

OFFERS VALID JANUARY 11 TO JANUARY 30, 2021

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NATURAL GROCERS®

HEALTH HOTLINE®

JANUARY 2021 | VOL. 42

BE ROOTED IN HEALTH™

START THE
NEW YEAR OFF

Healthier
WITH
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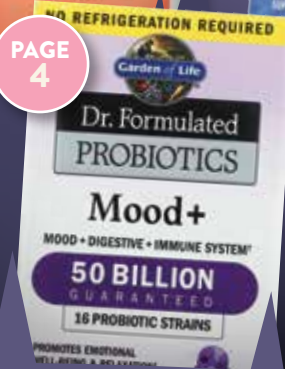
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LETTER

From the Iselys



“I always get to where I am going by walking away from where I have been.” —Winnie the Pooh

Happy New Year, Neighbors! We hope this January finds you well and as enthusiastic about walking away from 2020 as we are. Shall we raise our glasses (of celery juice) in a toast to 2021?

May we fill our plates, not with too many obligations, but with grass-fed meats, butter and fresh fruits and veggies—and may they always be organic, for our kiddos and the planet. May we keep our menu as fun as our streaming watch list and try a healthy new recipe each week. May we make knowing our vitamin D levels the hippest trend in town, and may we power our workouts with real food, welcome back olive oil to keep our diets heart healthy and focus on managing our blood sugar so that we stay healthy now and into the future.

May we be in-the-know about supplements (hint-hint, the Foundational Five!) and smarter spending, because taking charge of our health should be Always AffordableSM. May we manage stress by making time for ourselves, connecting with community, and finding value in simplicity. May we be kind to our immune systems, building them up, not tearing them down. May we reach out to the nutritional coaching experts for help in planting our roots in health, nurturing them with knowledge, watering them with consistency, and may we be empowered as we watch them bloom.

And finally, may we discover moments of inspiration when we see each other (over the tops of our masks), at the park, on the trail, and in the aisles of Natural Grocers[™], knowing we are in this together. Are you ready for a reset, neighbors? Let's walk into 2021 prepared to take on its unique challenges and strengthened by healthy resolutions we can keep, come rain or shine. Here's to being rooted in health together!

We'll see you soon, and in the meantime, enjoy a bit more wisdom from childhood's most loveable bear: “When all else fails, take a nap.” —*The Many Adventures of Winnie the Pooh*

The Isely Family

OUR 5 FOUNDING PRINCIPLES

NUTRITION
EDUCATION

HIGHEST QUALITY
PRODUCTS

ALWAYS
AFFORDABLE[™]

COMMITMENT TO
OUR COMMUNITY

COMMITMENT TO
OUR good4u[™] CREW

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GREEN OLIVE
TAPENADE



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NATURAL GROCERS[™] BRAND
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NEW SIZE!

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NEW VARIETY!

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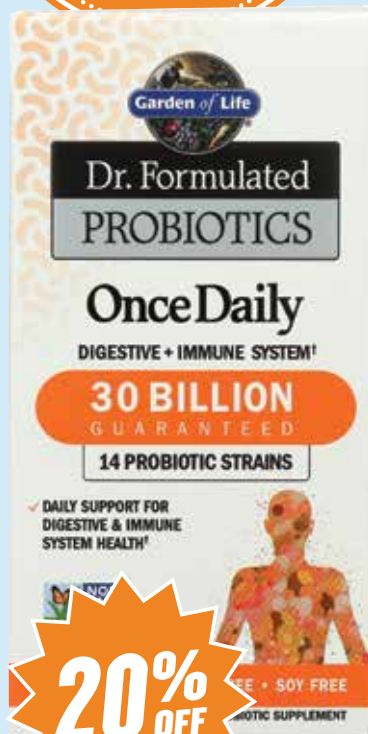
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GARDEN OF LIFE®
Dr. Formulated Probiotics
Once Daily 30 Billion
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A unique, refrigerated "one capsule a day" probiotic designed specifically to support a healthy microbiome.*

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Dr. Formulated Keto Meal Chocolate
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A unique, refrigerated "one capsule a day" probiotic designed specifically to support a healthy microbiome.*

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\$18⁴⁹



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Medium Chain Triglyceride (MCT) powder is quickly digested, absorbed, and converted into energy.*

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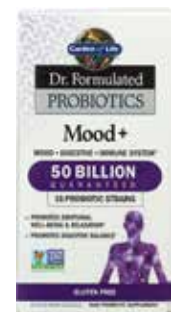


GARDEN OF LIFE®
Raw Organic Fit Vanilla or Chocolate
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High-protein powder designed for weight loss and delivering 28 g of complete plant protein per serving.*

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20% OFF
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GARDEN OF LIFE®
Grass Fed Collagen Peptides Unflavored
9.87 OZ.

One scoop conveniently delivers 20 g of collagen peptides and supports skin elasticity, nail and hair strength, and joint mobility.*

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21% OFF
\$25⁹⁹



GARDEN OF LIFE®
Grass Fed Collagen Peptides Unflavored
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Nutraceutical

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\$2³⁹



HONEY GARDENS®
Elderberry Immune Boost Drink
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25% OFF
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Orange C Gummies
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120 SG



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ZAND®
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60 GUMMIES



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PRODUCTS
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OUR ALWAYS AFFORDABLE PRICE

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ZHOU NUTRITION®
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60 VCAP

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ZHOU NUTRITION®
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90 VCAP

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SOLARAY®
Vitamin C 500 mg Two-Stage, Time-Release
100 VCAP

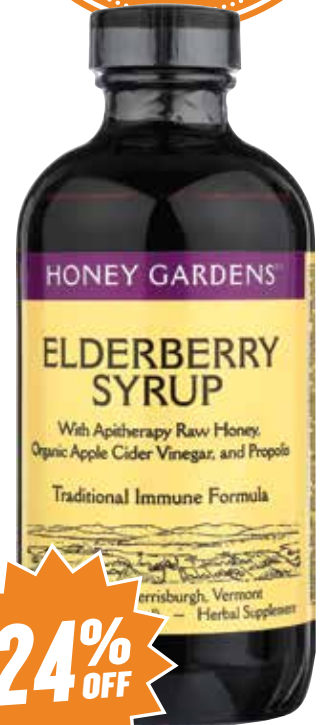
ALWAYS AFFORDABLE \$7.69

30% OFF
\$8⁹⁹



SOLARAY®
Vitamin C 1000 mg Two-Stage, Time-Release
100 VCAP

ALWAYS AFFORDABLE \$12.85



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VITAMINS & SUPPLEMENTS
Quality



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100% certified vegan.*

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10%
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B vitamins support energy in your cells from the
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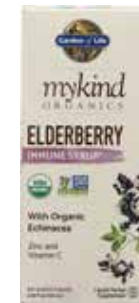


GARDEN OF LIFE®
myKind Organics Elderberry Gummy
120 GUMMIES

Made with real fruit—no animal gelatin and no
refined sugar—for unique immune system support.*

ALWAYS AFFORDABLE \$26.99

20%
OFF
\$20²⁹



GARDEN OF LIFE®
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6.59 OZ.

