

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

good4u



NATURAL GROCERS®

be rooted in health™

HEALTH HOTLINE®

OCTOBER 2020 | VOL. 39



LOOKING TO SUPPORT

Healthy IMMUNITY?

SEE PAGE 13 FOR MORE DETAILS



RESERVE *YOUR* TURKEY

TODAY \$500 DEPOSIT REQUIRED ORDER IN STORE OR ONLINE



Order in store or online at naturalgrocers.com/turkeys

LETTER

From the Iselys



Hey Neighbors,

Welcome to October! We're glad you're here because we'd love to chat about what's on our minds this month—a family tradition that's been going strong at Natural Grocers since 1989. It's the one about turkey, and also Tofurky.

But it's not even November, you may be thinking, Turkey Day is still so far away! And that, friends, is why we're talking about it now, because when your Thanksgiving family tradition features the most exceptional quality bird (or To-furky) in town, you must plan ahead.

Back to 1989. That's when we first started pre-selling the best birds on the block, and doing it early so none of our neighbors would have to settle for a conventional turkey or a size that didn't suit them. Of course, we know that sometimes plans refuse to cooperate, and we've always had some last-minute birds for those who need them.

So, are there more reasons we start thinking about turkey this early? Why, yes! You see, our turkey standards aren't only a family tradition for us—we get them from a third-generation family farm whose standards match our own. Perhaps you've heard of Mary's? Our birds are raised by people who care about values like humane and sustainable—they are everyday folks, not some faceless, industrial operation. They feed their turkeys a non-GMO certified, vegetarian diet (some also get an all organic diet that is naturally non-GMO) and give them lots of fresh air, with room to wander about in wide-open, comfortable spaces and behave like turkeys naturally do.

There's none of the bad stuff for animals, people, or the planet —just lots of extra good things, like variety. From Heritage (for the foodies), to Certified Organic, to Non-GMO Brined (in case it's your first time), there's an option just right for you. Plus, there's this fact: They're always fresh. They're deep-chilled for safety, but never, ever frozen, which makes the big day that much, well, fresher!

Our family tradition is about quality, not quantity. It's about being able to trace your food every step of the way, from the farm to your feast. And that takes time. Time invested in making sure that every detail, from the moment these 100% antibiotic-free birds are hatched, to the day they leave our store with you, meets our impeccable standards for family traditions. Whether it's turkey or Tofurky you'll be craving come November, we're thinking about it early, so you don't have to worry.

See you soon. Happy Fall!

The Isely Family

CONTENTS

4

FOR THE LOVE OF ORGANICS:
POTATOES

5

RECIPE OF THE MONTH
**DAIRY-FREE POTATO-LEEK
CLAM CHOWDER**

11

EARTH WATCH
**STUDIES SHOW ADVERSE
IMPACTS OF GLYPHOSATE ON
REPRODUCTIVE HEALTH**

18

NUTRITION BYTES
**VITAMIN E CRITICAL FOR
IMMUNE FUNCTION,
ESPECIALLY IN OLDER ADULTS**

22

**RESERVE YOUR
TURKEY TODAY!**



35

**WANT TO BE YOUR HEALTHIEST
SELF? START WITH VITAMIN D**

40

**BLACK SEED OIL
A SUPERHERO SUPPLEMENT
FOR OUR HEALTH**

OUR 5 FOUNDING PRINCIPLES

**NUTRITION
EDUCATION**

**HIGHEST
QUALITY
PRODUCTS**

**ALWAYS
AFFORDABLE™**

**COMMITMENT
TO OUR
COMMUNITY**

**COMMITMENT
TO OUR
good4u™ Crew**

NATURAL GROCERS™ BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE™

Organic, 100% Pure

Maple SyrupSM



What is thick, rich, and heavenly on French toast? Adores cold climates, world-class hockey teams, and nutritious lifestyle habits?

We adore organic maple syrup, so we searched deep in the north woods for the perfect bucket full. We knew it was the one, the moment we tasted its dark, robust drops, with a strength of flavor like no other syrup class. It doesn't quit after breakfast either—it's splendid for glazing, grilling, and baking, too. Now we're bringing it home in BPA-free containers, certified organic, and naturally non-GMO. Drizzle some over your pork or pancakes... you'll see. There's finally a world-class, organic grade A dark maple syrup, with a house brand kind of price.



\$17.99
32 OZ.

\$5.99
8 OZ.

\$7.99
12 OZ.



WANT TO SAVE
EVEN MORE
ON YOUR
PURCHASES
WHILE
EARNING
VALUABLE
POINTS THAT
GIVE YOU CASH
REWARDS?



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 1,200,000 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 or simply text "Organic" to 41411

Message and data rates may apply. {N}power offers are subject to the {N}power Program terms, conditions and FAQs available at www.naturalgrocers.com/npower

**ALWAYS AFFORDABLESM PRICING
FROM THE FAMILY BRAND YOUR TRUST**



FOR THE LOVE OF ORGANICS: POTATOES

By Charity Isely

Mashed, roasted, au gratin—potatoes are the perfect complement to a crisp October evening, and a very good thing indeed, when you know how to choose them, and the healthiest ways to use them.

DON'T UNDERESTIMATE THIS TUBER

The potato sometimes gets a bad rap when it comes to healthy eating (looking at you, French fries and potato chips). However, this hearty veg has been a valuable source of nutrition for centuries. Key nutrients include vitamin B6, potassium, and vitamin C, as well as beneficial phytonutrients like the carotenoids lutein and zeaxanthin, and anthocyanins that are found in the purple and red varieties.^{12,3} If you enjoy your potatoes with the peel intact, you'll take advantage of their fiber content, and here's a bonus for potato salad lovers: When they're cooked and then cooled, they form a type of resistant starch that feeds friendly microbes in your gut.^{4,5,6,7}

NO TO THE POTATO WITH THE GMOs

In 2018, potatoes received a new kind of distinction—they were transferred from the Non-GMO Project's "moderate-risk" list to the "high-risk" list because a genetically engineered variety of russet potato is now commercially available in the U.S.⁸ When you choose certified organic potatoes, you don't have to think twice about GMOs, because they are never allowed in organic production.⁹

DON'T TAINT OUR TATERS AND HARM OUR POLLINATORS

Spuds are regularly on the Environmental Working Group's annual Dirty Dozen list of produce with the most pesticide residue, and USDA tests have found residues of 35 different pesticides on potatoes, including six known or probable carcinogens.^{10,11} Equally concerning are the unintended consequences of the pollinator-killing neonicotinoid insecticides frequently used in growing them.¹² A study, published in the journal PLOS One, discovered that low levels of the neonicotinoid thiamethoxam were leaching into groundwater near potato fields in Wisconsin. Here's the kicker—that water was used for irrigation, and the thiamethoxam was inadvertently being re-applied directly back to crops. The study concluded that the recycling of these insecticides via irrigation "may have considerable unanticipated or undocumented environmental impacts for non-target organisms."¹³ Synthetic

pesticides that contaminate crops, soil, and water are not allowed in organic farming.¹⁴

PESTICIDE DRIFT – A REASON TO PAUSE ON CONVENTIONAL POTATOES

Pesticide drift may not end up as residue in your grocery basket, but it pollutes air and water and poses health risks and quality-of-life impacts to farming communities. You may seldom hear of the fumigant 1,3-dichloropropene (1,3-D) and the fungicide chlorothalonil, the silent toxins frequently used to grow conventional potatoes. Both are volatile, meaning that they dissipate into the air as gases, moving downwind of fields and lingering in the breathing space of nearby communities.¹⁵ The California Department of Pesticide Review (DPR) reported, after four years of measuring 1,3-D in the air around the farming town of Shafter, that levels of exposure over a lifetime of living there would exceed the DPR's cancer risk regulatory goal by 1.7 times.^{16,17} Meanwhile, in central Minnesota, where 50,000 acres of potatoes are grown, chlorothalonil is used on 83 percent of the fields. It's classified by the EPA as a "probable" human carcinogen and "highly toxic" when inhaled, and it has been detected in the air in the towns that are near potato fields. Especially problematic is how little is known about the long-term effects of routinely inhaling a cocktail of synthetic pesticides.^{18,19,20}

There are countless very good ways to enjoy potatoes, but only one way to ensure that they are grown in a manner that is accountable for environmental and human health impacts—certified organic!





DAIRY-FREE POTATO-LEEK CLAM CHOWDER

This hearty soup is rich and creamy and loaded with potato, leeks, and clams. The bacon crumbles on top add flavor and make it a deliciously satisfying chowder for the cold-weather months.

COOK TIME: 30 MINUTES | TOTAL TIME: 45 MINUTES | SERVES 4

INGREDIENTS INSTRUCTIONS

- 4 strips of Natural Grocers Brand Uncured Hickory Smoked Bacon, cut into 1/4-inch thick pieces*
- 1 large organic leek*
- 3 cloves organic garlic, minced*
- 1 medium organic celery stalk, halved lengthwise and finely chopped*
- 1½ pounds organic potatoes (about 3 medium russet potatoes), peeled and cubed*
- 4 cups organic chicken broth*
- 1 teaspoon fresh organic thyme*
- 1 (10-ounce) can whole baby clams*
- 2 ½ tablespoons Natural Grocers Brand Organic Apple Cider Vinegar*
- 2 cups Ripple™ unsweetened plant-based milk*
- Natural Grocers Brand Bulk Real Salt and Organic Ground Black Pepper*
- Fresh organic thyme or minced parsley, for garnish*

1. In a large soup pot over medium heat, sauté the bacon until crisp. Transfer cooked bacon to a bowl and set aside.
2. While the bacon cooks, prepare the leek: Trim root end off. Trim the stem end and remove the outer leaves. Cut in half lengthwise, thoroughly wash to remove all grit, and thinly slice. Add the sliced leek to the bacon drippings and cook over medium heat for 1-2 minutes, stirring frequently. Add the garlic and celery and cook for another 2 minutes, stirring frequently; reduce heat if necessary to prevent the garlic from burning. Add the potatoes, broth, and thyme and bring to a boil then immediately reduce heat. Cook covered over medium-low heat until the potatoes are very tender, about 20 minutes.

3. Open the can of clams, strain the juice into the soup pot; place the clams in a food processor and pulse 2-3 times to mince the clams, or mince the clams with a chef's knife. Transfer to a bowl and set aside.
4. Transfer about 1½ cups of soup, mostly potatoes and leeks, to the food processor or a blender and process until smooth and creamy. Add back to the soup and add the clams, vinegar, and milk. Heat to boiling; reduce heat, cover, and cook for 2-3 minutes. Add 1 ½ teaspoons of salt and 1 teaspoon of pepper (adjust to taste).
5. Serve topped with the bacon crumbles and French bread or crackers on the side. Pair with a side salad for a complete meal.

SUPPLEMENTS

Highest
VITAMINS & SUPPLEMENTS
Quality



17% OFF

\$19⁸⁹

HOST DEFENSE®
Lion's Mane
60 VCAP

Harness the cognitive power of Lion's Mane mushrooms. This formula delivers organic mushroom mycelium to help support mental clarity, memory, and your ability to focus.*

ALWAYS AFFORDABLE \$23.99

28% OFF

\$16⁷⁹

COUNTRY LIFE®
Maxi-Hair® Plus
120 VCAP

A clean and unique formula that supports hair, skin, and nail health.*

ALWAYS AFFORDABLE \$23.49



13% OFF

\$15⁴⁹

COUNTRY LIFE®
Maxi-Collagen® 7000 Flavorless
7.5 OZ.

Includes clinically studied Verisol® Bioactive Collagen Peptides® that enhance skin elasticity, increase skin collagen, and reduce depth of eye wrinkles.*

ALWAYS AFFORDABLE \$17.99



24% OFF

\$9⁴⁹

COUNTRY LIFE®
Magnesium Caps 300 mg
120 VCAP

Magnesium is a natural mineral responsible for more than 300 biochemical reactions in the body.*

ALWAYS AFFORDABLE \$12.49



28% OFF

\$10⁴⁹

COUNTRY LIFE®
Chelated Magnesium 250 mg
180 TAB

Magnesium supports muscle relaxation and helps maintain an already normal blood flow.*

ALWAYS AFFORDABLE \$14.59



14% OFF

\$22⁹⁹

BIOCHEM®
100% Plant Protein P+ Flex Vanilla
11.6 OZ.

