

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

good4u™



NATURAL GROCERS®

BE ROOTED IN HEALTH™

HEALTH HOTLINE®

NOVEMBER 2020 | VOL. 40

A good4u™ Thanksgiving

Everything You Love About the Holidays, and More.

RESERVE *YOUR* TURKEY

TODAY \$500

DEPOSIT REQUIRED

ORDER IN STORE OR ONLINE



RAISED IN THE USA

NON-GMO VERIFIED

Mary's FREE RANGE TURKEY

Order in store or online at naturalgrocers.com/turkeys

LETTER

From the Iselys



Dear Almost Winter,

What a charming sight you are, with your promise of gentle snowflakes, cozy evenings, and holiday feelings. You know, it's been a year—this 2020—and we can't say we're sad to see it headed out the door, which is another reason we're happy you're here. We realize 2021 holds no guarantees, but we're better prepared now. The lessons of this year have us primed to greet the next one more thoughtfully and with a reverence for the unknown that perhaps we had long forgotten.

Let's not get ahead of ourselves, though, because we're ready to wrap up in our softest blankets and not rush you out, "Almost Winter." We want to let go of you slowly, while sipping on peppermint tea and memorizing the lines and freckles of the faces we love. We also want to acknowledge the tragedies and changes our communities have experienced this year.

We cannot forget the hearts broken and lives lost due to events that have recently defined us, from the pandemic to racism to fires, floods, and hurricanes. To those who are grieving, we grieve with you. We hope to treat our loved ones and the stranger on the street with more empathy, and with a helping hand, because this is the legacy of tragedy—a living memorial to those who have gone before. There is much work to be done to pull out the deep and painful roots of racism and inequality, to confront the perils of climate change in our own backyards, and to hold ourselves accountable for turning sentiment into action.

A cup of tea and a moment to ponder may not seem like much, but it's a place to start. As the holiday whimsy begins to adorn the neighborhood, and these almost wintry days have us curled up with the pup, we lean into gratitude and compassion to help us turn sentiment into action. We're grateful for the small pleasures that we appreciate even more in this era of new norms, but we're also grateful for the power of gratitude itself. We feel heartened by the sense of togetherness that it compels, and we believe that the bond of our shared humanity can triumph if we acknowledge it.

Our family would like to end this year by raising our mugs of tea in a toast of gratitude! To our Crew—your dedication, adaptability, and courage have been more inspiring than words can define. Thank you! We toast to everyone's health and wellbeing in the weeks and months

The Isely Family

OUR 5 FOUNDING PRINCIPLES

NUTRITION
EDUCATION

HIGHEST QUALITY
PRODUCTS

ALWAYS
AFFORDABLE™

COMMITMENT TO
OUR COMMUNITY

COMMITMENT TO
OUR good4u™ CREW

CONTENTS

5

RECIPE OF THE MONTH

**SIMPLY DELICIOUS
CELERY SOUP**

11

**WHAT DOES EATING
SUGAR DO TO YOUR
HEALTH & IMMUNITY?**

16

**FIX INDIGESTION
& HEARTBURN**

20

NUTRITION BYTES

35

EARTH WATCH

**IT'S NOT THE COW,
IT'S THE "HOW"**

44

**GRAIN-FREE VEGAN
PUMPKIN BARS**



IMPORTANT TERMS AND CONDITIONS FOR HEALTH HOTLINE® OFFERS

Unless otherwise noted, these offers are available only from 10/30 to 11/28 and are redeemable only for in-store customer purchases at participating stores. Quantity limited to stock on hand, no rainchecks. Unless otherwise noted, all discounts are on regular prices, cannot be redeemed for store credit or cash, and cannot be combined with other offers. Pricing excludes taxes and is subject to change without notice. We reserve the right to correct errors. Void where prohibited by law. {N} power® offers are available only to registered members and are subject to program terms and conditions available at www.naturalgrocers.com/npower. To join {N}power, visit www.naturalgrocers.com/join.

Terms and conditions apply. See page 2 for details.

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

NATURAL GROCERS™ BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE™

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



Stock Your Pantry
with
Always Affordable™

BAKING ESSENTIALS

FROM THE FAMILY BRAND YOU TRUST

Terms and conditions apply. See page 2 for details.

Natural Grocers™ | 3

FOR THE LOVE OF ORGANICS: CELERY

By Charity Isely

Comprising one-third of the “holy trinity” of Cajun cooking and its French counterpart, mirepoix, celery is a chef’s staple when it comes to aromatics, providing a savory base for many a dish.^{1,2} It’s also the unsung hero of holiday feasts! So don’t write celery off as a mere garnish or one of peanut butter’s favorite playmates, because these silky green stalks have serious culinary chops. And it has plenty of nutritious street cred, too.

THE FLAVONOIDS YOU NEED TO KNOW

From seed to leaf, celery contains a wealth of phytochemicals that protect cells from the everyday enemies of health—oxidative stress and chronic inflammation.^{3,4,5,6,7} Two to know are the flavonoids apigenin and luteolin, both studied for a range of health-supporting benefits from cardiovascular to neuroprotective.^{8,9} Notable functions include reducing inflammation and enhancing the action of antioxidant enzymes, as well as supporting healthy detoxification.^{10,11,12,13,14}

CHOOSE YOUR AROMATICS WISELY

Another regular on the Environmental Working Group’s Dirty Dozen list, residues of 64 different pesticides were found on celery, according to USDA data tests, including the organophosphate pesticide (OP) acephate.^{15,16} A growing body of research on this class of pesticides provides compelling evidence that they are harmful to children during critical developmental stages.¹⁷ For example, a study published in the journal *PLOS Medicine* in 2018, finds that even low-level prenatal exposure to OPs puts children at risk of cognitive and behavioral deficits and developmental disorders.¹⁸ Nearly 35 percent of conventional celery samples tested positive for acephate residue, but the good news is that it wasn’t found in any organic samples because synthetic pesticides aren’t allowed in organic farming. Choose the celery that doesn’t include organophosphate residues on your festive menu.^{19,20}

FROM SOIL TO FORK:

THE FOOTPRINT OF FOOD

Every bite we take is a choice about our environmental impact, and celery is no exception. Consider synthetic fungicides, which can disrupt the function of an irreplaceable resource—the soil. Healthy soil requires a diverse community of microorganisms, including fungi, to perform essential functions like nutrient cycling, soil-forming processes, enhancing plant growth, and protecting plants from diseases. The intensive application of fungicides, like chlorothalonil, the most-used pesticide on California celery in 2016, can disturb the balance of soil microorganisms and lead to a vicious cycle of harmful, pesticide-resistant fungi, requiring even more chemicals.^{21,22,23} Organic farming, in contrast, “significantly enhanced” six out of seven key indicators for soil microbial abundance and activity, according to a recent review published in the journal *PLOS One*.²⁴ What impact will you choose?

FUN FACTS: THE BEST PARTY FAVORS

If you need a conversation starter as you serve the celery soup course, this one is sure to add some zest: In 1903, when this exciting new veg was all the rage, a celery-flavored cereal, Tryabita, and celery-flavored gum Tryachewa, was launched by the Dr. Price Brand. Shockingly enough, they didn’t work out.²⁵ Enjoy that soup, though, and may this season bring you good cheer, great conversation, exceptional flavor, and lots of organic goodness!





SIMPLY DELICIOUS CELERY SOUP

Creamy, comforting, delicious, and affordable! If you have not tried celery soup, you are in for a wonderful surprise—this plant-based soup is loaded with flavor and is quick and easy to make.

Serves: 4 (makes 7 cups total) | Prep time: 10 minutes | Cook time: 20 minutes | Total time: 30 minutes

INGREDIENTS INSTRUCTIONS

4 tablespoons Natural Grocers™ Brand Organic Plant Based Buttery Spread (or ½ stick), divided

1 small organic white onion, diced

2 organic garlic cloves, roughly chopped

1 large bunch organic celery, sliced into ½-inch pieces; reserve some leaves for garnish

4 cups organic vegetable broth (or 4 cups water + 2 vegetable bouillon cubes)

1 cup water

½ teaspoon Natural Grocers Brand Bulk Ground Organic Black Pepper

2 medium organic Yukon gold potatoes, peeled and cut into ½-pieces

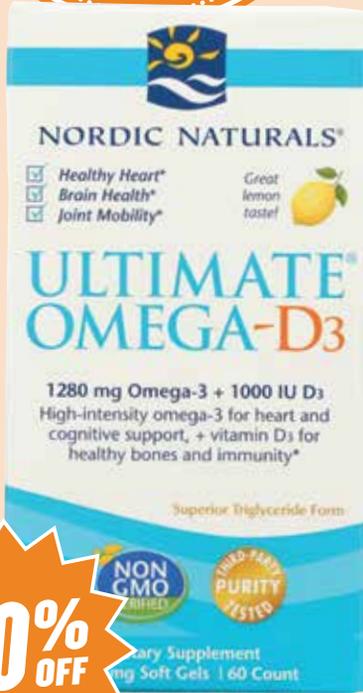
Natural Grocers Brand Bulk Real Salt, to taste

1. Place a soup pot over medium heat and add 2 tablespoons of buttery spread. Once melted, swirl around the pot and add the onion. Sauté for approximately 3-4 minutes, stirring occasionally, until the onion is translucent.
2. Add the garlic to the onion and sauté for another 2 minutes, until the garlic is fragrant. Stir as needed.
3. Add the celery, broth, water, and pepper to the pot. Increase the heat to bring to a rolling boil.
4. Add the potatoes to the pot and reduce heat to simmer gently, cover and cook until the potatoes are tender, 10-15 minutes. Give the pot a stir every 5 minutes or so and check the potatoes for doneness after 10 minutes.
5. Once the potatoes are tender, use an immersion blender to blend until silky smooth. If you don't have an immersion blender, use a regular blender: Blend in small batches (filling the blender only about a quarter full), remove the center piece from the cap of the blender to release steam, place a clean folded dishtowel over the blender cap and blend on low until smooth. Transfer to a separate pot and repeat the blending process until all of the soup has been blended.
6. Stir the remaining buttery spread into the soup and season with salt to taste.
7. Divide the soup among four bowls or cups. Finely chop the reserved celery leaves for garnish and sprinkle over the soup. Top with a dash of ground pepper and serve.

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

SUPPLEMENTS

Highest
VITAMINS & SUPPLEMENTS
Quality



20% OFF

\$19.99

NORDIC NATURALS®
Ultimate Omega-D3
60 SG

Features a high concentration of omega-3 fish oil with added vitamin D3. This supplement supports mood, joint, and immune system health.*

ALWAYS AFFORDABLE SM\$25.15

23% OFF
\$9.49



COUNTRY LIFE®
Vitamin D3 2500 IU
200 SG

Supports bone, colon, and immune health, and aids in the absorption of calcium.*

ALWAYS AFFORDABLE \$12.39

22% OFF
\$14.49



COUNTRY LIFE®
Calcium Magnesium w/ Vit D Complex
240 VCAP

Uses a calcium: phosphorus and calcium: magnesium ratio of 2:1 to support calcium utilization.*

ALWAYS AFFORDABLE \$18.79

22% OFF
\$19.99 EACH



COUNTRY LIFE®
Core Daily-1® Multi Men or Women 50+
60 TAB

Provides a once-daily solution for full-spectrum support across seven key nutritional areas.*

ALWAYS AFFORDABLE \$25.79

23% OFF
\$16.49



COUNTRY LIFE®
Bone Solid®
180 CAP

Contains a unique form of calcium combined with other minerals that your body recognizes as similar to its own natural bone composition.*

ALWAYS AFFORDABLE \$21.59

20% OFF
\$18.99



GARDEN OF LIFE®
Dr. Formulated Enzymes
Organic Digest +
Tropical Fruit
90 CHEW

ALWAYS AFFORDABLE \$23.99

20% OFF
\$31.99



GARDEN OF LIFE®
Omega-Zyme® Ultra
90 VEG

Provides 21 different digestive enzymes, each with a specific function to help your body process proteins, carbohydrates, fats, and difficult-to-digest foods.*

ALWAYS AFFORDABLE \$40.49

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

25% OFF
OUR ALWAYS AFFORDABLE PRICE™

50 SELECT SOLARAY® PRODUCTS

SEE STORE FOR DETAILS



25% OFF

\$13.49

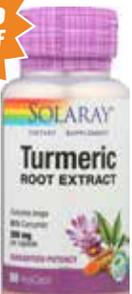


SOLARAY® Berberine Root Extract 60 vcap

ALWAYS AFFORDABLE \$17.99

25% OFF

\$10.11



SOLARAY® Turmeric Root Extract 60 vcap

ALWAYS AFFORDABLE \$13.49

25% OFF

\$15.59



SOLARAY® Organic Fermented Turkey Tail 60 vcap

ALWAYS AFFORDABLE \$20.79

25% OFF



ALL SIMPLERS® PRODUCTS 25% OFF

OUR ALWAYS AFFORDABLE PRICE

5-13% OFF

\$2.25



ZAND® HerbalLozenge Organic and Regular 15-18 loz

ALWAYS AFFORDABLE \$2.39 - \$2.59

25% OFF

\$19.49



SOLARAY® Soy Free Vitamin D3 + K2 120 vcap

ALWAYS AFFORDABLE \$25.99

\$16.34

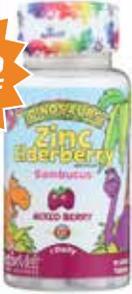
SOLARAY® Organic Fermented Lion's Mane 60 VCAP

Lion's Mane is a powerful free radical scavenger and supports neurological health.*

ALWAYS AFFORDABLE \$21.79

28% OFF

\$5.99



KAL® Dinosaurs Zinc Elderberry Mixed Berry ActivMelt™ 90 MELT

A fast-dissolving, immune-system supporting supplement for kids.*

ALWAYS AFFORDABLE \$8.39

30% OFF

\$7.99



KAL® Dinosaurs Dino-Dophilus Probiotic 2 Billion 60 CHEW

Provides two billion probiotics in tasty, chewable tablets to support digestive health in kids.*

ALWAYS AFFORDABLE \$11.45

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

SUPPLEMENTS

Support
HEALTHY
Immunity!