Made with real fruit—no animal gelatin and no
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SUPPLEMENTS

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Just Breathe®
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Ester-C® 1000 mg w/Bioflavonoids
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Delivers 24-hour immune support as a potent free radical scavenger.*

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MRM®
CoQ-10 100 mg
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Vitamin D3 assists the body with calcium absorption and supports healthy bones and teeth.*

ALWAYS AFFORDABLE \$17.99

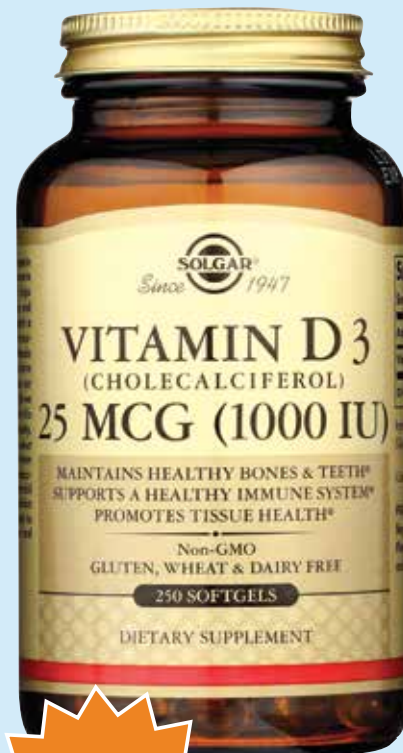
11% OFF

\$15⁹⁹



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

ALWAYS AFFORDABLE \$17.99



22% OFF

\$8⁴⁹

SOLGAR®
Vitamin D3 25 MCG (1000 IU)
250SG

Vitamin D3 assists the body with calcium absorption and supports healthy bones and teeth, as well as the immune system.*

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FAMILY**

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organic
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NATURAL GROCERS™ TOP 10 TRENDS FOR 2021*

BY SHELBY MILLER, MS

1 Our Health is D-pendent on Vitamin D

While there are many things in life outside of our control, knowing our vitamin D levels is a simple step we can all take to elevate our health and the health of our families; it is something you can own as a proactive tool to Be Rooted In HealthSM. This unique nutrient plays a critical role in whether or not your immune system functions sufficiently and responds as needed. It is essential for lung health; supporting positive moods, brain function, and cognition; healthy weight; healthy pregnancy; children's health; healthy blood sugar levels; healthy blood pressure; and bone health and muscle tone. Between 40 and 80 percent of American adults are outright deficient in vitamin D, while approximately 90 percent have suboptimal levels.¹⁸ Achieving optimal levels (between 30 and 50 ng/mL) of vitamin D through supplementation is crucial to experiencing its full range of benefits. Because darker skin hampers the body's ability to synthesize vitamin D from sunlight, supplementation is especially important for people of color. A national survey reported average serum vitamin D concentrations of 28.1 ng/mL, 21.6 ng/mL, and 16.9 ng/mL in Caucasian, Mexican American, and African American adults aged 20 years and older, respectively.¹⁹ Vitamin D is a nutrient all of us should be focused on, and we all need to know our levels, but this is especially important for those with darker complexions.

TRY THIS TREND: Talk to your doctor about vitamin D testing to know your levels and add a vitamin D supplement to your healthcare routine—supplementing is easy, affordable, and effective.

2 Everyday Immune Support for the Long Haul

Rather than trying to boost immunity when we've already fallen victim to whatever bug is going around, we have recognized the importance of "armoring up" and supporting our immune system on a daily basis so it can function optimally over the long haul. Dietary supplements make daily long-term immune support so easy, and are backed by a mountain of research validating their health benefits. Boosting immune competence comes from nutrients you're likely already familiar with: Vitamin C,^{2,3} vitamin D,^{4,5} and zinc⁶ are three basics that are easy, affordable, and effective.

TRY THIS TREND: Nutrients like vitamin C, vitamin D, and zinc have loads of research supporting their immune benefits and are high-reward options.

3 Better Blood Sugar Balance

A growing body of research is showing that SARS-CoV-2 utilizes sugar to reproduce and that individuals with type-2 diabetes are at a higher risk of hospitalization and complications from COVID-19.^{7,8} We know that supporting blood sugar balance is a key method to Be Rooted In Health. And the good news? There are lots of ways to achieve healthy blood sugar.

Whatever your health goals are and wherever your starting line is, there are many options to support healthy blood sugar balance. Ideas include giving up sugar-sweetened beverages, eliminating added sugar by trying a seven-day no-added-sugar detox, or even trying out the ketogenic diet. Adding supplements that support blood sugar balance to your routine can help too—for example, alpha lipoic acid (ALA) is well-known to support insulin sensitivity and glucose utilization. No matter which route is chosen, it's certain that balancing blood sugar will result in better mood, more

balanced energy levels, and overall long-term health.

TRY THIS TREND: An easy way to try this trend is with some simple snack swaps. Check out the Keto Cups by Eating Evolved with no added sugar. My favorite are the almond butter cups. You're welcome.



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

4 De-Stressing in a Healthy Way

(i.e., without the alcohol & comfort eating)

2020 was messy in so many ways, and sometimes overwhelmed us with stress,²⁰ but it also highlighted the importance of compassion and empathy. Compassion and empathy are crucial for helping us de-stress, and de-stressing is crucial for health. De-stressing is also remarkably beneficial for our immune health, as stress hormones like cortisol significantly impair our immune response.^{21,22} So not only is de-stressing by offering compassion and empathy good for others, it's also good for us, and in a meaningful way.

We can all de-stress in a healthy way in two simple steps: Step one is to give our bodies the nutrients to support their ability to better cope with stress. These include magnesium,²³ EPA and DHA from fish oil,²⁴ B vitamins,²⁵ vitamin C,²⁶ phosphatidylserine (PS),²⁷ curcumin,²⁸ and adaptogenic herbs like rhodiola.²⁹ Step two is to practice compassion and empathy. There are numerous benefits to practicing compassion and empathy, especially during a global pandemic. In addition to helping us connect with others, being empathetic also helps us regulate our emotions in times of stress. You can build empathy by engaging meaningfully with others, being aware of other people's needs, and being kind to others and yourself.

TRY THIS TREND: Call a loved one, wear a mask if you can, give a stranger a genuine compliment. It's important to practice compassion and empathy this year, not only for others, but for yourself as well.



5 Olive Oil Makes A Comeback

While coconut oil has had a well-deserved reign in the spotlight, 2021 will see olive oil making a comeback. Olive oil has always had a place in the “good fat” category, and for worthy reasons. This long-beloved oil has a well-known role in the health benefits of the Mediterranean diet—its noteworthy phenols and polyphenols contribute to its many nutrition superpowers, including its well-documented¹⁷ anti-inflammatory activities.

TRY THIS TREND: Need proof of this as a trend in 2021? Look no further than the snack aisles where you'll see olive oil chips, popcorn, and seaweed snacks.

6 The Climatarian

Consumer research is showing that while personal health is still a major driver for buying organic, consumers are shifting to buying organic for environmental reasons. This has led to the coining of the term “climatarian,” an individual who is making food choices with the intention of changing how our food is grown—shifting from a chemical-intensive model to one that promotes soil health, biodiversity, and healthy ecosystems—an important way to address climate change.

TRY THIS TREND: The best way to align with this trend is to increase the amount of organic fruits and veggies in your diet. Fresh, canned, or frozen, any purchase of organic fruits and veggies is a vote for better human health, better soil health, better community health, and inevitably, better health for Mother Earth. Prioritizing regenerative/pasture-based meat and dairy products is another crucial method to make a significant difference in climate change.

7 Affordable Healthy Meals at Home

Most of us have been cooking at home more since the start of the coronavirus outbreak, and while many of us had fun exploring complicated new recipes and did so much baking in the beginning we had baked goods for days, as the months passed and we realized we're in this for the long haul, priorities shifted and now we're on the search for easy meals that taste good, and are also affordable and healthy. Consumers are looking for quick and affordable solutions to cooking, meal planning, and meals that do not require a lot of prep. 2021 will pave the way to reinventing what cooking at home looks like, and Natural Grocers is leading the way with their Meal Deals, supper ideas to feed your family affordably with healthy and delicious foods. Visit your local store to learn more!

