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*SEE PAGE 28 FOR ALL THE DETAILS!

LETTER From the Iselys



Dear July,

We're delighted to see you—it's been a while! And thanks for the invite... consider this our RSVP. YES, we will get outside and Rock the Grill this month, and we'll invite our neighbors too!

Like you said, the kitchen needs a break. It has nothing new to say lately, so the considerate thing to do is to give it a moment's peace. The overworked stove deserves some downtime while we're out on the back patio, down by the apartment complex pool, or at the park rockin' that grill. And we're sending our imaginations out dancing with our appetites because from pancakes to pizza to stone fruit—the grill has no limits.

Here's what we're bringing to the party, because we know you're wondering, July. Loads of 100 percent organic produce: corn and tomatoes, watermelon and peaches, strawberries and cherries, and portabellas too. We have 100% grass-fed, lifetime grazed beef, free-range chicken, grass-fed bison, wild-caught boar, and sustainably raised salmon and shrimp. We can't do without thick slices of pasture-based cheese, milk and ice cream (because homemade milkshakes with a grilled pineapple garnish, just saying...). We've got plant-based patties, brats, and dips galore, all made with real ingredients, not genetically engineered in a lab. Whether it's gluten-free, grain-free, or simply hassle-free, we're bringing all the fixings for a spread that's free of artificial junk and full of flavor.

You see, we want summer to keep on being a season—sunny and chill and something we can't wait to greet. So, for us, Rock the Grill means loving on this beautiful planet with our food choices. And we're doing it for our health too because it's all connected. Let's toast to that with a strawberry kombucha mocktail, or three!

We can't wait to catch up during these long, velvety evenings; to hear about your adventures while we've been spending time with April, May, and June. See you tonight, July! And hey, neighbors, we hope you join us! Let's flick off the kitchen light, turn up the music, and Rock the Grill!

The Isely Family



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CONTENTS

5

RECIPE

SWEET AND SPICY
CUCUMBER RELISH

11

MINIMIZE INFLAMMAGING
& MAXIMIZE HEALTHSPAN
WITH TURMERIC

20

NUTRITION BYTES

22

EARTH WATCH

24

ROCK THE GRILL -
SIZZLING SAVINGS!



32

ARMED & READY TO GRILL

46

RECIPE

FROZEN VIRGIN
KOMBUCHA DAQUIRI



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FOR THE LOVE OF ORGANICS: CUCUMBERS

By Charity Isely

They say a Roman Emperor loved this veg so much he built portable greenhouses so it could be served to him every day.ⁱ While some historians have debunked this lore, here's one thing we know is true—whether it's in a salad, a sandwich, or brined with dill, there's nothing as cool as a cucumber!ⁱⁱ Let's bite into some reasons you'll want organic cukes on the menu this July.



NUTRITION BY THE SLICE

Refresh your skin all summer long with the hydrating, complexion-loving cucumber. It's rich in antioxidants, including vitamin C, and it contains silica, which has been shown to support skin firmness and reduce brittleness in hair and nails.^{iii iv} One study also found strong anti-hyaluronidase and anti-elastase activity in cucumber juice, which is great news for aging skin.^v Here's why: hyaluronidase and elastase are enzymes contributing to the breakdown of hyaluronic acid and elastin, two critical components of skin elasticity that we lose over time.^{vi vii viii} Now who's ready for a tall glass of cucumber water on a hot summer afternoon?

FOOTPRINT OF FOOD

Even the coolest of cukes doesn't exist without a little help from its friends, the bees. This crop depends on bees for pollination, yet most conventional field cucumbers grown in the US rely on a well-established pollinator hazard—neonicotinoid-coated seeds.^{ix} In 2012, reports show that one of the world's largest seed companies, Syngenta, began treating all its primary North American cucurbit seeds (cucumber, watermelon, pumpkin), including open-field cucumbers, with FarMore® technology. What is it? A treatment featuring the neonicotinoid thiamethoxam, along with multiple fungicides, and here's how such seeds may affect wild bees.^{x xi xii xiii} A study analyzing pesticide use and pollinator patterns in midwestern cucurbit farms found the following:

- There were virtually NO wild bees on cucumber farms using neonic-coated seeds.
- Higher pesticide use correlated with an exponential decrease in wild bee visitations across all sites.
- Untreated areas nearby, intended to be pollinator refuges, didn't buffer the negative effects on wild bees. The study concluded that the benefits of these zones might be "offset by continued pesticide use at high scales."^{xiv}

A big takeaway is this: Wild bees offer specialized services to crops that we can't afford to lose, and they also significantly supplement the work of honeybees.^{xv} Yet, in 2017 the Center for Biological Diversity released a report finding that more than half of native bee species in North America are declining, and 1 in 4 are imperiled.^{xvi} For consumers, the most critical action we can take to help pollinators is through our food choices. What impact will yours have on tomorrow?

GET PICKY ABOUT PICKLES

Mmm, pickles. They go with our favorite July activities (i.e., cookouts) like fireworks go with the Fourth. But are you savvy to the unsavory ingredients in popular pickle brands? The most frequently found are yellow #5 (an artificial color), polysorbate 80 (a synthetic emulsifier), sodium benzoate (an artificial preservative), and sometimes even high fructose corn syrup.^{xvii xviii xix} We don't do pickles like that at Natural Grocers,^{xx xxi} but we do have them all kinds of good4uSM ways: crispy, zesty, sweet, and naturally delicious!

COOL AS A CUCUMBER, LITERALLY

Did you know the internal temperature of a cucumber is about 20 degrees lower than the surrounding air temp?^{xxii} (Fun fact for your next cookout, you're welcome!) Also, be sure not to miss our fab cucumber-centric recipe this month. And be cool to the planet—choose organic!



For references, email customerservice@naturalgrocers.com

Sweet and Spicy Cucumber Relish

MAKES: 1 CUP (½ PINT)

PREP TIME: 10 MINUTES

REFRIGERATOR TIME: 1 TO 24 HOURS

TOTAL TIME: 1 HOUR 10 MINUTES TO 24 HOURS

Relish is easy to make and a fun way to show off summer's bounty. Use to top burgers, sandwiches, and hot dogs or add to a cheese plate. This recipe is easily modifiable to suit your tastes and can be scaled up or down as your harvest of cucumbers might demand. Backyard barbecues will never be boring with this zingy recipe!

INGREDIENTS

- ½ cup Natural Grocers™ Brand Organic Apple Cider Vinegar
- ½ teaspoon Natural Grocers Brand Bulk Real Salt
- ¼ teaspoon Natural Grocers Brand Bulk Organic Red Chili Flakes
- 2-4 teaspoons Natural Grocers Brand Bulk Organic Coconut Sugar
- 1 small organic garlic clove
- 1 medium organic cucumber
- ½ teaspoon chopped fresh organic dill or ¼ teaspoon Natural Grocers Brand Bulk Organic Dill Weed

INSTRUCTIONS

1. Combine the apple cider vinegar, salt, chili flakes, and coconut sugar (use the full four teaspoons if you like your relish sweet) in a small saucepan. Bring to a boil then reduce heat to maintain a simmer for five minutes.
2. While the mixture simmers, peel the cucumber, then slice it in half lengthwise and use a spoon to scoop out the seeds before roughly chopping the cucumber flesh.
3. Chop the garlic in the bowl of a food processor then add the cucumber and pulse just until the cucumber is finely diced. Transfer the cucumber and garlic to a glass jar with a tight-fitting lid.
4. After 5 minutes of simmering remove the vinegar mixture from the heat and add the dill. Pour the warm mixture over the cucumber and garlic and press down so they are fully submerged. Cap and transfer to the refrigerator to cool at least one hour and up to 24.