Extracting only the best from nature, this dual-action powder includes 20 grams of fermented, highly sustainable and clean-sourced ingredients.*

ALWAYS AFFORDABLE \$26.99



20% OFF

\$21⁹⁹

BIOCHEM®
Glutamine Pure Amino Acid Powder
17.6 OZ.

This supplement supports brain health and gastrointestinal health, and helps stabilize blood sugar.*

ALWAYS AFFORDABLE \$27.75



Nutraceutical

— B R A N D S —

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

34% OFF
\$10.49



SOLARAY®
Tart Cherry 425 mg
90 VCAP

Anthocyanins have been studied for bone and joint health, heart health, and immune health support.*

ALWAYS AFFORDABLE™ \$15.99

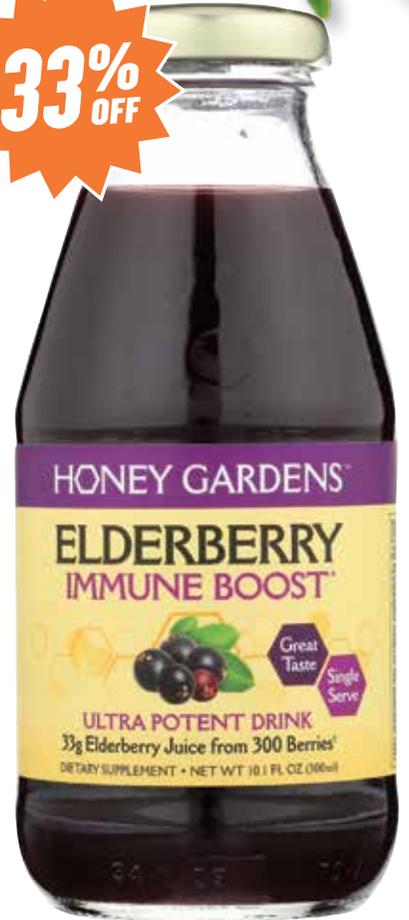
15% OFF
\$7.39



ZAND®
HerbalLozenges
Assorted Flavors
80 LOZ

ALWAYS AFFORDABLE™ \$8.75

33% OFF



\$1.99

HONEY GARDENS®
Elderberry Immune Boost® Drink
10.1 OZ.

Each 10-ounce, ready-to-drink bottle delivers 33 g of black elderberry juice sourced from nearly 300 berries.*

ALWAYS AFFORDABLE™ \$2.99

16% OFF
\$18.59

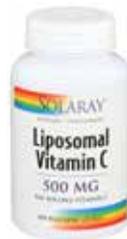


SOLARAY®
Organic Tart Cherry Juice
16 OZ.

Formulated to support your body's natural uric acid cleansing process.*

ALWAYS AFFORDABLE™ \$22.25

44% OFF
\$14.39



SOLARAY®
Liposomal Vitamin C 500 mg
100 VCAP

Helps support healthy immune function. This fat soluble form may help vitamin C cross cellular membranes to enhance absorption.*

ALWAYS AFFORDABLE™ \$25.89

29% OFF
\$6.59

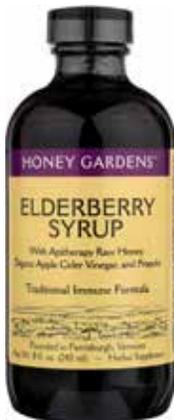


SOLARAY®
Reacta-C® 500 mg
60 VCAP

A highly advanced, patent-pending vitamin C formula that provides a reacted complex for maximum bioavailability and effectiveness.*

ALWAYS AFFORDABLE™ \$9.29

24% OFF



\$12.79

HONEY GARDENS®
Elderberry Syrup
8 OZ.

ALWAYS AFFORDABLE™ \$16.99

29% OFF
\$6.69

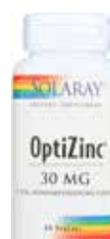


SOLARAY®
Oil of Oregano
60 SG

Oil of oregano may help support a healthy immune response for overall wellness.*

ALWAYS AFFORDABLE™ \$9.45

29% OFF
\$4.39



SOLARAY®
OptiZinc®
30 mg
60 VCAP

A formulated complex of zinc and methionine, an amino acid that is best absorbed by the body.*

ALWAYS AFFORDABLE™ \$6.25

17% OFF
\$5.79



ZAND®
Immune Fast™
Elderberry or Orange
15 CHEW

ALWAYS AFFORDABLE™ \$6.99

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 Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

21% OFF



\$27.49

NOW®
Ubiquinol 100 mg
60 SG

ALWAYS AFFORDABLE \$34.99

20% OFF



\$49.79

NOW®
Extra Strength Ubiquinol 200 mg
60 SG

ALWAYS AFFORDABLE \$62.99

25% OFF



\$4.49

NOW®
Vitamin D-3 2,000 IU
120 SG

ALWAYS AFFORDABLE \$5.99

26% OFF



\$6.49

NOW®
Vitamin D-3 5,000 IU
120 SG

ALWAYS AFFORDABLE \$8.79

20% OFF



\$9.49

NOW®
Extra Strength Melatonin
10 mg
100 VCAP

ALWAYS AFFORDABLE \$11.99

22% OFF



\$20.79

NOW®
L-Tryptophan 500 mg
120 VCAP

ALWAYS AFFORDABLE \$26.99

22% OFF



\$22.99

NOW®
Glucosamine & Chondroitin
with MSM
180 VCAP

ALWAYS AFFORDABLE \$29.49

27% OFF



\$13.99

NOW®
Mega D-3 & MK-7
5,000 IU/180 mcg
60 VCAP

ALWAYS AFFORDABLE \$19.25

22% OFF



\$15.49

NOW®
Double Strength
Lutein 20 mg
90 VCAP

ALWAYS AFFORDABLE \$19.99

26% OFF



\$15.79

NOW®
C-1000 w/ Rose Hips
250 TAB

ALWAYS AFFORDABLE \$21.45

29% OFF



\$10.79

NOW®
Elderberry Liquid
Concentrate
8 OZ.

ALWAYS AFFORDABLE \$15.35

24% OFF



\$32.99

NOW®
Krill Oil 500 mg
120 SG

ALWAYS AFFORDABLE \$43.69

27% OFF



\$27.99

NOW®
Curcumin Softgels
120 SG

ALWAYS AFFORDABLE \$38.39

20% OFF



\$7.99

NOW®
Stabilized Acidophilus
Two Billion
180 TAB

ALWAYS AFFORDABLE \$9.99

This offer is redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

SUPPLEMENTS

20% OFF



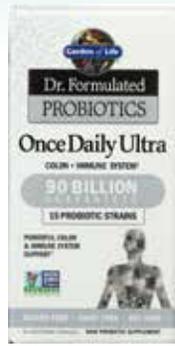
\$26⁹⁹

GARDEN OF LIFE®
Collagen Protein Vanilla or Chocolate
19.75-20.74 OZ.

Four super-seed proteins from organic hemp, sunflower, pumpkin, and watermelon seeds—sources of essential fatty acids (EFAs), free radical scavengers, and protein.*

ALWAYS AFFORDABLE \$33.75

22% OFF



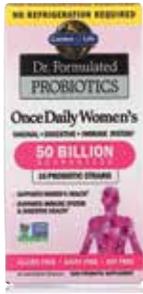
\$31⁹⁹

GARDEN OF LIFE®
Dr. Formulated Probiotics Once Daily Ultra
30 VCAP

Features a mix of 15 probiotic strains that promotes healthy colon function and immune system support.*

ALWAYS AFFORDABLE \$41.19

20% OFF



\$25⁴⁹

GARDEN OF LIFE®
Dr. Formulated Probiotics Once Daily Women Shelf Stable
30 VCAP

A unique, shelf-stable probiotic designed specifically to support a healthy microbiome and women's specific health needs.*

ALWAYS AFFORDABLE \$32.25

15% OFF



\$28⁴⁹

GARDEN OF LIFE®
Raw Protein Vanilla or Chocolate
22-23.4 OZ.

Made with 13 raw, sprouted proteins delivering 22 grams of dairy-free protein, along with whole food fat-soluble vitamins, probiotics, and enzymes.*

ALWAYS AFFORDABLE \$33.79

21% OFF



\$19⁹⁹

GARDEN OF LIFE®
myKind Organics Elderberry Syrup
6.59 OZ.

Featuring vitamin C from organic amla berry, as well as organic rosemary extract and zinc from organic guava.*

ALWAYS AFFORDABLE \$25.59

10% OFF

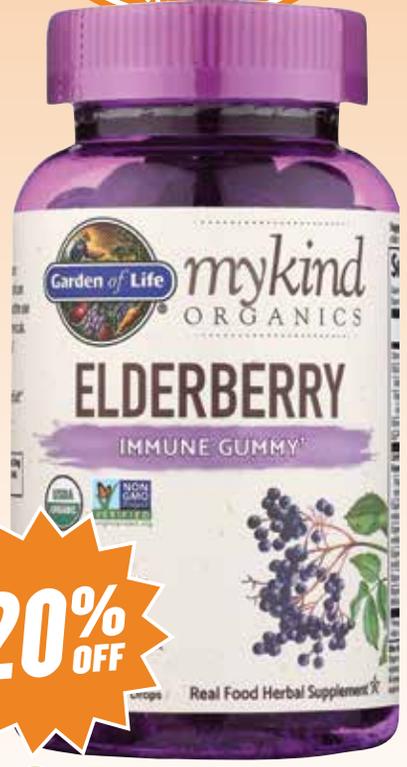


\$13⁴⁹

MRM®
Digest-ALL®
100 VCAP

A multi-bend of non-animal source enzymes that support digestion and nutrient absorption.*

ALWAYS AFFORDABLE \$14.99



20% OFF

\$21⁴⁹

GARDEN OF LIFE®
myKind Organics Elderberry Gummy
120 GUMMIES

Certified USDA Organic and Non-GMO Project Verified ensuring this supplement is clean and grown without toxic pesticides, herbicides, or fungicides.*

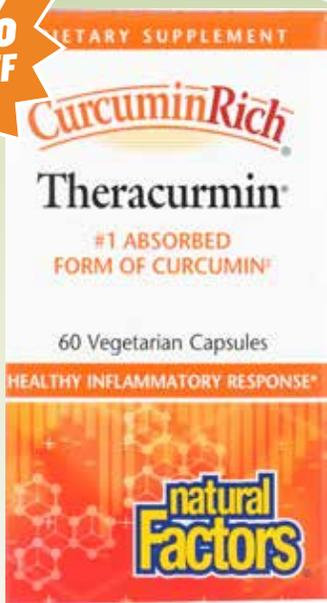
ALWAYS AFFORDABLE \$26.99

This offer is redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

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



23% OFF



\$15⁹⁹

NATURAL FACTORS®
CurcuminRich® Theracurmin®
60 VCAP

Theracurmin is a natural curcumin preparation that utilizes advanced techniques to reduce curcumin's particle size, dramatically increasing its solubility and bioavailability.*

ALWAYS AFFORDABLE \$20.99

25% OFF

\$14⁴⁹



NATURAL FACTORS®
CranRich® Super Strength
Cranberry Concentrate
180 CAP

Provides a superior source of cranberry's unique health-promoting compounds.*

ALWAYS AFFORDABLE \$19.49

26% OFF

\$10⁴⁹



NATURAL FACTORS®
Grape Seed Extract
90 VCAP

Enjoy the far-reaching, free radical scavenging benefits of grape seed extract in a convenient and effective form.*

ALWAYS AFFORDABLE \$14.29

11% OFF

\$9⁹⁹



NATURAL FACTORS®
ThyroSense®
60 VCAP

A natural formula to help nourish the thyroid and support its role in converting key hormones.*

ALWAYS AFFORDABLE \$11.29

10% OFF

\$13⁴⁹



NATURAL FACTORS®
AdrenaSense®
60 VCAP

Made with adaptogenic botanicals like ashwagandha, rhodiola, and eleuthero to help support mental and physical stress.*

ALWAYS AFFORDABLE \$14.99

22% OFF

\$17⁴⁹



NATURAL FACTORS®
Organic Low FODMAP Reliefiber™
Unflavored or Tropical
5.3-7.09 OZ.

