakes*

*8 slices bacon*

*3 tablespoons Natural Grocers Brand Organic Grade A Dark Maple Syrup*

**TOTAL TIME: 40 MINUTES | SERVES 4**

1. Preheat oven to 375° F.
2. In a small bowl, mix together the seasonings, except for the red pepper flakes. Rub the seasoning mixture all over the chicken thighs, making sure to thoroughly coat both sides.
3. Wrap two slices of bacon around each thigh. Tuck the bacon underneath the chicken; to tightly secure the bacon around the chicken you can also use toothpicks to hold it in place.
4. Place the chicken thighs in a baking dish or oven-proof skillet, drizzle the maple syrup over the bacon and rub to fully coat, sprinkle with the red pepper flakes, and bake for 30 minutes, or until the chicken reaches an internal temperature of 165° F and the bacon is nicely browned. If the chicken is done before the bacon has browned, turn the broiler on high and broil for 2-3 minutes to crisp the bacon. Serve with a simple side salad and sautéed green beans, or check out [naturalgrocers.com/recipe-finder](http://naturalgrocers.com/recipe-finder) for more great side ideas!



20% OFF

\$3.29

UP TO 20% OFF  
ALWAYS AFFORDABLE<sup>SM</sup>

LIGHTLIFE®

Smart Bacon®  
5 OZ



Smart Bacon brings that crispy, smoky taste to every bite.

ALWAYS AFFORDABLE \$4.15



20% OFF

\$6.15

ORCA BAY®  
Keta Salmon Fillets  
10 OZ.

These frozen Keta salmon fillets are wild caught and have a mild flavor.

ALWAYS AFFORDABLE \$7.69

20% OFF

\$3.65

PICNIK®  
Keto Creamers  
25.36 OZ.

Boasts the benefits of healthy saturated fats from nutrient-rich grass-fed butter and MCT oil from coconuts.

ALWAYS AFFORDABLE \$4.59



20% OFF

\$3.29

STONYFIELD FARMS®  
Organic Yogurts  
32 OZ.

Grass-fed yogurt has never tasted so good.

ALWAYS AFFORDABLE \$4.15



20% OFF

\$3.99

THE HONEST STAND®  
Organic Dairy-Free Dips  
9 OZ.

The Honest Stand uses all-natural, organic veggies and nuts in their dips.

ALWAYS AFFORDABLE \$4.99



20% OFF

\$2.49

ANCIENT HARVEST®  
Organic Supergrain Pastas  
8-9.6 OZ.

With Ancient Harvest, there is no sacrifice, just culinary adventure.

ALWAYS AFFORDABLE \$3.15



20% OFF

99¢

CLIF®  
Luna Bars  
1.59-1.69 OZ.

Whether it's kicking that extra mile or powering through an endless afternoon, LUNA bars have you covered.

ALWAYS AFFORDABLE \$1.25





**UP TO 20% OFF**  
**ALWAYS AFFORDABLE<sup>SM</sup>**



**20% OFF**

**95¢**

**HONEY STINGER<sup>®</sup>**

*Organic Waffles*

**1-1.06 OZ.**

Enjoy a Honey Stinger Waffle any time you need an energy-supporting snack.

**ALWAYS AFFORDABLE \$1.19**



**20% OFF**

**\$5.59**

**LAKWOOD JUICES<sup>®</sup>**

*Organic Pure Pineapple Juice*

**32 OZ.**

All Lakewood Juices are pressed, pasteurized, and bottled in glass for freshness.

**ALWAYS AFFORDABLE \$6.99**



**20% OFF**

**\$2.85**

**LATE JULY SNACKS<sup>®</sup>**

*Organic Restaurant Style*

*Tortilla Chips*

**10-11 OZ.**

They care deeply about using organic and non-GMO ingredients.

**ALWAYS AFFORDABLE \$3.59**



**20% OFF**

**\$3.89**

**MATT'S COOKIES<sup>®</sup>**

*Bagged Cookies*

**14 OZ.**

This popular cookie is made with tons of real, rich semisweet chocolate chips and high-quality, natural ingredients.