TRY THIS TREND: Check out one of the many Natural Grocers' Meal Deals (naturalgrocers.com/mealdeals) for healthy, delicious, easy, and affordable options for you and your family.



naturalgrocers.com/mealdeals



8 Vegetables Will Be Front & Center

Over the years, nutrition advice has changed so much it's led to more confusion than clarity about what and what not to eat, but one nutrition recommendation that has remained constant is that we all need to eat more vegetables. Produce in any form—canned, frozen, and fresh—provides what's known as nutrient density. A nutrient dense food is something that packs loads of nutrition in the form of vitamins, minerals, and phytonutrients and plays a huge role in reducing our risk of chronic diseases. Veggies are some of the most nutrient dense foods out there, which is why they've remained a crucial part of diet recommendations, even amidst the whirlwind of changing nutrition advice. In 2021, as part of our effort to be rooted in health, we'll make it a priority to try new veggies (ever tried leeks, heirloom tomatoes, or broccolini?), incorporate more produce-laden recipes into our repertoires, and discover new weekly staples that leave us feeling healthy and satisfied.

TRY THIS TREND: Check out naturalgrocers.com/recipes for veggie-centric recipe ideas. Print a produce calendar and aim to eat what's in season.



naturalgrocers.com/recipes

9 Get Back to the Basics to Be Rooted in Health

SARS-CoV-2 is a virus that thrives on poor health, and it has forced us to recognize just how unhealthy we are as a country. As we move into 2021, we will be going back to the basics to take control of—and actively improve—our health. It's time to finally prioritize sleep, clean up our diets, make time for exercise¹ and daily movement, and recognize the value of key foundational supplements. It almost seems too simple. Yet, there's no denying that by prioritizing our own health, we also support the overall health of our communities.

TRY THIS TREND: Introduce yourself to Natural Grocers' Foundational 5 supplements or book a free virtual coaching session with your local Nutritional Health Coach (NHC) to help you figure out the best first steps.



Want to know more about the Foundational 5 or scheduling a **FREE** virtual health coaching session with your store's NHC?

Visit
naturalgrocers.com/foundational-5

10 Customized Fitness Nutrition

With many people still avoiding gyms and group fitness studios, it's given us the opportunity to not only perfect our at-home exercise routines, but to also optimize our workouts with real foods and targeted supplements. In 2021, we'll see a decline in grab-and-go post-workout foods and a rise in customized fitness nutrition and supplementation. Rather than grabbing a water and protein bar after our W.O.D. (work out of the day; don't worry, I had to look it up too), in 2021 we will transition toward pairing whole, real foods with supplements that fuel movement and aid recovery. We will explore magnesium to support healthy muscle recovery,⁹ MCT oil to fuel more explosive workouts,¹⁰ collagen to support healthy joints and ligaments,¹¹ beets and greens powders for healthy blood flow to muscles during our workouts,^{12,13} and a B-complex vitamin to keep us energized for our workouts.¹⁴

TRY THIS TREND: Whether you prefer CrossFit, yoga, or something in between, try turmeric, a super nutrient that supports recovery, joint comfort, and immune health,¹⁵ or rhodiola, an adaptogenic herb that can increase energy and athletic performance while reducing both mental and physical fatigue.¹⁶

References available upon request.





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NOW®
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100 VCAP

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NOW®
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Unflavored
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MK-7 Vitamin K-2
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NOW®
Vitamin D-3 & K-2
1000 IU/45 mcg
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NOW®
D-Mannose
500 mg
120 VCAP

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39% OFF

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SUPER NUTRITION®
SimplyOne®
Women
30 TAB

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23% OFF

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NOW®
Alpha Lipoic Acid
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SUPPLEMENTS

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Multi Collagen Protein
Regular or Vanilla
16.2-16.8 OZ.

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Ultimate® Omega Lemon
180 SG
Ultimate Omega-D3 adds vitamin D3 (cholecalciferol), the form of vitamin D your body makes naturally from sunlight.*

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Elderberry + Ionic Zinc or
Vitamin C + Ionic Zinc
2 OZ.

ALWAYS AFFORDABLE \$10.45

20% OFF

\$9²⁹



NORDIC NATURALS®
Vitamin C 250 mg Gummies
Tart Tangerine
60 GUMMIES

ALWAYS AFFORDABLE \$11.69

18% OFF

\$31⁷⁹



VITAL PROTEINS®
Pre Passion Fruit or
Recover Watermelon
Blueberry
13-28.3 OZ.

ALWAYS AFFORDABLE \$38.79

24% OFF

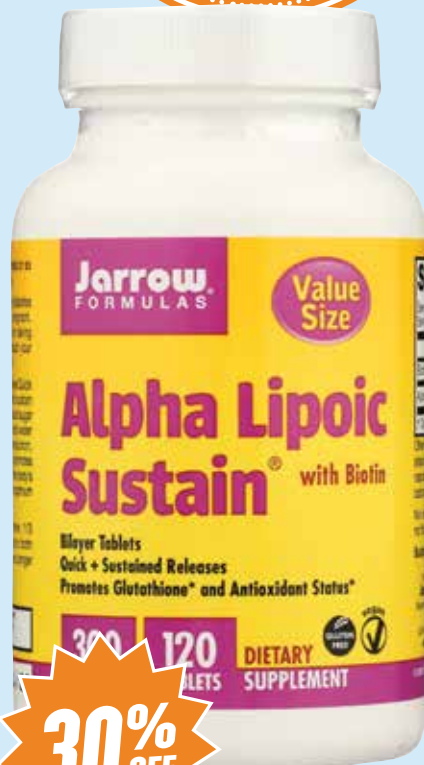
\$25³⁹



GAIA HERBS®
Oil of Oregano
120 VCAP
A natural free radical scavenging source, oil of oregano contains phytochemicals that support the body's natural resistance.*

ALWAYS AFFORDABLE \$33.79

Highest
VITAMINS & SUPPLEMENTS
Quality



30% OFF

\$24⁹⁹

JARROW FORMULAS®
Alpha Lipoic Sustain® with Biotin
120 TAB

Alpha-lipoic acid is a unique lipid- and water-soluble antioxidant that is a cofactor in energy production, helping to regulate glucose metabolism.*

ALWAYS AFFORDABLE \$35.99



28% OFF
\$17.79

NATURAL FACTORS®
Lutein 40 mg
60 SG

Lutein is the principal carotenoid in the macula, the central area of the retina responsible for vision.*

ALWAYS AFFORDABLE \$24.75

29% OFF
\$9.49



NATURAL FACTORS®
Lutein 20 mg
60 SG

Lutein is the principal carotenoid concentrated in the macula, the central area of the retina responsible for vision.*

ALWAYS AFFORDABLE \$13.49

28% OFF
\$18.99



NATURAL FACTORS®
PS Phosphatidyl Serine 100 mg
Soy Free
60 SG

Phosphatidylserine (PS) is a natural component of the brain and is integral to all brain cell activity.*

ALWAYS AFFORDABLE \$26.49

29% OFF
\$25.99



NATURAL FACTORS®
Ultra Strength RxOmega-3 900 mg
150 SG

A pharmaceutical-grade fish oil providing one of the highest potencies of EPA and DHA available.*