18% OFF

\$12⁹⁹

WISHGARDEN HERBS®
Kick-Ass Immune Pump
2 OZ.

Supports healthy system response. This unique and powerful team of immune, respiratory, and lymphatic herbs supports your body's natural resistance.*

ALWAYS AFFORDABLE ~~\$15.99~~

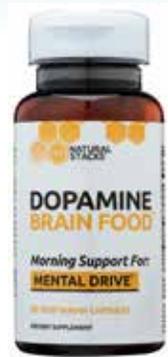
12% OFF
\$21⁹⁹ EACH



MRM®
Natural Whey
Dutch Chocolate or Rich Vanilla
2.02-2.03 LB.

ALWAYS AFFORDABLE \$24.99

25% OFF
\$23⁷⁹



NATURAL STACKS®
Dopamine Brain Food™
60 VCAP

Natural neurotransmitter support for mental drive and motivation.*

ALWAYS AFFORDABLE \$31.99

24% OFF
\$22⁷⁹



NATURAL STACKS®
MAGTECH®
90 VCAP

Features the three types of magnesium known to have the highest absorption rates: L-threonate, taurate, and glycinate.*

ALWAYS AFFORDABLE \$29.99

22% OFF
\$10⁴⁹



NATURESPLUS®
Hema-Plex®
60 VCAP

Activated with 85 mg amino acid-chelated iron, 300 mg vitamin C, a B complex, essential minerals, and a bioflavonoid complex for free radical protection.*

ALWAYS AFFORDABLE \$13.45

18% OFF
\$12⁹⁹



WISHGARDEN HERBS®
Deep Lung Pump
2 OZ.

This Deep Lung formula supports lung function.*

ALWAYS AFFORDABLE \$15.99

20% OFF
\$7⁴⁹



NATURESPLUS®
Hema-Plex®
60 SG

Provides high-powered nutritional support for total blood health.*

ALWAYS AFFORDABLE \$9.45

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

SUPPLEMENTS

19% OFF

\$8⁶⁹

BOIRON®
Coldcalm®
60 TAB



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

ALWAYS AFFORDABLE™ \$10.79

11% OFF

\$15⁹⁹

BOIRON®
Oscillococinum®
12 CT



Oscillococinum works with your body to help temporarily relieve fatigue, headache, body aches, chills, and fever.*

ALWAYS AFFORDABLE™ \$17.99

21% OFF

\$6²⁹

AMERICAN HEALTH®
Chewable Original Papaya Enzyme
250 CHEW



The perfect after-meal supplement for helping support daily digestive health.*

ALWAYS AFFORDABLE™ \$7.99

22% OFF

\$7⁴⁹

AMERICAN HEALTH®
Chewable Super Papaya Enzyme Plus
180 CHEW



Contains naturally sourced enzymes when looking for a higher level of digestive support.*

ALWAYS AFFORDABLE™ \$9.65

10% OFF

\$34⁹⁹

NORDIC NATURALS®
Ultimate® Omega 2X Lemon
60 SG



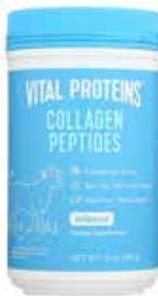
With 1000 mg of EPA and DHA in each soft gel, this powerful concentrate meets a broad range of nutritional needs.*

ALWAYS AFFORDABLE™ \$38.99

10% OFF

\$21²⁹

VITAL PROTEINS®
Collagen Peptides Unflavored
10 OZ.



Collagen is the most abundant protein in the body and supports the health and vitality of your hair, skin, and nails.*

ALWAYS AFFORDABLE™ \$23.75

10% OFF

\$36⁴⁹

VITAL PROTEINS®
Collagen Peptides Unflavored
20 OZ.



This collagen peptides powder is sourced from grass-fed, pasture-raised bovine.*

ALWAYS AFFORDABLE™ \$40.85

25% OFF

\$18⁶⁹

ENZYMEDICA®
Lypo Gold™
60 CAP



May relieve discomfort associated with the digestion of fatty foods.*

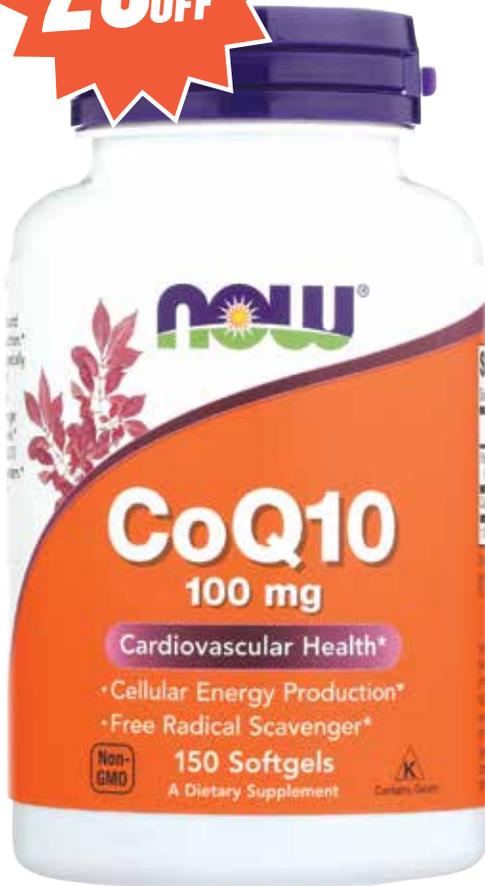
ALWAYS AFFORDABLE™ \$25.25



OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020



23% OFF



\$25⁴⁹

NOW®
CoQ10 100 mg
150 SG

CoQ10 is a compound that plays a central role in cellular energy production.*

ALWAYS AFFORDABLE ~~\$33.49~~

26% OFF

\$12⁴⁹

NOW®
MCT Oil 100% Pure Glass Bottle
32 OZ.

ALWAYS AFFORDABLE ~~\$16.99~~



25% OFF

\$12⁹⁹

NOW®
Double Strength L-Theanine 200 mg
60 VCAP

ALWAYS AFFORDABLE ~~\$17.49~~



22% OFF

\$8⁷⁹

NOW®
Ashwagandha 450 mg
90 VCAP

ALWAYS AFFORDABLE ~~\$11.39~~

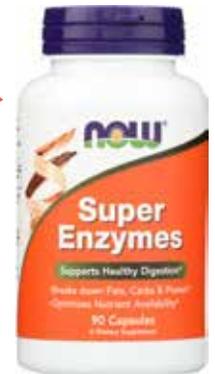


25% OFF

\$11⁴⁹

NOW®
Super Enzymes
90 VCAP

ALWAYS AFFORDABLE ~~\$15.35~~

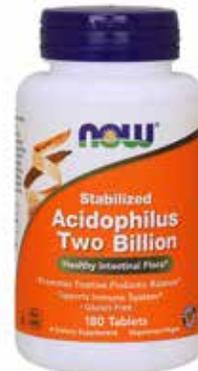


20% OFF

\$7⁹⁹

NOW®
Stabilized Acidophilus 2 Billion
180 TAB

ALWAYS AFFORDABLE ~~\$9.99~~



39% OFF

\$7⁹⁹

SUPER NUTRITION®
SimplyOne® Women
30 TAB

ALWAYS AFFORDABLE ~~\$13.29~~



Terms and conditions apply. See page 2 for details.*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.



WHAT DOES *Eating* Sugar

DO TO YOUR HEALTH & IMMUNITY?

(Hint... it's not good)

By Lindsay Wilson

This time of year is a marker of sorts: it's the beginning of a holiday season full of sweet temptations and loads of comfort foods, coupled with the start of cold and flu season. This year, though, the cold and flu season is different from any other we've known because of the additional threat of COVID-19, with experts already advising us to "hunker down" through the next few months. But what does the season of sweets and treats have to do with the cold and flu season, or more specifically, how you weather cold and flu season? It all has to do with blood sugar.

When most people think of blood sugar dysfunction, they think of type-2 diabetes, but that is just the end result of many years of chronically elevated blood sugar. There's a spectrum of blood sugar dysfunction, and the damage to your body starts even when your blood sugar consistently stays at the high end of "normal." Simply put, high blood sugar is very bad for your health.

Good Health & Immunity Start with Balanced Blood Sugar

Keeping blood sugar, or glucose, balanced is so important to health that our bodies have a tightly regulated system to ensure levels stay within a narrow range. When you eat sugary foods and simple carbohydrates (like bread, pasta, or french fries), they are rapidly digested and converted into glucose, leading to sharp spikes in blood sugar. The pancreas responds by releasing a surge of insulin, which directs the glucose into cells and lowers blood sugar levels back to a normal range. When sugar and/or refined carbs are occasionally consumed in small amounts, this is an effective system. But when these types of foods are regularly consumed, the body is constantly fighting to keep blood sugar levels in a normal range by continually pumping more insulin into the bloodstream. Overtime, the cells stop responding to insulin (i.e., insulin resistance), the first step toward developing type-2 diabetes. This leads to chronically elevated blood sugar and insulin levels, which damages proteins in the body and leads to major inflammation and oxidative damage, underlying factors in almost all chronic diseases. In fact, chronically elevated blood sugar increases the risk for type-2 diabetes, Alzheimer's, depression, cardiovascular disease, and even some types of cancer.^{i iii iv v vi vii viii} It also leads to a poorly functioning immune system.

Keeping your blood sugar levels in a healthy range determines how well your immune system is able to mount an attack against all types of pathogens, whether viral or bacterial. Chronically high blood sugar causes major dysfunction in both innate and adaptive immunity, and research has found that some viruses and bacteria are “better nourished and become more virulent” in the presence

of high blood sugar, which provides them with a better environment to cause infection in the first place.^{ix} And we have seen with COVID-19 that people with type-2 diabetes are at an increased risk for severe illness or even death.^{x xi xii xiii xiv} Even if you are an overall healthy person, if you eat sugar when you are sick, or are first starting to feel sick, that sugar will undermine your immune response, in part because glucose blocks vitamin C from entering your cells, and vitamin C is a critical immune-supportive nutrient, especially during acute infection.^{xv} When you maintain healthy blood sugar levels, you also support the optimal functioning of your immune system.

How to Achieve Healthy Blood Sugar Balance...

You Are What You Eat

The good news is that you are in charge of your own blood sugar! Blood sugar is directly related to what you eat, so by shifting away from a diet built on a foundation of grains, starchy fried foods like potato chips and french fries, sugary sodas and coffee drinks, and baked goods and sweets, to a lower carb diet built around an abundance of low-starch vegetables, healthy fats, and protein, you can get your blood sugar under control, and keep it that way. Most of us eat an excessive amount of carbohydrates—more than our bodies need, or can handle, which causes dramatic spikes in glucose and insulin. To maintain healthy blood sugar aim to get between 100 and 150 grams of carbs each day (the average American eats between 350 and 600 grams of carbs each day, mostly in the form of refined, processed sugars and grains).^{xvi xvii} If you work to get the majority of your carbs from non-starchy vegetables and a small amount of higher-carb foods like beets, potatoes, and carrots, you will easily fall into this range. Add in healthy fats and a small amount of protein each meal, and you're on your way to healthy blood sugar balance. When you approach eating in a way that maintains healthy blood sugar balance, then an occasional indulgence—sweet treats included—shouldn't be a problem.



WHEN YOU APPROACH EATING IN A WAY THAT MAINTAINS HEALTHY BLOOD SUGAR BALANCE, THEN AN OCCASIONAL INDULGENCE—SWEET TREATS INCLUDED—SHOULDN'T BE A PROBLEM.

Supplements for Blood Sugar & Immune Support

While diet is vital for maintaining healthy blood sugar balance, there are also some key supplements that will give you extra support. The advantage of these supplements is that many of them are foundational nutrients that, in addition to maintaining healthy blood sugar balance, will promote overall health and immune competence, as well as reduce inflammation and oxidative damage in the body.