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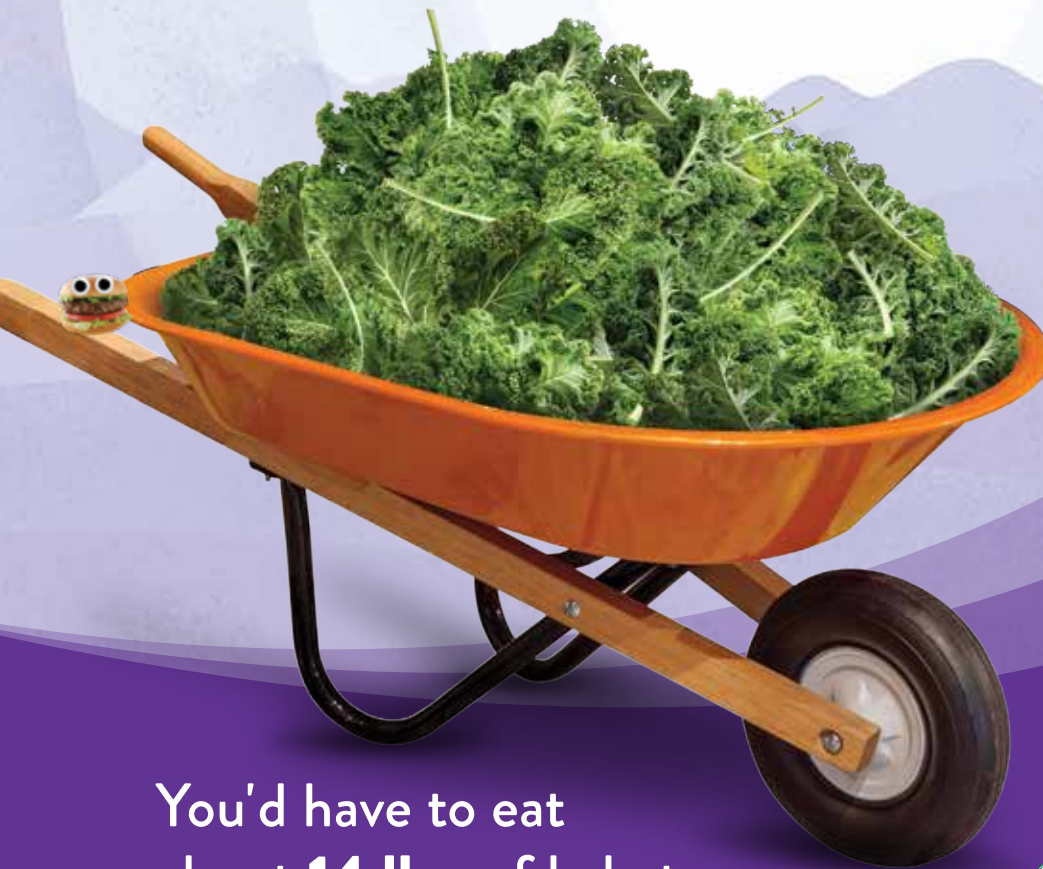
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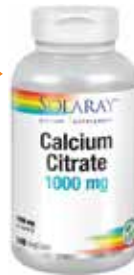
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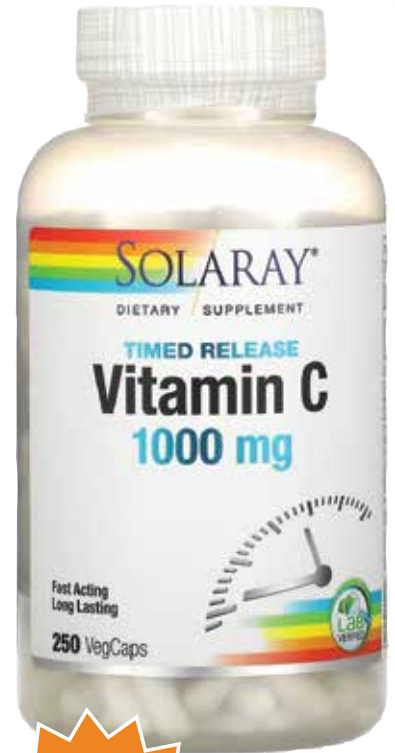
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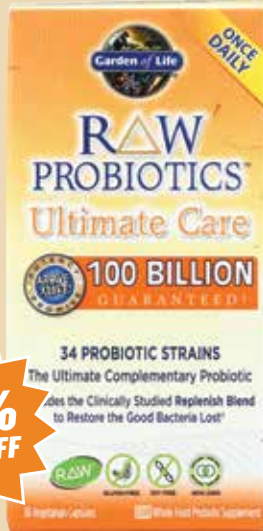
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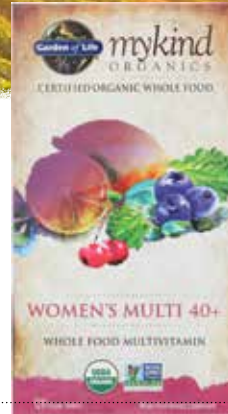
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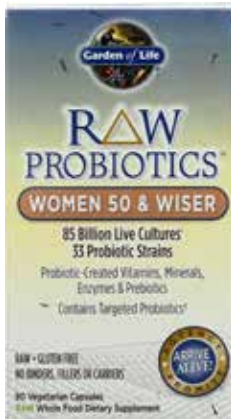


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Minimize Inflammaging & Maximize Your Healthspan with **TURMERIC**

By Liz Mueller

Just like a well-used machine, our bodies change with age, requiring a little extra love and care. One of these changes is a process coined by scientists as **inflammaging**, or accelerated and deleterious aging driven by inflammation. It is natural for our bodies to have some increases in inflammation as we age—a result of a lifetime of living in a human body—but our modern lifestyles (poor food choices, little to no exercise, excessive alcohol consumption, exposure to pollution and other toxins) add insult to injury and increase that inflammatory burden. This chronic, systemic inflammation contributes to age-related decline, chronic disease, and negatively affects our “healthspan,” or the period of life in which we are healthy and thriving.

But we have a powerful ally in the spice turmeric, and its most active compound, curcumin, to minimize inflammaging and maximize healthspan.

Turmeric has stood the test of time in practice and in studies for its ability to affect almost all aspects of health—targeting inflammaging at its root—and, in turn, maximizing healthspan. From healthy brain aging to keeping our tickers in tip-top shape to maintaining our mobility and active life, turmeric is a tried-and-true supplement that supports a timeless, thriving you, no matter your age or stage of life!

TURMERIC & CURCUMIN

What's the Difference?

Turmeric is the whole herb and **curcumin** is the most abundant bioactive compound found in turmeric. Most studies use standardized extracts that contain mostly curcumin. Both are beneficial for health.





CURCUMIN FOR HEALTHY BRAIN AGING

Of the more than 1,000 published studies on the effects of curcumin on health, a large portion of them have investigated curcumin's effect on brain health, age-related cognitive decline, and Alzheimer's disease (AD). Some of the factors that lead to mild cognitive impairment (MCI) and AD are chronic inflammation in the brain, oxidative damage to brain cells, and the formation and depositing of beta-amyloid plaques in the brain. Curcumin has the ability to cross the blood-brain barrier, where it inhibits amyloid formation, impairs the production of pro-inflammatory molecules, and reduces oxidative damage.

You don't have to be diagnosed with MCI or AD to reap the brain benefits of curcumin. A study published from Ohio State University showed that a low-dose curcumin supplement of just 80 mg/day reduced plasma levels of beta-amyloid, as well as markers of inflammation, in healthy subjects 40 to 60 years old. Additional studies confirm that curcumin can significantly decrease oxidative stress and systemic inflammation in the brain.

According to the results of a separate study conducted at UCLA, curcumin not only improved memory, but also improved mood and attention in people with mild, age-related memory loss. In this double-blind, placebo-controlled 18-month-long study, they found that adults without Alzheimer's between ages 51 and 84 saw an improvement in memory and overall cognitive function after taking a 90 mg curcumin supplement twice a day in comparison to the placebo group.

"Exactly how curcumin exerts its effects is not certain, but it may be due to its ability to reduce brain inflammation, which has been linked to both Alzheimer's disease and major depression," said Dr. Small, the study's co-author and director of geriatric psychiatry

at UCLA's Longevity Center. "The people who took curcumin experienced significant improvements in their memory and attention abilities, while the subjects who received the placebo did not," Small said.

CURCUMIN FOR CARDIOVASCULAR & HEART HEALTH

Two major underlying factors in the development of cardiovascular disease are inflammation and oxidative damage—curcumin reduces both, and targets other risk factors as well. Various studies in both humans and animals have proven curcumin's powerful impact on reducing cardiovascular disease risk, including atherosclerosis (hardening of the arteries), stroke, and even heart failure.

In addition to reducing inflammation and oxidation, curcumin also supports healthy levels of cholesterol and triglycerides. A 2014 study showed that supplementing with 1,000 mg/day of curcumin for eight weeks resulted in significant reductions in LDL and total cholesterol, reductions in triglycerides, and significant increases in HDL cholesterol.

Curcumin also supports the structure and healthy functioning of the endothelium, the innermost layer of cells that line our arteries. Healthy endothelial function is intricately tied to cardiovascular health. In a 2017 study of healthy middle-aged and older adults,



2,000 mg/day of curcumin supplemented for 12 weeks resulted in improved artery endothelial function by increasing nitric oxide (important for healthy blood pressure) bioavailability and reducing oxidative stress. In a double-blind, placebo-controlled study of healthy post-menopausal women, even a low-dose (150 mg/day) of curcumin taken for eight weeks was found to be as effective at improving endothelial function and reducing blood pressure as aerobic exercise, whereas no changes were detected in the subjects taking only a placebo.

Curcumin directly impacts cardiovascular health in those with type-2 diabetes: A 2010 double-blind, placebo-controlled study examined the effectiveness of curcumin on the reduction of blood sugar, HBA1c (a measure of long-term blood sugar), triglycerides, and insulin resistance, with favorable outcomes in those taking 500 mg of curcumin three times a day for six months. They found that those in the curcumin-supplemented group experienced reductions in insulin resistance, triglycerides, and both visceral fat (fat stored around the organs) and total body fat levels—all factors representing major reductions in overall cardiovascular risk.

Curcumin also reduces the formation of advanced glycation end products (AGEs), “age- accelerating” compounds that are formed when excess blood sugar reacts with proteins and causes structural damage to body tissues, like the arteries. This damage isn’t exclusive to diabetics either—AGEs are created even when blood glucose levels are at the high end of normal.