ALWAYS AFFORDABLE \$36.99

29% OFF
\$27.49



NATURAL FACTORS®
Ultra Strength RXOmega-3 w/ Vit D3
150 SG

Experience the benefits of Ultra StrengthRXOmega-3 formulated with immune-supporting vitamin D3.*

ALWAYS AFFORDABLE \$38.99

25% OFF
\$14.49



NATURAL FACTORS®
CranRich® Super Strength
Cranberry Concentrate
180 CAP

ALWAYS AFFORDABLE \$19.49

26% OFF
\$10.49



NATURAL FACTORS®
Organic Cranberry Concentrate
90 SG

Contains unique compounds that support urinary tract health in both men and women.*

ALWAYS AFFORDABLE \$14.29

25% OFF
\$8.99



NATURAL FACTORS®
Apple Cider Vinegar 500 mg
180 CAP

Supports good blood circulation and helps lower the body's storage of fat.*

ALWAYS AFFORDABLE \$11.99

22% OFF
\$17.49 EACH



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

ALWAYS AFFORDABLE \$22.49

OFFERS VALID JANUARY 11 TO JANUARY 30, 2021

SUPPLEMENTS

20%
OFF

\$19⁷⁹

NATURES PLUS®
T-Male®
60 CAP

A dietary supplement that works to nutritionally support healthy, natural testosterone levels in men.*

ALWAYS AFFORDABLE \$24.99



21%
OFF

\$26⁹⁹

NATURES PLUS®
Ultra T-Male®
60 TAB

Supports strength, endurance, stamina, vitality, energy, brain function, mood, and more.*

ALWAYS AFFORDABLE \$34.25



40%
OFF

\$28⁹⁹
EACH

MEGAFOOD®
Men or Women over 40 One Daily
60 TAB

Food-based multivitamins that support the unique nutritional needs of those over 40.*

ALWAYS AFFORDABLE \$46.19



40%
OFF

\$19⁴⁹
EACH

MEGAFOOD®
Multi for Men or Women 55+
60 TAB

A multivitamin pair that meets the unique needs of the body as it reaches age 55 and older.*

ALWAYS AFFORDABLE \$32.49



17%
OFF

\$6⁵⁹

BACH®
Rescue® Pastilles Black Currant
50 G

Bach natural stress relief rescue pastilles are a quick and easy way to ease stress on the go.*

ALWAYS AFFORDABLE \$7.99



18%
OFF

\$16³⁹

BACH®
Rescue Remedy® Spray
20 ML

Provides support at times of emotional demand as well as life-changing events.*

ALWAYS AFFORDABLE \$19.99



24%
OFF

\$17⁷⁹

GAIA HERBS®
Black Elderberry Syrup
5.4 OZ.

For centuries, black elderberries have been recognized for supporting the immune system.*

ALWAYS AFFORDABLE \$23.49

OFFERS VALID JANUARY 11 TO JANUARY 30, 2021

SUPPLEMENTS

19% OFF

\$8⁶⁹



BOIRON®
Coldcalm®
60 TAB

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

ALWAYS AFFORDABLE \$10.79

11% OFF

\$15⁹⁹



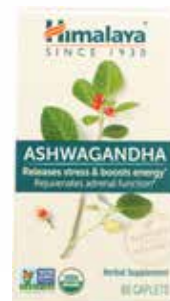
BOIRON®
Oscillococcinum®
12 CT

Temporarily relieves flu-like symptoms, such as body aches, headache, fever, chills, and fatigue.*

ALWAYS AFFORDABLE \$17.99

44% OFF

\$10⁹⁹



HIMALAYA HERBAL®
Ashwagandha
60 CAP

Supports stress resistance against daily stress.*

ALWAYS AFFORDABLE \$19.89

30% OFF

\$11⁴⁹



JARROW FORMULAS®
Lutein 20 mg
60 SG

Supports visual function and protects the macula.*

ALWAYS AFFORDABLE \$16.65

25% OFF

\$24⁴⁹ EACH



LIFESEASONS®
Visibili-T™ 60 VCAP OR
Glucose Stabili-T™ 90 VCAP

Glucose Stabili-T helps support healthy blood sugar levels and Visibili-T helps protect the eyes from free radical damage.*

ALWAYS AFFORDABLE \$32.99

18% OFF

\$12⁹⁹ EACH



WISHGARDEN HERBS®
Deep™ Lung, Kick-Ass™ Immune, or Get™
Over It! Pumps
2 OZ.

Discover the unique and powerful team of herbal heroes that support your body's natural resistance.*

ALWAYS AFFORDABLE \$15.99

25% OFF

\$40⁹⁹



ENZYMEDICA®
Digest Gold™
120 CAP

Breaks down fat, fiber, protein, and carbohydrates.*

ALWAYS AFFORDABLE \$55.35

25% OFF

\$18⁶⁹



ENZYMEDICA®
Digest Gold™
45 CAP

Supports digestion, reduces occasional gas, bloating, and indigestion.*

ALWAYS AFFORDABLE \$25.25

10% OFF

\$15⁵⁹



PLANETARY HERBALS®
Old Indian Wild Cherry Bark Syrup™
8 OZ.

A combination of some of the finest botanicals used to support the respiratory system.*

ALWAYS AFFORDABLE \$17.35

OFFERS VALID JANUARY 11 TO JANUARY 30, 2021

SUPPLEMENTS

8% OFF

\$14⁹⁹



SOURCE NATURALS®
Colloidal Silver 45 PPM
2 OZ.

Designed to support the body's defense system when under physical stress.*

ALWAYS AFFORDABLE MSRP \$16.35

15% OFF

\$11⁷⁹



NATURE'S WAY®
Umcka Cold+Flu Syrup
Berry
4 OZ.

Great-tasting, non-drowsy, multi-action cold and flu formula.*

ALWAYS AFFORDABLE MSRP \$13.99

18% OFF

\$12⁹⁹



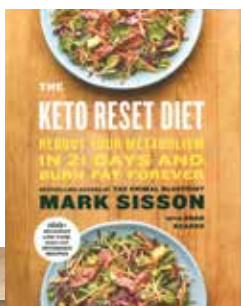
NATURE'S WAY®
Umcka Elderberry Cold+Flu Syrup
4 OZ.

Clinically tested Umcka (Pelargonium sidoides 1X) + sambucus 3X + Alpha CF combined into one complete, multi-action formula.*

ALWAYS AFFORDABLE MSRP \$15.99

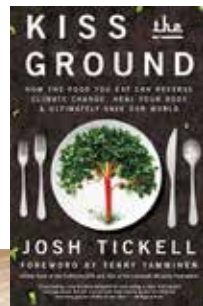
30% OFF

THESE good4uSM BOOKS!



**THE KETO
RESET DIET**
Mark Sisson

HARDCOVER, MSRP \$27.99



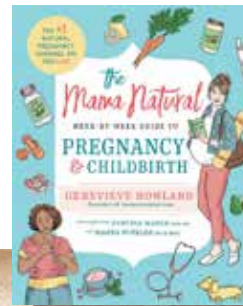
**KISS
THE GROUND**
Nava Atlas

PAPERBACK, MSRP \$17.00



**THE FOOD-MOOD
SOLUTION**
Jack Challem

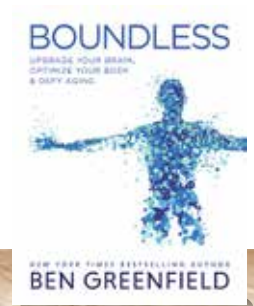
PAPERBACK, MSRP \$14.95



**THE MAMA
NATURAL WEEK-
BY-WEEK GUIDE
TO PREGNANCY &
CHILDBIRTH**

Genevieve Howland

PAPERBACK, MSRP \$22.00



BOUNDLESS
Ben Greenfield

HARDCOVER, MSRP \$64.95

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.