**ALWAYS AFFORDABLE \$4.89**



**20% OFF**

**\$6.89**

**SPECTRUM CULINARY<sup>®</sup>**

*Organic Unrefined Coconut Oil*

**14 OZ.**

Spectrum Culinary coconut oil is organic and crafted from expeller-pressed coconuts.

**ALWAYS AFFORDABLE \$8.69**



**20% OFF**

**\$4.39**

**WILD PLANET<sup>®</sup>**

*Wild Boneless Skinless Pink Salmon*

**6 OZ.**

Skinless, boneless fillets are packed and cooked just once to retain their nutritional potency and natural juices.

**ALWAYS AFFORDABLE \$5.49**



**20% OFF**

**\$28.49**

**GARDEN OF LIFE<sup>®</sup>**

*Raw Protein & Greens Organic*

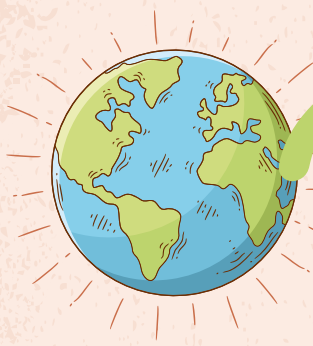
*Chocolate or Vanilla*

**19.3-22 OZ.**

Combining the power of clean organic protein and the nutrient-rich energy of organic greens.\*

**ALWAYS AFFORDABLE \$35.99**





# EarthWATCH

## DRASTIC DECLINE IN SONGBIRDS LINKED TO NEONIC PESTICIDES

By Lindsay Wilson

Neonicotinoids, or “neonics,” are a class of insecticides introduced in the 1990s and are currently the most widely used insecticides in the world. They are most commonly used as seed treatments, that is, seeds are coated in the pesticide before they are sold. As the treated seeds grow, the neonics are taken up by the roots, where they are incorporated throughout the entire plant, including the leaves, pollen, and nectar. They are also widely dispersed into the environment and numerous studies have shown that they impact more than just the insects they target, including earthworms, fish, honeybees, and other important pollinators.<sup>12345</sup> And now, a new study has linked neonics to the dramatic decline in North American songbirds.

The study, published in late 2019 in the journal *Science*, found that migrating birds that ate the equivalent of just one or two neonic-treated seeds suffered immediate weight loss, delaying their normal migration, severely harming their chances of surviving and reproducing, according to researchers.<sup>6</sup>

“We show a clear link between neonicotinoid exposure at real-world levels and an impact on birds,” lead author Margaret Eng said.

According to an earlier study published in the journal *PLOS One*, agricultural land is 48 times more toxic to honeybees than it was 25 years ago, almost entirely due to neonicotinoids, “which potentially threatens the health of the honeybees and other pollinators and may contribute to declines in beneficial insect populations as well as insectivorous birds and other insect consumers.”<sup>7</sup>

Kendra Klein, senior staff scientist at Friends of the Earth US and co-author of the study, said that the significant increase in toxicity of agricultural land correlates directly with the sharp decline in bees, butterflies, other pollinators, and birds. “Neonics are like a new DDT, except they are a thousand times more toxic to bees than DDT was,” she said.

### WHAT YOU CAN DO ABOUT IT

Buy organically grown food! Additionally, it’s not just crop seeds that are routinely coated with neonicotinoids—so are the seeds used to grow many flowers and plants you can buy at your local plant nursery, big box store, or on the internet. As you begin to think about spring planting, remember the birds and the bees (and other pollinators!) and avoid buying flowers grown from neonic-coated seeds, ask the seller if the plants are grown from neonic-treated seeds, and if you plant from seed, always choose organic.

*References available upon request.*



OFFERS VALID FEBRUARY 28 TO MARCH 28, 2020

# NATURAL GROCERS® BRAND BULK PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE<sup>SM</sup>



SALE  
**\$2.89**  
1 LB.



SALE  
**\$4.99**  
10 OZ.

## NATURAL GROCERS® BRAND BULK ORGANIC TRI-COLOR OR WHITE QUINOA

Nutrient-dense and versatile, our bulk quinoa delivers at every meal.

ALWAYS AFFORDABLE \$3.49

## NATURAL GROCERS® BRAND BULK SKIN-ON SALTED CASHEWS

Discover cashews like you've never tasted before—with the skin on! Game on!