CURCUMIN FOR JOINT HEALTH & PAIN MANAGEMENT

If the idea of falling apart as you age has you dreading the future, or if you’re living with that reality now, there’s hope in turmeric and curcumin! It’s no wonder it’s a go-to supplement for the physically active looking to maintain their mobility and boost their recovery time, or for those who experience joint discomfort and pain, either due to activity, inactivity, injury, or joint disease.

Various studies evaluating curcumin also point to its effectiveness in relieving joint pain, modulating the inflammatory response, and providing joint-health benefits to enhance mobility, even in the short term. Fifty patients with knee osteoarthritis took part in a double-blind, placebo-controlled clinical study for eight weeks. Those taking 180 mg of curcumin each day reported significantly lower knee pain scores and saw a reduction in the dependence on a prescribed nonsteroidal anti-inflammatory drug (NSAID), in comparison to the placebo group.

According to a separate four-month study, the combination of curcumin and glucosamine (one tablet daily containing 500 mg curcumin + 500 mg glucosamine) was more effective for supporting joint health in those with osteoarthritis than the common pain-relieving combination of chondroitin and glucosamine. Furthermore, the walking distance on the treadmill was significantly higher in the curcumin-glucosamine group than the chondroitin-glucosamine group after just one month.

TURMERIC & CURCUMIN FOR GUT HEALTH AND A HEALTHY GUT MICROBIOME

Digestive disorders are increasingly prevalent in Western populations, with more than 60 million people affected in the United States alone. While many turn to conventional treatments, such as pharmaceuticals and over-the-counter (OTC) medications, mounting scientific evidence shows that turmeric extract and curcumin can also provide much needed relief.

Turmeric is one of those standout herbs that shines as a digestive prebiotic, digestive aid, and anti-inflammatory compound that protects the gut. A 2019 study demonstrated that turmeric extract acts a prebiotic (or food) for beneficial bacteria, such as *Lactobacillus rhamnosus* and *Bifidobacterium animalis*, and also supported the growth of these bacteria even after 72 hours. Turmeric extract also acts as an anti-inflammatory in the gut, in part by directly modulating bacteria that cause inflammation.

Irritable bowel syndrome (IBS) is a common digestive disorder affecting an estimated 10 to 15 percent of the population worldwide. Furthermore, stress-related disorders, including depression and anxiety, often exist simultaneously with IBS, as well as a decrease in the feel-good brain chemical, serotonin. One animal model of IBS showed that curcumin directly impacted the gut-brain axis by reducing abdominal pain and decreasing the frequency of bowel movements. It also increased serotonin levels in the brain.

For references, email customerservice@naturalgrocers.com



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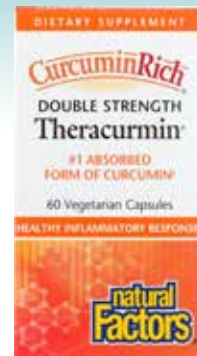
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SUPPLEMENTS

27%
OFF

\$5⁹⁹

SOLGAR®

Zinc Picolinate 22 mg
100 TAB

This formulation provides premium quality zinc as zinc picolinate.*

ALWAYS AFFORDABLE \$8.29



27%
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SOLGAR®

Vitamin D3 25 MCG (1000 IU)
250 SG

Vitamin D supports a healthy immune system and is required to promote calcium absorption.*

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21%
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ANCIENT NUTRITION

Multi Collagen Protein Vanilla
16.7 OZ.

An easy-to-mix powder that can be added to a wide variety of healthy foods and beverages.*

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VITAL PROTEINS®

Collagen Peptides Unflavored
10 OZ.

Discover collagen sourced from grass-fed, pasture-raised bovine hides.*

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VITAL PROTEINS®

Collagen Peptides Unflavored
20 OZ.

This powerhouse protein is a natural, high-quality, and sustainable source of collagen.*

ALWAYS AFFORDABLE \$40.85



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\$15⁹⁹

GAIA® HERBS

Turmeric Supreme
60 VCAP

Contains a unique formulation that creates a powerful whole-plant profile of turmeric's valuable properties.*

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17%
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\$6⁵⁹

BACH®

Rescue® Pastilles Black Currant
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Packaged in a tin with an easy-press lid, these lozenges are perfect to take anywhere you go.*

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Rescue Remedy®
20 ML

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18%
OFF

\$25⁹⁹

JARROW FORMULAS®

Curcumin 95
120 VCAP

Contains a concentrate of 95% curcuminoids, which are powerful free-radical scavengers found in turmeric.*

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SUPPLEMENTS

14%
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TRACE MINERAL RESEARCH®
ConcenTrace® Trace Mineral Drops
8 OZ.

Contains naturally occurring ionic trace minerals.*

ALWAYS AFFORDABLE \$24.49

13%
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\$14⁴⁹



TRACE MINERAL RESEARCH®
ConcenTrace® Gummies
90 GUMMIES

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

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17%
OFF

\$11⁵⁹



NATURE'S WAY®
Alive!® Men's 50+ Gummy Vitamins
75 GUMMIES

Multivitamins specifically balanced for men over the age of 50.*

ALWAYS AFFORDABLE \$13.99

20%
OFF

\$13⁹⁹



NATURE'S WAY®
MCT Oil From Coconut
16 OZ.

Made only from premium coconuts with no palm or filler oils.*

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14%
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SOURCE NATURALS®
Melatonin 10 mg
60 TAB

A favorite of travelers, melatonin helps support restful sleep.*

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35%
OFF

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SOURCE NATURALS®
Theanine Serene® with Relora®
60 TAB

Supports relaxing brain wave activity to ease tension and promote calm.*

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30%
OFF

\$15⁹⁹

GAIA HERBS®
Turmeric Supreme Joint
60 VCAP

ALWAYS AFFORDABLE \$22.99

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 JUNE 25 TO JULY 17, 2021

SUPPLEMENTS

22% OFF

\$38⁸⁹



TERRY NATURALLY®
CuraMed® 750 mg
60 SG

ALWAYS AFFORDABLE \$49.99

23% OFF

\$29⁸⁹



TERRY NATURALLY®
Curamin® Extra Strength
60 TAB

ALWAYS AFFORDABLE \$38.99

14% OFF

\$19⁴⁹



HIMALAYA® HERBAL
LiverCare®
90 VCAP

ALWAYS AFFORDABLE \$22.89

35% OFF

\$17³⁹

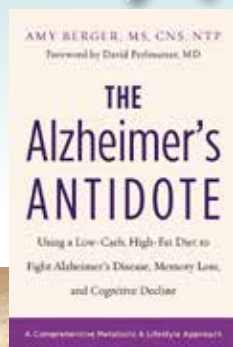


HIMALAYA® HERBAL
Turmeric 95®
60 VCAP

ALWAYS AFFORDABLE \$26.99

30% OFF

THESE good4uSM BOOKS!

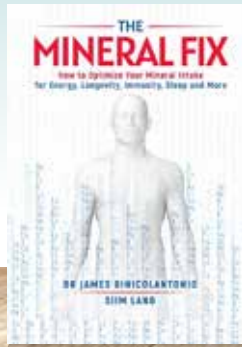


THE ALZHEIMER'S ANTIDOTE

Amy Berger

In *The Alzheimer's Antidote*, Certified Nutrition Specialist Amy Berger presents a multi-pronged nutrition and lifestyle intervention to support the health of the aging brain.

PAPERBACK, MSRP \$29.95

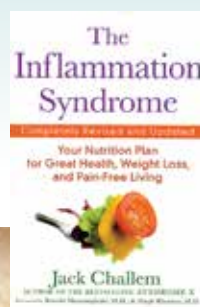


THE MINERAL FIX

James DiNicolantonio and Siim Land

The Mineral Fix is a comprehensive guide about the role of essential minerals in the human diet. It includes information on all 17 of the essential minerals that humans need for proper physiological function.

PAPERBACK, MSRP \$36.99

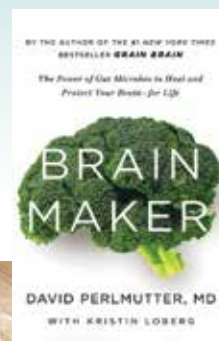


THE INFLAMMATION SYNDROME

Jack Challem

Challem provides an easy-to-follow nutritional program that includes recommendations for individualized diet and supplement plans, recipes, and menu plans.

PAPERBACK, MSRP \$17.95



BRAIN MAKER

David Perlmutter, M.D.

Bestselling author of *Grain Brain* explains the potent interplay between intestinal microbes and the brain and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better.