Reliefiber is a highly soluble dietary fiber and prebiotic that is certified Low-FODMAP and supports balanced digestive health.*

ALWAYS AFFORDABLE \$22.49

10% OFF

\$35⁹⁹



NATURAL FACTORS®
Whole Earth & Sea Fermented Organic
Greens Unflavored or Tropical
13.8-14.3 OZ.

A 100% fermented, plant-based superfood formula featuring 6 g of clean, plant-based vegan protein per serving.*

ALWAYS AFFORDABLE \$39.99

15% OFF

\$50⁴⁹



NATURAL FACTORS®
Whole Earth & Sea Women's or Men's
50+ Multivitamin
120 TAB

Formulated to support the unique nutritional needs of men or women ages 50+.*

ALWAYS AFFORDABLE \$59.99

This offer is redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

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



STUDIES SHOW ADVERSE IMPACTS OF GLYPHOSATE ON REPRODUCTIVE HEALTH

It's everywhere—in parks and playgrounds, in cereal and crackers, in 75 percent of rainwater samples taken from midwestern states. It has been detected in tampons, in beer, and in tap water.ⁱ Glyphosate, the most widely used herbicide in the history of the world, is omnipresent.^{ii iii iv} And now, five recently published, peer-reviewed studies share this consensus:

Chronic, low-dose exposure to glyphosate damages reproductive health. Let's take a closer look.

OVARIAN PROTEINS IN MICE ALTERED BY GLYPHOSATE EXPOSURE, ACCORDING TO STUDY FROM IOWA STATE UNIVERSITY

After administering glyphosate at a dose of 2mg per kg of body weight to female mice over a period of 20 weeks, researchers saw changes in important indicators of reproductive health, including follicle number and ovarian weight. The conclusion? “Chronic low-level exposure to glyphosate alters the ovarian proteome [the complete set of proteins expressed by an organism] and may ultimately impact ovarian function.”^v The doses administered clocked in at a fraction above the official “safe” tolerance level of 1.75 mg/kg body weight set by the Environmental Protection Agency.^{vi vii}

NEONATAL EXPOSURE TO GLYPHOSATE-BASED HERBICIDES ALTERS FEMALE FERTILITY, ACCORDING TO ARGENTINIAN STUDY

Researchers administered glyphosate-based herbicides at the rate of 2mg/kg per body weight to newborn ewe lambs over their first 45 days of life. The results showed decreased uterine cell reproduction and altered expression of molecules that control proliferation and development in the uterus. The implication? Glyphosate-based herbicides act as endocrine disrupting compounds and may lead to subfertility, or a delay in conceiving.^{viii x}

CHRONIC LOW-DOSE, PRE-PUBESCENT EXPOSURE TO GLYPHOSATE HAS ADVERSE EFFECTS ON FEMALE REPRODUCTION

In this review, published in the journal *Molecular and Cellular Endocrinology*, researchers concluded that glyphosate and glyphosate-based herbicides may act as endocrine disrupting compounds that modulate estrogen receptors and molecules involved in estrogenic pathways. Most importantly, adverse effects were observed at “environmentally relevant” doses—levels of exposure likely to be encountered in real-world scenarios.^x

FERTILITY DISRUPTED IN RATS EXPOSED TO GLYPHOSATE WHILE IN UTERO AND AS NEWBORNS

In another Argentinian study, pregnant rats were given 2mg/kg per body weight doses of glyphosate or glyphosate-based herbicides from the ninth day of pregnancy until their pups were weaned. As adults, these pups suffered adverse consequences to fertility, including an increase in early pregnancy losses and disruption of genes related to implantation, or the attachment of a fertilized egg to the uterine wall.^{xi xiii}

IT'S NOT JUST A GMO ISSUE!

Although the use of glyphosate-based herbicides has increased exponentially since the introduction of Roundup Ready genetically modified (GM) crops, it is NOT exclusively a GM problem, as it is routinely used on conventional non-GM crops.^{xiii} In addition to being the most widely used pesticide of all time, glyphosate is frequently employed as a pre-harvest desiccant on conventional non-GM crops like oats, wheat, and edible beans.^{xiv xv} The only agricultural system where the world's most popular weed killer is strictly prohibited is certified organic agriculture.^{xvi} A study from The Organic Center and Friends of the Earth puts a number on just how significant an impact organic food can have on lowering your exposure. The study, published in the journal *Environmental Research*, found that eating an all-organic diet reduced glyphosate levels in participants by an average of 70 percent. Before the study began, glyphosate was detected in 93.7 percent of urine samples!^{xvii}

WHAT YOU CAN DO

There are many aspects of the glyphosate problem beyond our immediate control, but our food choices are not one of them. The best way to avoid glyphosate residues is to choose organic—for your health, your family's health, and the health of all involved in the food chain, from animals to farm workers. Choose it because the health of humans and the survival of the planet cannot be mutually exclusive!

References available upon request.

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

NATURAL GROCERS™ BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

NO TRICKS. JUST TREATS.



ALWAYS AFFORDABLE™
\$2.69
EACH
3 OZ.

Make that an organic Belgian chocolate bar, Natural Grocers style. Smooth. Rich. Balanced.

It coats your taste buds with flavor, melting into creamy bliss, the way only premium Belgian chocolate can. Our five exquisite flavors of Natural Grocers Brand Organic Chocolate Bars are crafted from Rainforest Alliance Certified™ cocoa and infused with organic sea salt, caramel, almonds, pineapple, and coconut. They're made without artificial additives or GMOs but with social equity and environmental sustainability. Minimal ingredients, in the hands of world-class chocolatiers, results in decadence we couldn't pass up.

COME AND GET YOURS BEFORE WE EAT THEM ALL OURSELVES!



OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

SUPPORT

HEALTHY IMMUNITY

20% OFF

\$8~~29~~



GARDEN OF LIFE®
myKind Organics Vitamin C Spray Orange Tangerine 2 OZ.

Supports the immune system and promotes skin and tissue health.*

ALWAYS AFFORDABLE™ \$10.49

30% OFF

\$8~~99~~



SOLARAY®
Vitamin C 1000 mg Two Stage 100 VCAP

Supports normal, healthy collagen synthesis, cartilage, and bone development.*

ALWAYS AFFORDABLE™ \$12.85

40% OFF

\$6~~99~~



JARROW FORMULAS®
Zinc Balance® 100 CAP

Supports immune and antioxidant protection.*

ALWAYS AFFORDABLE™ \$11.65

12% OFF

\$28~~59~~



TERRY NATURALLY®
ViraPro™ 60 TAB

Give your immune system powerful natural support with vitamins, minerals, and standardized elderberry for optimal protection.*

ALWAYS AFFORDABLE™ \$32.79

21% OFF

\$14~~99~~



GAIA HERBS®
Olive Leaf 60 CAP

Olive Leaf is a revered herb with antioxidant properties that is traditionally taken to maintain immune defenses.*

ALWAYS AFFORDABLE™ \$18.99

13% OFF

\$8~~39~~



SOURCE NATURALS®
Wellness Formula Liquid 2 OZ.

Contains a powerful combination of herbs designed to help support your immune system.*

ALWAYS AFFORDABLE™ \$9.75



This offer is redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

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

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

SUPPLEMENTS

Support
YOUR IMMUNE
Health!



17% OFF

\$949

HERB PHARM®
Rapid Immune Boost™
1 OZ.

The herbs in this formula are individually extracted to provide a broad-spectrum of plant compounds.*

ALWAYS AFFORDABLE \$11.45

17% OFF

\$1379

MRM®
PS 100 mg
60 SG

Numerous studies have documented the impact of PS on specific neurotransmitters in the brain including acetylcholine, serotonin, norepinephrine, and dopamine.*

ALWAYS AFFORDABLE \$16.79



10% OFF

\$1349

MRM®
CoQ-10 100 mg
120 SG

Supports mitochondrial energy production and healthy immune system function.*

ALWAYS AFFORDABLE \$14.99



11% OFF

\$1599

MRM®
CoQ-10 100 mg w/ L-Carnitine Liquid
Orange
16 OZ.

Co-Q10 with L-Carnitine is a supplement that could improve stamina and support heart health.*

ALWAYS AFFORDABLE \$17.99



18% OFF

\$999

HERB PHARM®
Super Echinacea®
1 OZ.

Super Echinacea is a proprietary blend of the extracts of echinacea root, echinacea seed, and echinacea leaf and flower.*

ALWAYS AFFORDABLE \$12.19



13% OFF

\$4399

NATURESPUS®
Source of Life® Gold Liquid
30 OZ.

A daily, high-potency, organic, whole-food multivitamin.*

ALWAYS AFFORDABLE \$51.15



20% OFF

\$3549

NATURESPUS®
Source of Life® Gold Multivitamin
90 TAB

The gold standard for whole food-based, multivitamin supplementation.*

ALWAYS AFFORDABLE \$44.79



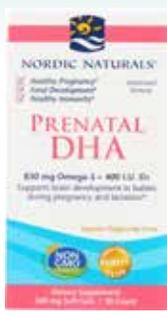
This offer is redeemable only for in-store purchases. Quantity limited to stock on hand, no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

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

SUPPLEMENTS

20% OFF

\$19⁹⁹



NORDIC NATURALS®
Prenatal DHA
90 SG

Support healthy development of the brain, eyes, and nervous and immune systems.*

ALWAYS AFFORDABLE \$25.15

19% OFF

\$34⁷⁹



NORDIC NATURALS®
DHA
180 SG

Omega-3 DHA for brain and nervous system support.*

ALWAYS AFFORDABLE \$43.25

15% OFF

\$28⁹⁹



NEW CHAPTER®
Perfect Prenatal™ or Postnatal™
Multivitamin
96 TAB

A whole-food fermented multivitamin made with organic vegetables and herbs.*

ALWAYS AFFORDABLE \$34.29

36% OFF

\$12⁷⁹



JARROW FORMULAS®
Golden Milk
9.5 OZ.

A mixable powder of delicious grass-fed whey protein concentrate, and seasoned with organic turmeric.*

ALWAYS AFFORDABLE \$20.25

14% OFF

\$17⁹⁹



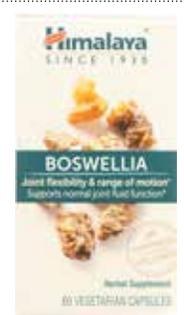
TRACE MINERAL RESEARCH®
Magnesium Gummies
Watermelon or Tangerine
120 GUMMIES

Magnesium plays a key role in energy metabolism, immune function, and heart and circulatory health.*

ALWAYS AFFORDABLE \$20.99

27% OFF

\$8⁶⁹



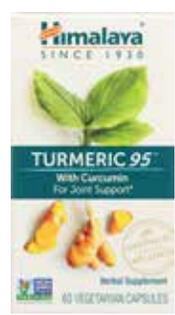
HIMALAYA HERBAL®
Boswellia
60 VCAP

Supports flexibility, muscle relaxation, and aids joint integrity to promote range of motion.*

ALWAYS AFFORDABLE \$11.99

35% OFF

\$17³⁹



HIMALAYA HERBAL®
Turmeric 95™
60 VCAP

A convenient one-capsule-a-day supplement for a healthy inflammatory response.*

ALWAYS AFFORDABLE \$26.99

17% OFF

\$19⁸⁹



HOST DEFENSE®
Breathe
60 VCAP

A blend of complementary mushrooms to support healthy respiration.*

ALWAYS AFFORDABLE \$23.99

18% OFF

\$18⁶⁹



HOST DEFENSE®
Lion's Mane Powder
100 G

Provides cerebral and nervous system support.*

ALWAYS AFFORDABLE \$22.89

This offer is redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

SUPPLEMENTS



22% OFF

\$6⁴⁹

JARROW FORMULAS®
Vitamin D3 2500 IU
100 SG

Supports calcium and bone metabolism and immune system function.*

ALWAYS AFFORDABLE \$8.39



13% OFF

\$15⁴⁹

SOURCE NATURALS®
Wellness Formula® tabs
90 TAB

A comprehensive blend of herbs, vitamins, and nutraceuticals that deliver immune, respiratory, and antioxidant defense.*

ALWAYS AFFORDABLE™ \$17.99



13% OFF

\$29⁹⁹

SOURCE NATURALS®
Wellness Formula® tabs
180 TAB

A comprehensive blend of herbs, vitamins, and nutraceuticals that deliver immune, respiratory, and antioxidant defense.*

ALWAYS AFFORDABLE™ \$34.49



17% OFF

\$8⁶⁹

BOIRON®
Acidil®
60 TAB

Combines homeopathic medicines traditionally used to temporarily relieve occasional heartburn, acid indigestion, or sour stomach.*

ALWAYS AFFORDABLE \$10.59



19% OFF

\$8⁴⁹

BOIRON®
Chestal® Honey Cough & Chest Congestion
6.7 OZ.