ALWAYS AFFORDABLE \$5.99



SALE  
**\$5.49**  
13 OZ.



## NATURAL GROCERS® BRAND BULK ORGANIC TURKISH STEMLESS FIGS

As a good source of minerals and fiber, you can do a little fig "jig" with every bite.

ALWAYS AFFORDABLE \$ 5.99



SALE  
**\$1.99**  
8 OZ.



## NATURAL GROCERS® BRAND BULK ORGANIC CHIA SEEDS

Elevate your smoothie, breakfast bowl, yogurt parfait, and more, with our nutrient-dense bulk chia seeds!

ALWAYS AFFORDABLE \$ 2.69



**\$2<sup>49</sup>**



**NATURAL GROCERS® BRAND BULK ORGANIC COCONUT FLAKES**  
10 OZ.

Deliciously sweet and good for you too, our coconut flakes are perfect in trail mixes or straight outta the bag!

**\$3<sup>29</sup>**



**NATURAL GROCERS® BRAND BULK ORGANIC APPLE JUICE SWEETENED CRANBERRIES**  
8 OZ.

Enjoy the health-supportive benefits of real cranberries with just a hint of sweetness.

**\$6<sup>99</sup>**



**NATURAL GROCERS® BRAND BULK ORGANIC WHOLE ALMONDS**  
10 OZ.

Grab a handful, toss them into your favorite homemade trail mix... get creative! Our organic bulk almonds make it easy.

**\$3<sup>39</sup>**



**NATURAL GROCERS® BRAND BULK ORGANIC NUTRITIONAL YEAST**  
8 OZ.

Bring this staple superfood home to your pantry and your family today.

**\$6<sup>29</sup>**



**NATURAL GROCERS® BRAND BULK ORGANIC ALMOND FLOUR**  
1 LB.

Naturally gluten free, discover the power of almond flour for your culinary needs.

**\$3<sup>89</sup>**



**NATURAL GROCERS® BRAND BULK ORGANIC TROPICAL FRUIT MIX**  
6 OZ.

Enjoy the taste of the tropics in the palm of your hand.

**\$5<sup>49</sup>**



**NATURAL GROCERS® BRAND BULK ORGANIC MARGARET'S MIX**  
8 OZ.

A one-of-a-kind blend as special and unique as our founder, Margaret. Discover a few of her favorite things with Margaret's Mix.

**\$8<sup>99</sup>**



**NATURAL GROCERS® BRAND BULK ORGANIC CURRY CASHEWS**  
10 OZ.

Discover a flavor that's out of this world, just taste for yourself!

**\$5<sup>69</sup>**



**NATURAL GROCERS® BRAND BULK ORGANIC MEDJOL DATES**  
12 OZ.

Caramel-like in taste and good for you too! Make it a "date" to head on over to our bulk department and try some today.



# HOT DEALS

MARCH 20<sup>TH</sup>-22<sup>ND</sup> ONLY!

54% OFF

\$11.79



COUNTRY LIFE®  
ACETYL L-CARNITINE CAPS  
60 VEG  
ALWAYS AFFORDABLE \$25.79

35% OFF

\$16.99



COUNTRY LIFE®  
ACETYL L-CARNITINE CAPS  
120 VEG  
ALWAYS AFFORDABLE \$26.29

31% OFF

\$15.39



HIMALAYA HERBAL®  
Stress Care®  
120 VEG  
ALWAYS AFFORDABLE \$22.49

26% OFF

\$1.99



KEVITA®  
Organic Master Brew Kombuchas or  
Sparkling Probiotic Drinks  
15.2 OZ.  
ALWAYS AFFORDABLE \$2.69



# HOT DEALS

MARCH 20<sup>TH</sup>-22<sup>ND</sup> ONLY!