B-complex vitamins

This family of vitamins is intricately tied to cellular energy production via their role in metabolizing carbohydrates and complex sugars. When you eat an excess of grain-based carbs your body quickly burns through the B vitamins to keep up, which can drastically deplete levels. When these important cofactors are missing, blood sugar imbalances can occur. A B-complex vitamin is a foundational supplement that also supports general health, overall immune competence, and mental wellbeing.^{xviii}

Magnesium

This important mineral plays a key role in regulating insulin activity and cellular glucose uptake, and low magnesium levels can worsen insulin resistance. Additionally, low magnesium intake has been associated with the development of type-2 diabetes and metabolic syndrome, while supplementation with the mineral has been shown to improve fasting and post-prandial glucose levels (glucose levels after eating) and insulin sensitivity, as well as decrease markers of inflammation in those with prediabetes. It is estimated that at least half of all Americans don't get enough magnesium through diet, making supplementation necessary.^{xix,xx}

Chromium

This mineral is essential for normal carbohydrate metabolism and research has found that supplemental chromium has significant beneficial effects on HbA1c (a marker of long-term blood sugar levels) and glucose and insulin levels. Chromium also plays a role in modulating the immune response, that is, it ensures that the immune system neither under- or over-reacts to pathogens.^{xxi,xxii}

Zinc

Another important mineral for blood sugar balance, zinc plays a role in insulin signaling, helping to regulate blood glucose levels. One trial showed that zinc supplementation lowered blood glucose and cholesterol levels in prediabetics, as well as reduced the number of people who progressed to full-blown diabetes. A meta-analysis of 32 studies, involving 1,700 participants, concluded that zinc supplementation can improve blood glucose control in both prediabetic and diabetic patients. Zinc is also a critical mineral for both innate and adaptive immune system function and even moderate deficiencies can increase the risk of viral infection.^{xxiii,xxiv,xxv,xxvi}



Alpha-lipoic acid

One of this antioxidant's important roles in the body is to support insulin function and research has shown that supplementation significantly decreases fasting glucose, insulin, insulin resistance, and HbA1c in diabetics in a dose-dependent manner, that is, higher doses led to more significant decreases (daily doses ranged from 300 to 1,200 mg). It's also been found to reduce triglyceride and LDL cholesterol levels, and through its powerful antioxidant actions, reduce oxidative damage caused by chronically high blood sugar.^{xxvii,xxviii}

Berberine

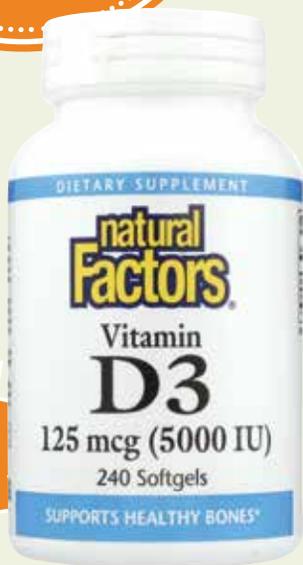
Research has shown that the plant extract berberine lowers fasting glucose and insulin levels, post-prandial glucose, HbA1c, and triglycerides. It improves insulin resistance, inhibits glucose production in the liver, and stimulates the breakdown of glucose. Berberine also has anti-inflammatory, antioxidant, and antimicrobial properties and supports mitochondrial health, another key component for overall health.^{xxix,xxx,xxxi,xxxii,xxxiii}

One of the most important things you can do for both your short-term and long-term health is to get your blood sugar under control. It is absolutely vital for your body to be rooted in health and to remain resilient against infection. And it's in your power to do it—aim to eat a low-carb diet most of the time so you can enjoy those moments of indulgence, and incorporate some key supplements that will give you the extra support you need over the long term. Do this and you'll increase your chances of staying healthy and vibrant, not just through the winter months, but for years to come.

References available upon request.



Support
HEALTHY
Immunity!



31% OFF

\$10⁹⁹

NATURAL FACTORS®
Vitamin D3 5000 IU
240 SG

Vitamin D supports bone health and immune system health, and is needed for calcium.*

ALWAYS AFFORDABLE \$15.99

22% OFF

\$10⁷⁹

NATURAL FACTORS®
Stress-Relax® Melatonin 5 mg
180 CHEW

Melatonin can help provide a more restful and natural sleep by supporting the sleep-wake cycle.*

ALWAYS AFFORDABLE \$13.99



22% OFF

\$21⁴⁹

NATURAL FACTORS®
Bromelain 500 mg
180 CAP

Bromelain is an enzyme isolated from the stem of the pineapple plant and aids digestion by breaking down protein.*

ALWAYS AFFORDABLE \$27.85



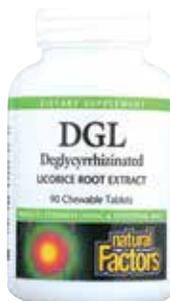
24% OFF

\$8⁴⁹

NATURAL FACTORS®
DGL Licorice Root Extract
90 CHEW

Aids digestion and treats stomach complaints, including heartburn and indigestion.*

ALWAYS AFFORDABLE \$11.19



25% OFF

\$8⁹⁹

NATURAL FACTORS®
Apple Cider Vinegar 500 mg
180 CAP

Supports digestion, blood circulation, and helps lower the body's storage of fat.

ALWAYS AFFORDABLE \$11.99



14% OFF

\$12⁹⁹

NATURAL FACTORS®
Organic Oil of Oregano
1 OZ.

A natural supplement that offers immune and free radical scavenging support.*

ALWAYS AFFORDABLE \$15.19



29% OFF

\$6⁹⁹

NATURAL FACTORS®
Oil of Oregano 180 mg
30 SG

Oil of Oregano is extracted from the hand-picked leaves using steam-distillation.*

ALWAYS AFFORDABLE \$9.95



26% OFF

\$15⁹⁹

NATURAL FACTORS®
WellBetX® Berberine 500 mg
60 VCAP

Delivers 500 mg of berberine, which supports a healthy weight, cardiovascular health, and healthy cholesterol levels.*

ALWAYS AFFORDABLE \$21.65



24% OFF

\$28⁹⁹

NATURAL FACTORS®
WellBetX® Berberine 500 mg
120 VCAP

Promotes healthy blood sugar levels already within the normal range.*

ALWAYS AFFORDABLE \$38.39



Terms and conditions apply. See page 2 for details.*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
\$21⁴⁹



GARDEN OF LIFE®
Vitamin Code Raw Vitamin C
120 VCAP

Specifically formulated with 500 mg of whole-food, raw vitamin C, along with naturally occurring bioflavonoids.*

ALWAYS AFFORDABLE ~~\$26.99~~

20% OFF
\$9⁴⁹



GARDEN OF LIFE®
myKind Organics Oil of Oregano
1 OZ.

Oil of oregano has been used for centuries in traditional medicine for seasonal support. It's rich in unique compounds, such as carvacrol and thymol.*

ALWAYS AFFORDABLE ~~\$11.99~~

20% OFF
\$15⁴⁹



GARDEN OF LIFE®
Grass Fed Collagen Peptides Unflavored
9.87 OZ.

Supports healthy hair, skin, and nails, as well as joint health.*

ALWAYS AFFORDABLE ~~\$19.59~~

21% OFF
\$25⁹⁹



GARDEN OF LIFE®
Grass Fed Collagen Peptides Unflavored
19.75 OZ.

Each serving delivers 20 grams of highly absorbable type I & III collagen peptides plus probiotics.*

ALWAYS AFFORDABLE ~~\$32.99~~

20% OFF
\$25⁴⁹



GARDEN OF LIFE®
Dr. Formulated Probiotics
Once Daily Women's Shelf Stable
30 vcap

A shelf-stable probiotic designed to support women's specific health needs.*

ALWAYS AFFORDABLE ~~\$32.25~~

18% OFF
\$13⁴⁹

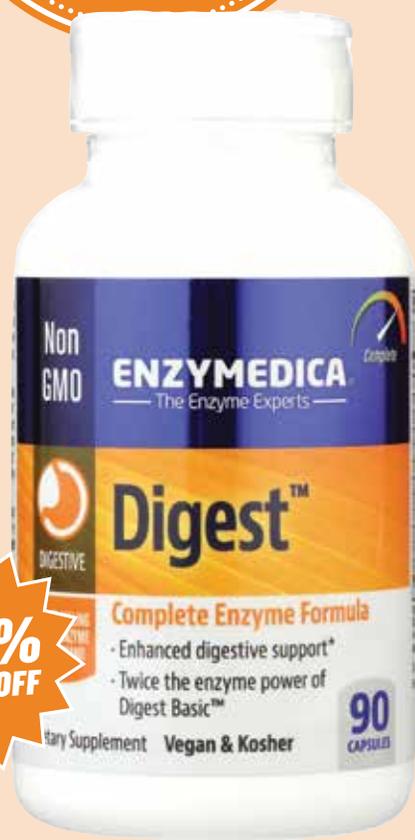


MRM®
Superfoods Organic
Detox & Cleanse
4.2 OZ.

Non-GMO Project Verified and gluten free. Supports full-body detox and cleanse.*

ALWAYS AFFORDABLE ~~\$16.49~~

Support
DIGESTIVE
Health!



25% OFF

\$20⁹⁹

ENZYMEDICA®
Digest Complete Enzyme Formula
90 CAP

A high potency digestive enzyme blend which provides assistance in digesting proteins, fats, carbohydrates, and fiber.*

ALWAYS AFFORDABLE ~~\$27.99~~

3 WAYS TO FIX INDIGESTION & HEARTBURN

By Liz Mueller

The holiday season brings with it a welcome of out-of-town family, friends near and far, and food adorned with holiday flair. What's not-so-welcome is the dreaded indigestion or heartburn (or both) that comes with our tendency to overeat, or eat foods that we normally wouldn't. But before you reach for another antacid or acid blocker, consider this: Low stomach acid may be the culprit behind your indigestion and heartburn. In fact, you may need more stomach acid to properly support digestive health, and blocking or reducing your stomach acid could be making matters worse. Especially as we age, stomach acid starts to decline and unpleasant digestive symptoms may begin to rise. Supplementing with betaine hydrochloric acid (HCL) or apple cider vinegar, incorporating fermented foods into your diet, and taking digestive bitters will all go a long way to support healthy digestion, and improve symptoms of indigestion and heartburn.

STOMACH ACID GETS A BAD RAP

Our stomach secretions are made up of hydrochloric acid (HCL), enzymes like pepsin, and a mucus coating that protects the lining of our stomach. HCL helps our body break down, digest, and absorb minerals, vitamins, and macronutrients, such as protein.ⁱⁱⁱ But why does stomach acid get such a bad rap? There's a common misconception that excess stomach acid causes heartburn. It makes sense to our brain that when we feel fire and burning in the esophagus, it must be because of excess acid, right? Not necessarily. It's true that heartburn is caused when acid from the stomach leaks into the esophagus, but that fire feeling is from any amount of acid leaking through the lower esophageal sphincter (LES), which is the ring of muscle that seals the esophagus from the stomach.ⁱⁱⁱ Normally, the LES opens when we swallow and then squeezes tight to prevent food and acid in the stomach from leaking into the esophagus. When the LES does not seal tightly, it remains relaxed between swallows, allowing digestive juices to enter and irritate the esophageal lining. Certain foods, low stomach acid, smoking, alcohol, and increased abdominal pressure due to excess weight or pregnancy are all factors that can weaken, relax, or loosen the LES.^{iv}

IS LOW STOMACH ACID TO BLAME?

Did you know that a healthy stomach secretes two to three liters of gastric juices per day?^v Unfortunately, many suffer from under-secretion of these gastric juices, or low stomach acid, a condition called hypochlorhydria.^{vi} According to a 2013 review, hypochlorhydria is the main change in the stomach of older adults when, between the ages of 60 and 65, there's a significant reduction in stomach acid production.^{vii viii ix} Low stomach acid can also be caused by the overuse of acid-suppressing medications, such as antacids and proton pump inhibitors (PPIs), bacterial infection caused by *H. pylori*, chronic stress, too much alcohol, taking certain antibiotics, eating disorders like anorexia and bulimia, and extreme calorie-restrictive diets.^x Low stomach acid symptoms include gas, bloating, burping after meals, flatulence immediately after meals, excessive fullness after eating, stomach pain, indigestion, diarrhea, or constipation. With adequate HCL levels in the stomach, indigestion symptoms and heartburn may improve.^{xi}



1 INCREASE STOMACH ACID WITH BETAININE HCL

Betaine hydrochloric acid is the most common hydrochloric acid supplement that supports proper digestive function. Betaine HCL aids in the absorption and assimilation of minerals, such as iron, and vitamins, such as folic acid, ascorbic acid, and beta-carotene, by increasing their bioavailability.

^{xii} According to research, a number of minerals and trace elements are poorly absorbed in cases of low stomach acid, including iron, calcium, magnesium, zinc, copper, chromium, selenium, manganese, vanadium, molybdenum, and cobalt. ^{xiii xiv} By increasing stomach acid levels with betaine HCL, you can restore normal gastric acidity to support healthy gut function.