HARDCOVER, MSRP \$28.00



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\$12⁷⁹

NOW®
Glutathione 500 mg
30 VCAP

A small peptide molecule composed of three amino acids: cysteine, glutamic acid, and glycine.*

ALWAYS AFFORDABLE \$18.39



29% OFF

\$12⁹⁹

NOW®
Co-Enzyme B-Complex
60 VCAP

Contains B vitamins in their active "co-enzyme" forms.*

ALWAYS AFFORDABLE \$18.39

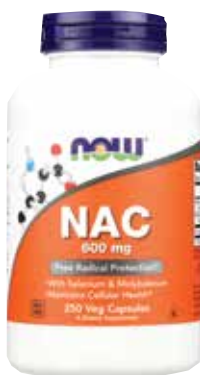


22% OFF

\$20⁷⁹

NOW®
NAC 600 mg
250 VCAP

ALWAYS AFFORDABLE \$26.79



22% OFF

\$8⁷⁹

NOW®
Ashwagandha 450 mg
90 VCAP

ALWAYS AFFORDABLE \$11.39



23% OFF

\$31⁹⁹

NOW®
CoQ10 400mg
60 SG

A naturally occurring co-factor involved in the production of energy at the cellular level.*

ALWAYS AFFORDABLE \$41.99



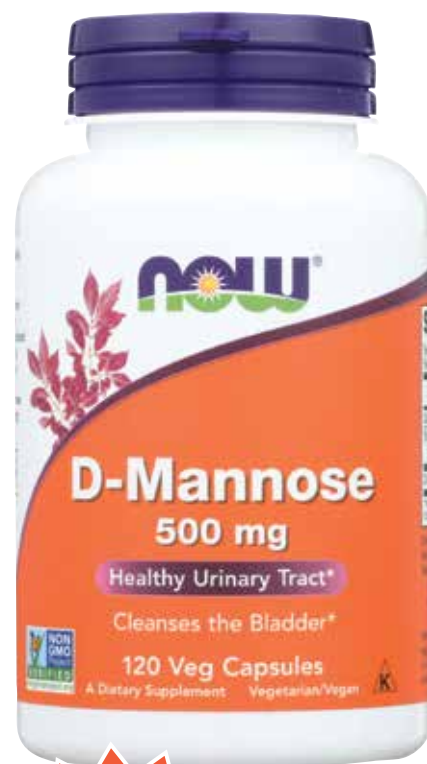
25% OFF

\$12⁹⁹

NOW®
Red Yeast Rice 1200 mg
60 TAB

Red Yeast Rice has been used by Asian traditional herbalists since approximately 800 A.D.

ALWAYS AFFORDABLE \$17.49



23% OFF

\$16⁴⁹

NOW®
D-Mannose
500 mg
120 VCAP

A naturally occurring simple sugar that supports urinary tract health.*

ALWAYS AFFORDABLE \$21.49



NUTRITION BYTES

By Aryn Doll and Shelby Miller

PROPOLIS

Improves Cognition in Elderly Subjects with Age-Related Cognitive Decline

A recent study published in *Evidence-Based Complementary and Alternative Medicine* showed that propolis supplementation supports memory, information processing, attention, and concentration in elderly individuals with age-related cognitive decline and forgetfulness. In this randomized, placebo-controlled trial, 68 Japanese elders between the ages of 60 and 79 were given six capsules per day of a propolis extract or placebo for 24 weeks. Primary outcomes included improvements in cognitive functioning as measured by various cognitive tests, in addition to cholesterol and lipid levels via blood analysis. By the end of the study, those receiving propolis had significant improvements in verbal memory and processing speed (or the ability to process information more quickly). Significant reductions in total and LDL cholesterol were also observed.

Propolis is a waxy substance that bees produce using materials collected from surrounding plants and trees to support the structural integrity and cleanliness of the hive.



Research shows it has anti-inflammatory and antioxidant effects, which can help preserve and protect brain cells. Propolis may also reduce the deposition of beta-amyloid plaques, toxic proteins that collect in the spaces between nerve cells, disrupting the cells' ability to function and communicate. Both high total and LDL cholesterol, coupled with low HDL cholesterol, have been associated with greater amounts of beta-amyloid plaques in the brain. Thus, through its cholesterol lowering effects, propolis may reduce beta-amyloid plaques and indirectly support brain and cognitive health.

CURCUMIN

Supports Cognitive Function by Enhancing Brain Plasticity

A recent meta-analysis showed a significant positive effect of curcumin supplementation on brain-derived neurotrophic factor (BDNF) levels, indicating its ability to improve cognitive function through supporting brain plasticity, or the brain's ability to adapt and learn new things throughout a lifetime. BDNF stimulates brain cell

growth and new connections between brain cells, a process crucial for neuronal plasticity.

For the meta-analysis, published in 2019 in the journal *Nutrition Research*, researchers examined data from several randomized controlled trials in humans on curcumin supplementation and BDNF. The authors concluded that curcumin supplements significantly increased BDNF levels. Especially strong results were seen in women, participants over 40 years old, those with higher doses of curcumin (greater than or equal to 500 milligrams per day), and those who supplemented with curcumin for at least eight weeks.

BDNF production decreases with age and contributes to the typical indicators seen in age-related cognitive decline, but can be optimized through exercise, reducing stress, nutrition, and supplements such as curcumin.



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BODY CARE



25% OFF

\$1.85-\$4.85

JASON®
Select Toothpastes

ALWAYS AFFORDABLE™ \$2.49-\$6.69

GLUTEN FREE

Perk up your smile with gentle whiteners: bamboo powder, calcium carbonate, and baking soda.



42% OFF
All Colors

\$9.99

SURYA BRASIL
All Colors

All Natural, Vegan, No Ammonia, No PPD.

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\$6.95

ACURE®
Brightening Facial Scrub

This natural scrub provides cleansing nutrients to the skin while refreshing and rejuvenating.

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\$9.99 EACH

BOIRON®
Calendula Cream or Calendula Gel
2.5-2.6 OZ.

Gentle and free of fragrances, and perfect for soothing irritated skin.

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35% OFF

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ZUM®
Zum Bars

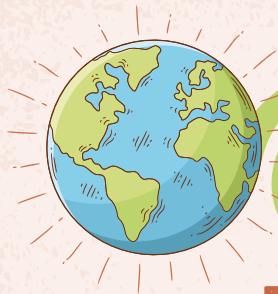
Subtly fragrant artisanal soap bars crafted from naturally moisturizing goat's milk.

ALWAYS AFFORDABLE™ \$5.39-\$5.75



CLEAN PRODUCTS FOR A CLEAN EARTH.
SCAN THE QR CODE TO LEARN ABOUT OUR BODY CARE STANDARDS.





EarthWATCH

LOST IN THE MAIZE:

The Silent Toll of America's Number One Crop

By Charity Isely

It's grilling season, and there's one crop that dominates the menu, even when we're not serving it on the cob. Burgers and brats, salad dressing and barbecue sauce, sodas, and alcoholic beverages, they all have this in common: corn.^{1,2}

Corn makes up 95 percent of the total feed grain used in dairy, beef, poultry, and pork production and it's an ingredient in countless processed foods, in the form of high-fructose corn syrup, corn starch, corn oil, and even citric acid (there are approximately 90 food additives that are derived from corn; so if you eat something that comes in a bag or box, chances are, you're eating something that was made from corn). With more than 90 million acres planted, it's the number one crop grown in the U.S., and more than 90 percent of it relies on GMO herbicide-tolerant and/or insect-resistant seeds.^{3,4} It is also a crop that relies heavily on chemical fertilizers.

THE STATUS QUO

After World War II, U.S. factories had an excess of ammonium nitrate used to make explosives, and as it happens, it was also good at adding nitrogen—required by plants to grow—to the soil. So chemical fertilizer was introduced to agriculture, and at the front of the line were high-yield cultivars of corn. Marrying the two meant yields exploded, and the Corn Belt has never looked back.^{5,6} Now, the region must look forward, to a future where one of its most valuable resources, the soil, is increasingly degraded.

The long-term loss of soil fertility in conventional industrial farming systems can be hard to measure, obscured by the constant chemical input of nutrients. Researchers from the University of Colorado addressed this question in a recent study and determined that 30 percent of the fertilizer currently applied to farmland is just to compensate for long-term losses in soil fertility due to erosion and loss of soil organic matter, a result of industrial farming methods that rely on chemical inputs, like synthetic fertilizers, and monocropping. The price tag for the fertilizer required to compensate for lost soil fertility is about half a billion dollars per year, and that's not including the environmental costs that synthetic fertilizer incurs.^{7,8}

COUNT THE COST

Consider a sampling of the externalized costs of synthetic fertilizer to the environment and human health:

- Nitrogen fertilizer is a significant source of nitrous oxide (N_2O) emissions, a greenhouse gas with almost 300 times the warming potential of carbon dioxide and the primary (human caused) destroyer of stratospheric ozone.^{9,10,11} According to a 2015 study in Minnesota, N_2O emissions in the Corn Belt may be underestimated by 40 percent because it does not account for emissions from streams that contain fertilizer runoff.¹²
- Agricultural nutrient runoff (nitrogen and phosphorous) in the Mississippi River is a primary contributor to the annually occurring hypoxic dead zone in the Gulf of Mexico. The loss to seafood and tourism industries is roughly \$82 million each year.^{13,14}
- According to a study published in *Nature Sustainability*, corn production is a major source of deadly air pollution, in the form of fine particulate matter, resulting in 4,300 premature deaths each year. Ammonia from fertilizer application was the largest contributor and was calculated to be responsible for seventy percent of attributable deaths.^{15,16}

REGENERATIVE ORGANIC AGRICULTURE TELLS A DIFFERENT STORY

There are approaches to farming that restore soil fertility, improve water holding capacity, decrease emissions, and sequester carbon.^{viii} Crop diversity, nitrogen-fixing cover crops, and compost are all essential components of organic farming—and counterparts to industrial agriculture's most destructive practices.^{17,18} Managed, rotational grazing of livestock plays a pivotal role in restoring degraded lands and increasing carbon sequestration through factors including recycling plant materials, naturally fertilizing the soil, depositing organic matter, and reducing nutrient losses from the soil.^{19,20,21}

Pasture-based dairy, 100% grass-fed, and 100 percent organic produce—these are food choices that represent increased value to farmers, the environment, animal welfare, and human health. So as you shop for your next summer feast, what's your grocery bill going to reflect? Will it be the values you believe in today or the hidden price the next generation will pay tomorrow?