OFFERS VALID JANUARY 11 TO JANUARY 30, 2021

NATURAL GROCERS[™] BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

10% OFF ALL NATURAL GROCERS BRAND CLEANING PRODUCTS*

*ALWAYS AFFORDABLE PRICE \$3.75-\$11.99



ECO FRIENDLY. ORGANIC OPTIONS.

It's time to sweep the dirty secrets out of your cleaning routine because we've brought home the most forward-thinking household supplies in town. Our partners have created the first-ever (in the US) line of Certified Organic household cleaners and detergents, and now the Natural Grocers family brand has you covered from the laundry room to the kitchen sink. Our organic selections come in containers made from sustainable sugar cane, and all our cleaning goods are vegan, non-toxic, and free of parabens, phthalates, sulfates, and synthetic fragrances. Our Castile Soaps feature Fair Trade coconut oil, and our Dishwasher Packs are Safer Choice Certified. From Baby Laundry Detergent to Pet Stain Remover—name your mess, and we'll fix it because Natural Grocers knows how to do the rest.

LET'S CLEAN HOUSE!





RESOLUTION RESET DAY[®] **WEEK**

RESOLUTIONS YOU CAN KEEP!

WE CAN HELP



January 19 – 23

Celebrate Resolution Reset Day **All Week** with
Natural Grocers[™] & Be Rooted in HealthSM!



{N}POWER[®] ONLY

FREE BAG⁺
with purchase



1 PER {N}POWER ACCOUNT

**ENTER TO
WIN A \$500
GIFT CARD^{*}**

\$500



All Locations • All Month Long!

{N}POWER[®] ONLY

FREE⁺

8 Oz. BAG



8 oz. pack of Natural Grocers Brand
Non-GMO Almonds

1 PER {N}POWER ACCOUNT • WHILE SUPPLIES LAST

PLUS MORE!

+ Limit one per {N}power member. Valid 1/19/2021 through 1/23/2021 only for in-store customer purchases at participating stores. Quantity limited to stock on hand; no rain checks. * NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. Open only to legal respondents of the 50 United States and the District of Columbia, 18 years or older. Void where prohibited by law. Sweepstakes starts on 1/1/2021, and ends on 1/31/2021. For official rules and complete details, visit www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.

WELCOME TO RESOLUTION RESET DAY[®] WEEK

Happy 2021, friends! I'm **Bertrand the Birdie**, here to tickle your ear about the event to know in January—**Resolution Reset!** Join us this month to learn the heaps of ways we can help you be your best, healthy self this year. We have resolutions that are keepers, nutritional expertise, the best products to help you succeed, legendary savings, and other goodies. Plus, I'll be flitting around with a beak full of tips and tricks, (they call me Budgeting Bertrand in the good4uSM gang because I know all the best deals). For now, though, I must go serenade Pebbles the Polar Bear for my slice of berry pie.

I'll see you at Resolution Reset!



10 RESOLUTIONS

NATURAL GROCERS™ CAN HELP YOU KEEP



Take Charge of Your Health with the Support of Our Nutritional Health Coaches (NHCs)

It's a no-brainer. Schedule a FREE, virtual coaching session and get started.



Take the Right Supplements

Get the scoop on the Foundational Five-to-Thrive and ask our NHCs to help reset your supplement routine to your specific needs.



Eat 100% Organic Produce All Year

Fill up on fresh fruits and veggies at Natty Gs—Certified Organic is all we carry.



Spend Smarter

Discover all the ways Natural Grocers can stretch your dollar. (I'm not called Budgeting Bertrand for nothing).



Cook One New Recipe Each Week

Keep things exciting—we'll deliver a delicious, nutritious new recipe to your inbox every week, just ask!



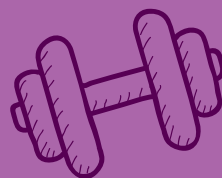
Manage Your Stress

Our expert tips, exceptional standards, and one-stop shopping experience make this resolution an easy-keeper! A little birdsong in the morning helps too, just saying.



Hydrate

Quench your thirst with our tips for keeping hydration fun and sustainable.



Build/Maintain a Healthy Immune System

We have the expertise and the best immune-supporting products at prices that I, Budgeting Bertrand, approve.



Snack Smarter (choose good4uSM snacks)

Ask us how NOT to fall into resolution-breaking snack traps. Also, if you share a Natty Gs Brand Snack Pack with me, I'll sing you a song.



Shop at Natural Grocers

It all comes down to my two favorite words (besides olive oil), Natural Grocers! We'll keep you on track all year because we have everything you need, right here, right now.

JANUARY
19 - 23

5 DAYS OF EPIC SAVINGS



*Offers valid only from 1/19/2021 to 1/23/2021 and are redeemable only for in-store customer purchases at participating stores. Any stated discounts are on regular prices, cannot be redeemed for gift cards, store credit or cash, and cannot be combined with other offers. Quantity limited to stock on hand; no rain checks. Pricing excludes taxes and is subject to change without notice. We reserve the right to correct errors. Void where prohibited by law.

40% OFF*

\$2.99

SIETE
Grain Free
Tortilla Chips | 5 oz.



*ALWAYS AFFORDABLE \$4.99-\$5.15



39% OFF*

2/\$3

KOE
Organic Kombucha
12 oz.



*ALWAYS AFFORDABLE \$2.49



33% OFF*

\$4.49

KETTLE & FIRE
Bone Broths
16.2-16.9 oz.



*ALWAYS AFFORDABLE \$6.79



33% OFF*

99¢

NATURAL™ GROCERS BRAND
Organic Snack Packs | 1.5 oz.



*ALWAYS AFFORDABLE \$1.49



33% OFF*

\$1.99

NUTPODS
Unsweetened Non-Dairy
Creamers | 11.2 oz.



*ALWAYS AFFORDABLE \$2.99



33% OFF*

2/\$4

VIVE ORGANIC
Organic Wellness
Shots | 2 oz.



*ALWAYS AFFORDABLE \$2.99



UP TO 33% OFF*

\$5.99-\$6.49

PRIMAL KITCHEN
Shelf Stable Avocado Oil Mayo or
Refrigerated Vegan Mayo | 12 oz.



*ALWAYS AFFORDABLE \$8.89-\$9.15



32% OFF*

4/\$5

CHOMPS
Meat Sticks
1.15 oz.



*ALWAYS AFFORDABLE \$1.85



32% OFF*

\$1.25

GIMME SEAWEED SNACKS®
Organic Seaweed Snacks | .32-.35 oz.



*ALWAYS AFFORDABLE \$1.85



27% OFF*

\$8.49

ORGAIN
Organic Complete
Protein Shakes | 4 pk.



*ALWAYS AFFORDABLE \$11.79



24% OFF*

\$1.99

KEVITA®
Select Organic Probiotic Drinks
or Kombuchas | 15.2 oz.



*ALWAYS AFFORDABLE \$2.65



18% OFF*

\$4.79

Beyond Meat®
The Beyond Burger
8 oz.



*ALWAYS AFFORDABLE \$5.89





5 DAYS OF EPIC SAVINGS

JANUARY 19 – 23



12% OFF

2/\$3.50

NATURAL GROCERS BRAND
Spring Water | 25.3 oz.

***ALWAYS AFFORDABLE \$1.99**



30% OFF

HYDRO FLASK
All Sizes
Some exclusions apply.