**28% OFF**  
**\$3.69**

**KERRYGOLD®**  
Pure Irish Butters  
8 OZ.  
ALWAYS AFFORDABLE \$5.19



**37% OFF**  
**\$3.49**

**ZEVIA®**  
Zero Calorie Stevia Sodas  
6 PK.  
ALWAYS AFFORDABLE \$5.59



**43% OFF**  
**\$2.49**

**CASCADIAN FARM®**  
Frozen Organic Fruit  
8-10 OZ.  
ALWAYS AFFORDABLE \$4.39



**39% OFF**  
**\$6.49**

**JASON®**  
Body Wash Various Scents  
30 OZ.  
ALWAYS AFFORDABLE \$10.79



**27% OFF**  
**\$2.59**

**LATE JULY SNACKS®**  
Organic Restaurant Style Tortilla Chips  
11 OZ.  
ALWAYS AFFORDABLE \$3.59



**UP TO 20% OFF**  
**ALWAYS AFFORDABLE<sup>SM</sup>**



**20% OFF**  
**\$18<sup>49</sup>**

**GARDEN OF LIFE<sup>®</sup>**  
**MyKind Organic Turmeric**  
**30 TAB**

Organic, non-GMO fermented turmeric root and extract supports the body's reaction to occasional discomfort.\*

**ALWAYS AFFORDABLE \$23.35**



**20% OFF**  
**\$7<sup>79</sup>**

**NATURE'S PLUS<sup>®</sup>**  
**Animal Parade Mag Kidz**  
**90 CHEW**

Provides wholesome, essential magnesium in highly bioavailable, delicious, and fun shapes your children will love.\*

**ALWAYS AFFORDABLE \$9.79**

**20% OFF**  
**\$2<sup>15</sup>**

**KEVITA<sup>®</sup>**  
**Organic Master Brew Kombuchas or Sparkling Probiotic Drinks**  
**15.2 OZ.**

KeVita drinks are pure and organic beverages that support you to your highest potential.

**ALWAYS AFFORDABLE \$2.69**



**\$29<sup>49</sup>**

**60 CAP**  
**ALWAYS AFFORDABLE \$36.49**

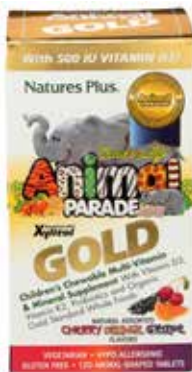
**\$15<sup>49</sup>**

**30 CAP**  
**ALWAYS AFFORDABLE \$19.19**

**FLORA<sup>®</sup>**  
**Super 8 Hi-Potency Probiotic**

Super 8 probiotic blend, like the name implies, includes 8 strains of probiotics targeting the small intestine and supporting a healthy yeast balance.\*

**19% OFF**  
**\$17<sup>99</sup>**



**NATURE'S PLUS<sup>®</sup>**  
**Animal Parade<sup>®</sup> Gold Children's Multi-vitamin Chew Assorted**  
**120 CHEW**

Fun, animal-shaped multivitamin chewables.\*

**ALWAYS AFFORDABLE \$22.35**

**19% OFF**  
**\$11<sup>79</sup>**



**BARLEAN'S<sup>®</sup>**  
**Omega Pals Fish Oil Lemonade**  
**8 OZ.**

For children ages 1 year+. Made with Barlean's ultra-purified Fresh Catch<sup>®</sup> fish oil.\*

**ALWAYS AFFORDABLE \$14.69**

**17% OFF**  
**\$8<sup>69</sup>**



**BOIRON<sup>®</sup>**  
**Coldcalm<sup>®</sup>**  
**60 TAB**

Temporarily relieves cold symptoms, such as sneezing, runny nose, nasal congestion, and minor sore throat.\*

**ALWAYS AFFORDABLE \$10.59**



16% OFF  
\$1.49

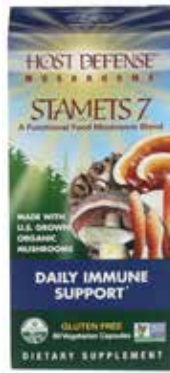


**EVER & EVER®**  
Sparkling or Still Water  
16 OZ.

7.4 pH balanced, reverse osmosis still water from infinitely renewable sources.

ALWAYS AFFORDABLE \$1.79

16% OFF  
\$23.69



**HOST DEFENSE®**

**Stamets 7®**  
60 VEG

Supports the body in adapting to physical, mental, and environmental stress factors.\*

ALWAYS AFFORDABLE \$28.49

UP TO **16% OFF**  
ALWAYS AFFORDABLE<sup>SM</sup>

16% OFF  
\$11.49



**TWINLAB®**

**B-12 Dots**  
250 TAB

Supports natural energy production.\*

ALWAYS AFFORDABLE \$13.75

16% OFF  
\$3.99



**UNREAL®**

**Chocolate Gems**  
5 OZ.

A delicious treat made with creamy milk chocolate and a crunchy shell.