A multi-symptom formula for a dry and productive cough.*

ALWAYS AFFORDABLE \$10.55



18% OFF

\$30⁹⁹

CARLSON®
Cod Liver Oil
Regular or Lemon
500 ML

Provides omega-3s, including EPA and DHA, which support heart, brain, vision, and joint health.*

ALWAYS AFFORDABLE \$38.25



22% OFF

\$14⁹⁹

GAIA HERBS®
Golden Milk
3.7 OZ.

A delicious vegan blend of organic turmeric, dates, and other herbs—based on the traditional Ayurvedic recipe that has been savored for centuries.*

ALWAYS AFFORDABLE \$19.25



23% OFF

\$14⁵⁹

GAIA HERBS®
Oil of Oregano
60 CAP

Oregano contains key constituents that function synergistically to support the body's natural resistance.*

ALWAYS AFFORDABLE \$18.99

This offer is redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

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

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

SUPPLEMENTS

11% OFF
\$16³⁹



RENEW LIFE®
Ultimate Flora™ Everyday 15 Billion 30 VCAP
Contains 10 specially selected strains to maintain digestive balance and support immune health.*

ALWAYS AFFORDABLE \$18.59

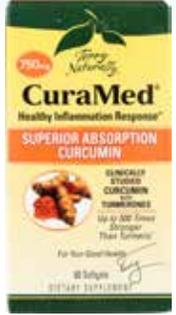
20% OFF
\$30⁹⁹



TERRY NATURALLY®
Curamin® Extra Strength 60 TAB
Provides a clinically studied curcumin extract from turmeric, blended with superior ingredients for powerful pain relief.*

ALWAYS AFFORDABLE \$38.99

18% OFF
\$40⁵⁹

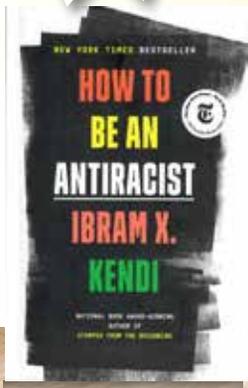


TERRY NATURALLY®
CuraMed® 750 mg 60 SG
CuraMed, by Terry Naturally, provides 500 mg of pure curcuminoids per softgel.*

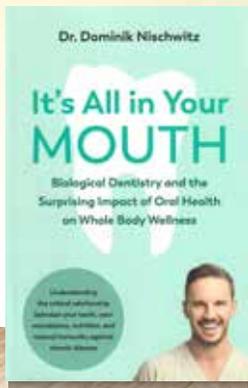
ALWAYS AFFORDABLE \$49.99

30% OFF

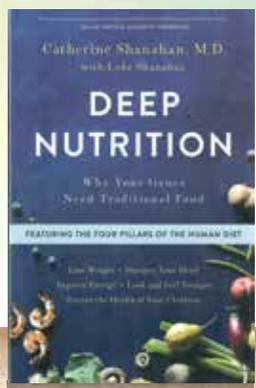
THESE good4uSM BOOKS!



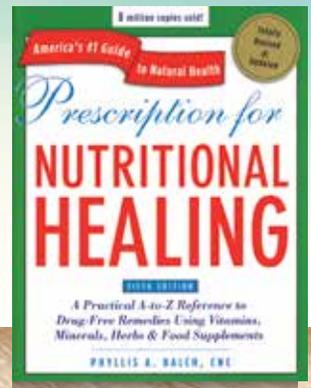
HOW TO BE AN ANTIRACIST
Ibram X. Kendi
HARDCOVER, MSRP \$27.00



IT'S ALL IN YOUR MOUTH
Dominik Nischwitz
PAPERBACK, MSRP \$25.00



DEEP NUTRITION
Catherine Shanahan
PAPERBACK, MSRP \$21.99



PRESCRIPTION FOR NUTRITIONAL HEALING
Phyllis A. Balch
PAPERBACK, MSRP \$35.00

This offer is redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law. *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NUTRITION BYTES

By Geoff Broxk and Shelby Miller

VITAMIN E CRITICAL FOR IMMUNE FUNCTION, ESPECIALLY IN OLDER ADULTS

Vitamin E is crucial for a healthy functioning immune system, and deficiency can play a role in declining immunity, particularly as we age. A 2019 review of research of vitamin E highlighted that vitamin E is critically important for the immune system because it supports the health of immune cells. The authors of the review concluded that it has been repeatedly observed that vitamin E is remarkably effective in improving age-associated immune dysfunction, as well as boosting the protective immune response to viral and bacterial infections in older adults.

Vitamin E is the main fat-soluble antioxidant in the body that prevents oxidative damage to immune cells so that they function optimally. Vitamin E deficiency not only impairs overall immune function and increases our susceptibility to infections, deficiency also exacerbates the illness once an infection takes hold. Which means that when we are vitamin E deficient, not only are we more susceptible to infections, it also makes those infections more severe, thus we get more severely sick more frequently.

VITAMIN E SUPPLEMENTATION IMPROVES MEASURES OF IMMUNE FUNCTION AND REDUCES THE INCIDENCE AND SEVERITY OF RESPIRATORY INFECTIONS IN THE ELDERLY

There is evidence from both animal and human studies that vitamin E supplementation, above current dietary recommendations, enhances immune function. The immunomodulatory effects of supplemental vitamin E have been shown to be beneficial in mitigating asthma and several viral, bacterial, and allergic diseases, such as pneumonia, influenza, common colds, and acute respiratory tract infections. Vitamin E supplementation has also been shown to improve

measures of immune function and to reduce the incidence and severity of respiratory infections in the elderly.

Many Americans suffer from inadequacies in key immune-supportive nutrients, including vitamin E. A 2020 article published in the journal *Nutrients* details the magnitude of these nutrient inadequacies, notably vitamin E, with 84 percent of

Americans falling short of the recommended daily intake of 22 IUs of vitamin E. The study also showed that the consumption of dietary supplements reduced the prevalence of nutrient inadequacies and therefore play an important role in supporting optimal immune function.

TO FULLY REAP THE BENEFITS OF VITAMIN D, MAGNESIUM IS A MUST

If you read the article on vitamin D in this issue, you will learn how important it is for human health. You will also learn that a large portion of the population suffers from insufficient and deficient levels. More people are taking vitamin D supplements, but most are unaware that their vitamin D levels are dependent on their magnesium intake. Magnesium is necessary for more than 600 biochemical reactions, including the transport and activation of vitamin D; without sufficient magnesium (a mineral that many people fall short on), our bodies aren't able to access and use vitamin D.

To investigate the connection between magnesium intake and vitamin D deficiency or insufficiency, a team of researchers used data collected from more than 12,000 participants from the US National Health and Nutrition Examination Survey, which provided serum vitamin D levels and data on magnesium intake. After compiling the data, the researchers found that dietary and supplemental magnesium intake was independently and significantly associated with a reduced risk of vitamin D deficiency and insufficiency. This research confirms that serum vitamin D levels can be modified by the intake of magnesium. Together, magnesium and vitamin D represent a powerful duo that supports immune competence, and healthy bones, cardiovascular system, and mood. To optimize vitamin D levels, don't forget to take magnesium along with your vitamin D supplement.

MAGNESIUM AND VITAMIN D ARE A POWERFUL DUO SUPPORTING IMMUNE COMPETENCE, HEALTHY BONES, CARDIOVASCULAR SYSTEM, AND MOOD.

References available upon request.

BODY CARE

9% OFF



\$4.99

DESERT ESSENCE®
Tea Tree & Neem Toothpaste
Wintergreen
6.25 OZ.

SLS-free toothpaste featuring tea tree and neem oils, baking soda, and sea salt for a refreshing botanical routine.

ALWAYS AFFORDABLE™ \$5.49

25% OFF



\$11.49

DR. BRONNER'S®
Liquid Castile Soap
Assorted Scents
32 OZ.

Concentrated, biodegradable liquid castile soap containing organic and fair trade ingredients.

ALWAYS AFFORDABLE \$15.45

22% OFF



\$10.49

MINERAL FUSION®
Skin Renewing Facial Scrub
4 OZ.

Ingredients such as sea clay, papain, and lavender work in harmony to brighten, exfoliate, and soothe skin.

ALWAYS AFFORDABLE™ \$13.49

15% OFF



\$4.79

BURT'S BEES®
Sensitive Facial Towelettes
30 CT

Removes dirt, oil, and makeup while soothing and moisturizing skin.

ALWAYS AFFORDABLE \$5.69

be well

25% OFF
OUR ALWAYS AFFORDABLE PRICE



EARTH SCIENCE®
All Products 25% Off

Excludes Ceramedx

Eco-friendly, cruelty-free face, body, and hair products containing high-quality, plant-based ingredients.

25% OFF



Our Always Affordable Price on All SHIKAI® Products

SHIKAI®
All Products 25% Off

Offering high-quality, plant-based solutions for hair and skin care since 1970.

20% OFF



Our Always Affordable Price on All ANDALOU® Products

ANDALOU®
All Products 20% Off

Non-GMO Project Verified, 98%-naturally derived, and cruelty-free line with products for face, hair, and body.

20% OFF



Our Always Affordable Price on Select 16 OZ. NOW® Carrier Oils

NOW®
Select Carrier Oils 20% Off 16 OZ.

Mix with favorite essential oils, use in topical product recipes, or use as-is for a gentle, versatile body care routine.

HIGHEST QUALITY PRODUCTS

This offer is redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

IN THE FRIDGE



WHOA!

33% OFF

\$2.19

GOODBELLY®
Organic Probiotic
Juice Drinks
32 OZ.

ALWAYS AFFORDABLE™ \$3.29

32% OFF

\$1.19

LIBERTÉ®
Organic Whole Milk Yogurts
5.5 OZ.

ALWAYS AFFORDABLE™ \$1.75



28% OFF

\$1.25

KITE HILL®
Select Almond Milk Yogurts
5.3 OZ.

ALWAYS AFFORDABLE™ \$1.75



26% OFF

\$1.99

PERFECT FOOD BARS®
Peanut Butter
or Almond Butter Bars
2.3-2.5 OZ.

ALWAYS AFFORDABLE™ \$2.69



20% OFF

\$4.15

RUMIANO®
Select Organic Cheese Blocks
Excludes Smoked and Raw
8 OZ.

ALWAYS AFFORDABLE™ \$5.25



25% OFF

\$2.69

CHAMELEON COLD BREW®
Organic Ready-To-Drink Coffees
10 OZ.

ALWAYS AFFORDABLE™ \$3.59



16% OFF

\$4.99

PEDERSON'S®
Old World Pork Kielbasa Sausage
14 OZ.

ALWAYS AFFORDABLE™ \$5.99



8% OFF

\$7.49

MARY'S®
Organic Boneless Skinless Chicken Breast
1 LB.

ALWAYS AFFORDABLE™ \$8.15



14% OFF

\$5.35

TRUE STORY FOODS®
Organic Sliced Deli Meats
6 OZ.

ALWAYS AFFORDABLE™ \$6.25



28% OFF

\$2.99

SILK®
Select Milk Alternatives
64 OZ.

ALWAYS AFFORDABLE™ \$4.19



This offer is redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

IN THE FREEZER



20% OFF

\$6.55



BONAFIDE PROVISIONS®
Organic Turkey
or Chicken Bone
Broths
24 OZ.

ALWAYS AFFORDABLE* \$8.19

10% OFF

\$5.35



LITTLE NORTHERN BAKEHOUSE®
Gluten-Free Vegan Breads
16 OZ.

ALWAYS AFFORDABLE* \$5.95

13% OFF

\$4.99



CANNON FISH COMPANY®
Wild Sockeye
Salmon Filet
5 OZ.