2 RESTORE HEALTHY ACID LEVELS WITH FERMENTED FOODS & ACV

Fermented foods like kimchi, sauerkraut, miso, and pickles can naturally increase and support healthy stomach acid levels. Fermented foods are rich in probiotics, and their beneficial bacteria and enzymes can improve digestion, reduce harmful bacteria, and decrease inflammation from low stomach acid. ^{xv xvi} Raw apple cider vinegar (ACV) is a fermented liquid made from apples, bacteria, and yeast that is rich in protein and enzymes. It increases stomach acid levels by introducing more acid into the digestive tract. In addition to increasing stomach acid levels, ACV has been shown to reduce symptoms of heartburn. ^{xvii}

To use apple cider vinegar as a digestive aid, dilute one to two tablespoons with water and drink it before your meals.

3 DIGESTIVE BITTERS PROVIDE DIGESTIVE SUPPORT

Digestive bitters are typically found as combinations of bitter herbs, and while the blends may vary, they all work to support healthy digestion. Bitters, which may include herbs like gentian, burdock root, and ginger, stimulate the production of stomach acid, enzymes, and bile, and can relieve gas, bloating, nausea, and other symptoms of indigestion, as well as heartburn. When the bitter receptors on your tongue are stimulated by a bitter taste, the vagus nerve (the nerve that connects the brain to the digestive system) relays a message to the stomach, pancreas, and liver, which jumpstarts digestion. There are also bitter receptors in the stomach, which when stimulated, promote a feeling of satiety, or fullness, helping to prevent overeating. ^{xviii} Most of us don't consume many bitter foods in our modern-day diets, so the addition of digestive bitters can be a great way to incorporate them.

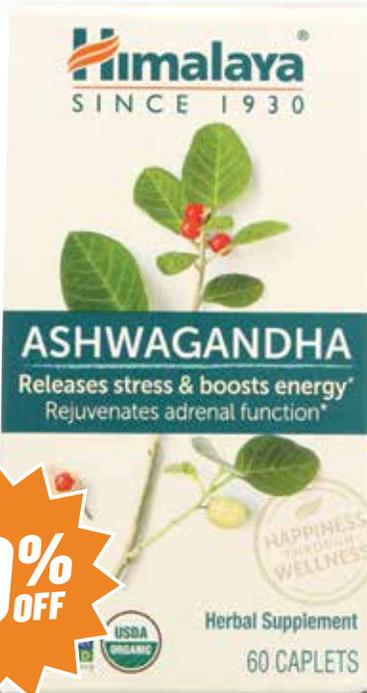
Note: If you are taking any type of acid blocker, you should not take these supplements at the same time. They are antagonists and will work against each other.

References available upon request.



OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

SUPPLEMENTS



39% OFF

\$11⁹⁹

HIMALAYA HERBAL®
Ashwagandha
60 CAP

Supports a healthy stress response, adrenal function, and energy.*

ALWAYS AFFORDABLE™ \$19.89

28% OFF

\$8³⁹
EACH



SIMILASAN®
Dry Eye Relief® Eye Drops or Allergy Eye Relief® Eye Drops
0.33 OZ.

Temporarily relieves symptoms associated with dry eye or eye allergies without irritating ingredients.*

ALWAYS AFFORDABLE™ \$11.79

27% OFF

\$16⁶⁹



HIMALAYA HERBAL®
StressCare®
120 VCAP

A clinically proven and gluten-free herbal supplement for energy and adrenal support.*

ALWAYS AFFORDABLE™ \$22.89

25% OFF

\$10³⁹



SOURCE NATURALS®
Daily Essential Enzymes
120 CAP

500 mg of an all-vegetarian, broad-spectrum blend of digestive enzymes per capsule.*

ALWAYS AFFORDABLE™ \$13.99

14% OFF

\$8⁵⁹



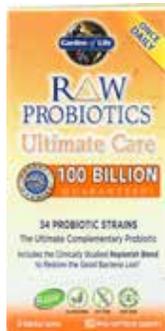
SOURCE NATURALS®
Melatonin 10 mg
60 TAB

Supports healthy sleep patterns.*

ALWAYS AFFORDABLE™ \$9.99

21% OFF

\$33⁹⁹



GARDEN OF LIFE®
Raw Probiotics™ Ultimate Care 100 Billion
30 VCAP

Made with Bulgarian yogurt concentrate, Wild European kefir grains, scobies, and concentrated clinically studied probiotics strains.*

ALWAYS AFFORDABLE™ \$43.49

12% OFF

\$27⁹⁹



JARROW FORMULAS®
SAME 400
30 TAB

An amino acid derivative that has been clinically proven to support brain and joint function.*

ALWAYS AFFORDABLE™ \$31.99

36% OFF

\$24⁴⁹



JARROW FORMULAS®
Fem Dophilus®
60 CAP

Contains two patented and clinically documented probiotic strains, *Lactobacillus rhamnosus*, GR-1®, and *Lactobacillus reuteri*, RC-14®.*

ALWAYS AFFORDABLE™ \$38.55

SUPPLEMENTS

16% OFF

\$37⁹⁹



NEW CHAPTER®
Bone Strength Take Care®
120 TAB

Support healthy bones and joints with plant-sourced, whole-food calcium.*

ALWAYS AFFORDABLE™ \$45.29

15% OFF

\$37⁹⁹



NEW CHAPTER®
Turmeric Force®
120 VCAP

Turmeric Force helps your body maintain a healthy inflammation response.*

ALWAYS AFFORDABLE™ \$44.99

18% OFF

\$13⁷⁹



NORDIC NATURALS®
Nordic Naturals
Melatonin 1.5 mg
Gummies Raspberry
60 gummies

ALWAYS AFFORDABLE™ \$16.99

20% OFF

\$16⁹⁹



NORDIC NATURALS®
Vitamin D3 + K2
1000 IU + 45 mcg
Gummies Pomegranate
60 gummies

ALWAYS AFFORDABLE™ \$21.35

12% OFF

\$26⁹⁹



NATURAL FORCESM
Pure Omega-3® Lemon
16 OZ.

A clean, mercury-free liquid fish oil sourced from fish harvested off the coast of Virginia.*

ALWAYS AFFORDABLE™ \$30.79

11% OFF

\$22⁹⁹

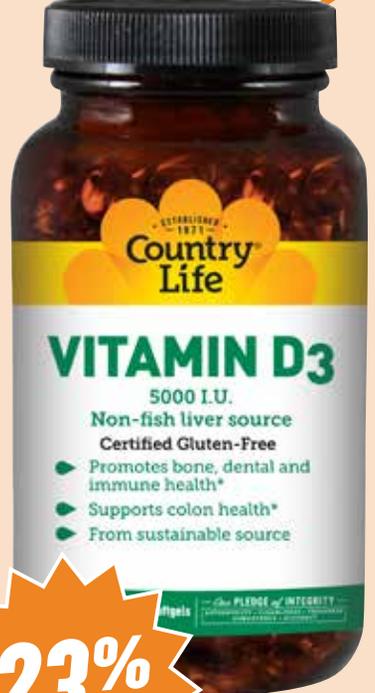


NATURAL FORCESM
Organic MCT Oil®
16 OZ.

Made from high-quality, organic coconuts that have a pure, clean taste.*

ALWAYS AFFORDABLE™ \$25.95

Support
YOUR IMMUNE
Health!



23% OFF

\$10⁷⁹

COUNTRY LIFE®
Vitamin D3 5000 IU
200 SG

Supports immune health, bone health, and more. The vitamin D3 found in this product comes from lanolin, a sustainable and safe source.*

ALWAYS AFFORDABLE™ \$14.19

NUTRITION BYTES

By Geoff Brokx and Shelby Miller

VITAMIN D IMPROVES MARKERS OF INFLAMMATION, OXIDATIVE STRESS IN DIABETICS

In a recent review, researchers looked at 33 studies on vitamin D and diabetes and concluded that taking a vitamin D supplement significantly improved markers of inflammation and oxidative stress in diabetic patients. This is important, because diabetic patients are more susceptible to increased inflammation and oxidative stress, which can lead to some of the complications of diabetes like cardiovascular disease.

Many of us think of diabetes as a simple issue of poor blood sugar balance, but high blood sugar leads to inflammation, inflammation leads to excessive oxidative damage, excessive oxidative damage leads to high blood sugar, resulting in a

dangerous cycle that over time, leads to chronic inflammation and increased oxidative damage, both underlying factors

in most chronic diseases. Vitamin D supplements provide an easy and affordable way to reduce inflammation and oxidative stress. And with the days getting shorter and opportunities to obtain vitamin D from sunlight dwindling, it's important to adopt simple habits, like a daily vitamin D supplement, to support optimal health. Now, more than ever, it's crucial for everyone to return to the foundational tenets of health, and vitamin D is a good place to start.

VITAMIN D SUPPLEMENTS PROVIDE AN EASY AND AFFORDABLE WAY TO REDUCE INFLAMMATION AND OXIDATIVE STRESS.

OMEGA-3s MITIGATE NEGATIVE EFFECTS OF AIR POLLUTION

Air pollution is an environmental risk factor associated with a wide variety of health conditions, ranging from asthma to cognitive decline. Fine particulate matter, a common type of air pollution found in smoke and emissions from power plants and vehicles, poses a particular threat, as these microscopic particles are able to penetrate deep into the lungs. We can't always choose the air we breathe, but new research is showing that the omega-3 fats can mitigate the harmful effects of air pollution, including fine particulate matter.

A 2020 study published in the journal *Neurology* examined the effects of omega-3 fat consumption on brain size in 1,315 dementia-free women between the ages of 65 and 80. The researchers used models to measure the participants' average particulate matter exposure over a three-year period and compared that data to MRI brain images several years later. The participants' omega-3 dietary intake and blood levels of EPA and DHA were also assessed. The researchers found that exposure to particulate matter from air pollution reduced brain size, but these effects were mitigated in those participants who had higher blood levels and dietary intakes of EPA and DHA. The women with higher blood levels and dietary intakes of the omega-3s had "significantly greater volumes of white matter and hippocampus."

Another recent study compared the effects of dietary omega-3 and omega-6 fat intake on asthma severity in 135 asthmatic children exposed to indoor air pollution in Baltimore City; the majority of the subjects were African Americans between the ages of five and 12. The researchers analyzed the amount of omega-3 and omega-6 fats the children obtained from their diets and then measured the amount of air pollution and

particulate matter each child was exposed to in their homes. The researchers found that high omega-6 intake amplified the effects of indoor particulate matter, particularly systemic inflammation, and was associated with increased asthma severity and reduced lung function. These effects increased with each additional gram of omega-6 fat intake. However, in the children with higher omega-3 fat intakes, the negative effects of particulate matter exposure were diminished and asthma symptoms were reduced.

EXPOSURE TO PARTICULATE MATTER FROM AIR POLLUTION REDUCED BRAIN SIZE, THESE EFFECTS WERE MITIGATED IN THOSE WHO HAD HIGHER DIETARY INTAKES OF EPA & DHA.

These studies highlight the promising effects of the omega-3 fats in mitigating the damaging effects of air pollution and are great reminders for why we should all aim to get more of these important fats. Omega-3 fats are found in cold-water fish such as wild-caught salmon and sardines, but optimal levels are most easily obtained from omega-3 supplements containing EPA and DHA.

References available upon request.

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

SUPPLEMENTS

20% OFF

\$239
EACH



RICOLA®
Drops All Flavors
19-24 loz

Offers relief for coughs and sore throats.*

ALWAYS AFFORDABLE ^{MSRP} \$2.99

13% OFF

\$14.49



TRACE MINERAL RESEARCH®
ConcenTrace Gummies
90 GUMMIES

Provides a delicious way to give your body a complex, full-spectrum, ionic trace minerals from concentrated seawater.*

ALWAYS AFFORDABLE ^{MSRP} \$16.79

14% OFF

\$20.99



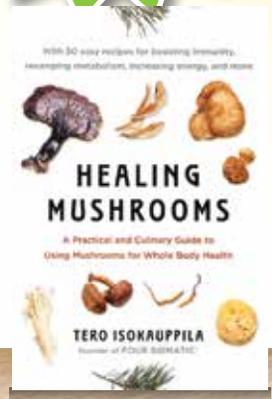
TRACE MINERAL RESEARCH®
ConcenTrace Trace Mineral Drops
8 OZ.

Discover the most powerful, all-natural, pH-balancing trace minerals in the world.*

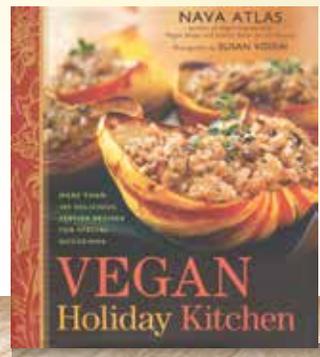
ALWAYS AFFORDABLE ^{MSRP} \$24.49

30% OFF

THESE good4uSM BOOKS!