UP TO 33% OFF

\$8.99-\$13.49

ALBA BOTANICA®
Body Lotion Select Scents
32 oz.

***ALWAYS AFFORDABLE \$13.59-\$17.59**



15% OFF

\$2.89-\$13.99

ENFUSIA
Muscle Rehab Bath Bombs
or Muscle Soak | 2.5-16 oz.

***ALWAYS AFFORDABLE \$3.49-\$16.49**



37% OFF

\$13.79

JARROW FORMULAS®
MaculaPF® Blue Light
Protection | 30 sg

***ALWAYS AFFORDABLE \$21.99**



35% OFF

\$5.99

SOLARAY®
Reacta®-C 500 mg
60 vcaps

***ALWAYS AFFORDABLE \$9.29**



UP TO 34% OFF

\$24.49-\$25.49

NATURAL FACTORS®
Ultra Strength RxOmega-3 900 mg
or Ultra Strength RxOmega-3 w/ D | 150 sg

***ALWAYS AFFORDABLE \$36.99-\$38.99**



19% OFF

\$8.39

TRACE MINERALS RESEARCH®
Elderberry + Ionic Zinc or
Vitamin C + Ionic Zinc | 2 oz.

***ALWAYS AFFORDABLE \$10.45**



25% OFF

\$18.99-\$19.99

GARDEN OF LIFE®
myKind Organics Elderberry Gummy
or Syrup | 120 gummies or 6.59 oz.

***ALWAYS AFFORDABLE \$25.59-\$26.99**



25% OFF

\$29.99

ANCIENT NUTRITION
Multi Collagen Protein | 16.2 oz.

***ALWAYS AFFORDABLE \$39.99**



23% OFF

\$15.39

BACH®
Rescue Remedy®
20 mL

***ALWAYS AFFORDABLE \$19.99**



31% OFF

\$28.79

ENZYMEDICA®
Digest Gold™
90 cap

***ALWAYS AFFORDABLE \$41.99**



{N}POWER® ONLY OFFER

Win

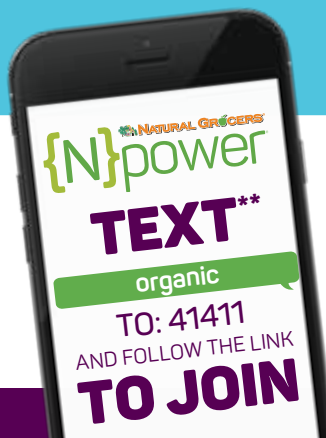
**A YEAR OF NATURAL GROCERS BRAND
FOUNDATIONAL FIVE
SUPPLEMENTS!***



**TAKE THE RIGHT
SUPPLEMENTS**

{N}power members get an automatic entry for every \$50 you spend on all supplements during the month of January!

Or enter online at
naturalgrocers.com/win-supplements



Free LOYALTY PROGRAM

JOIN TODAY FOR

**EXCLUSIVE MEMBER PRICING, COUPONS & WEEKLY OFFERS
EARN REWARD POINTS EVERY TIME YOU SHOP!**

SIGN UP ONLINE AT [NATURALGROCERS.COM/JOIN](https://naturalgrocers.com/join)

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

*NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. Open only to customers who are legal residents of the 50 United States and the District of Columbia, 18 years or older. Natural Grocers employees, including members of their households, are not eligible for this offer. Must be an {N}power member to enter. Void where prohibited by law. Sweepstakes starts on 1/1/2021 and ends on 1/31/2021. For official rules and complete details, visit www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc. **Message and data rates may apply. See naturalgrocers.com/privacy for our Privacy Policy and naturalgrocers.com/terms for the {N}Power terms of use.



rooted in *community*



RESOLUTION RESET DAY[®]

GRATITUDE GIVEAWAY

Nominate someone who's been an inspiration in your life by submitting a short essay telling us about them. We'll randomly choose 10 essays and give each winner a prize package to help them keep up with 2021 resolutions. With plenty of resolution support in the prize, we're sure your favorite nominee will relish keeping their resolutions this year!*

USE THE QR CODE TO MAKE
A NOMINATION TODAY

naturalgrocers.com/community-gratitude-giveaway



JOIN THE CONVERSATION @NATURALGROCERS

*No purchase necessary. A purchase will not increase your chance of winning. Open only to legal residents of the 50 United States and District of Columbia, 18 years or older. Void where prohibited by law. This sweepstakes will be held January 1-31, 2021. Winners will be chosen the week of February 1, 2021. Natural Grocers employees, including members of their households, are not eligible to participate as entrants or as nominees. For official rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.



NATURAL GROCERS®

FREE
ONLINE PROGRAM

KETO RESET

JOIN THE MOVEMENT | TRANSFORM YOUR LIFE

A TWO-STEP *Virtual* PROGRAM TO RESET YOUR METABOLISM

Whatever your New Year's resolution, Keto Reset is here to help with **TWO EASY STEPS.**

STEP
ONE

Join us for a **FREE 4-WEEK VIRTUAL SERIES** of how-to classes & discover the *key-tones* to transform your life!

WEDNESDAYS @ naturalgrocers.com/keto-reset

WEEK
1

1/20 @ 5 PT / 6 MT / 7 CT

Introducing the Metabolism Reset
& Keto Diet

WEEK
3

2/03 @ 5 PT / 6 MT / 7 CT

Launching Into Keto!

WEEK
2

1/27 @ 5 PT / 6 MT / 7 CT

Adapting to a Keto-Friendly Lifestyle

WEEK
4

2/10 @ 5 PT / 6 MT / 7 CT

Hacking Your Keto Journey

STAY FOR A *Live Q&A* SESSION WITH OUR EXPERTS AFTER EACH CLASS

STEP
TWO

Keep the Momentum Going! Join a *Virtual* Keto Support Group to fine-tune your keto journey and turn information into action.

KETO COMMUNITY SUPPORT

Each week, sign up to connect online with your local Nutritional Health Coach & keto community to further your health goals and **SUPPORT ONE ANOTHER.**

SIGN UP AT @
naturalgrocers.com/keto-reset
or by checking in with your local store.



OFFERS VALID JANUARY 11 TO JANUARY 30, 2021

BODY CARE

20%
OFF



ANDALOU NATURALS®
All Facial Products 20% Off
(Excludes travel sizes)

20%
OFF



ACURE®
All Products
20% Off

25%
OFF



MYCHELLE®
All Products
25% Off

20%
OFF



TINTS OF NATURE®
All Products
20% Off

Long-lasting, permanent hair colors containing certified organic ingredients.

up to
20%
OFF



NOW®
Organic Essential Oils
Select Scents
1 OZ.



ALWAYS AFFORDABLE™ \$5.59-\$23.99

24%
OFF

\$7³⁹
EACH



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

ALWAYS AFFORDABLE™ \$9.79

24%
OFF

\$4²⁹



TOM'S OF MAINE®
Rapid Relief Sensitive Toothpaste
4 OZ.

This natural, sensitive toothpaste offers breakthrough sensitivity relief.

ALWAYS AFFORDABLE™ \$5.69

16%
OFF

\$5²⁹



DESERT ESSENCE®
Tea Tree Mouthwash
16 OZ.

Naturally cleans, reduces plaque buildup, and refreshes the mouth and gums.

ALWAYS AFFORDABLE™ \$6.35

HIGHEST QUALITY PRODUCTS

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.