ALWAYS AFFORDABLE* \$5.75

COOL DEAL!

31% OFF

\$2.19



AMY'S KITCHEN®
Select Frozen Burritos
5.5 OZ.

ALWAYS AFFORDABLE* \$3.19

21% OFF

\$2.39



VAN'S®
Frozen Waffles or Pancakes
Excludes Power Grain
8-12.4 OZ.

ALWAYS AFFORDABLE* \$3.05

35% OFF

\$5.29



DAIYA FOODS®
Assorted Frozen Pizzas
19.4 OZ.

ALWAYS AFFORDABLE* \$8.19

This offer is redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

{N}power
good4u™

SPECIAL OFFER

RESERVE
BY OCT. 31
TO RECEIVE A
\$5 REWARD*
VALID NOV. 19-25

RESERVE *YOUR* TURKEY

TODAY \$500 ORDER

DEPOSIT REQUIRED IN STORE OR ONLINE AT

NATURALGROCCERS.COM/TURKEYS

\$289
PER LB.

MARY'S FREE RANGE TURKEYS

DEEP CHILLED



\$399
PER LB.

MARY'S ORGANIC TURKEYS

DEEP CHILLED



\$699
PER LB.

MARY'S HERITAGE TURKEYS

DEEP CHILLED



\$749
PER LB.

MARY'S ORGANIC BONE-IN TURKEY BREASTS

DEEP CHILLED



\$349
PER LB.

MARY'S BRINED TURKEY

DEEP CHILLED



Turkey Standards Matter

HERE VS THERE

TURKEY STANDARDS	NATURAL GROCERS <i>Only Sells</i>	OTHER STORES
Fresh (harvested in October & November), deep chilled	✓	?
Free-Range (plenty of room to roam outside)	✓	?
Vegetarian Fed (non-GMO feed)	✓	?
Non-GMO Project Verified	✓	?
No Antibiotics EVER	✓	?
No Additives EVER (such as: MSG, sodium phosphate, butylated hydroxyanisole and butylated hydroxytoluene)	✓	?
No Preservatives	✓	?
Gluten Free	✓	?



VEGETARIAN & VEGAN
HOLIDAY CHOICES

**Not available for pre-order

SALE!
\$11.99
EACH
2 LB.

CELEBRATION ROAST WITH STUFFING & GRAVY**
Always AffordableSM \$14.69

SALE!
\$6.99
EACH
16 OZ.

TURK'Y STYLE ROAST**
Always Affordable \$7.99

SALE!
\$10.99
EACH
26 OZ.

STUFFED VEGETARIAN ROAST**
Always Affordable \$12.79

All items are available while supplies last; no rain checks. Offers valid September 26 through November 30, 2020. Void where prohibited by law. We reserve the right to correct errors. *\$5 off reward is only available to registered {N}power members and is valid only from November 19 – November 25, 2020 at participating Natural Grocers stores. To earn the \$5 off reward, you must reserve a turkey in-store with your phone number or online with your {N}power email address at naturalgrocers.com/turkeys by October 31, 2020. Reward is redeemable only for in-store purchases and will be applied to the product's regular, non-discounted price. Reward may not be redeemed for gift cards, store credit or cash and may not be combined with other offers. Be sure to present your phone number at checkout to redeem your reward. ALL REWARDS REDUCE YOUR BASKET SIZE. Points are applied to the price paid after discounts. We reserve the right to correct errors. Void where prohibited by law.

PREMIUM QUALITY TURKEYS AT AN ALWAYS AFFORDABLESM PRICE

The savory scent curls itself around the kitchen, drawing the family together. The room is filled with hungry anticipation of that moment when the oven door opens and you pull your perfectly golden turkey out. It's Thanksgiving and food is king—but, despite that aromatic heap of stuffing and the fluffiest mashed potatoes you've ever seen—you know this bird is the centerpiece, and you're so glad you chose Mary's!

We know that's how you'll feel when the big day rolls around when you get your Thanksgiving turkey from us. We're sure because we know Mary and her family, who are in their third generation of raising turkeys, and over the years we've built a relationship of certainty. We choose Mary's turkeys because we know they're the best quality we can offer families in our communities.

These days, there are plenty of organic and free-range turkeys available; but many of them are raised on large corporate farms and, unfortunately, when the emphasis is on mass production, it can be at the expense of other important qualities.

Mary's family cares about quality more than quantity and they prioritize animal welfare over everything else. All their turkeys are raised on their family farm, where the birds have loads of fresh air, space to roam, and can turkey around all day.

Mary's is also part of a small group of farmers helping to preserve descendants of the original American turkey. Their Heritage birds are able to wander, fly and breed naturally, just like their ancestors, resulting in an uncommonly delicious turkey, full of succulent, juicy dark meat.



Whether you're looking for free-range, organic, or Heritage, all of the Mary's turkeys we sell are non-GMO. Additionally, they're fed vegetarian feed, without animal by-products, and they're never given antibiotics, arsenic-based growth promoters, or pumped full of other sly additives after harvest. They are provided with plenty of space, both inside and out, to range, get some sun, dust bathe, hunt for bugs, and get their turkey on.

When Thanksgiving Day is just around the corner, Mary's turkeys are harvested and deep chilled to 28°F at Mary's in-house facility so that they arrive to you fresh, never frozen (only the outer part of the turkey will be hard). Who else can say that? The advantage of deep-chilling is that it preserves fresh turkeys long enough to make it safely to your shopping cart, but still easily thawed and ready to cook.

From Mary's family to our family to yours, a Mary's turkey is the centerpiece of your Thanksgiving feast that will make you feel good when you look at all the faces gathered around your table. It's the stuff masterpieces are made of, the quality is worth every single penny and, when you buy it from us, you're getting it at our always affordable prices. We've been making the highest quality masterpieces as easy on the budget as possible since 1955.

P.S. When you choose to buy your Thanksgiving turkey from Natural Grocers you can rest assured you are feeding your family, friends, and yourself the best in town!

{N}POWER[®] SPECIAL OFFER

**RESERVE BY OCTOBER 31ST
TO RECEIVE A \$5 REWARD**

USE YOUR {N}POWER PHONE NUMBER TO EARN YOUR REWARD. \$5 REWARD VALID 11/19 - 11/25/20

ROASTING YOUR
HOLIDAY TURKEY HAS

NEVER BEEN EASIER!



ALWAYS
AFFORDABLESM
\$59⁹⁹
Oster® 18-Quart
Roaster Oven

THE OSTER® ROASTER OVEN

AVAILABLE NOW* AT



NATURAL GROCERS®

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

GROCERY

20% OFF

\$5.59



BOB'S RED MILL®
Select Organic Rolled Oats
28-32 OZ.

Old Fashioned Organic Rolled Oats are milled from the highest quality farm-fresh oats in the world.

ALWAYS AFFORDABLE™ \$6.99

31% OFF

10/\$10



CLIF®
Select Clif Bars
2.4 OZ.

Nutritious, organic rolled oats and satisfying plant-based protein to help give you the long-lasting energy you need to rise to any occasion.

ALWAYS AFFORDABLE™ \$1.45

24% OFF

\$1.39



CHOCOLOVE®
Chocolate Covered Cups
1.2 OZ.

Chocolate cups filled with delightful almond butter, peanut butter, and silky caramel to treat your 'love' of chocolate the best way possible!

ALWAYS AFFORDABLE™ \$1.85

25% OFF

\$3.39



CHOICE®
Select Organic Teas
16 CT

With blended Indian black teas and essential bergamot oil, the crisp flavor of this popular classic will have you feeling revived.

ALWAYS AFFORDABLE™ \$4.55

27% OFF

\$1.35 EACH



KIND®
Select Bars
1.2-1.4 OZ.

KIND Bars are always the perfect snack, containing protein-packed nuts, tasty chocolate, and fruits for on-the-go nutritious bites.

ALWAYS AFFORDABLE™ \$1.85

23% OFF

\$1.99



BOBO'S®
Oat Bars
2.5-3 OZ.

Gluten-free, satisfying Bobo's Oat Bars remain a favorite snack for many. Naturally hearty oats will settle your rumbling tummy quick!

ALWAYS AFFORDABLE™ \$2.59

26% OFF

\$1.99



EPIC®
Meat Bars
1.3-1.5 OZ.

Grain-free, savory paleo snacking is easily possible with EPIC's wide range of meat, fruit and vegetable bars made to satisfy any pallet or craving on the go!

ALWAYS AFFORDABLE™ \$2.69

29% OFF

\$2.39



EQUAL EXCHANGE®
Organic Chocolate Bars
2.8-3.2 OZ.

Fair Trade chocolate bars are rich in flavor with a smooth texture that melts in your mouth.

ALWAYS AFFORDABLE™ \$3.39

27% OFF

\$6.49



EQUAL EXCHANGE®
Organic Regular Coffee
10-12 OZ.

Equal Exchange Organic Coffee is reliably fair trade with a wide variety of delectable roasts for your at-home brewing needs.

ALWAYS AFFORDABLE™ \$8.99

These offers are redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

GROCERY

25% OFF

Our Always Affordable Price on Select **FRONTIER®** Products
FRONTIER® Select Products
25% Off
.03-4 OZ.



ALWAYS AFFORDABLE \$3.15-\$19.99

30% OFF

\$5.39

FODY™
Low FODMAP Pasta Sauces
19.4 OZ.

Tomato & Basil Sauce fresh from Italy. Made with authentic ingredients such as chopped tomatoes, EVOO, and fragrant basil.

ALWAYS AFFORDABLE \$7.75



28% OFF

\$2.45

GIMME® SNACKS
Organic Roasted Seaweed
0.92 OZ.

Organic roasted seaweed snacks are packed with vitamins, minerals, and big flavor.

ALWAYS AFFORDABLE \$3.45



24% OFF

\$1.39

CHOMPS®
Meat Sticks
1.15 OZ.

CHOMPS meat sticks have the simple, quality ingredients that never compromise on taste, snack away!

ALWAYS AFFORDABLE \$1.85



20% OFF

95¢

HONEY STINGER®
Organic Waffles
1-1.06 OZ.

Organic Honey Stinger Waffles will satisfy your sweet tooth, providing a crispy waffle and honey fix you won't find elsewhere.

ALWAYS AFFORDABLE \$1.19



26% OFF

\$8.99

4TH & HEART®
Select Ghee
9 OZ.

Nutrient-rich, from pasture-raised cows, 4th & Heart Ghee has a high smoke point, too, making it the perfect healthy fat option for any cooking type!

ALWAYS AFFORDABLE \$12.15



26% OFF

\$4.99

KETTLE & FIRE®
Bone Broths
16.2-16.9 OZ.

High quality bone broth belongs in every pantry. Kettle & Fire Bone Broth is the perfect soup base, or heat up a cup to sip on anytime!

ALWAYS AFFORDABLE \$6.79



20% OFF

\$3.39

JUSTIN'S®
Peanut Butter Jars
16 OZ.

Simple ingredients with reliable quality and taste, Justin's Peanut Butters are a staple for snacking and recipes everywhere.

ALWAYS AFFORDABLE \$4.29



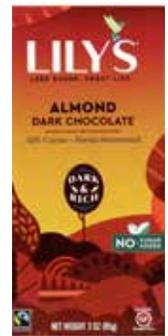
22% OFF

\$2.99

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

Smooth Stevia-sweetened Lily's Chocolates offer the perfect decadence without the sugar factor.

ALWAYS AFFORDABLE \$3.85



These offers are redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

GROCERY

30% OFF

\$1.39

LITTLE SECRETS®
Crispy Wafers or Cookie Bars
1.4-1.8 OZ.

Fair Trade Certified™ chocolate and smooth sea salted caramel combine for an elevated take on the classic crumbly cookie bar.

ALWAYS AFFORDABLE™ \$1.99



49% OFF

99¢

MUIR GLEN®
Canned Organic Tomatoes
14.5-15 OZ.

Juicy, organic tomatoes harvested at peak flavor, cooked into sauce with sea salt, onion, and garlic.

ALWAYS AFFORDABLE \$1.95-\$2.15



57% OFF

99¢

ANNIE'S HOMEGROWN®
Select Natural Mac & Cheese Mixes
5.25-6 OZ.