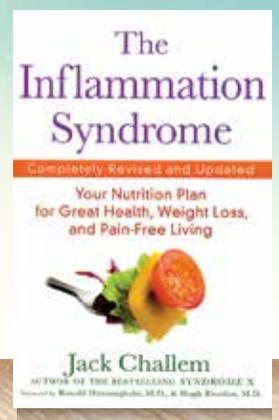
HEALING MUSHROOMS
Tero Isokauppila
PAPERBACK, MSRP \$16.00



VEGAN HOLIDAY KITCHEN
Nava Atlas
PAPERBACK, MSRP \$19.95



THE COMPLETE GUIDE TO BEATING SUGAR ADDICTION
Jacob Teitelbaum, M.D.
PAPERBACK, MSRP \$22.99



THE INFLAMMATION SYNDROME
Jack Challem
PAPERBACK, MSRP \$17.95

Terms and conditions apply. See page 2 for details.*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. Percentage discounts are on regular prices and cannot be redeemed for gift cards, store credit, or cash.

RESERVE *YOUR* TURKEY TODAY

\$5.00 DEPOSIT REQUIRED — ORDER IN STORE OR ONLINE AT NATURALGROCERS.COM/TURKEYS —

\$2.89
PER LB.

MARY'S FREE RANGE TURKEYS
DEEP CHILLED



\$3.99
PER LB.

MARY'S ORGANIC TURKEYS
DEEP CHILLED



\$6.99
PER LB.

MARY'S HERITAGE TURKEYS
DEEP CHILLED



\$7.49
PER LB.

MARY'S ORGANIC BONE-IN TURKEY BREASTS
DEEP CHILLED



\$3.49
PER LB.

MARY'S BRINED TURKEY
DEEP CHILLED



Turkey Standards Matter

HERE VS THERE

| TURKEY STANDARDS | NATURAL GROCERS Only Sells | 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 | ✓ | ? |



RAISED IN THE USA

VEGETARIAN & VEGAN HOLIDAY CHOICES

*Not available for reservations, purchase in-store while supplies last.

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

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!



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®

*Select Stores Only. Terms and conditions apply. See p. 2 for details.

BODY CARE

20% OFF



TINTS OF NATURE®
All Products 20% Off

Long-lasting, permanent hair colors containing certified organic ingredients used in an advanced formula to cover grey hair.

15% OFF



NOW®
Select Essential Oil Blends 15% Off

These essential oil blends are clean, non-GMO, carefully sourced, quality-assured, and purity-tested.

25% OFF



WELEDA®
All Products 25% Off

High-quality, plant-rich beauty products for every skin type.

19% OFF



\$5.79

AURA CACIA®
Room & Body Aromatherapy Mist
Select Scents
4 OZ.

Perfect for the body, sheets, a light mist on clothing, in the closet to protect against moths, and just as an aromatherapy room spray.

ALWAYS AFFORDABLE \$7.19

10% OFF



\$13.99

BOIRON®
Arnicare® Gel
4.1 OZ.

Temporarily relieves muscle pain and stiffness due to minor injuries, overexertion, and falls.*

ALWAYS AFFORDABLE \$15.69

27% OFF



\$1.29

SOOTHING TOUCH®
Lavender Bath Salts Single Pack
8 OZ.

Contains dead sea salt, evaporated sea salt, mineral salts, Epsom salt, and essential oils.

ALWAYS AFFORDABLE \$1.79

11% OFF



\$7.49 EACH

ANDALOU®
Lotion or Shower Gel Select Scents
8-8.5 OZ.

Treat your body right with 98% nature-derived body care.

ALWAYS AFFORDABLE \$8.49

25% OFF



SEAWEED BATH CO.®
All Products 25% Off

Uniquely formulated with nutrient-rich organic bladderwrack seaweed and sustainably hand-harvested off the coast of Maine.

HIGHEST QUALITY PRODUCTS

A

THINK WISELY

Thanksgiving

FOR EVERY DIET

Are you dreading holiday grocery shopping? Relax—your local Natural Grocers™ makes it painless. We have everything you need to cater your Thanksgiving menu to any diet—keto, paleo, vegan, gluten free, or traditional—our shelves are packed with delicious, convenient, Always AffordableSM selections. And, here's the piece that truly makes shopping with us less of a headache than other stores—we ONLY carry food made with ingredients that prioritize your health and a lighter environmental footprint. So, Think Wisely about your holiday grocery shopping this year—when you get everything at Natty Gs, it's almost as effortless as the post-Thanksgiving dinner nap.

NATURAL GROCERS BRAND ORGANIC MAPLE SYRUP

One-hundred percent pure maple syrup—oh the glazing, pancaking, and Paleo-friendly holiday baking you can accomplish with Natural Grocers Grade A best! With robust flavor, more intense than other syrup classes, it's a chef's go-to! Plus, it's Certified Organic, sustainably harvested, and phenomenally priced.



IMMACULATE BAKING ORGANIC CRESCENT ROLLS OR FLAKY BISCUITS

Freshly baked rolls, warm, flaky biscuits, thick pats of butter melting into each doughy center—it's the stuff of Thanksgiving fantasies. Immaculate Baking makes it a reality that requires little more than turning on the oven. Organic, non-GMO, and free of bleached flour, hydrogenated oil, and preservatives—they're ready-to-bake, destined to delight.



NATURAL GROCERS BRAND SELECT ORGANIC FROZEN VEGGIES

How do you say Thanksgiving sides? We say they're easy-peasy, loaded with organic veggies, and uncommonly delicious! From roasted parmesan Brussels to riced cauliflower stuffing, the things you can do with Natural Grocers Brand Organic Frozen Veggies will make this feast all flavor, no hassle, and stretch your dollar too!



VIOLIFE VEGAN CHEESE SHREDS OR SLICES

A favorite Friendsgiving side gets a delicious makeover—mac & cheese gone vegan! Violife Vegan Cheese Alternatives deliver the best of both worlds—the melty, piquant enchantment of cheese while being 100% plant-based and free of soy, gluten, or nuts. Clean ingredients, and award-winning flavors at Natty Gs' game-changing prices—discover Violife!

NATURAL GROCERS BRAND ORGANIC CANNED GREEN BEANS

Whether you top them with bacon, or crispy fried shallots, or toss them with roasted butternut squash and slivered almonds—your Turkey Day menu needs Natural Grocers Brand Canned Green Beans. They're organic, they're convenient, and they're the best planet-loving bang for your buck!



NATURAL GROCERS BRAND ORGANIC DARK CHOCOLATE COVERED ALMONDS

A bowlful of California almonds coated with creamy layers of dark chocolate—it's the kind of sweet detail that makes for a flawless gala. Natural Grocers Brand Dark Chocolate Covered Almonds are the confection every host needs for holiday snacking. Organic and non-GMO—they're the freshest quality for the sweetest price around.



NATURAL GROCERS BRAND ORGANIC BUTTERY STICKS OR SPREAD

Every plant-based party must have Natural Grocers Brand Buttery Spread! Dairy-free and velvety smooth—it's made with the just-right blend of fats to substitute for "regular" butter, stick-for-stick. Organic and Rainforest Alliance Certified—take a pass on dairy and spread this pure, buttery deliciousness.



NATURAL GROCERS BRAND ORGANIC UNBLEACHED FLOUR

How do you roux? We do it with Natural Grocers Brand Organic, Unbleached, Unenriched Flour—it's how we bake the softest, fluffiest rolls and the flakiest pie crusts, too! From high-performing wheat varieties to gentler milling techniques—this flour is crafted with the baker in mind!

KERRYGOLD BUTTER BLOCKS

There's nothing better than grass-fed Irish butter—and it's called Kerrygold. The bounty of rain-drenched, luscious grasses, and happy cows who graze almost year-round—the Kerrygold quality is rooted in time-honored traditions and generations of commitment to the land. Taste the difference in the creamiest, golden butter sure to elevate your holiday spread.



SPECTRUM CULINARY ORGANIC ALL-VEGETABLE SHORTENING

The flakiest pie crusts, the softest rolls, and the crispiest fried zucchini require Spectrum Organic All-Vegetable Shortening to do the trick. A better alternative to traditional shortening, Fair Trade, made with Rainforest Alliance Certified Palm Oil, and zero hydrogenated or trans fats—it's holiday baking's BFF.

NATURAL GROCERS BRAND ORGANIC COFFEE

A bold and balanced cuppa joe is a holiday essential, from energizing Turkey Day morning to complementing the apple pie and conversation at day's end. Thankfully, Natural Grocers Brand Coffee has a roast to suit every occasion, plus it's organic, Fair Trade, and priced for bottomless refills.



{N} POWER PRICING SPECIAL
\$3.99
 1 DOZ.



NATURAL GROCERS BRAND PASTURE-RAISED EGGS

Eggs go with holiday feasting like friends go with giving—the sweet potato pie, the skillet cornbread, the brunch quiche, they all require Natural Grocers Brand Eggs! Pasture-raised on small, Midwestern family farms—they're Certified Organic and brought to you by healthy, happy chickens. Best price on the block? Best one in town!

ENTER YOUR PHONE NUMBER AT CHECKOUT TO REDEEM.
 *THIS OFFER IS AVAILABLE ONLY TO REGISTERED {N} POWER MEMBERS. Price excludes tax.

BOB'S RED MILL ORGANIC COCONUT FLOUR

Are you hosting a grain-free Thanksgiving? Meet your must-have ingredient—Bob's Red Mill Organic Coconut Flour! Made from the finest quality desiccated coconut—it's the perfect complement to all your gluten-free baking endeavors. Texture and flavor get a boost with this staple, and with our prices—so does your wallet.

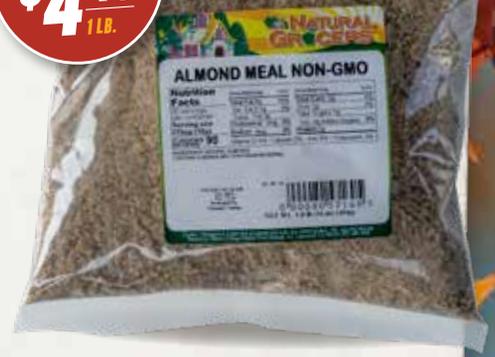


SALE!
\$3.49
 16 OZ.

ALWAYS AFFORDABLE \$4.29



ALWAYS AFFORDABLE™
\$4.49
 1 LB.



NATURAL GROCERS BRAND ALMOND MEAL

Paleo, keto, gluten free, or just looking for a tasty, festive adventure? Natural Grocers Brand Almond Meal is calling your name. Fluffy texture, nutty flavor, and nutritional value—that's what this gluten-free staple brings to your recipes. It's Non-GMO Certified, made of California's finest almonds, and priced for carefree adventuring.

ALWAYS AFFORDABLE
\$3.29
 24 OZ.



NATURAL GROCERS BRAND ORGANIC APPLESAUCE

Vegan and gluten-free baking just got an upgrade with Natural Grocers Brand Organic Applesauce! Add moisture and make substitutions in your favorite recipes with this unsweetened sauce, bursting with crisp flavor. Made with zero apple waste, supporting local growers—it's a baker's go-to, a snacker's must-have, and a budgeter's best friend.

SALE!
\$10.79
 16 OZ.

ALWAYS AFFORDABLE \$12.75



SEAJOY ORGANIC FROZEN 41/50 RAW SHRIMP

How do you take holiday appetizers next level? You need Seajoy Organic Shrimp, combined with pumpkin and a fresh baguette, for example! Organic and Best Aquaculture Practices Certified, this premium Pacific white shrimp is antibiotic free and sustainably farmed, prioritizing people and the planet. Plus, at Natural Grocers, it's priced for next-level value!



NATURAL GROCERS BRAND HICKORY SMOKED BACON

Everything IS better with bacon—from the cornbread stuffing to the roasted broccoli, it’s a Turkey Day fact. And Natural Grocers Brand Hickory Smoked Bacon is the best of better! “Minimally processed,” antibiotic free, and humanely raised on a family farm—it’s the most sizzling value in town.



NATURAL GROCERS BRAND ORGANIC COCONUT CREAM

A favorite staple of chefs from vegan to keto, every holiday-ready pantry calls for Natural Grocers Brand Organic Coconut Cream! Young Thai coconuts, and a proprietary homogenization process, deliver the richest flavor and creamiest texture. Chill it, whip it, or top it—your pumpkin pie is begging for it.



NIMAN RANCH SELECT CHARCUTERIE MEATS

“Pork, salt, and time”—it’s the Niman Ranch secret to Prosciutto, delivering flavor that lingers in your memory long after you’ve reduced the charcuterie board to crumbs. Capocollo, Genoa Salami, Hot Soppressata—Thanksgiving hors d’oeuvres demand these artisanal meats made with humanely raised, heritage-breed pork. No added fillers, artificial ingredients, or preservatives included—just buttery texture and unforgettable taste.

MARY’S GONE CRACKERS ORIGINAL VARIETIES

The savory crunch of Mary’s Gone Crackers will transform your cheese board from good to unforgettable! Organic, gluten free, and dairy free—they’re created with the conscious eater in mind, using plant-based, sustainably sourced ingredients. Herby, peppery, spicy—you have cravings to fulfill, and for this Natural Grocers price, you needn’t think twice.