ALWAYS AFFORDABLE \$4.75

16% OFF  
\$19.99



**HOST DEFENSE®**

**Cordyceps**  
60 VEG

Cordyceps has been traditionally used in Asia for strenuous, high-altitude activities, and as an immune tonic.\*

ALWAYS AFFORDABLE \$23.99

15% OFF  
\$6.35



**ALDEN'S®**  
Organic Ice Cream  
48 OZ.

It's creamy, dreamy organic ice cream at its best.

ALWAYS AFFORDABLE \$7.49



15% OFF  
\$6.79



**NOW®**

**Charcoal Detox Facial Mask**  
4 OZ.

A deep-cleaning formula that gently exfoliates to remove dulling impurities for improved skin clarity.

ALWAYS AFFORDABLE \$7.99

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**ALL DESERT ESSENCE® PRODUCTS**

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ONE DAY  
ONLY



SATURDAY  
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# CHOCTOPIA<sup>SM</sup>

yum

25%  
OFF

All Chocolate Bars

Limit 3 per customer



for the  
love of

# BACON

\$2.99

Bacon & Bacon Alternatives

Limit 2 per customer

\*THESE OFFERS ARE ONLY AVAILABLE TO REGISTERED {N}POWER MEMBERS. These offers are only valid on March 28, 2020 for in-store purchases at participating Natural Grocers stores. Limit 2 packages of bacon per customer. Limit 3 chocolate bars per customer. Quantity limited to stock on hand; no rain checks. Customer is responsible for any applicable sales tax. ALL REWARDS REDUCE YOUR BASKET SIZE. Points are applied to the price paid after discounts. Offer void where prohibited by law. We reserve the right to correct errors.

# NUTRITION BYTES\*

## KYOLIC AGED GARLIC EXTRACT REDUCES HYPERTENSION & PROMOTES MORE YOUTHFUL ARTERIES

It is estimated that 1 out of every 3 adults age 20 and older has hypertension (i.e., high blood pressure) in the U.S. Of these adults, less than half have their hypertension controlled. Increasing prevalence of hypertension remains an important public health concern due to its direct link to increased risk for cardiovascular disease, particularly stroke, heart attack, and heart failure, and due to this, current research has placed emphasis on identifying effective therapies for the management of hypertension.

A 2018 study conducted by researchers at the National Institute of Integrative Medicine found Kyolic Aged Garlic Extract (AGE) to be a powerful supplement for reducing blood pressure (BP) in adults aged 50-70 years with uncontrolled hypertension. This double-

blind, randomized, placebo-controlled trial involved 49 participants who were assigned to receive either two capsules of

significantly reduced systolic and diastolic BP. Measures of arterial stiffness were also significantly improved. According to the researchers, improvements observed in arterial stiffness were equivalent to five years of arterial age reversal. Compared to placebo, researchers also observed greater decreases in inflammatory markers in the treatment group, in addition to increased gut microbiota diversity, however, these results were not statistically significant.

Due to the average blood pressure reduction observed in this study, researchers concluded that

the use of Kyolic AGE is comparable to conventional blood pressure drug therapies, reducing the risk of cardiovascular events such as heart attack or stroke by 30-40 percent.

**REDUCING THE RISK OF  
CARDIOVASCULAR EVENTS  
30-40%**



Kyolic AGE (600 mg each, for a total of 1.2 g of AGE) or placebo for 12 weeks.

Results of the study revealed that three months of AGE supplementation

## STATINS INCREASE RISK OF SKIN INFECTIONS, DIABETES

Statins are one of the most widely prescribed pharmaceuticals in the U.S., with millions of people taking these cholesterol-lowering drugs. But as the prevalence of statin use has increased, so have the concerns for side effects. Recent research has found that statin use, especially long-term use, significantly increases the risk of developing diabetes and problematic skin infections.