Annie's Mac & Cheese varieties are flavor-packed mac made without artificial flavors or synthetic colors. Enjoy!

ALWAYS AFFORDABLE \$2.35



11% OFF

\$7.99

NATURAL GROCERS®
Organic Extra Virgin Olive Oil
25.5 OZ.

Natural Grocer Brand Organic Extra Virgin Olive Oil is top quality for the very best price.

ALWAYS AFFORDABLE \$8.99



28% OFF

\$2.99

NATURE'S PATH®
Select Organic Instant Oatmeal
8 CT

Start your day with an oat-standing bowl of organic oatmeal, and with convenient individual sachets you can spoon up a hearty, healthy breakfast wherever you are.

ALWAYS AFFORDABLE \$4.19



33% OFF

\$4.49

PURELY ELIZABETH®
Select Ancient Grain Granolas
12 OZ.

Each variety is made with a blend of superfoods, baked in raw, virgin coconut oil, and lightly sweetened with coconut sugar.

ALWAYS AFFORDABLE \$6.79



25% OFF

\$2.79

PAQUI®
Tortilla Chips
7 OZ.

Zesty, tangy, non-GMO Paqi chips have a spice variety favorite for everyone to love. Pick up a bag and you'll be hooked!

ALWAYS AFFORDABLE \$3.75



25% OFF

\$2.79

QUE PASA®
Organic Tortilla Chips
10-11 OZ.

What's up with Que Pasa Organic Tortilla chips? No nonsense, pure ingredients that make a crunchy and tasty chip you will enjoy with confidence.

ALWAYS AFFORDABLE \$3.75



20% OFF

\$3.49

PACIFIC FOODS®
Creamy Soups
32 OZ.

Made with fresh, organic milk from local dairies, and delightful organic veggies combined to make the perfect creamy quick meal any time.

ALWAYS AFFORDABLE \$4.39



NATURAL GROCERS[™] BRAND PRODUCTS

Taco Tuesday

Just Got Even Better!

ALWAYS AFFORDABLE
\$3.99
6 OZ.



ALWAYS AFFORDABLE
\$1.69
10 OZ.



ALWAYS AFFORDABLE
99¢
15.5 OZ.



ALWAYS AFFORDABLE
\$1.99
6 OZ.



ALWAYS AFFORDABLE
\$1.69
14.5 OZ.



ALWAYS AFFORDABLE
\$2.99
5.5 OZ.



PREMIUM QUALITY AT AN AFFORDABLE PRICE[™]

FROM THE FAMILY BRAND YOU TRUST

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

WELCOME THE NEWEST MEMBERS TO THE FAMILY!

ORGANIC Gluten Free Pastas!

SALE!
\$2.69
12 OZ.
ALWAYS AFFORDABLE \$2.99



SALE!
\$2.69
12 OZ.
ALWAYS AFFORDABLE \$2.99



SALE!
\$2.69
12 OZ.
ALWAYS AFFORDABLE \$2.99



SALE!
\$2.69
12 OZ.
ALWAYS AFFORDABLE \$2.99



SALE!
\$2.69
12 OZ.
ALWAYS AFFORDABLE \$2.99

**Natural Grocers Brand
Gluten Free Pasta**
is Certified Gluten Free
and made in Italy! Artisan
crafted using locally sourced
ingredients. Produced by a
woman-owned company.



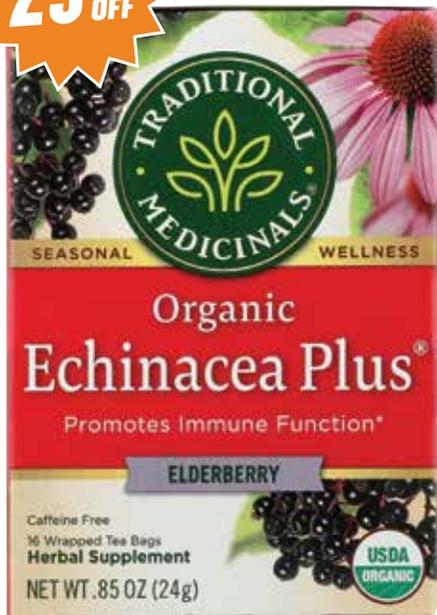
Certified Organic and Naturally Non-GMO. Can you say *al dente*?

These offers are redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

GROCERY

23% OFF



\$3⁹⁹

TRADITIONAL MEDICINALS®
 Select Teas
 16 CT
 Crafted by master herbalists, Traditional Medicinals Teas offer a quality difference from start to finish in wellness teas not found anywhere else.

ALWAYS AFFORDABLE™ \$5.19

22% OFF

\$6³⁵



BIOKLEEN®
 Bac-Out Stain & Odor Eliminator
 32 OZ.

Made from a blend of live enzyme cultures, citrus extracts, and essential oil that eliminates tough stains and odors naturally without harsh chemicals.

ALWAYS AFFORDABLE \$8.19

20% OFF

\$2⁴⁹



POP & BOTTLE®
 Oat Milk Lattes
 8 OZ.

Lattes with benefits! Try all-inclusive oat milk lattes that have collagen and are packed with nutrients to get your day started with balance.

ALWAYS AFFORDABLE \$3.15

25% OFF

\$10⁴⁹



SEVENTH GENERATION®
 Liquid Laundry Detergents
 95-100 OZ.

Free of synthetic dyes, artificial brighteners, and artificial fragrances, this naturally derived laundry detergent is tough on dirt and stains.

ALWAYS AFFORDABLE \$13.99

26% OFF

\$1⁶⁹



RUNA®
 Organic Clean Energy Drinks
 12 OZ.

Delicious, refreshing guayusa teas by RUNA will keep your energy up naturally.

ALWAYS AFFORDABLE \$2.29

30% OFF

\$1⁹⁹



WOLFGANG PUCK®
 Organic Soups
 14.5 OZ.

Enjoy the flavors of Wolfgang Puck at home with their signature, delicious and hearty organic soups, crafted using only the finest, all-natural ingredients.

ALWAYS AFFORDABLE \$2.85

25% OFF

\$2³⁹



SKINNY POP®
 Popped Popcorn
 4.4 OZ.

(Excludes Davenport, IA Location)
 Skinny Pop has no gluten or preservatives, making any flavor a tasty, guilt-free snack.

ALWAYS AFFORDABLE \$3.19

32% OFF

\$1⁶⁹



VITA COCO®
 Coconut Waters
 16.9-17 OZ.

A sip of this delicious, nutrient- and electrolyte-rich coconut water will take you right to the tropics. At least, figuratively.

ALWAYS AFFORDABLE \$2.49

These offers are redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

{N}power
good4u™

FREE
LOYALTY
PROGRAM

Exclusive

**MEMBER PRICING, COUPONS,
AND WEEKLY OFFERS!**

OVER \$1 MILLION IN DISCOUNTS EACH MONTH!

EARN REWARD POINTS EVERY TIME YOU SHOP!

OR

SIGN UP ONLINE
NATURALGROCERS.COM/JOIN



**SIGN UP
NOW & RECEIVE**

\$2 OFF

YOUR NEXT PURCHASE



OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

NATURAL GROCERS BRAND BULK PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE SM

SALE
\$7⁸⁹
2 LB.

ALWAYS AFFORDABLE* \$9.99

SALE
\$3⁸⁹
1 LB.

ALWAYS AFFORDABLE \$4.99

SALE
\$1⁹⁹
8 OZ.

ALWAYS AFFORDABLE \$2.69

SALE
\$3⁹⁹
1 LB.

ALWAYS AFFORDABLE \$4.99

USDA
ORGANIC

NATURAL GROCERS BRAND BULK CALIFORNIA ALMONDS NON-GMO (1 LB. & 2 LB. BAGS)

When looking for that perfect, heart-healthy snack, our non-GMO, California almonds have got your back! Grab your bag and do a (heart) happy dance with every bite.

NATURAL GROCERS BRAND BULK ORGANIC BLACK CHIA SEEDS (8 OZ. & 1 LB. BAGS)

We don't need to remind you of the catchy chia jingle to get you to try these loaded-with-nutrition seeds, do we? Let the magic of ch-ch-ch-chia seeds catch onto your routine just by adding them to smoothies, yogurt, cereals, and more!

SALE
\$4⁹⁹
10 OZ.

ALWAYS AFFORDABLE \$5.99

NATURAL GROCERS BRAND BULK SKIN-ON SALTED CASHEWS NON-GMO

Don't settle for the same old cashew... our salty, skin-on variety is sure to be something new. Plus, they're good4u, too!

SALE
\$5⁹⁹
10 OZ.

ALWAYS AFFORDABLE \$6.99

NATURAL GROCERS BRAND BULK ORGANIC WALNUT COMBO (HALVES & PIECES)

Want to snack smart, but don't know where to start? Our walnut halves and pieces are an excellent source of alpha-linolenic acid (ALA), the plant-based omega-3 essential fatty acid.*

USDA
ORGANIC

This offer is redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

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



NATURAL GROCERS[®]

BRAND BULK PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

ALWAYS AFFORDABLESM

Pricing!

NATURAL GROCERS BRAND BULK
YELLOW SPLIT PEAS
ORGANIC

\$2⁹⁹
2 LB.

Peas pass these organic yellow peas over to our house ASAPea! The possibilities for soups, stews, and spreading peas & love are limitless.



NATURAL GROCERS BRAND BULK
PUMPKIN PIE SPICE BLEND
ORGANIC

\$2⁷⁹
4 OZ.

There is nothing more fall than homemade pumpkin pie, wouldn't you agree? But don't fall for imitation and artificial spice, look for this blend that is organic and nice!



NATURAL GROCERS BRAND BULK
WHOLE WHEAT PASTRY FLOUR
ORGANIC

\$2⁶⁹
2 LB.

Making things from scratch is just what you "do." Let your baking bedazzlements shine with our organic, whole wheat pastry flour.



NATURAL GROCERS BRAND BULK
JUICE SWEETENED
BLUEBERRIES NON-GMO

\$2⁹⁹
4 OZ.

Elevate your homemade trail mixes, give your baking creations a boost, or eat these superfood dried blueberries straight from the bag for a sweet, nutritious snack on-the-go.



NATURAL GROCERS BRAND BULK
NUT & BERRY DELIGHT MIX
NON-GMO

\$7²⁹
10 OZ.

Packed with protein and sweet beyond compare—this nut + berry blend can be enjoyed most anywhere! It's perfect on the road, on a hike, or just simply to the backyard if you'd like.



NATURAL GROCERS BRAND BULK
TAMARI CASHEWS
NON-GMO

\$5⁴⁹
10 OZ.

This snack goes the distance without making you go too far from home. Stock up on the traditional Japanese flavor that's paired perfectly with a crunchy cashew backdrop.



good4u
MEAL DEALS
From  **NATURAL GROCERS**

{N}power **SPECIAL PRICING**

FEED YOUR FAMILY OF FOUR A MEAL DEAL!

TRY ONE OF THESE AMAZING OPTIONS

A CHICKEN DINNER!



**UNDER
\$11***

A TACO MEAL!



**UNDER
\$11***

**TWO QUICHES
YOUR WAY!**



**UNDER
\$14***

**TWO ORGANIC
QUINOA MEALS!**



**UNDER
\$16***



**EXPLORE THESE GREAT DEALS AND MORE AT
[NATURALGROCERS.COM/MEALDEALS](https://www.naturalgrocers.com/mealdeals)**

ENTER YOUR PHONE NUMBER AT CHECKOUT TO REDEEM.

*THIS OFFER IS AVAILABLE ONLY TO REGISTERED (N)POWER MEMBERS. Price Excludes Tax. This offer is only available through October 31, 2020 and is redeemable only for in-store purchases at participating Natural Grocers stores. Pricing subject to change without notice. Quantity limited to stock on hand; no rain checks. We reserve the right to correct errors.

**See [naturalgrocers.com/privacy](https://www.naturalgrocers.com/privacy) for our Privacy Policy and [naturalgrocers.com/terms](https://www.naturalgrocers.com/terms) for the (N)Power Terms of Use. Message and data rates may apply.