PACIFIC SELECT ORGANIC BROTHS

Gravy—Thanksgiving can’t do without it, and the gravy-master can’t do without Pacific Organic Broths because these slow-cooked broths bring homemade flavor to every recipe. The quality is in the details, prioritizing local and regional, organic ingredients—vegan, low sodium, and gluten-free options abound. You can’t go wrong with Pacific Broth, especially at Natural Grocers Always Affordable Prices™.





ENJOY LIFE CHOCOLATE CHIPS

What are the holidays without chocolate chips? An empty void, we say—which is why we have Enjoy Life Chocolate Chips. Whether you're dairy free, gluten free, soy free, or just LOVE chocolate as much as we do, these smooth morsels will fill the void. Non-GMO Project Verified and Vegan Certified—taste what you've been missing.



NATURAL GROCERS BRAND ORGANIC PRESERVES

You won't find yourself in a jam this Thanksgiving when you have Natural Grocers Brand Preserves! Featuring an old family recipe, small-batch quality, and 30% less sugar than the average fruity spread, these organic preserves are family sized and family priced. From Apricot glazes to Strawberry thumbprint cookies—satisfy your sweetest cravings!

LA TOURANGELLE ORGANIC SALAD DRESSINGS

A handcrafted vinaigrette that you didn't have to craft yourself—it ranks high on a busy chef's gratitude list! Made using artisanal oils and traditional French mixing techniques, La Tourangelle Organic Dressings have your back with intensely flavorful style. They're vegan, gluten free, and low sodium, and our prices are gratitude inducing!

Is your Thanksgiving menu the stuff of foodie fantasies? Your local Natural Grocers has everything on your list, from the charcuterie board to the pumpkin cheesecake ingredients, and all the delicious details in-between. Perhaps your Turkey Day plans are of a simpler sort—lots of football and very little prep? We've got your back with good4u selections aplenty that require minimal effort from you. Whether you're planning a meal for two or a gala for ten (COVID responsible, of course), we're the one-stop-shop you can depend on for everything from artisanal ingredients to ready-to-bake simplicity.

Happy Holidays—we'll see you soon.

IN THE FRIDGE



\$3.95

VIOLIFE®
Select Vegan Cheese Alternatives
7.05-8 OZ.

Free from dairy, preservatives, casein, lactose, gluten, nuts, and soy.

ALWAYS AFFORDABLE \$4.95



\$2.49

GT'S®
Organic Kombucha
16 OZ.

Rebalance, reawaken, rethink, rekindle, redefine, rediscover, restart, and regain with GT's Kombucha.

ALWAYS AFFORDABLE \$3.19



\$5.39

BEELER'S®
Uncured Hickory Smoked Bacon
12 OZ.

You can't go wrong with this sustainably farmed, hickory-smoked bacon.

ALWAYS AFFORDABLE \$6.29



\$3.39

STONYFIELD®
Organic Yogurts
32 OZ.

Creamy and delicious 100% grassfed yogurts.

ALWAYS AFFORDABLE \$4.25



\$3.39

KERRYGOLD®
Irish Butters
7-8 OZ.

European-style butter made on family farms from the milk of grass-fed cows.

ALWAYS AFFORDABLE \$4.59



\$4.29

NIMAN RANCH®
Sliced Prosciutto
3 OZ.

Artisan crafted using old-world techniques. No nitrates, no nitrites, and no artificial ingredients or preservatives.

ALWAYS AFFORDABLE \$5.19



\$2.75

IMMACULATE BAKING®
Organic Flaky Biscuits
16 OZ.

Deliciously layered and made with wholesome ingredients to complement any meal.

ALWAYS AFFORDABLE \$3.85



\$4.35

MIYOKO'S®
Vegan Cultured Butter
8 OZ.

A cultured vegan butter in the style of European cultured butter.

ALWAYS AFFORDABLE \$5.85



OFFERS VALID OCTOBER 30 TO NOVEMBER 23, 2020

IN THE FREEZER

\$5.39
EACH

PRIMAL KITCHEN®
Frozen Entrée Bowls
10-11 OZ.

No sacrificing flavor—just simple, real food that is uncompromisingly delicious with every single bite.

22% OFF



ALWAYS AFFORDABLE™ \$6.99

15% OFF

\$10.79



SEAJOY®
Organic Frozen 41/50 Raw Shrimp
16 OZ.



After harvesting, the shrimp are flash-frozen to lock-in the fresh, delicious flavor.

ALWAYS AFFORDABLE \$12.75

16% OFF

\$6.29



ALDEN'S®
Organic Ice Creams
48 OZ.



Alden's has used organic ingredients since they began making ice cream in Eugene, Oregon in 2004.

ALWAYS AFFORDABLE \$7.49

15% OFF

\$1.69
EACH



NATURAL GROCERS®
Select Organic Frozen Vegetables
10 OZ.

Up your organic veggie game with our assortment of frozen veggies.

ALWAYS AFFORDABLE \$1.99

\$2.79
EACH

CASCADIAN FARM®
Organic Frozen Fruit
8-10 OZ.

Enjoy delicious organic fruit that's frozen at the peak of freshness.

ALWAYS AFFORDABLE \$4.49



37% OFF



OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

NATURAL GROCERS™ BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

NUTRITIOUS, DELICIOUS, TIME-SAVING, AND AVAILABLE YEAR ROUND!

Natural Grocers Brand 100% Organic Frozen Veggies



They're the unsung heroes of the kitchen, so we had to bring them home to our own.

Next time you rush through the freezer aisle, slow your pace and discover your new saving grace—Natural Grocers Brand 100% Organic Frozen Veggies! We added them to our house brand because they check all the right boxes: nutritious, delicious, time-saving, and always available (and Always AffordableSM). They're organic and non-GMO, without artificial colors, preservatives, or flavors. They're gluten and BPA free, and priced to leave more room in your budget for chocolate. Whether you prefer a California Blend, or green beans in December—stop by your Natural Grocers freezer and make life easier!





IT'S NOT THE COW, IT'S THE "HOW"

As more people eschew meat for a plant-based diet, the market for meat alternatives has exploded, with an ever-expanding number of offerings that proclaim to taste like meat and even "bleed" like meat. Many people are choosing to go veggie for environmental reasons, and if you are eating a healthy vegetarian or vegan diet built on a foundation of organic vegetables and other organic, non-animal foods, kudos! You are supporting your own health and the health of the environment. But if you think replacing a grass-fed beef burger with a "burger" made with genetically-modified (GM) ingredients is an environmentally friendly choice, think again.

THE GMO PROBLEM

One of the newest meat replacements that is showing up in thousands of restaurants, fast-food chains, grocery stores, and even some "natural" markets around the country claims to be "good for people, and the planet." Problem is, it relies on GM soy and GM yeast-produced soy leghemoglobin, or "heme," to make its burger and other meat replacements. It is this GM soy leghemoglobin that gives these meat replacements their meaty flavor and makes them bleed (Soylent Green, anyone?).

The company that makes these burgers argues that GM soy is a sustainable and environmentally friendly choice, but this is simply not true. Huge swaths of farmland are dedicated to growing monocultures of GM soy and this type of pesticide and fertilizer-dependent agriculture is damaging to the soil, water, air, insect populations, and biodiversity.^{1,2} It also contributes to climate change by degrading soil to the point where it can no longer capture and hold carbon (healthy soil is one of the largest carbon stores on the planet).³

Ninety-three percent of the soybeans grown in the U.S. are genetically modified to be herbicide resistant, that is, they can be sprayed with glyphosate-based herbicides like Roundup without dying. This has contributed to the development of herbicide-resistant weeds, leading farmers to use increasing amounts of herbicides; it has also led to the development of a new generation of GM crops tolerant to the toxic herbicides dicamba and 2,4-D.⁴ Glyphosate destroys beneficial soil bacteria, increases

plants' susceptibility to diseases, harms honeybees, and is harmful to human health as well.^{5 6 7 8 9 10 11}

Contrary to marketing claims, this type of agriculture is neither sustainable nor environmentally friendly. These meat-replacement products that rely on industrial GM farming are not the solution.

THE REGENERATIVE SOLUTION

Animal agriculture is intricately tied to soil health, and soil health is intricately tied to the planet's health. Regenerative, well-managed grazing practices build healthy soil that is capable of capturing large amounts of CO₂ from the atmosphere—a real solution to mitigating, and even reversing, climate change.

Research has shown that well-managed grazing practices regenerate ecosystem function, productivity, soil carbon and fertility, and water holding capacity.¹² And a recent third-party analysis conducted at White Oak Pastures, a 3,000 acre holistically managed cattle ranch in Georgia, found that the operation has a lower carbon footprint than an average conventional soybean farm. It also found that the ranch completely offset its emissions related to beef production by capturing and holding carbon in the soil, creating a carbon sink (i.e., a reservoir that stores carbon). Other potential environmental benefits from well-managed grazing include reduced water use, reduced runoff from fertilizers, reduced pesticide use, and an increase in natural habitats.¹³

Animals belong on the land, but in a way that honors the symbiotic relationship between animals, plants, and soil. Regenerative, holistically managed grazing systems do just that. It is a form of agriculture that is a truly sustainable system for a healthy planet.

If you choose to adopt a vegetarian or vegan lifestyle, consider the environmental impact of certain meat alternatives before you buy, and build your diet around an abundance of organic vegetables and other real foods. And if you choose to eat meat, avoid meat produced by the industrial or Concentrated Animal Feeding Operation (CAFO) model and support those regenerative ranchers and farmers who are managing their herds in a way that promotes environmental stewardship. Do it for a healthy, livable planet.

HOT DEALSSM

VALID NOVEMBER 21ST – 24TH ONLY



33% OFF

\$2.79
EACH

PACIFIC FOODS[®]
Select
Organic
Broths
32 OZ. 
ALWAYS AFFORDABLE* \$4.19



45% OFF

\$2.45

CASCADIAN FARM[®]
Organic Frozen Fruit
8-10 OZ. 

ALWAYS AFFORDABLE \$4.49

28% OFF

\$2.29

GT'S[®]
Organic Kombuchas
16 OZ. 



ALWAYS AFFORDABLE \$3.19

36% OFF

\$1.99

THEO CHOCOLATE[®]
Organic Chocolate Bars
3 OZ. 



ALWAYS AFFORDABLE \$3.15

45% OFF

\$2.79

CASCADIAN FARM[®]
Organic Cereals or
Organic Granolas
8.6-16 OZ. 

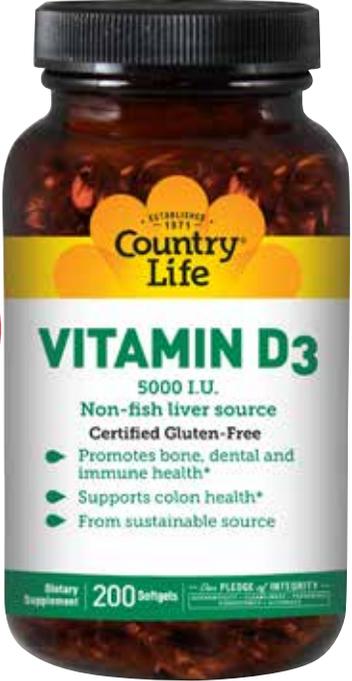


ALWAYS AFFORDABLE \$5.15-\$5.25

HOT DEALSSM

VALID NOVEMBER 21ST – 24TH ONLY

29% OFF

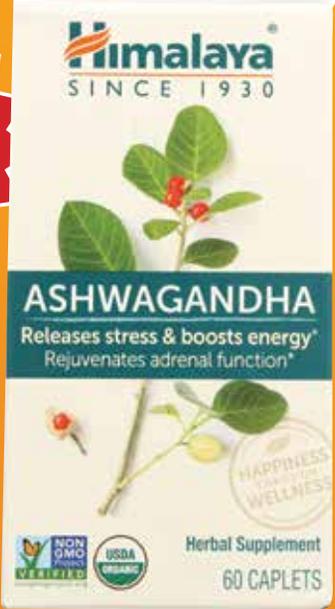


\$9.99

COUNTRY LIFE®
Vitamin D3 5000 IU
200 SG

ALWAYS AFFORDABLE \$14.19

49% OFF



\$9.99

HIMALAYA HERBAL®
Ashwagandha
60 CAP

ALWAYS AFFORDABLE* \$19.89

47% OFF

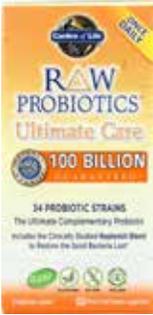


\$6.99

SUPER NUTRITION®
SimplyOne® Women
30 TAB

ALWAYS AFFORDABLE \$13.29

27% OFF



\$31.49

GARDEN OF LIFE®
Raw Probiotics Ultimate Care
100 Billion
30 VCAP

ALWAYS AFFORDABLE \$43.49

25% OFF



\$11.99

WISHGARDEN HERBS®
Kick-Ass® Immune Pump
2 OZ.

ALWAYS AFFORDABLE \$15.99

29% OFF



2/\$12

ANDALOU®
Lotion or Shower Gel
Select Scents
8-8.5 OZ.