The study, published in the *British Journal of Clinical Pharmacology* in late 2019, investigated whether statins increased the risk of skin and soft tissue infections

(SSTIs), specifically staph infections, and diabetes. Researchers reviewed data from the Australian Department of Veterans Affairs to determine the relationship between statins and SSTIs; statins and diabetes; and diabetes and SSTIs, as well as whether statins increased the risk of SSTIs independent of diabetes. The researchers found a significant association between statins, diabetes risk, and risk of SSTIs in patients within 91 days of starting statin therapy. Their analysis revealed that statins were associated with a significant risk of skin infections, in both nondiabetic

and diabetic statin users, as well as a significant risk of new onset diabetes.

Statins have been shown to inhibit specific T regulatory immune cells within four to 12 weeks of use, which may increase susceptibility to infections and may explain the increased risk of SSTIs among statin users. The researchers wrote, "Regardless of the actual mechanism(s), it would seem prudent for clinicians to monitor blood glucose levels of statin users who are predisposed to diabetes, and be mindful of possible increased SSTI risks in such patients."

References available upon request.



# INTRODUCING

NATURAL GROCERS®

# MEAT & SEAFOOD

HIGHEST QUALITY

SELECTIONS

EXOTIC VARIETIES

## A STORY OF QUALITY

Prioritizing Our Planet is the Way We Do Food

We believe the wellbeing of our communities prosper when our food is humanely raised and sustainably sourced. We can create a healthy future by what we choose to put on our plates. That's why our quality standards begin with animal welfare and why our meat and seafood departments only offer selections produced

by farmers, ranchers and fishermen and women who nurture the health of animals, our communities and the planet. Find *protein with a purpose*, at always affordable prices, when you shop our fresh and frozen traditional and exotic varieties, and boring need never describe your menu! A healthier tomorrow begins today.

WE'VE GOT  
YAK!



### YOU'VE NEVER SEEN VARIETY LIKE THIS

#### MEAT

- |         |           |
|---------|-----------|
| Beef    | Pork      |
| Bison   | Turkey    |
| Chicken | Venison   |
| Elk     | Wild Boar |
| Lamb    | Yak       |
| Ostrich |           |

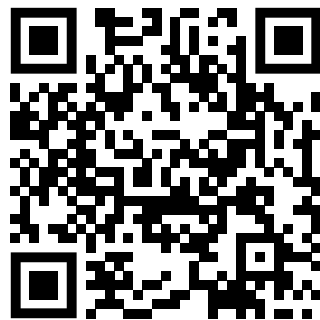
#### SEAFOOD

- |           |          |
|-----------|----------|
| Cod       | Scallops |
| Mahi Mahi | Shrimp   |
| Rockfish  | Tuna     |
| Salmon    |          |

**FOUNDATIONAL FIVE™**

**5**  
**SUPPLEMENTS**

**MULTIVITAMIN · MAGNESIUM**  
**EPA & DHA · LUTEIN**  
**SUPER NUTRIENTS**



**LEARN MORE @ [naturalgrocers.com/foundational-5](https://naturalgrocers.com/foundational-5)**

**JOIN THE CONVERSATION @NATURALGROCERS**  

# OUR CHICKENS DON'T DO DRUGS



**{N}POWER® PRICING ONLY**

<p>Mary's Non-GMO Whole Chicken</p> <p><b>\$7.99</b> EACH</p> <p><i>Mary's</i> FREE RANGE CHICKEN</p> <p><b>ALWAYS AFFORDABLE AT \$8.99</b></p>	<p>Mary's Organic Whole Chicken</p> <p><b>\$9.99</b> EACH</p> <p><i>Mary's</i> FREE RANGE CHICKEN ORGANIC</p> <p><b>ALWAYS AFFORDABLE AT \$10.99</b></p>
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See store for details. This offer is only available only to registered {N}power members beginning 8/1/2019 and is redeemable only for in-store purchases at participating Natural Grocers stores. Discount will be applied to the product's regular, non-discounted price. Quantity limited to stock on hand; no rain checks. Discount cannot be combined with other offers. We reserve the right to correct errors. Void where prohibited by law.