WANT TO BE YOUR HEALTHIEST SELF? START WITH

Vitamin D

BY LINDSAY WILSON

The last time I visited the dermatologist for my annual skin-cancer check, she started the checkup with a surprise recommendation: Sensible sun exposure—without sunscreen—to support vitamin D production (FYI, a sunscreen with an SPF of 15 reduces the production of vitamin D in the skin by 99%).ⁱ The surprise wasn't that I should get some unprotected sun exposure to optimize vitamin D production; the shocker was that it came from my very conventional dermatologist, who would normally admonish me for not wearing sunscreen.

I first wrote about vitamin D, aka, the sunshine vitamin, 12 years ago, and it's just as important to health today as it was then. And now, with the lingering threat of COVID-19, optimizing our levels of the nutrient has become even more urgent. But unfortunately, we are still experiencing an epidemic of insufficient and deficient levels—data from the National Health and Nutrition Examination Survey found that out of 4,495 people sampled, 41 percent were deficient in vitamin D (defined as less than 20 ng/mL). Race was a significant risk factor, with African Americans and Latinos having the highest prevalence of deficiency, at 82 percent and 69 percent, respectively.ⁱⁱ Native Americans have also been found to have high deficiency rates.ⁱⁱⁱ Other risk factors for deficiency include smoking, obesity, having diabetes, and general “poor health,”^{iv} as well as geographical location (think Colorado and farther north), sunscreen use and limiting sun exposure, advanced age, and magnesium deficiency.

DO IT FOR IMMUNITY

These days, immunity is on everyone's mind, and if you are still doubtful about vitamin D, consider this: Preliminary research is showing that when it comes to COVID-19, vitamin D status can be a matter of life or death. For example, a study in Indonesia compared two groups of patients (those who died, and those who survived; 780 patients total) diagnosed with SARS-CoV-2 and found that vitamin D status was strongly associated with COVID-19 mortality outcome. More specifically, nearly 90 percent of those patients who were deficient in vitamin D died (levels < 20 ng/mL), 87 percent of patients who had insufficient levels died (levels between 20-30 ng/mL), while only 4 percent of patients with normal vitamin D levels died (levels > 30 ng/mL). The researchers wrote that, “When compared to cases with normal Vitamin D status, death was approximately 10.12 times more likely for Vitamin D deficient cases.”^v

A growing number of researchers and clinicians are calling for vitamin D supplementation to potentially reduce the severity of COVID-19, with the goal of increasing vitamin D levels to 40-60 ng/mL.^{vi}

Long before COVID-19, vitamin D was known to profoundly affect immunity, and deficiency has consistently been associated with an increased susceptibility to respiratory infections, while sufficient levels have been shown to be protective against influenza and other respiratory illnesses. Vitamin D receptors are found in most immune cells, where vitamin D directly acts as an immune system modulator, helping the immune system respond appropriately, without over- or under-reacting. It has also been shown to support general lung health, reduce the expression of pro-inflammatory cytokines, and stimulate the expression of potent antiviral peptides like cathelicidin. Vitamin D's role in immune function inhibits the development of autoimmune diseases as well.^{vii viii ix x xi}



DO IT FOR CARDIOVASCULAR HEALTH

While supporting immunity is top-of-mind these days, we shouldn't forget about the importance of supporting whole-body health, and the cardiovascular system is one of the best places to start. Just as vitamin D receptors are found in most immune cells, they are also found in all the major cardiovascular cells and studies have “demonstrated an independent association between vitamin D deficiency and various manifestations of degenerative cardiovascular disease including vascular calcification.”^{xii} When you have optimal levels of vitamin D, it is able to influence cardiovascular health—via gene expression—in a number of ways, some of which include reducing endothelial inflammation; improving arterial dilation, endothelial repair, and vascular tone; reducing the risk of thrombosis; and supporting healthy blood pressure.^{xiii}

DO IT FOR OPTIMAL BRAIN FUNCTION

Vitamin D receptors are found throughout the central nervous system, where vitamin D plays a critical role in brain development and cognitive function. Clinical studies have found that low serum vitamin D levels are associated with reduced cognitive function, dementia, autism, anxiety, and depression.^{xiv xv} In a study of seniors, with an average vitamin D level of 18 ng/mL, those with the lowest levels had the most depression and the worst performance on dementia and cognitive function tests.^{xvi} In a separate study, the same researchers investigated whether neurological manifestations of vitamin D deficiency were more common in African Americans, who have a higher prevalence of vitamin D deficiency in general. The researchers compared 30 African Americans with 30 white Americans (the subjects were all older than 50) and found that African Americans had an average serum level of 18 ng/mL compared to 25 ng/mL in white Americans. Among African Americans, vitamin D deficiency was associated with worse cognitive performance compared to those African Americans who had normal vitamin D levels, leading the researchers to write, “This significant finding suggests that African Americans may be at a particular increased risk for cognitive impairment as a result of their vitamin D deficiency.”^{xvii}

Vitamin D is involved in the biosynthesis of neurotrophic factors such as nerve growth factor (which support the growth, survival, and differentiation of neurons), neurotransmitter production, and increased glutathione levels in the brain (important for detoxification and antioxidant protection). It has also been shown to have a neuroprotective effect, including clearing amyloid plaques, a hallmark of Alzheimer's disease, as well as support synaptic plasticity, or the brain's ability to grow and change. Recent research has shown that deficiencies of vitamin D in pregnant women may lead to disabilities in their offspring, including learning and memory problems, while sufficient levels decrease the risk for their children developing mental illness later in life. And finally, studies have also found that supplementation with vitamin D improves symptoms of depression and anxiety.^{xviii xix xx xxi xxii xxiii}

DO IT TO AGE WITH STRENGTH & VITALITY

Vitamin D also plays important roles in muscle strength, balance, and decreasing the risk of falls;^{xxiv xxv xxvi} insulin sensitivity and blood sugar regulation;^{xxvii xxviii} and reducing inflammation and oxidative damage in the body, two major factors in disease development and poor aging. A scientific review published in 2019 underscored vitamin D's importance for healthy aging: "Vitamin D is one of the key controllers of systemic inflammation, oxidative stress and mitochondrial respiratory function [i.e., energy production], and thus, the aging process in humans ...Vitamin D adequacy leads to less oxidative stress and improves mitochondrial and endocrine functions, reducing the risks of disorders, such as autoimmunity, infections, metabolic derangements, and impairment of DNA repair; all of this aids a healthy, graceful aging process."^{xxix}

DO IT TO BE ROOTED IN HEALTHSM

Vitamin D is unique in the nutrient world in that it is the only vitamin made in the human body from exposure to sunlight, specifically from UVB rays. Our bodies developed based on a need for high levels of the nutrient. Like plants, humans need the sun—and the vitamin D it produces—for normal growth and optimal health. There are thousands of vitamin D

receptors (VDR) located throughout the body, and vitamin D directly influences hundreds of genes, including those associated with autoimmune diseases like multiple sclerosis, type-1 diabetes, and Crohn's disease, as well as genes related to cancer, immune function, stress response, and DNA repair. In one study, researchers concluded that, "Our data suggest that any improvement in vitamin D status will significantly affect expression of genes that have a wide variety of biologic functions of more than 160 pathways linked to cancer, autoimmune disorders and cardiovascular disease which have been associated with vitamin D deficiency."^{xxx xxxi}

OPTIMAL VITAMIN D LEVELS

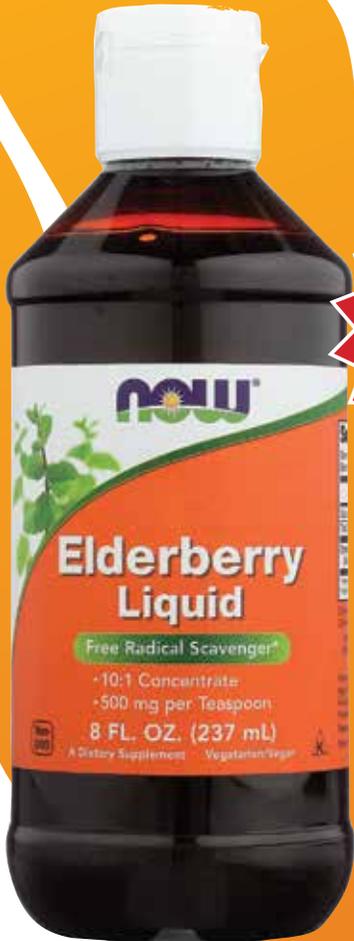
It is difficult to be rooted in health without first achieving optimal vitamin D levels. But what is optimal? Researchers are still trying to answer that question, but most experts agree that levels between 40 and 60 ng/mL will best support whole-body health, and many health care practitioners now routinely recommend 5,000 IUs of vitamin D3 daily to reach those levels. A simple blood test, called the 25-hydroxy-vitamin D test, can determine your levels. It is also important to note that a deficiency, or even insufficiency, is not reversed immediately; it may take months of supplementation to increase your D levels to the optimal range.

References available upon request.



HOT DEALSSM

VALID OCTOBER 15TH – 17TH ONLY



34% OFF

\$9⁹⁹

NOW®
Elderberry
Liquid Concentrate
8 OZ.

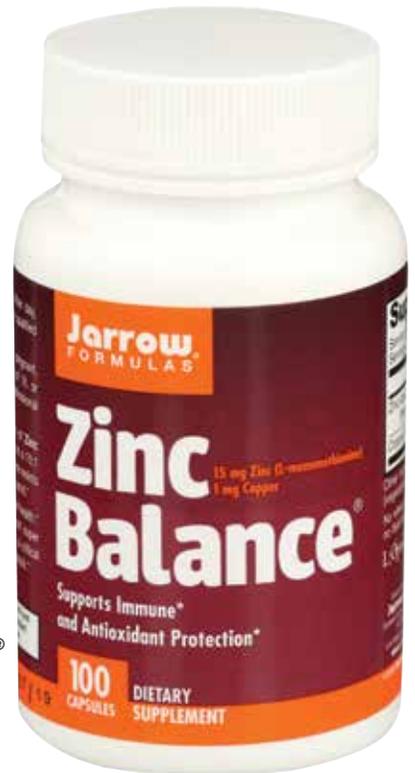
ALWAYS AFFORDABLE* \$15.35

44% OFF

\$6⁴⁹

JARROW FORMULAS®
Zinc Balance®
100 CAP

ALWAYS AFFORDABLE \$11.65

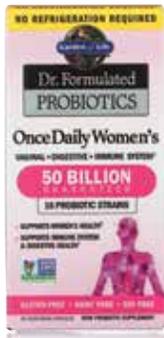


25% OFF

\$23⁹⁹

GARDEN OF LIFE®
Dr. Formulated Probiotics Once
Daily Women Shelf Stable
30 VCAP

ALWAYS AFFORDABLE \$32.25



25% OFF

\$16⁹⁹

HOST DEFENSE®
Lion's Mane Powder
100 G

ALWAYS AFFORDABLE \$22.89



32% OFF

\$17⁹

KOR SHOTS®
Organic Wellness Shots
1.7 OZ.

ALWAYS AFFORDABLE \$2.65



HOT DEALSSM

VALID OCTOBER 15TH – 17TH ONLY



\$4²⁹

DESERT ESSENCE®
Adult toothpaste
Assorted Varieties
6.25 OZ.
ALWAYS AFFORDABLE \$5.49



\$4⁴⁹

KETTLE & FIRE®
Bone Broths
16.2-16.9 OZ.

ALWAYS AFFORDABLE™ \$6.79



\$4⁹⁹

LILY'S SWEETS®
Stevia Sweetened Baking Chips
9 OZ.
ALWAYS AFFORDABLE \$7.15



\$1⁶⁹

EPIC®
Meat Bars
1.3-1.5 OZ.
ALWAYS AFFORDABLE \$2.69



\$1¹⁹

CHOCOLOVE®
Chocolate Covered Cups
1.2 OZ.
ALWAYS AFFORDABLE \$1.85



These offers are redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.



BLACK SEED OIL

A Superhero Supplement for Our Health

By Liz Mueller

If black seed oil were a cartoon superhero, it would save the world with its signature super phytonutrient constituent, thymoquinone. A powerful free radical scavenger, when you take black seed oil, thymoquinone, in conjunction with the other phytonutrients found in this superhero oil, springs into action and unleashes its supernatural abilities on everyday “villains” in the most immune-supporting, allergy-relieving, lung-healing, inflammatory-modulating, cardiovascular-protecting, and blood-sugar balancing of ways. Instead of fighting fictional villains, black seed oil fights very real, everyday threats in the form of health-hindering ailments. True, it may not have its own superhero comic book (yet), but taking black seed oil somehow really does feel like it’s coming to the rescue.