ALWAYS AFFORDABLE \$8.49

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

NATURAL GROCERS[®] BRAND BULK PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

SALE
\$13.99
3 LB.
ALWAYS AFFORDABLE™ \$16.99



SALE
\$4.79
1 LB.
ALWAYS AFFORDABLE \$5.79

NATURAL GROCERS™ BRAND BULK ALMOND FLOUR NON-GMO

Naturally gluten free, discover the power of almond flour for all your culinary needs. It's a go-to ingredient for making gluten-free baked goods.

SALE
\$17.99
2 LB.
ALWAYS AFFORDABLE \$20.99



SALE
\$5.99
10 OZ.
ALWAYS AFFORDABLE \$6.99

NATURAL GROCERS BRAND BULK PECAN HALVES NON-GMO

Roasted, baked, or straight out of the bag, our Natural Grocers Bulk Pecans add that extra holiday cheer this time of year.

SALE
\$5.99
10 OZ.
ALWAYS AFFORDABLE \$6.99



NATURAL GROCERS BRAND BULK ORGANIC WHOLE ALMONDS

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

SALE
\$4.69
10 OZ.
ALWAYS AFFORDABLE \$5.29



NATURAL GROCERS BRAND BULK FILBERTS (HAZELNUTS) NON-GMO

From a simple apple tart made with hazelnut crust to a savory salad topped with roasted hazelnuts in lieu of croutons—these fancy filberts, aka hazelnuts, make the perfect addition to your holiday dish.

NATURAL GROCERS[®] BRAND BULK PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

ALWAYS AFFORDABLESM
Pricing!

NATURAL GROCERS BRAND BULK
APPLE JUICE SWEETENED
CRANBERRIES NON-GMO

\$3²⁹
8 OZ.

Enjoy the health-supportive benefits of real cranberries with a hint of sweetness. They're perfect for making cranberry bread.



NATURAL GROCERS BRAND BULK
ORGANIC
POULTRY SEASONING

\$3⁷⁹
4 OZ.

You can't say holiday season without our carefully selected organic poultry 'season'ings! Discover this flavorful combo of herbs and spices today.



NATURAL GROCERS BRAND BULK
ORGANIC
CANE SUGAR

\$2⁶⁹
2 LB.

There's no better way to make the season sweeter than with our organic cane sugar! It's always a winner.



NATURAL GROCERS BRAND BULK
ORGANIC HARD WHITE
WINTER WHEAT BERRIES

\$2³⁹
2 LB.

We're berry excited to bring you the best in organic wheat berries. Add them to cereal, salads, or baked goods for extra protein and fiber.



NATURAL GROCERS BRAND BULK
ORGANIC STONE-GROUND
WHOLE WHEAT FLOUR

\$2⁹⁹
2 LB.

We left no stone unturned to bring you the highest quality, organic, stone-ground wheat flour. Just let your baking creations do the talking.



NATURAL GROCERS BRAND BULK
ORGANIC
SEMOLINA FLOUR

\$3²⁹
2 LB.

Elevate your main course with our coarse, organic semolina flour. Your homemade pasta, couscous, and more will never bore!



{N}POWER® PRICING SPECIAL!

good4u™ MEAL DEALS From NATURAL GROCERS®

FEED YOUR
FAMILY OF 4

AN ENCHILADA
MEAL FOR

UNDER \$16*



\$6.25
PER LB



Mary's Chicken Breast Non-GMO

\$3.49
EACH
LIMIT 2



Hatch Organic Red Enchilada Sauce
Always Affordable™ \$3.79

\$4.49
EACH
LIMIT 2



RUDI Spelt Tortillas
Always Affordable \$4.65

OR TRY
GLUTEN FREE

\$5.49
EACH
LIMIT 2



RUDI Tortillas Plain GF
Always Affordable \$6.19

\$1.49
EACH



Organic Cilantro

TOP YOUR ENCHILADA OFF

ADD SOME ALWAYS
AFFORDABLE VARIETY

\$1.45
PER LB



Organic White Onion

\$5.99
PER LB



Organic Garlic

\$3.99
PER 9 OZ



Natural Grocers Brand Organic
Mexican Cheese Blend Shreds

FOR MORE MEAL DEALS, VISIT: WWW.NATURALGROCERS.COM/MEALDEALS

ENTER YOUR PHONE NUMBER AT CHECKOUT TO REDEEM.

*Price excludes tax. THIS OFFER IS AVAILABLE ONLY TO REGISTERED {N}POWER MEMBERS. This offer is only available through November 30, 2020 and is redeemable only for in-store purchases at participating Natural Grocers stores. Pricing subject to change without notice. Discount will be applied to the product's regular, non-discounted price. Quantity limited to stock on hand; no rain checks. We reserve the right to correct errors. Void where prohibited by law.

Health Crusader™ is on a mission to save dinner! With just seven good4u™ ingredients, she'll show you how to make the tastiest Free-Range Chicken Enchiladas to ever come out of her healthy bag of tricks. It won't bust your budget, and will send your what-to-make-for-dinner blues packing.



CHICKEN ENCHILADAS

Serves: 6

Prep time: 45 minutes

Cooking time: 10-15 minutes

Total time: 55-60 minutes

INGREDIENTS

- 1 pound Mary's Free Range boneless, skinless chicken breasts
- 1 (15-ounce) Can Hatch's Red Enchilada Sauce (or one jar 505 Red Chile Enchilada Sauce)
- 6 Rudi's Spelt (or gluten-free) Tortillas
- ½ cup chopped organic cilantro
- ½ cup diced organic white onion
- 4 organic garlic cloves, minced
- Natural Grocers Brand Mexican Blend Cheese Shreds (optional)

INSTRUCTIONS

1. Preheat the oven to 350° F.
2. Add the chicken breasts to a large saucepan and cover with water (about 2 inches above the chicken) and bring to a boil. Boil the chicken until it is fork tender (~35 to 40 minutes).
3. Once the chicken is cooked, transfer it to a large plate or bowl and shred it using two forks.
4. On a large plate, pour a quarter of the jar of enchilada sauce to use for basting the tortillas.
5. In a 10.5 x 14.75-inch baking dish, pour and spread another quarter cup of sauce to ensure that your enchiladas will not stick to the pan.
6. Lay a tortilla in the sauce, flip and repeat to lightly cover the tortilla in the enchilada sauce. Once both sides of the tortilla are covered in sauce, place two heaps of the shredded chicken (use ⅓ of the chicken) lengthwise onto the tortilla, sprinkle with cilantro, garlic and diced onion, roll the tortilla to enclose the filling, and set into the baking dish. Repeat the process for the remaining five tortillas.
7. Top the enchiladas with the remaining sauce and optional cheese.
8. Bake the enchiladas for 10 to 15 minutes.

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

GROCERY

18% OFF



\$3.49

BOB'S RED MILL®
Organic Coconut Flour
16 OZ.

A unique, grain-free, allergen-friendly alternative to wheat-based flours.

ALWAYS AFFORDABLE \$4.29



25% OFF



\$3.19

COCOMELS®
Organic Coconut Milk Caramel Bites
3.5 OZ.

Creamy, coconut milk caramel bites satisfy any sweet tooth, any time of day.

ALWAYS AFFORDABLE \$4.29



29% OFF



\$6.99

DR. BRONNER'S®
Organic White or
Whole Kernel Coconut Oil
14 OZ.

Versatile and delicious, whole kernel coconut oil can be used for stir-frying, sauces, baking, and body care.

ALWAYS AFFORDABLE \$9.89



18% OFF



\$4.99

ARROWHEAD MILLS®
Select Organic Cereals
10-12 OZ.

It's easy to have that wholesome goodness when you start the day with Arrowhead Mills.

ALWAYS AFFORDABLE \$6.15-6.35



27% OFF



\$2.65

BACK TO NATURE®
Select Crackers
3.5-8.5 OZ.

Offering a variety of plant-based crackers to suit any mood. Back to Nature crackers deliver.

ALWAYS AFFORDABLE \$3.65

33% OFF



\$2.79

4505 MEATS®
Pork Rinds
2.5 OZ.

Irresistibly delicious meaty snacks sourced from all-natural ingredients and responsibly raised meats.

ALWAYS AFFORDABLE \$4.19

40% OFF



\$2.49

ANNIE'S HOMEGROWN®
Organic Cheddar Squares
7.5 OZ.

Delicious, wholesome bites of real-cheese baked yum that everybunny can agree on.

ALWAYS AFFORDABLE \$4.15



30% OFF



\$2.79

ANNIE'S NATURALS®
Organic Dressings
8 OZ.

Simple, delicious ingredients that make salads sensational.

ALWAYS AFFORDABLE \$3.99



OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

GROCERY



23% OFF

\$3.19



PACIFIC FOODS®
Select Organic Broths
32 OZ.

The perfect combination of organic sea salt and seasonings make their broths rich and full—soup season is on!

ALWAYS AFFORDABLE™ \$4.19

25% OFF

\$5.15



CUCINA ANTICA®
Pasta Sauces
25 OZ.

No preservatives, no paste, no added sugar, no added water, and made with real tomatoes.

ALWAYS AFFORDABLE \$6.89

21% OFF

\$4.49



ENJOY LIFE FOODS®
Chocolate Chips
9-10 OZ.

Dairy-free and vegan and made in a dedicated nut-free and gluten-free facility.

ALWAYS AFFORDABLE \$5.69

23% OFF

\$3.29



BARK THINS®
Snacking Chocolates
4.7 OZ.

A handcrafted new twist on traditional chunky chocolate bark.

ALWAYS AFFORDABLE \$4.29

30% OFF

\$1.99



CHOCOLOVE®
Select Chocolate Bars
2.9-3.2 OZ.

Carefully crafted using the timeless combination of chocolate and love.

ALWAYS AFFORDABLE \$2.85

26% OFF

\$1.79



ETERNAL®
Alkaline Spring Water
1.5 L

Eternal Water comes from layers of ancient rock and sandstone to a vast underground aquifer.

ALWAYS AFFORDABLE \$2.45

26% OFF

\$3.69



CROFTER'S ORGANIC®
Select Family Size Organic Fruit Spreads
16.5 OZ.

Everyone loves a good, homemade fruit spread. Satisfy your preserve and jam cravings with Crofter's Organic.

ALWAYS AFFORDABLE \$4.99

20% OFF

\$2.15



RUNA®
Bottled Organic Guayusa Teas
14 OZ.

Brewed guayusa has a light and delicious flavor reminiscent of chilled tea.

ALWAYS AFFORDABLE \$2.69

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

GROCERY

23% OFF

\$14.59



SIMPLY ORGANIC®
Organic Vanilla Extract
4 OZ.

Nothing but pure, organic vanilla extracted from premium Madagascar Bourbon vanilla beans.

ALWAYS AFFORDABLE \$18.95

21% OFF

\$3.69 EACH



LA TOURANGELLE®
Organic Dressings
8.45 OZ.

Handcrafted using traditional mixing techniques and delicately whipped for a smooth and creamy texture.

ALWAYS AFFORDABLE \$4.69

13% OFF

\$1.99 EACH



NATURAL GROCERS™
Wild Sardines
4.375 OZ.

Discover this nutritional powerhouse packed in a tiny package. Elevate your salads, top on your favorite crackers, or simply enjoy by themselves.

ALWAYS AFFORDABLE \$2.29

20% OFF

\$7.99



NUTIVA®
Organic Coconut Manna™
15 OZ.

An incredibly tasty superfood made of pure, dried coconut flesh.

ALWAYS AFFORDABLE \$9.99

20% OFF

\$2.49



THEO CHOCOLATE®
Organic Chocolate Bars
3 OZ.

From Farm To Bar. Certified Fair For Life. Organic.

ALWAYS AFFORDABLE \$3.15

22% OFF

\$4.59



BETTER LIFE®
All-Purpose Cleaners
32 OZ.

Natural, power-packed cleaning products made from plant-derived ingredients for your home.

ALWAYS AFFORDABLE \$5.89

26% OFF

\$8.99



DR. BRONNER'S®
Sal Suds Biodegradable Cleaner
32 OZ.

Made with plant-based surfactants and spruce essential oils, without any synthetic dyes, fragrances, or preservatives.

ALWAYS AFFORDABLE \$12.25

25% OFF

\$5.49



SPECTRUM CULINARY®
Organic All-Vegetable Shortening
24 OZ.

Contains no hydrogenated fats and 0g trans fats per serving as an alternative to traditional shortening.

ALWAYS AFFORDABLE \$7.35

22% OFF

\$3.99 EACH



WHOLESOME®
Organic Light or Organic Dark Brown Sugar
24 OZ.

Perfect for all your baking creations. There's a Wholesome sweetener for all your culinary needs.

ALWAYS AFFORDABLE \$5.15



INTRODUCING

FREE VIRTUAL COACHING SESSIONS



As part of our deep commitment to supporting the health and wellbeing of our customers and Crew, we've gone virtual! We still have the same dependable, knowledgeable in-house Nutrition Education Experts, now they're coming to you remotely, free of charge.