ROCK — THE — GRILL

SUMMERTIME CRAVINGS DON'T HANG OUT POLITELY
IN THE KITCHEN—THEY GET OUTSIDE AND
ROCK THE GRILL!

Don't let your imagination take a nap while your appetite is slumped in a corner browsing TikTok because it's SO bored—there are too many delicious grilling moments you'll be missing. We have the rock star ingredient standards, the recipes, and the hacks—so quit making small talk with the microwave. Come and Rock the Grill with us.

ROCK — THE — GRILL

WITH THESE SIZZLING SAVINGS*!



3 DAYS ONLY · JULY 15-17

16%
OFF

\$6⁴⁹



THOUSAND HILLS
100% Grass-Fed 85/15
Ground Beef
16 OZ.

ALWAYS AFFORDABLE \$7.79

UP TO
27%
OFF

\$4²⁹-\$6⁹⁹



BEYOND MEAT
Plant-Based Burgers
or Sausages
8-14 OZ.

ALWAYS AFFORDABLE \$5.89-8.79

49%
OFF

2/\$4



SIETE
Grain Free Tortilla Chips
4 OZ.

ALWAYS AFFORDABLE \$3.99



35%
OFF

\$2¹⁹



LATE JULY
Organic Potato Chips
5 OZ.

ALWAYS AFFORDABLE \$3.39



37%
OFF

\$1⁷⁹



SANTA CRUZ ORGANIC
Organic Lemonades or
Organic Limeade
32 OZ.

ALWAYS AFFORDABLE \$2.85



39%
OFF

10/\$10



STEAZ
Organic Antioxidant
Brews
16 OZ.

ALWAYS AFFORDABLE \$1.65



20%
OFF

\$4⁷⁹



CHARCUTNUVO
Organic Franks
or Sausages
8-10 OZ.

ALWAYS AFFORDABLE \$5.99



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20% OFF



\$18⁷⁹ - \$32⁴⁹

VITAL PROTEINS
Collagen Peptides Unflavored
10-20 OZ.

ALWAYS AFFORDABLE™ \$23.75 - \$40.85

28% OFF



\$14⁹⁹

GAIA HERBS
Turmeric Supreme
60 VCAP

ALWAYS AFFORDABLE™ \$20.99

29% OFF



\$27⁵⁹

TERRY NATURALLY
Curamin Extra Strength
60 TAB

ALWAYS AFFORDABLE™ \$38.99

UP TO 44% OFF



\$11²⁹ - \$11⁴⁹

MYCHELLE DERMACEUTICALS
Suncare Best Sellers

ALWAYS AFFORDABLE™ \$18.99 - \$20.69

35% OFF



\$3⁷⁵

NIXIE
Organic Sparkling Waters
8 PK

ALWAYS AFFORDABLE™ \$5.79



30% OFF



\$3⁷⁵

PRIMAL KITCHEN
Organic Unsweetened
Ketchup
11.3 OZ.

ALWAYS AFFORDABLE™ \$5.39



28% OFF



\$3⁹⁹

ZEVIA
Zero Calorie
Stevia Sodas
6 PK

ALWAYS AFFORDABLE™ \$5.59



40% OFF



\$2⁹⁹

GRILLO'S PICKLES
Pickle Chips
16 OZ.

ALWAYS AFFORDABLE™ \$4.99

22% OFF



\$6⁹⁹

ORCA BAY
Keta Salmon Fillets
10 OZ.

ALWAYS AFFORDABLE™ \$8.99

28% OFF



\$4⁵⁵

WILDBRINE
Probiotic Fermented Kimchi
or Sauerkrauts
18 OZ.

ALWAYS AFFORDABLE™ \$6.35



FREE BAG WITH PURCHASE**
{N}POWER MEMBERS ONLY
7/15-7/17



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YOU CAN GRILL IT!



PIZZA ON THE GRILL

- 1 Choose any flavor of a Natural Grocers™ Brand Wood Fired FrOZ.en Organic Pizza.
- 2 Preheat the grill on high heat to 400° F (this temperature is lower than the package instructions for baking the pizza in the oven). Once the grill is at temperature, adjust lit burners to maintain the temperature at 400° F (watch carefully to prevent the temperature from rising).
- 3 Completely remove pizza from packaging and place directly on the grill grates over indirect heat, close the lid and cook for 8-10 minutes, or until the cheese is melted and the pizza crust is nicely browned.
- 4 Use a large metal spatula and tongs to slide the pizza onto a cutting board or baking sheet. Cool for a couple of minutes before slicing and serving.
- 5 Optional pizza toppings: fresh organic basil, organic sliced sweet peppers, organic black olives, sliced organic tomato, organic arugula (this is best added after the pizza has been grilled)

PANCAKES ON THE GRILL

- 1 Start with a box of Natural Grocers Brand Gluten Free Pancake and Waffle Mix. Preheat the grill on high heat to 375° F. Adjust the grill's heat to maintain the temperature (watch carefully to prevent the temperature from rising).
- 2 Place a griddle or a cast iron skillet on the grill, close the lid and preheat for 10 minutes.
- 3 Prepare the pancake mix according to the package instructions.
- 4 Grease the griddle or skillet. Use a long-handled ladle to scoop approximately ¼ cup batter (per pancake) and pour onto the griddle or skillet. Close the lid and cook for 3-4 minutes. Flip when tiny bubbles form on the top and the bottom is golden brown. Serve immediately topped with Natural Grocers Brand Organic Plant Based Buttery Spread and Natural Grocers Brand Organic Grade A Dark Maple Syrup.





BROWNIES ON THE GRILL

- 1 Preheat grill to 350° F and thoroughly clean grill grates. Grease an 8 or 9-inch cast iron skillet with coconut oil or butter.
- 2 Prepare Natural Grocers™ Brand Gluten Free Fudge Brownie Mix according to package directions. Spread the batter evenly into the prepared cast iron skillet.
- 3 Bake brownies on the grill with the lid closed for 25-30 minutes, or until a toothpick inserted into the center comes out clean. Keep an eye on the grill while the brownies bake and adjust heat as necessary to maintain the temperature at 350° F.
- 4 Allow the brownies to cool for 15-20 minutes before slicing and serving. Top with your favorite ice cream for extra decadence.

ORGANIC FRUIT ON THE GRILL

- 1 Choose and prep your organic fruit. While nearly any ripe, but still somewhat firm, fruit will work, our favorites are pineapple, stone fruit (peaches, plums, nectarines, and apricots), and watermelon. Cut pineapple into rings. Halve the stone fruit and remove the pits. Cut watermelon into 1-inch thick triangle slices with the rind attached.
- 2 Prep your grill by heating it to medium-high and scrubbing the grill grate thoroughly.
- 3 Brush the pineapple all over and brush the cut side of the stone fruit lightly with melted coconut oil or ghee. If desired, sprinkle a little coconut sugar over the cut sides of the fruit. To spice things up even more, try the following flavor combinations: Pineapple sprinkled with lime zest, stone fruit with a sprinkle of cinnamon, and/or cardamom watermelon sprinkled with lime zest, a little salt, and/or chili.
- 4 Place fruit directly on the grill grates, stone fruit cut-side down, and grill for 3-5 minutes, or until the flesh has just begun to caramelize and there are nice grill marks. Turn each piece of fruit over and grill on the other side for 2-3 minutes, or until fruit is just tender.
- 5 Serve as is or top with ice cream, vanilla yogurt, whipped coconut cream, or cream cheese mixed with a little honey.



Grilled pineapple



Grilled watermelon



FOR MORE FUN GRILLING RECIPES!



Grilled mango

ROCK THE GRILL



**\$399
VALUE**

WE'RE GIVING AWAY 3 YETI's

3 WAYS TO WIN

1 {N}POWER® SPEND & WIN*

{N}power members, every time you spend \$50 July 15–17, 2021 you will automatically be entered for a chance to win a YETI Tundra® Haul cooler or one of 10 \$100 Natural Grocers™ gift cards! {N}power members can also enter online at naturalgrocers.com/Win-a-YETI.

2 INSTAGRAM GIVEAWAY*

Win a Yeti Tundra Haul Cooler and a \$25 Natural Grocers gift card! Between July 12–15, 2021, visit us on Instagram (@NaturalGrocers) to enter for the chance to win these prizes. To enter visit www.instagram.com/naturalgrocers.