IMMUNE SYSTEM HEALTH

Black seed oil (AKA, black caraway and black cumin seed) provides powerful support to the immune system. It's a powerful immune modulator, keeping the immune system in balance so it doesn't overreact or underreact. Black seed oil also quenches dangerous inflammation and boosts appropriate immune function, resulting in enhanced protection against infections, while it also eases coughs, bronchitis symptoms, and colds.^{i,iii,iii} New research is showing that via its immune-regulatory, anti-inflammatory, and antioxidant benefits, black seed oil is a powerful immune ally, especially when it comes to respiratory health.^{iv,v}

ALLERGIES & ASTHMA

Approximately 18 million Americans suffer from allergies, and close to 19 million suffer from asthma. These conditions can range from sheer annoyance to debilitating and life threatening. Studies show that thymoquinone produces a sharp reduction in inflammatory molecules that play a role in both asthma- and allergy-related symptoms.^{vii,vii} A study of patients with allergic rhinitis produced promising results, showing that treatment with black seed oil resulted in a drastic decrease in IgE antibodies (antibodies that indicate an allergic response) in nasal secretions, as well as significant reductions in nasal congestion and itching, runny nose, and sneezing attacks.^{viii}

Studies also show that black seed oil is a force to be reckoned with when it comes to managing asthma. Black seed oil and thymoquinone itself, "trigger relaxation of the trachea and large airways (bronchi), both of which can go into spasm during an asthma attack."^{ix,x} Furthermore, a study of mice treated with black seed oil found reduced numbers of inflammatory cells in their lung tissue, "equivalent to those induced by dexamethasone, a potent, immune-suppressing steroid."^{xi}

TONSILLITIS & SINUSITIS

Another study showed that taking black seed oil for acute tonsillitis and sore throat, infections that are often viral in nature, significantly alleviated throat pain and reduced the need for pain killers.^{xii} Black seed oil also shines in the treatment of sinusitis. The results from one study showed its therapeutic potential in the treatment of sinusitis by its "...anti-inflammatory, antioxidant, antihistaminic, immune-modulator, antimicrobial, and analgesic effects. The oil can inhibit the inflammation of sinuses and respiratory airways, microbial infections, and finally help the patients suffering from clinical symptoms of sinusitis, such as nasal congestion, headache, neck pain, earache, and toothache," according to the study's findings.^{xiii}

CARDIOVASCULAR HEALTH, BLOOD SUGAR, & WEIGHT MAINTENANCE

Black seed oil neutralizes lipid (fat) oxidation and reduces the impact of oxidized LDL cholesterol, a major trigger for the atherosclerotic plaques that block blood flow and cause heart attacks and strokes.^{xiv} Studies have shown that black seed oil can improve the lipid profile and prevent cardiovascular diseases in both healthy people and hyperlipidemic patients. Hyperlipidemia is a condition in which there are high levels of fat particles, such as cholesterol and triglycerides, in the blood.^{xv} It's thought that black seed oil benefits cardiovascular health in part by inhibiting the absorption of cholesterol in the intestines and decreasing cholesterol production in the liver.^{xvi}

Black seed oil also reduces high blood pressure. Results from a double-blind, eight-week study looking at the effects black seed oil on hypertension showed that, at 2.5 mL twice a day, the oil-treated group had significantly decreased systolic and diastolic numbers compared with the baseline and placebo group at the end of the trial, without any adverse effects.^{xvii}

Black seed oil, in combination with anti-diabetic drugs and statins, can also help diabetic patients control both dyslipidemia (abnormal levels of cholesterol or lipids in the blood) and blood sugar.^{xviii} A review of 13 clinical trials on the hypoglycemic effect of black seed oil, eight of which included patients with insulin resistance, found that the use of black seed decreased fasting blood sugar, insulin levels, and insulin resistance.^{xix,xx}

A common risk factor for cardiovascular disease is also body weight and one's overall metabolic profile. A double-blind, randomized controlled trial of 90 obese women taking either black seed oil or a placebo for eight weeks resulted in significantly decreased weight and waist circumference in the women taking black seed oil compared to the placebo group. There was also a significant decline in triglyceride and LDL cholesterol levels in the black seed oil group compared to the placebo group.^{xxi}

With its wide-ranging health benefits, black seed oil is worth adding to your supplement repertoire, so it can come to the rescue whenever you need it!



References available upon request.

LOADED BANGERS AND MASH CASSEROLE

Bangers and mash, the ultimate English comfort food! We added spinach, onion gravy, and sauerkraut to boost the flavor and nutrition of this traditional dish—the creamy mashed potatoes and savory onion gravy over gently wilted spinach, with just the right amount of tartness from the sauerkraut, will make this casserole a family favorite.

SERVES: 4

PREP TIME: 30 MINUTES

COOK TIME: 30-40 MINUTES

TOTAL TIME: 1 HOUR 10 MINUTES

INGREDIENTS

- 4 pre-cooked bratwursts (or plant-based alternative), cut at a slight angle into thirds*
- 2 pounds organic Yukon gold potatoes, peeled and cut into eighths*
- 4 tablespoons organic butter or ghee, divided (or Natural Grocers Brand Plant Based Buttery Spread)*
- Natural Grocers Brand Bulk Real Salt and Organic Ground Black Pepper, to taste*
- 1 medium organic yellow onion*
- 2 tablespoons Natural Grocers Brand Organic Extra Virgin Olive Oil, divided*
- 1 cup organic beef, chicken, or vegetable broth*
- 1 tablespoon Worcestershire sauce*
- 1 (16-ounce) clamshell organic spinach or baby kale*
- 1 cup organic sauerkraut, plus more for serving*
- Grainy mustard, for serving*

INSTRUCTIONS

1. Fill a large pot halfway with water, place on the stovetop over high heat, add 1 teaspoon salt, and cover to bring to a boil. Once the water is boiling, add the potatoes and cook uncovered for 15-20 minutes, or until fork tender. Strain potatoes, reserving 1 cup of the potato water, and add the strained potatoes back to the pot with 3 tablespoons butter or ghee. Season with salt and pepper to taste and add a half cup of the potato water. Mash the potatoes, stir, and add the remaining potato water. Taste and season with salt and pepper if needed. Cover and set aside.
2. While the potatoes are cooking, start the onion gravy. Cut the onion in half lengthwise and then into ¼-inch slices. Add the remaining tablespoon of butter or ghee and 1 tablespoon olive oil to a skillet over medium-low heat. When the skillet is hot, add the onion. Cover and cook for 3-4 minutes undisturbed. Uncover, stir, reduce heat to low, and continue cooking uncovered, stirring frequently until onion has softened and browned, 10-15 minutes. Add the broth and Worcestershire sauce, stir to combine, increase heat to medium and bring to a light-bubbling simmer. Allow gravy to simmer until the gravy has reduced by half (watch closely and reduce heat if needed to prevent burning). Reduce heat to low (or remove from heat to prevent further evaporation) until ready to serve.
3. Preheat oven to 350° F.
4. *To assemble the casserole:* Add the remaining tablespoon of olive oil to a three-quart (13 x 9 x 2-inch) Pyrex baking dish and swirl to coat the bottom. Add one half to three-quarters of the container of spinach to evenly fill the dish; use a large serving spoon to spoon the potatoes on top of the spinach (start down the center and gently spread over the spinach with the spoon). *Note:* Leave about 1 to 1½ inches of spinach uncovered around the edges of the pan. Spoon the onion gravy over the mashed potatoes and evenly spread the brat slices over the gravy. Spoon the sauerkraut over the spinach, around the edges of the dish. Cover with foil and place in the oven for about 5 minutes. Pull from oven, add the remaining spinach around the edges (the spinach will have wilted making room for the rest of the container), re-cover, and place back in the oven for another 4-5 minutes, or until the spinach is completely wilted.
5. When the spinach is wilted and the casserole is steaming hot, it is ready to serve. Serve with extra sauerkraut and mustard on the side.



good4uSM

NEW PRODUCTS

OF THE MONTH

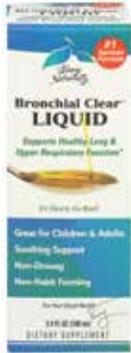
OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

13% OFF

\$18⁵⁹

TERRY NATURALLY®
Bronchial Clear™ liquid
3.4 OZ.

Supports healthy lung and upper respiratory function. Great for children and adults.*



ALWAYS AFFORDABLE™ \$21.59

20% OFF

\$13⁹⁹

ANDALOU®
Value Sizes
32 OZ.

Select shampoo, conditioner, and lotion favorites scaled up to a 32-oz bottle for extra value!



ALWAYS AFFORDABLE™ \$17.49

24% OFF



\$1⁹⁹

KOR SHOTS®
Organic Wellness Shots
1.7 OZ.

KOR wellness shots combine select ingredients to keep your body healthy and functioning at an optimal level.*



ALWAYS AFFORDABLE™ \$2.65

26% OFF

\$4⁹⁹

KETTLE & FIRE®
Chicken Noodle Bone Broth Soup
16.9 OZ.

Kettle & Fire has created a version of classic chicken noodle soup by making it with chicken bone broth instead of regular broth or stock.



ALWAYS AFFORDABLE™ \$6.79

25% OFF

\$2⁴⁹

ROWDY MERMAID®
Organic Kombuchas
12 OZ.

Organic, crisp, and energizing drinks handcrafted with Colorado snowmelt.

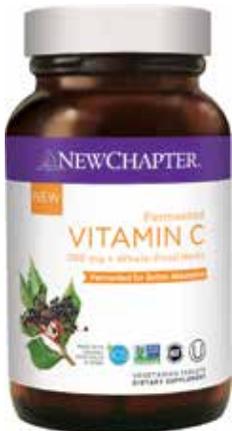


ALWAYS AFFORDABLE™ \$3.35

21% OFF

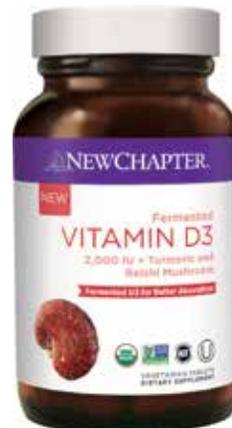
NEW CHAPTER®
Vitamin C Fermented 250 mg
30 TAB

Supports your body's healthy immune function with whole-food fermented vitamin C, combats oxidative stress, and supports normal cell growth.*



\$11⁷⁹
each

ALWAYS AFFORDABLE™ \$14.99



21% OFF

NEW CHAPTER®
Vitamin D3 Fermented 2000 IU
30 TAB

Soak up the benefits of easily digestible organic vitamin D3 for bones and teeth, immune function, and heart health.*

These offers are redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.

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

12612 W. Alameda Pkwy.
Lakewood, CO 80228-2824



EPIC Savings!

OFFERS VALID OCTOBER 1 TO OCTOBER 31, 2020

UP TO
35% OFF

OUR ALWAYS AFFORDABLESM
PRICE ON ALL
DAIYA[®] PRODUCTS
5.3-19.4 OZ.
ALWAYS AFFORDABLE \$1.49-\$8.19



36% OFF

\$17.99

AMAZING GRASS[®]
Organic Protein Superfood™
Original or Vanilla
12-12.2 OZ.

ALWAYS AFFORDABLE \$28.49



40% OFF

\$4.49

JARROW FORMULAS[®]
Vitamin D-3
1000 IU
100 SG

ALWAYS AFFORDABLE \$7.55



32% OFF

\$25.99

NATURAL FACTORS[®]
CurcuminRich[®] Theracurmin[®]
Double Strength
60 VCAP

ALWAYS AFFORDABLE \$38.49



42% OFF

\$6.89

ZAND[®]
Elderberry Zinc Gummies
with Vitamin C
60 GUMMIES

ALWAYS AFFORDABLE \$11.99

These offers are redeemable only for in-store purchases. Quantity limited to stock on hand; no rain checks. Offer cannot be combined with other Natural Grocers offers. Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law.