NATURAL GROCERSTM BRAND PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

WELCOME THE NEWEST MEMBERS
TO THE NATURAL GROCERS FAMILY

BAMBOO PAPER GOODS

ALWAYS
AFFORDABLESM
\$5.99
3 ROLLS



ALWAYS
AFFORDABLE
\$8.99
12 ROLLS

**SUSTAINABILITY AND CONVENIENCE MEET IN
NATURAL GROCERS BRAND BAMBOO PAPER GOODS,**
starring the world's fastest growing woody plant, bamboo! Super
water absorbent. Naturally antibacterial. Chemical, chlorine, and
fragrance free. Forest Stewardship Council Certified.



100%
Paper from well-
managed forests
FSC® C151586

RESET YOUR PANTRY

WITH OUR

ALWAYS AFFORDABLESM ESSENTIALS

ALWAYS
AFFORDABLE
\$2.99
16 OZ.



ALWAYS
AFFORDABLE
\$1.49
8 OZ.

ALWAYS
AFFORDABLE
\$5.29
20.5 OZ.

ALWAYS
AFFORDABLE
\$1.69
14.5 OZ.



ALWAYS
AFFORDABLE
\$7.99
12 OZ.

ALWAYS
AFFORDABLE
\$3.49
16 OZ.



ALWAYS
AFFORDABLE
\$2.19
6 OZ.

FROM THE FAMILY BRAND YOUR TRUST.

OFFERS VALID JANUARY 11 TO JANUARY 30, 2021

IN THE FRIDGE



13% OFF

\$5¹⁹

TRUE STORY® FOODS
Organic Sliced Deli Meats
6 OZ.

Simple, clean, and the most delicious natural and organic deli meats you can find.

ALWAYS AFFORDABLE™ \$5.99



8% OFF

\$7⁴⁹

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

Mary's uses humane farming practices, which allows the chickens freedom to move about.

ALWAYS AFFORDABLE™ \$8.15

35% OFF

\$2⁴⁹

EVOLUTION FRESH®
Select Organic Juices
15.2 OZ.

ALWAYS AFFORDABLE™ \$3.89



21% OFF

\$2⁵⁹

GOODBELLY®
Organic Probiotic Beverages
32 OZ.

ALWAYS AFFORDABLE™ \$3.29



22% OFF

\$2⁹⁹

HOPE FOODS®
Organic Hummus
8 OZ.

ALWAYS AFFORDABLE™ \$3.85



18% OFF

\$2¹⁵

KEVITA®
Select Organic Probiotic
Drinks or Kombuchas
15.2 OZ.

ALWAYS AFFORDABLE™ \$2.65



26% OFF

\$1⁹⁹

PERFECT BAR®
Peanut Butter or
Almond Butter Bars
2.2-2.5 OZ.

ALWAYS AFFORDABLE™ \$2.69



22% OFF

\$2⁹⁹

REBBL®
Organic Elixirs
Excludes Protein Beverages
12 OZ.

ALWAYS AFFORDABLE™ \$3.85



28% OFF

\$3²⁹

SO DELICIOUS®
Organic Coconut Milk Beverages
64 OZ.

ALWAYS AFFORDABLE™ \$4.59



23% OFF

\$2²⁹

VIVE ORGANIC®
Organic Wellness Shots
2 OZ.

ALWAYS AFFORDABLE™ \$2.99



OFFERS VALID JANUARY 11 TO JANUARY 30, 2021

IN THE FREEZER

\$1.99
EACH

33% OFF



CASCADIAN FARM®
Select Organic Frozen Vegetables
16 OZ.

Organic, locked-in freshness in every variety of Cascadian Farms' frozen vegetables.

ALWAYS AFFORDABLE \$2.99

24% OFF

\$7.55



BASE CULTURE®
Gluten-Free Bread Loaves
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GREEN OLIVE TAPENADE

This tapenade is a simple and delicious way to spice up your regular healthy meals that may have become a little boring. Mix it with pasta and olive oil for a quick family dinner; use it to top chicken, fish, steak, or tempeh; mix it into your favorite hummus or spread it on a sandwich; thin it out with a little more olive oil and some lemon juice for a flavorful salad dressing; or keep it simple like we did and serve it with crusty bread or a variety of sliced radishes. The sky's the limit! And although the anchovies can be left out, don't let them scare you—they add a boost of savory umami without a fishy flavor.

INGREDIENTS

TOTAL TIME: 20 MINUTES | MAKES 1 1/2 CUPS

1 (5-ounce) jar green olives
(pimento stuffed is okay)

1 tablespoon organic capers
2-3 anchovy fillets (optional)

1 large organic garlic clove, finely minced

1 tablespoon organic lemon juice

¼ cup organic parsley leaves

¼ cup Natural Grocers™ Brand
Organic Extra Virgin Olive Oil

INSTRUCTIONS

1. Combine all of the ingredients except the olive oil in a food processor and process, stopping to scrape the bowl down as necessary, until the ingredients are very finely chopped and the tapenade is uniform in texture.
2. Drizzle the olive oil in and process until well combined.
3. Serve the tapenade any way you like. Leftover tapenade may be stored in an airtight container in the refrigerator for up to a week.

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BRAGG®
Organic Apple Cider Vinegar
32 OZ.

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Almond Breeze Beverages
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Select Organic Pastas
8-9.6 OZ.

Discover gluten-free pasta made from corn, brown rice, and quinoa.

ALWAYS AFFORDABLE \$3.15



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99¢

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

These real cheese and pasta goodness transform weeknight dinners into easy, cheesy wins for all.

ALWAYS AFFORDABLE \$2.35



21%
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\$10⁹⁹
EACH

SEVENTH GENERATION®
Select Liquid Laundry Detergents
23.1-100 OZ.

100% biodegradable ingredients powered by plants.

ALWAYS AFFORDABLE \$13.99



20%
OFF

\$2⁶⁹

BEANFIELDS®
Bean Chips
5.5 OZ.

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BIRCH BENDERS®
Select Pancake & Waffle Mixes
10-16 OZ.

Discover pancake and waffle mixes that are naturally delicious and made by just adding water.

ALWAYS AFFORDABLE \$5.45



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GROCERY

24% OFF

\$1.99



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Oat Bars
2.5 -3 OZ.

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BOULDER CANYON®
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Premium, kettle-cooked potato chips with natural ingredients.

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Bone Broths
16.2-16.9 OZ.

Made with all-organic ingredients and bones from from humanely raised cattle and chicken that are humanely raised, without the use of hormones or antibiotics.

ALWAYS AFFORDABLE™ \$6.79

20% OFF

\$1.59



C2O®
Coconut Waters
17.5 OZ.

Green coconuts from an especially tasty variety unique to the inland soils of Thailand.

ALWAYS AFFORDABLE™ \$1.99

41% OFF

\$2.99



CASCADIAN FARM®
Organic Cereals or Granolas
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Meat Sticks
1.15 OZ.

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ESSENTIA®
Ionized Water
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24% OFF

\$3.99

GIMME SEAWEEED SNACKS®
Organic Seaweed Snacks
6 CT

Roasted to light and crispy perfection. Perfect for lunchboxes and on-the-go snacking.

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\$1.99
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GOMACRO®
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Clean ingredients make these bars delicious, healthy vegan snacks!

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25% OFF

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HIPPEAS®
Organic Chickpea Puffs
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USDA Certified Organic, Certified Gluten-Free, vegan, non-GMO, and kosher.

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Organic Waffles
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Select Organic Broths
32 OZ.

Only the best farm-grown organic vegetables are blended with select herbs and spices.

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21% OFF

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INKA CROPS®
Plantain Chips
3.25 OZ.

Roasted in pure vegetable oil and sea salt, these chips an excellent choice to satisfy your next craving.