3 COUNT THE BURGERS*

Win a YETI Tundra Haul cooler! Count all the burgers in the July 2021 good4uSM Health Hotline® Magazine, complete the entry form below and return it to your local Natural Grocers by July 17, 2021 for a chance to win! A drawing among all entries with the correct number will determine the winner.

FIND AND COUNT THE
BURGERS THAT LOOK
LIKE THE ONE BELOW



Start with this one!



COUNT THE BURGERS ENTRY FORM

**BURGER
TOTAL**

First Name: _____ Last Name: _____

Address: _____ City, State, Zip: _____

Phone: (____) _____ Email: _____

All Fields Required for Complete Entry

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*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 on 6/25/2021 and ends on 7/17/2021. NGVC employees and their families are not eligible to win. Maximum of one entry per person per prize category. For Official Rules and complete details, visit: www.naturalgrocers.com/sweepstakes. Sponsor: Vitamin Cottage Natural Food Markets, Inc.

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{N}POWER® PRICING ONLY!

FEED YOUR FAMILY OF 4 A BURGER MEAL FOR UNDER \$12*

VEGETARIAN OPTION OF THIS MEAL IS UNDER \$16

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THE 4 OF US, WE HAVE
ARMS & LEGS!



\$4.99
8 OZ.
LIMIT 2



Beyond® Meat Beef Free Burger
Always Affordable \$5.89
(2 packs recommended for 4 servings)

**MAKE IT
MOOLESS!**

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EACH
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Rudi's Bakery® Wheat & White Hamburger Buns
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\$5.99
1 LB
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Organic Red & Green Leaf Lettuce

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Organic Beefsteak Tomatoes

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GLUTEN
FREE!**

\$3.99
12 OZ.
LIMIT 2



Canyon Bakehouse® Gluten Free Hamburger Buns
Always Affordable \$5.85

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ADD SOME ALWAYS AFFORDABLE™ VARIETY

\$3.99
EACH



Natural Grocers™ Brand Organic Sliced Cheeses

\$1.99
20 OZ.



Natural Grocers™ Brand Organic Ketchup

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Annie's® Naturals Organic Gluten Free Yellow Mustard



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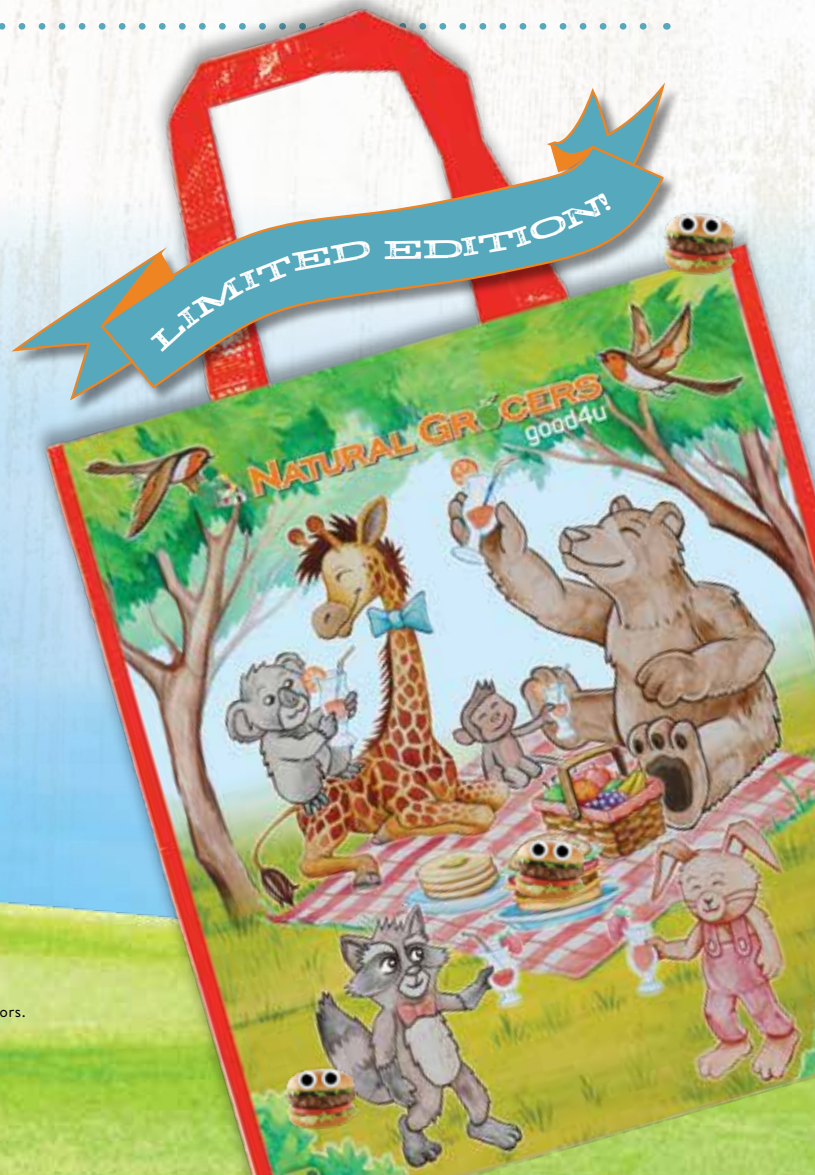
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BAG FOR \$1.99**

**AND WE'LL DONATE \$1 TO
YOUR LOCAL FOOD BANK!***

From June 25–July 31, when you buy a limited-edition Rock the Grill reusable bag for \$1.99, you're not just getting a one-of-a-kind tote—Natural Grocers™ will donate \$1 to your local food bank.



*Offer valid 6/25/2021 – 7/31/2021 at participating Natural Grocers stores. Quantity limited to stock on hand; no rain checks. We reserve the right to correct errors. Void where prohibited by law. Prices subject to change without notice.



OFFERS VALID JUNE 25 TO JULY 17, 2021

GROCERY

21% OFF

\$1.45

THE NEW PRIMAL
Meat Sticks
1 OZ.

Zero sugar, high in protein, and made from superior quality meats.

ALWAYS AFFORDABLE \$1.85



30% OFF

\$2.99

TERRA®
Select Vegetable Chips
4.2-6 OZ.

Experience vegetables like never before with these premium snacks.

ALWAYS AFFORDABLE \$4.29



30% OFF

\$6.29
EACH

EQUAL EXCHANGE
Organic Regular Coffee
10-12 OZ.

Rich, flavorful coffee, grown with care by small farmers.

ALWAYS AFFORDABLE \$8.99



21% OFF

\$4.39

ZEVIA®
Zero Calorie Stevia Sodas
6 PK

These stevia-sweetened sodas are refreshing and full of bold, natural flavor.

ALWAYS AFFORDABLE \$5.59



20% OFF

\$4.39

WOODSTOCK®
Organic Pickles
24 OZ.

Made from fresh, crisp cucumbers that are brined to pickled perfection!

ALWAYS AFFORDABLE \$5.49



30% OFF

\$6.29
EACH

EQUAL EXCHANGE
Organic Regular Coffee
10-12 OZ.

Rich, flavorful coffee, grown with care by small farmers.

ALWAYS AFFORDABLE \$8.99



28% OFF

99¢

TORIE & HOWARD®
Organic Chewie Fruities®
2.1 OZ.

Seriously delicious, chewy candies made from all-natural ingredients.

ALWAYS AFFORDABLE \$1.39



23% OFF

\$1.19
EACH

VERMONT SMOKE & CURE®
Select Meat Sticks
1 OZ.

Protein to go in a variety of craveable flavors.

ALWAYS AFFORDABLE \$1.55



35% OFF

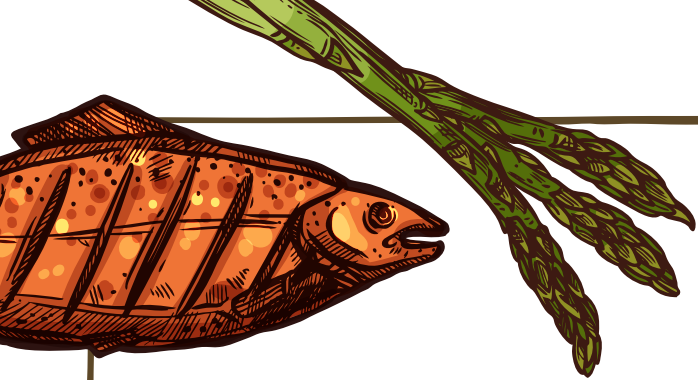
\$2.99

VITA COCO®
Coconut Waters
1 L

Refreshing drinks that are packed with electrolytes and a smooth coconut flavor.

ALWAYS AFFORDABLE \$4.65





ARMED & READY TO GRILL

BY HEATHER PRATT, CNT

NOTHING SAYS SUMMER LIKE A BACKYARD BARBEQUE!

However, cooking certain foods over high heat, like that of a grill, can actually create dangerous compounds—compounds that are associated with cancer, heart disease, diabetes, and Alzheimer's. But don't cancel the party just yet! With a little knowledge and careful preparation, you can greatly reduce the formation of these compounds, and with an arsenal of antioxidant-rich foods, you can protect yourself even further.