BOOK NOW

[NATURALGROCERS.COM/VIRTUAL-COACHING](https://www.naturalgrocers.com/virtual-coaching)



INGREDIENTS

CRUST

3½ cups Natural Grocers Brand Bulk Almond Flour

½ cup Natural Grocers Brand Bulk Organic Coconut Sugar

½ teaspoon Natural Grocers Brand Bulk Real Salt

1 stick Natural Grocers Brand Organic Plant Based Butter, melted

FILLING

1 (5.5-ounce) can Natural Grocers Brand Organic Coconut Cream (chill can in the refrigerator overnight)

¾ cup Natural Grocers Brand Organic Canned Pumpkin

¼ cup Natural Grocers Brand Organic Grade A Dark Maple Syrup

2 teaspoons Natural Grocers Brand Bulk Organic Pumpkin Pie Spice Blend

2 tablespoons Natural Grocers Bulk Almond Butter

¼ teaspoon Natural Grocers Brand Bulk Real Salt

2½ tablespoons tapioca starch

TOPPING

½ cup Natural Grocers Brand Bulk Organic Coconut Flakes

½ cup Natural Grocers Brand Bulk Organic Pecan Pieces

½ teaspoon Natural Grocers Brand Bulk Organic Ground Cinnamon

GRAIN-FREE VEGAN PUMPKIN BARS

Take your pumpkin game to the next level with these decadent layered pumpkin bars. Grain-free, vegan, and refined-sugar free makes them perfect for anyone following a special diet, but even your not-so-health-conscious friends will adore them!

**MAKES: 12 BARS | PREP TIME: 30 MINUTES | BAKE TIME: 55 MINUTES
TOTAL TIME: 1 HOUR 15 MINUTES, PLUS COOLING TIME**

INSTRUCTIONS

1. Preheat oven to 325° F. Cut a piece of parchment paper about 9-inches wide and press it into a 9 x 9-inch baking dish so the bottom is completely covered and the edges of the parchment overhang two opposite sides of the pan for easy removal.
2. Whisk dry crust ingredients together, breaking up any lumps. Add melted plant-based butter and mix to a consistency of crumbs. Press all but 1 cup of the crust mixture (about 1¼ cups) evenly into the bottom of the prepared baking dish. Poke crust all over with a fork. Bake for about 25 minutes, or until just starting to brown.
3. While the crust bakes, scoop the solid coconut cream off the top of the canned coconut cream and add it and all the other filling ingredients to the bowl of a food processor. Process until smooth, stopping to scrape the sides as necessary.
4. Make the topping by mixing the coconut flakes, pecans, and cinnamon into the reserved crust mixture until evenly distributed and in large crumbs.
5. Once the crust has finished baking, increase oven temperature to 350° F. Pour the filling evenly over the crust. Sprinkle about half of the topping mixture evenly over the filling and use your hands to press it lightly into the filling. Sprinkle the rest of the topping over the filling and bake for 30 minutes, or until the topping is lightly browned.
6. Remove from the oven and allow the bars to cool completely on a cooling rack. For a firmer filling, transfer to the refrigerator once cooled slightly and refrigerate until completely chilled. Cut and serve.

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

NATURAL GROCERS™ BRAND PRODUCTS

BAKING ESSENTIALS

for your

Holiday Treats



\$6.99
16.9 OZ.

\$4.99
32 OZ.

\$2.69
3 OZ.

SALE
\$7.19
12 OZ.
ALWAYS AFFORDABLE \$7.99

\$2.69
3 OZ.

\$3.29
24 OZ.

SALE
\$3.49
13 OZ.
ALWAYS AFFORDABLE \$3.99

\$5.99
12 CT.

\$1.99
15 OZ.



PREMIUM QUALITY AT AN AFFORDABLE PRICESM

FROM THE FAMILY BRAND YOU TRUST



WELCOME THE *Newest Members* OF THE FAMILY!

Gluten Free Baking Mixes

\$4.99
17 OZ.



\$4.99
16 OZ.



\$5.99
16 OZ.



\$4.99
16 OZ.



\$4.99
19 OZ.



ROOTED IN FAMILY

*There is always something
to be Thankful for...*



GROCERY

29% OFF

\$2³⁹

CELESTIAL SEASONINGS®
 Holiday Teas
 20 CT



All the nostalgia of the holidays will surely come flooding back with each variety and sip of Celestial Seasonings Holiday Teas. What a wonderful way to thaw from the chill.

ALWAYS AFFORDABLE™ \$3.39

NEW!



\$5.99
NATURAL GROCERS™
 Unbleached Bamboo Paper Towels
 3 PACK



\$8.99
NATURAL GROCERS
 Bamboo Bath Tissue
 12 PACK

28% OFF

\$3⁴⁹

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



Experience a crisp, delicious cracker that's gluten free, and made with organic ingredients.

ALWAYS AFFORDABLE™ \$4.89

27% OFF

\$5²⁵

ONCE AGAIN NUT BUTTER®
 Sugar & Salt Free Organic
 Sunflower Seed Butter
 16 OZ.



There's never been a better time to discover a better sunflower seed butter.

ALWAYS AFFORDABLE™ \$7.25

20% OFF

\$12⁴⁹

SHADY MAPLE FARMS®
 Organic Very Dark
 Maple Syrup
 16.9 OZ.



100% pure organic U.S. Grade A, very dark maple syrup is certified USDA organic, certified fair trade, and kosher.

ALWAYS AFFORDABLE™ \$15.79

20% OFF

\$2³⁹

NUTPODS®
 Unsweetened
 Non-Dairy Creamers
 11.2 OZ.



ALWAYS AFFORDABLE™ \$2.99

22% OFF

\$1⁶⁹

MOUNTAIN VALLEY®
 Sparkling Spring Waters
 1 L



ALWAYS AFFORDABLE™ \$2.19

21% OFF

\$9¹⁵

PRIMAL KITCHEN®
 Avocado Oil
 16.9 OZ.



ALWAYS AFFORDABLE™ \$11.59

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

GROCERY

40% OFF



\$1.89



FOOD SHOULD TASTE GOOD®
Tortilla Chips
5.5 OZ.

These chips are crafted using real ingredients.

ALWAYS AFFORDABLE \$3.15

25% OFF



\$2.99

GRAIN BERRY®
Onyx Sorghum Cereals
12-16 OZ.

Grain Berry's whole-grain cereals deliver the unique health benefits of Onyx Sorghum.

ALWAYS AFFORDABLE \$3.99

41% OFF



\$2.99

CASCADIAN FARM®
Organic Cereals or Organic Granolas
8.6-16 OZ.

These organic whole-grain cereals and granolas are an easy and tasty way to make a smart choice to start the day.

ALWAYS AFFORDABLE \$5.15-5.25

21% OFF



\$8.49

KICKING HORSE COFFEE®
Select Organic Coffee
10 OZ.



100% Certified Organic, fair trade, and rocky mountain-roasted coffee.

ALWAYS AFFORDABLE \$10.79

26% OFF



\$1.99

KETTLE BRAND®
Select Potato Chips
4.2-5 OZ.



Select potatoes, natural oils, and a kiss of sea salt.

ALWAYS AFFORDABLE \$2.69

14% OFF



\$1.45



NATURAL GROCERS™
Canned Organic Diced Tomatoes
10-14.5 OZ.

You "can" really taste the difference in our organic diced tomatoes. They're a must-have pantry staple for soups, stews, and homemade sauces!

ALWAYS AFFORDABLE \$1.69

24% OFF



\$2.15



LET'S DO...ORGANIC®
Organic Creamed Coconut
7 OZ.

To make this organic creamed coconut, they press the meat of fresh organic coconuts.

ALWAYS AFFORDABLE \$2.85

20% OFF



\$5.79

LOCAL HIVE®
Raw & Unfiltered Honey
16 OZ.

Enjoy 100% pure, raw and unfiltered honey straight from the hive of local beekeepers.

ALWAYS AFFORDABLE \$7.29

good4uSM

NEW PRODUCTS

— OF THE MONTH —

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

25% OFF

\$3.39



KETTLE & FIRE®
Slow-Simmered Cooking Broths
32 OZ.

These slow-simmered cooking broths are top-notch in quality and flavor. Let's get cookin'!

ALWAYS AFFORDABLE \$4.55

21% OFF

\$2.85



CULINA®
Dairy-Free Coconut Milk Yogurts
5 OZ.

Deliciously thick, dairy-free, and plant-based coconut yogurt.

ALWAYS AFFORDABLE \$3.65

35% OFF

\$6.29



TEA DROPS®
Organic Tea Drops
10 PK

Organic, whole-leaf tea shaped into fun drops that melt into finely ground plant fiber.

ALWAYS AFFORDABLE \$9.79



20% OFF

\$16.99



HOST DEFENSE®
Elderberry Plus Syrup
4 OZ.

Supports upper respiratory and cardiovascular wellness.*

ALWAYS AFFORDABLE \$21.49



15% OFF

\$16.99



ANCIENT NUTRITION®
Elderberry + Probiotics
60 CAP

Supports a healthy immune system and immune response. Formulated with elderberry and probiotics.*

ALWAYS AFFORDABLE \$19.99

15% OFF

\$16.99



ANCIENT NUTRITION®
Vitamin C + Probiotics
60 CAP

Supports a healthy immune defense and immune system. Formulated with vitamin C and probiotics.*

ALWAYS AFFORDABLE \$19.99

VISIT OUR UPDATED BABY & KIDS SECTION FOR 10-25% SELECT ITEMS!

10-25% OFF



POST-ELECTION PROMO

NOVEMBER 5TH - 7TH

3 DAYS ONLY!

{N}power[®] MEMBERS ONLY

FREE
CHOCOLATE BAR

While Supplies Last
Bring Bar to Register to Redeem.
Only 1 per {N}power Account.



\$3.99 PER PACKAGE
BACON & BACON ALTERNATIVES
Limit 2



20% OFF

SELECT BATH ITEMS, SUPPLEMENTS
ESSENTIAL OILS & DIFFUSERS

99¢ EACH

NATURAL GROCERS[™] BRAND
SNACK PACKS



ALL CUSTOMERS MAY ENTER FOR A CHANCE TO WIN AT ALL LOCATIONS!*

GRAND PRIZE!

ONE GRAND PRIZE WINNER COMPANY WIDE!

\$500+ OSTER ROASTER & NATURAL GROCERS CUTTING BOARD
NATURAL GROCERS GIFT CARD

PLUS ONE IN-STORE PRIZE WINNER AT EVERY STORE
NOW DIFFUSER & ESSENTIAL OIL SET OR \$25 NATURAL GROCERS GIFT CARD



NATURAL GROCERS SWEEPSTAKES ENTRY FORM

First: _____
Last: _____
Address: _____
City, State, Zip: _____
Phone: (____) _____
Email: _____

All Fields Required for Complete Entry

WANT TO HEAR FROM NATURAL GROCERS? CHECK THE BOXES BELOW TO RECEIVE:

- The good4u Health Hotline Magazine mailed to you for free!
- The good4u Health Hotline Newsletter emailed to you weekly for free!

NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. OPEN ONLY TO LEGAL RESIDENTS OF THE 50 UNITED STATES AND THE DISTRICT OF COLUMBIA, 18 YEARS OR OLDER. VOID WHERE PROHIBITED BY LAW. Sweepstakes begins 11/5/2020 and ends 11/7/2020. Maximum of one entry per person. For Official Rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.

JOIN THE CONVERSATION @NATURALGROCERS

*Pricing subject to change without notice. Prices exclude taxes. We reserve the right to correct errors. Void where prohibited by law. *Limit 1 per {N}power number. Valid November 5 - 7, 2020 at participating Natural Grocers stores while supplies last; no rain checks. **No purchase necessary. A purchase will not increase your chance of winning. Open only to legal residents of the 50 United States and the District of Columbia, 18 years of older. Void where prohibited by law. The Sweepstakes starts on 11/5/2020 and ends on 11/7/2020. For Official Rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc. Offers available only from November 5 - 7, 2020 and are redeemable only for in-store customer purchases at participating stores. Quantity limited to stock on hand. No rain checks. All discounts are on regular prices, cannot be redeemed for gift cards, store credit or cash, and cannot be combined with other offers.

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



EPIC Savings!

OFFERS VALID OCTOBER 30 TO NOVEMBER 28, 2020

45% OFF

\$16⁵⁹

KAL®
Magnesium Glycinate
400 Soy Free
120 SG



ALWAYS AFFORDABLE™ \$30.59

35% OFF

\$7⁷⁹

NATURAL FACTORS®
Vitamin D3 2000 IU
240 SG



ALWAYS AFFORDABLE \$11.99

37% OFF

\$5⁹⁹

SOLGAR®
Zinc Picolinate
22 mg
100 TAB



ALWAYS AFFORDABLE \$9.55

35% OFF

\$17⁴⁹

SOURCE NATURALS®
Daily Essential Enzymes™
240 CAP



ALWAYS AFFORDABLE \$26.99

30% OFF

\$2⁷⁹

MAYA KAIMAL®
Everyday Dal™
Pouches
10 OZ.



ALWAYS AFFORDABLE \$3.99

31% OFF

\$2⁵⁹

POP & BOTTLE®
Organic Ready To Drink
Almond Milk Beverages
11 OZ.



ALWAYS AFFORDABLE \$3.79