ALWAYS AFFORDABLE™ \$2.15



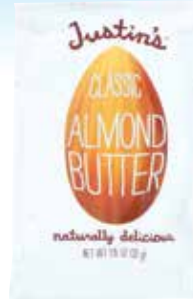
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99¢

JUSTIN'S®
Almond Butter Squeeze Packs
1.15 OZ.

Convenient squeeze-pack sizes, making them a perfect, healthy on-the-go snack.

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23% OFF



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EACH

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Sparkling Waters
12 PK

Contains true-to-fruit flavors and 0 calories, 0 sugar, and 0 sodium.

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23% OFF

\$5.49
EACH

LAKEWOOD®
Organic Pure Lemon Juice or
Organic Pineapple Juice
32 OZ.

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99¢

LÄRABAR®
Original Fruit & Nut Bars
1.6-1.7 OZ.

A delicious, gluten-free blend of unsweetened fruits, nuts, and spices.

ALWAYS AFFORDABLE™ \$1.65



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26% OFF

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LESSER EVIL®
Power Curls
4 OZ.

Sinful taste. Clean snacks. Try a bag (or two) today!

ALWAYS AFFORDABLE™ \$4.49



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LILY'S® SWEETS
Stevia Sweetened Peanut Butter Cups
3.2 OZ.

Low-carb chocolate treats sweetened with stevia and erythritol.

ALWAYS AFFORDABLE™ \$6.15



20% OFF

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NUTIVA®
Virgin Organic Coconut Oil
14 OZ.

Coconut oil is a superfood, kitchen staple that's cold-pressed right after harvesting.

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GROCERY



25% OFF

\$6.65

PRIMAL KITCHEN®
Avocado Oil Mayonnaise
12 OZ.

No added sugars, no artificial ingredients, and made without gluten, soy, or canola oil. Why compromise on condiments?

ALWAYS AFFORDABLE \$8.89



27% OFF

\$3.49

ORGANIC INDIA®
Select Organic Tulsi Teas
18 CT

Tulsi is used to aid in stress relief, and support the body's natural detoxification process.*

ALWAYS AFFORDABLE \$4.79



19% OFF

\$9.49

ORGAIN®
Organic Complete Protein Shakes
4 PK

Made from hand-selected ingredients for maximum nutrition and delicious taste.

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20% OFF

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RIGHTRICE®
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7 OZ.

RightRice is a vegetable-based grain alternative that tastes and feels just like rice.

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R.W. KNUDSEN®
Select Just Juices
32 OZ.

100% juice. Non-GMO Project Verified. Distinctive ingredients. A variety of natural juices.

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SIMPLE MILLS®
Almond Flour Crackers
4.25 OZ.

Made with a wholesome blend of almond flour, sunflower seeds, and flax seeds.

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33% OFF

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WESTBRAE®
Organic Canned Beans
15 OZ.

As an integral part of a healthy diet, try these delicious, versatile beans today..

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ZEVIA®
Zero Calorie Stevia Sodas
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NATURAL GROCERS BRAND BULK ORGANIC ROLLED OATS, THICK ROLLED OATS, AND QUICK ROLLED OATS

Roll on over to our expansive bulk offerings where you'll find these three delicious varieties of rolled oats. And, at a price this nice, they're easy to warm up to, literally!

NATURAL GROCERS BRAND BULK NON-GMO ROASTED SUNFLOWER SEEDS (Salted and Unsalted Varieties)

A satisfying, salty snack that's packed with healthy fats and valuable free radical scavengers.*

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T.L.B.

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NATURAL GROCERS BRAND BULK ORGANIC PUMPKIN SEEDS

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ALWAYS AFFORDABLE PRICE \$3.99



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**ORGANIC WHEY PROTEIN
CONCENTRATE**

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Discover a new
whey to boost
protein and
power up
your day!



NATURAL GROCERS BRAND BULK
**ORGANIC CHILI
LIME MANGO**

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10 OZ.

A little sweet, a
little spice, and
oh, priced so
nice! Get lost in
this exotic flavor
combo just by
opening a bag.



NATURAL GROCERS BRAND BULK
**ORGANIC BLACK
MISSION FIGS**

\$5⁶⁹
13 OZ.

Sweet yet mild,
mellow yet rich...
Black Mission
Figs deserve
their reputation
as the most
consistently
delicious fresh
fig available.



NATURAL GROCERS BRAND BULK
NON-GMO BULGUR WHEAT

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1 LB.

Bulgur wheat is
an easy-to-use,
low-calorie,
whole grain,
perfect for
salads, pilafs,
burgers, and
many Middle
Eastern recipes.



NATURAL GROCERS BRAND BULK
ORGANIC GOJI BERRIES

\$7²⁹
6 OZ.

A savory-sweet
taste, Goji Berries
are a delicious
superfood snack
straight out of
the bag—or easily
added to oatmeal,
cookies, cereal
and trail mix.



NATURAL GROCERS BRAND BULK
ORGANIC SPICY PUMPKIN SEEDS

\$4⁹⁹
10 OZ.

When you just
need to spice
things up, these
organic Spicy
Pumpkin Seeds
are just the tasty
ticket! Grab your
bag today!



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16 CT

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15%
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NUTPODS®
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\$1.79

NATURAL GROCERS®
Organic Coconut Milks
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12%
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24 OZ.

Feed your inner child and your actual child(ren) with our delicious organic apple sauce.

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NOKA®
Organic Superfood Smoothies
4.22 OZ.

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— OF THE MONTH —

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20%
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EACH

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Silver Charcoal Toothpaste
Assorted Flavors
4 OZ.

ALWAYS AFFORDABLE \$8.79



21%
OFF

\$1⁹⁵

ALO DRINK®
Collagen + Aloe Vera
Infused Waters
15.5 OZ.

ALWAYS AFFORDABLE \$2.49



20%
OFF

\$2⁶⁹

LATE JULY®
Organic Potato Chips
5 OZ.

ALWAYS AFFORDABLE \$3.39



26%
OFF

95¢

BELLWETHER FARMS®
Organic Whole Milk Yogurts
5.3 OZ.

ALWAYS AFFORDABLE \$1.29



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VEGA®
Rest & Repair Nighttime
Vanilla Caramel or
Chocolate Strawberry
14.2-15 OZ.

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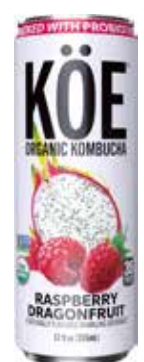
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Organic Kombucha
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with probiotics.

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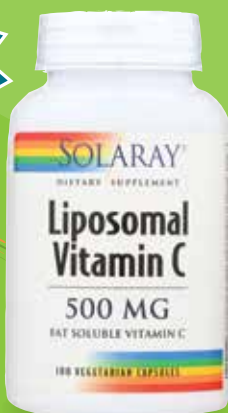
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Liposomal Vitamin C
500 mg
100 VCAP

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Everyday Dal™
Grain-Free
Tortillas
7 OZ.

ALWAYS AFFORDABLE \$9.15

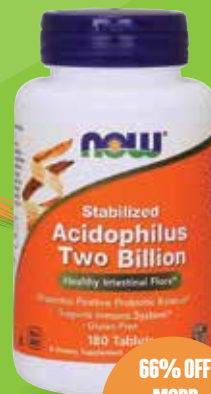


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Canned Organic
Tomatoes
14.5 OZ.

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45% OFF

\$9.49

HIMALAYA HERBAL®
AMLA
60 VCAP

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36% OFF

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Green Superfood Original or
Green Superfood
40,000 ORAC
7.4-8.5 OZ.

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