HETEROCYCLIC AMINES AND POLYCYCLIC AROMATIC HYDROCARBONS

Hetero-what and polycyclic-who? Heterocyclic amines (HCAs) are chemicals formed when certain amino acids and sugars (both naturally occurring in meat) react together when exposed to high temperatures. Polycyclic aromatic hydrocarbons (PAHs) are present in emissions from wood and coal burning, automobiles, tobacco smoke, and in many foods. In grilling, they are formed when fats from the meat drip down into the open fire, causing PAHs from the flames to adhere to the meat's surface. Both HCAs and PAHs bind to DNA, with the potential to cause mutations and changes, a major step in the process that ultimately leads to tumor formation. HCAs are on the National Institutes of Health's list of known carcinogens.

ADVANCED GLYCATION ENDPRODUCTS (AGES)

AGEs are created when proteins and fats react with sugar when exposed to high heat. It is this reaction that creates the char on a steak, the browning of toast, and the singe on roasted marshmallows. Cooking techniques such as toasting, charring, and grilling are recognized for enhancing the flavor of foods and are often favored over healthier methods. The problem is that this reaction between sugar and protein doesn't just change the color and taste of food, it also creates AGEs, which can be toxic. In the body, they cause damage to tissue and organs by binding to cellular receptors known as RAGEs (receptors of AGEs), which promote low-level inflammation. They also link with proteins in cells, causing permanent damage to the cellular structure and altering their function. They are also associated with a host of diseases, including type-2 diabetes, cardiovascular disease, Alzheimer's disease, allergies and autoimmune diseases, cancers, gastrointestinal diseases, and even kidney failure. AGEs are also created in the body when excess blood glucose binds with proteins. When you think of AGEs, think "aging" because that is exactly what they do to the body.

It's important to know that grilling is not the only cooking method that creates toxic compounds. Fried, smoked, and processed meats are all high in these dangerous compounds. In fact, it may be the cooking and processing methods of these meats that have earned them their unhealthy reputation, not the meat itself. The best bet is to stick to a diet high in natural and unprocessed foods, and when you do use a cooking technique like grilling, be sure to follow a few preparation techniques that will greatly reduce the formation of these damaging compounds.



STEP ONE: REDUCE ALL THOSE ACRONYMS

Cook meats at lower temperatures for a longer time. Remember, LOW and SLOW is the way to go.

Always clean your grill thoroughly to remove any leftover charred foods before grilling. These little bits of stuck on charred foods are loaded with HCAs & PAHs.

Use natural wrappers, such as corn husks and banana leaves, or parchment paper, to create grilling pouches that protect your food.

Use your grill for more than meat. Veggies are wonderful grilled and much less likely to develop these harmful compounds.

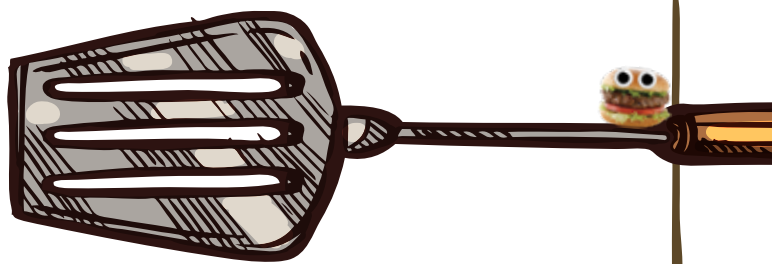
Learn to use your grill in new ways. For example, meat can be roasted on a grill by heating one side and closing the lid, food is then slowly cooked on the non-heated side. Cast iron cookware can also be placed directly on the grill and used the same way you would on a stovetop.

Avoid cooking meats directly over very high heat and be sure to trim away any charred pieces before eating.

Keep a spray bottle filled with water handy to immediately put out any flare-ups; it's the flames that contain the PAHs that can adhere to meat.

Use marinades that incorporate citrus juice, antioxidant-rich herbs, and/or vinegars, which help to reduce the formation of AGEs and HCAs and help prevent PAHs from adhering to meat.

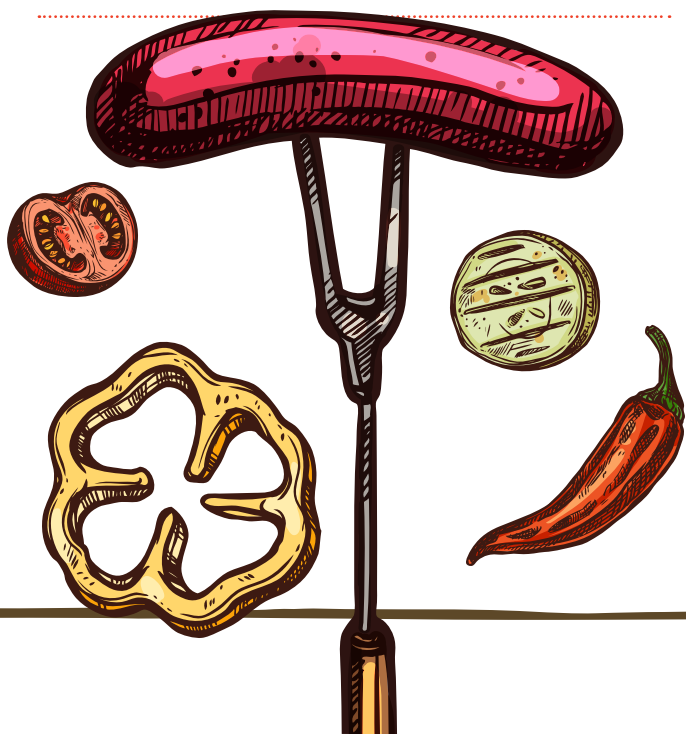
Flip meat often. This helps keep HCA levels low.



STEP TWO: INCREASE YOUR DEFENSES

There are many antioxidant-rich foods that will help to protect your body from the dangerous effects of these chemicals. Nearly all veggies and fruits are rich sources of antioxidants and have a proven track record of protecting cells from the types of DNA damage caused by HCAs and PAHs. Serve lots of vegetables, especially cruciferous veggies like cabbage (coleslaw!) or broccoli, alongside your grilled meat, and serve a large fruit salad or grilled fruit for dessert. Veggies are also not vulnerable to the formation of these dangerous compounds, so load up the grill with kabobs skewered with button mushrooms, red onions, colorful bell peppers, and zucchini. Fill a grill tray with tender asparagus and thinly sliced lemon. Throw some marinated portabella mushrooms or thick slices of eggplant on the grill for a veggie style “steak.” Experiment with different veggies.

For even more protection, incorporate nature’s heavy hitters into your grilling—certain foods and spices have a big impact on preventing the formation of HCAs, PAHs, and AGEs. For example, when cherries are added to ground beef used to make hamburgers, the burgers contain only 10 percent of the HCAs normally found in a burger. The flavonoids found in citrus can significantly reduce the formation of HCAs and help prevent PAHs from adhering to meat; try adding these juices to marinades. A simple and highly effective way to reduce the formation of HCAs in grilled meat is to add a little vitamin E directly to ground meat, or apply it to the surface of larger cuts. It doesn’t take much either—all you need is one 400 IU capsule of natural vitamin E (d-alpha tocopherol) to treat 10 pounds of hamburger. The *Lactobacilli* strains in yogurt have been shown to neutralize HCAs in the gut, preventing them from damaging DNA. Serve a yogurt-based sauce with your grilled meat or even yogurt and fruit for dessert. Nearly all spices offer antioxidant protection—turmeric, rosemary, ginger, paprika, oregano, cinnamon, and garlic powder are all good choices—and they can easily be added to rubs or marinades. While all of these additions are potent protectors for our bodies, they are also delicious and actually enhance the taste of the foods you are grilling.



OFFERS VALID JUNE 25 TO JULY 17, 2021

GROCERY



30% OFF

\$2⁵⁵

C20®
Original Pure Coconut Water
1 L

Brimming with refreshing natural coconut flavor and packed with electrolytes!

ALWAYS AFFORDABLESM \$3.65



19% OFF

\$6⁵⁹

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

This unique blend of natural ingredients can remove the toughest stains and odors.

ALWAYS AFFORDABLE \$8.19



21% OFF

\$17²⁵

THE HONEST KITCHEN®
Grain Free Dog Food Clusters
5 LB

Human-grade, minimally processed dog foods packed with superior nutrition for your pup.

ALWAYS AFFORDABLE \$21.85



28% OFF

\$2⁹⁹

4505 MEATS
Pork Rinds
2.5 OZ.

These light, airy pork rinds are a perfect no-carb snack to satisfy your crunch cravings.

ALWAYS AFFORDABLE \$4.19



11% OFF

\$7⁹⁹

NATURAL GROCERS™ BRAND
Organic Extra Virgin
Olive Oil
25.5 OZ.



26% OFF

\$2³⁵

ANNIE'S™ HOMEGROWN
Select Organic Mac & Cheese Mixes
6 OZ.

Easy, cheesy, and delicious. Annie's Mac & Cheese is free of artificial ingredients.