*Grab your*

**NATURAL GROCERS' HYDROFLASK**



*and go!*

**12-18 PERCENT OFF**



**UP TO 15% OFF**  
**ALWAYS AFFORDABLE**<sup>SM</sup>

15% OFF

\$4.99



**BEYOND MEAT®**

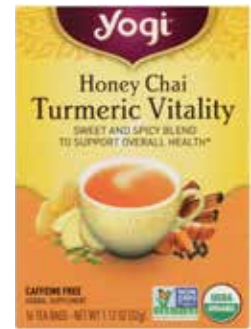
*Beyond Burger*  
**8 OZ**

The plant-based burger that looks, cooks, and satisfies like beef without GMOs, soy, or gluten.

**ALWAYS AFFORDABLE \$5.89**

15% OFF

\$3.39



**YOGI®**

*Teas*  
**16 CT.**

For more than 40 years, YOGI TEA has been producing delicious herb and spice teas based on unique Ayurvedic tea recipes.

**ALWAYS AFFORDABLE \$3.99**

15% OFF

\$4.55



**ENJOY LIFE FOODS®**

*Chocolate Morsels, Mini Chips or Chunks*  
**9-10 OZ.**

Whether you're looking for a perfectly melting dark chocolate, or a substitute for your favorite chocolate chip cookie recipe, they've got you covered!

**ALWAYS AFFORDABLE \$5.39**

15% OFF

\$2.79



**WESTBRAE®**

*Organic Canned Beans*  
**25 OZ.**

Versatile, convenient, and nutritious.

**ALWAYS AFFORDABLE \$3.29**

15% OFF

\$33.99



**GARDEN OF LIFE®**

*Raw Probiotics™ Mens Or Womens*  
**90 VEG**

A unique line of high-potency, RAW, whole food probiotics that are age- and gender-specific.\*

**ALWAYS AFFORDABLE \$39.99**

15% OFF

\$9.19

**1 OZ.**

**ALWAYS AFFORDABLE \$10.89**

**HERB PHARM®**

*Turmeric or Stone Breaker*

Herb Pharm makes high-quality liquid herbal products for the whole family.\*



\$9.89

**1 OZ.**

**ALWAYS AFFORDABLE \$11.65**

15% OFF

\$9.49



**NATURAL FACTORS®**

*C 500 mg Fruit Chew Assorted Flavors*  
**90 CHEW**

500 mg of vitamin C in a blend of citrus bioflavonoids, hesperidin, rosehips, and rutin.\*

**ALWAYS AFFORDABLE \$11.19**

15% OFF

\$36.99



**NEW CHAPTER®**

*Every Woman's Or Man's One 55+*  
**48 TAB**

Expertly formulated for the needs of women 55+, supporting immune function, digestion, mood, and energy.\*

**ALWAYS AFFORDABLE \$43.79**

UP TO **16% OFF**  
**ALWAYS AFFORDABLE**<sup>SM</sup>

15% OFF

\$9<sup>99</sup>



**TWINLAB®**  
**D3 + K2 Dots**  
**60 TAB**

Vitamin D3 1000iu K2 dots help support teeth, bones, and cardiovascular health.\*

**ALWAYS AFFORDABLE \$11.89**

14% OFF

\$12<sup>99</sup>



**NATURAL FACTORS®**  
**Organic Oil Of Oregano**  
**1 OZ.**

Oil of oregano provides powerful free radical scavenging support.\*

**ALWAYS AFFORDABLE \$15.19**

16% OFF

\$8<sup>99</sup>



**JASON®**  
**Body Wash Various Scents**  
**30 OZ.**

They promise safe, gentle ingredients free of parabens, sulfates, phthalates, and artificial colors.

**ALWAYS AFFORDABLE \$10.79**

12% OFF

\$21<sup>99</sup>



**MRM®**  
**Whey Pumped Chocolate Or Vanilla**  
**2 LB.**

Sourced from only USA farms that never use growth hormones or antibiotics.\*

**ALWAYS AFFORDABLE \$24.99**

12% OFF

\$13<sup>99</sup>



**MRM®**  
**Matcha Green Tea Powder**  
**6 OZ.**

A natural source of free radical scavengers, vitamins, minerals, amino acids, and fiber.\*

**ALWAYS AFFORDABLE \$15.99**

11% OFF

\$11<sup>79</sup>



**MRM®**  
**Raw Organic Red Beet Powder**  
**8.5 OZ.**

Contains vitamin C, magnesium, potassium, calcium, and more.\*

**ALWAYS AFFORDABLE \$13.29**

11% OFF

\$16<sup>39</sup>



**RENEW LIFE®**  
**Ultimate Flora® Everyday 15 Billion**  
**30 VEG**

This probiotic formula contains 12 specially selected Bifidobacterium and Lactobacillus strains.\*

**ALWAYS AFFORDABLE \$18.59**

11% OFF

\$35<sup>49</sup>



**RENEW LIFE®**  
**Ultimate Flora® Probiotic Women's Complete 90 Billion**  
**30 VEG**

Designed to re-establish digestive balance and support immune health with Lactobacilli to support vaginal and urinary tract health.\*

**ALWAYS AFFORDABLE \$40.29**

# good4u<sup>SM</sup>

## NEW PRODUCTS

### of the month

26% OFF

\$1.65



**NOKA®**  
Organic Superfood Smoothie Pouches  
4.22 OZ.

Enjoy delicious NOKA Organic Superfood Smoothies as breakfast out the door, a healthy snack, a pre/post workout boost, and natural energy for running, hiking, or biking!

ALWAYS AFFORDABLE \$2.25

26% OFF

\$1.25



**BOB'S RED MILL®**  
Oat Bars  
1.76 OZ.

Treat yourself—and feel great about it! Bob's Bars are deliciously rich and satisfying. Made with whole grain oats, peanut butter, and organic honey.

ALWAYS AFFORDABLE \$1.69

20% OFF

\$17.19



**THE HONEST KITCHEN®**  
Whole Food Clusters  
5 LB.

Food too good to be called kibble! Created with a veterinary nutritionist, these 100% human-grade clusters are made with real whole foods. They're mixed in small batches, cold pressed, slow roasted and dehydrated to maintain the nutrients, aroma and textures of whole foods.

ALWAYS AFFORDABLE \$21.49

20% OFF

\$20.99



**AMAZING GRASS®**  
Organic Amazing Protein Digest  
Vanilla or Chocolate  
13.2 - 14.2 OZ.

Crafted with organic plant-based proteins, health-supportive superfoods, and alkalizing greens.\*

ALWAYS AFFORDABLE \$26.39

13% OFF

\$8.79



**SOURCE NATURALS®**  
Melatonin 1.5 mg Spray  
Orange or Berry  
2 OZ.

Helps support restful sleep.\*

ALWAYS AFFORDABLE \$10.15

12% OFF

\$7.49



**MY MAGIC MUD®**  
Charcoal Magnesium Deodorant  
Various Scents  
2.5 OZ.

Aluminum-free deodorants infused with activated charcoal and magnesium.

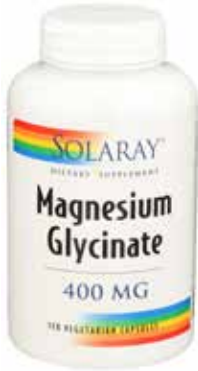
ALWAYS AFFORDABLE \$8.59



# Sensational SAVINGS

OFFERS VALID  
FEBRUARY 28 TO MARCH 28, 2020

**49% OFF**  
**\$7.99**



**SOLARAY®**  
Magnesium Glycinate 400 mg  
120 VEG  
ALWAYS AFFORDABLE \$15.69

**32% OFF**  
**\$25.99**



**NATURAL FACTORS®**  
CurcuminRich® Theracurmin® Double  
Strength  
60 VEG  
ALWAYS AFFORDABLE \$38.49

**20% OFF**  
**\$15.99**



**JARROW FORMULAS®**  
BONE-UP®  
240 CAP  
ALWAYS AFFORDABLE \$19.99

**SELECT**



**EPIC™**  
**PRODUCTS**

**25% OFF\***



**29% OFF**  
**\$42.49**



**VEGA®**  
One Organic French Vanilla or Chocolate  
24.3-25 OZ.  
ALWAYS AFFORDABLE \$59.99



All items are available while supplies last; no rain checks. We reserve the right to correct errors.  
\*Our Always Affordable™ Price