ALWAYS AFFORDABLE \$3.19



20% OFF

\$2⁵⁹

ANGIE'S BOOMCHICKA POP®
Select Popcorn
(Excludes Davenport, IA Location)
4.2-7 OZ.

ALWAYS AFFORDABLE \$3.25



ALWAYS AFFORDABLE \$8.99



OFFERS VALID JUNE 25 TO JULY 17, 2021

GROCERY

23% OFF

\$5.99

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

Quality juices without artificial flavors and preservatives.

ALWAYS AFFORDABLE \$7.79



23% OFF

\$1.79

RXBAR®
Protein Bars
1.83 OZ.

Made with simple ingredients these high-protein bars are a perfect on the go snack.

ALWAYS AFFORDABLE \$2.35



22% OFF

\$3.99

SAHALE SNACKS®
Select Snack Mixes
4-4.5 OZ.

Fruit and nut snacks with layers of flavor to make each bite a full-sensory experience.

ALWAYS AFFORDABLE \$5.15



21% OFF

\$3.25 EACH

SIETE
Grain Free Mexican Cookies
4.5 OZ.

These crunchy cookies are grain free but big on bold, authentic flavor.

ALWAYS AFFORDABLE \$4.15



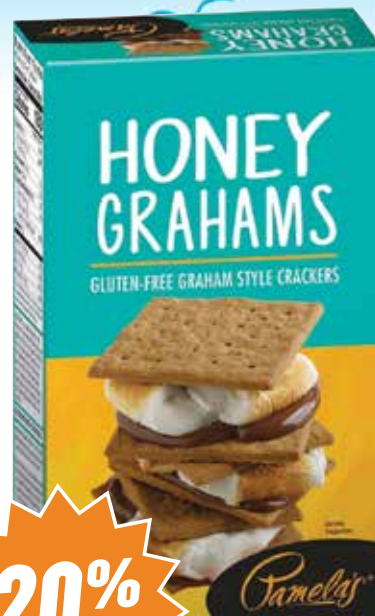
20% OFF

\$3.69

PAMELA'S® PRODUCTS
Gluten-Free Graham Crackers
7.5 OZ.

Enjoy the traditional taste of a honey graham cracker, but without the gluten!

ALWAYS AFFORDABLE \$4.65



37% OFF

2/\$5

SIETE
Grain Free Tortilla Chips
4 OZ.

Delicious grain-free tortilla chips that are crafted with care from simple ingredients.

ALWAYS AFFORDABLE \$3.99



21% OFF

\$1.29

STEAZ®
Organic Antioxidant Brews
16 OZ.

Formulated with vitamin C and antioxidants so that every sip can take you further.

ALWAYS AFFORDABLE \$1.65



26% OFF

\$4.79

STRYVE
Beef Biltong
2 OZ.

Premium beef seasoned to perfection and air-dried for 14 days until deliciously tender.

ALWAYS AFFORDABLE \$6.49



OFFERS VALID JUNE 25 TO JULY 17, 2021

GROCERY

35% OFF

\$2³⁹
EACH

SWEETLEAF®
Water Drops®
1.62 OZ.



A convenient, sugar-free hydration enhancer without artificial sweeteners.



ALWAYS AFFORDABLE™ \$3.69

23% OFF

99¢

ICELANDIC GLACIAL
Spring Water
500 ML



Sourced from the legendary Ölfus Spring in Iceland and exceptionally pure.

ALWAYS AFFORDABLE \$1.29

26% OFF

\$1⁹⁹

KETTLE®
Select Potato Chips
4.2-5 OZ.



These thick-cut potato chips are made with care for the perfect crunch.

ALWAYS AFFORDABLE \$2.69

20% OFF

\$1³⁵

KIND®
Select Bars
1.2-1.4 OZ.



Whole ingredients like nuts and fruit, mixed with spices and honey.

ALWAYS AFFORDABLE \$1.69

26% OFF

\$3⁶⁵

MARY'S GONE CRACKERS™
Organic Superseed Crackers
5-5.5 OZ.



ALWAYS AFFORDABLE \$4.99

30% OFF

\$2⁶⁹

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



Indulge in premium chocolate bars botanically sweetened with stevia.

ALWAYS AFFORDABLE \$3.85

26% OFF

\$2⁶⁹

LATE JULY®
Organic Restaurant Style Tortilla Chips
11 OZ.



ALWAYS AFFORDABLE \$3.65

OFFERS VALID JUNE 25 TO JULY 17, 2021

GROCERY

21% OFF
\$1.95



CLEAN® CAUSE®
Sparkling Organic Yerba Mate
16 OZ.

50% of profits support individuals in recovery from alcohol and drug addiction.



ALWAYS AFFORDABLE™ \$2.49

32% OFF
4/\$5



CLIF®
Builders Bars
2.4 OZ.

With 20g of complete plant-protein in each bar to help repair and build muscle.

ALWAYS AFFORDABLE \$1.85



30% OFF

\$1.99
EACH



SANTA CRUZ ORGANIC®
Organic Lemonades or
Organic Limeade
32 OZ.

ALWAYS AFFORDABLE \$2.85

25% OFF
\$1.89



ESSENTIA®
Ionized Water
1.5 L

With pH levels 9.5 or higher, Essentia water offers a clean, smooth taste in every bottle.

ALWAYS AFFORDABLE \$2.55

36% OFF
\$1.99



FOOD SHOULD TASTE GOOD
Tortilla Chips
5.5 OZ.

Delightfully crunchy tortilla chips that can be enjoyed alone or loaded with your favorite dip.



ALWAYS AFFORDABLE \$3.15

28% OFF
\$2.79



FRONTERA®
Select Salsas
16 OZ.

Salsas made in small batches with the irresistible flavor and heat of authentic chiles.

ALWAYS AFFORDABLE \$3.89

22% OFF
\$1.89



HIGH BREW COFFEE
Cold-Brew Coffee Beverages
7-8 OZ.

Powerful cold brew coffee beverages available in a variety of smooth flavors.

ALWAYS AFFORDABLE \$2.45

20% OFF
\$3.65



FRESHE™
Wild Tuna Small Meals
4.25 OZ.

Wild-caught fish, hearty vegetables, and fresh olive oil packed into a perfect on the go meal.

ALWAYS AFFORDABLE \$4.59

OFFERS VALID JUNE 25 TO JULY 17, 2021

GROCERY



23% OFF
\$6.99



ALTER ECO®
Organic Nut Butter Bombs
3.8 OZ.

These treats are made with decadent dark chocolate and rich nut butters.

ALWAYS AFFORDABLE™ \$9.19

20% OFF
\$1.75 EACH



MOUNTAIN VALLEY
Spring or Sparkling Spring Waters
1 L

Pure, naturally rising spring water with a rich blend of calcium, magnesium, and potassium.

ALWAYS AFFORDABLE \$2.19

10% OFF
\$7.19



NATURAL GROCERS™ BRAND
Organic Dark Maple Syrup
12 OZ.

Our syrup is dark and loaded with robust drops for a strength of flavor like no other syrup class.

ALWAYS AFFORDABLE \$7.99



31% OFF
\$3.99



NIXIE®
Organic Sparkling Waters
8 PK

Simple ingredients, refreshing flavor, zero sugar.

ALWAYS AFFORDABLE \$5.79



27% OFF
\$3.49



QUINN®
Gluten Free Filled Pretzel Nuggets
6.5-7 OZ.

With the perfect ratio of pretzel to peanut butter, these nuggets are irresistible.

ALWAYS AFFORDABLE \$4.79



23% OFF
\$2.49



PLANT SNACKS®
Cassava Root Chips
5 OZ.

Made with sustainably harvested Brazilian cassava flour, these chips are a perfect gluten-free treat.

ALWAYS AFFORDABLE \$3.25



22% OFF
\$2.45

POP & BOTTLE
Oat Milk Lattes
8 OZ.

Smooth lattes made with fair trade coffee and infused with antioxidants.

ALWAYS AFFORDABLE \$3.15



20% OFF
\$4.29



PRIMAL KITCHEN®
Organic Unsweetened Ketchup
11.3 OZ.

All the classic ketchup taste you expect with none of the added sugars.

ALWAYS AFFORDABLE \$5.39



A 3-DAY EVENT • AUGUST 12-14

CELEBRATE & SAVE

66TH
ANNIVERSARY

CELEBRATE

OUR CO-FOUNDER
MARGARET ISELY'S
BIRTHDAY WITH OUR

BIGGEST
SALE OF THE YEAR



FUN FACT:

2021 would have been Margaret's 100th birthday!

SWEEPSTAKES**

WIN A 2021 TOYOTA®
HYBRID RAV 4
OR \$30,000 CASH



One winner company-wide

EPIC SAVINGS

UP TO 65% OFF
THESE PRODUCTS + MORE

Terms & conditions apply. See store for details.



3 DAYS ONLY

AUGUST 12TH ONLY • 1 PM-6 PM

FREE***
FROZEN DESSERT



One per customer.
While supplies last.

3 DAYS ONLY

{N}POWER® MEMBERS ONLY

FREE
NATURAL GROCERS™
BRAND
CHOCOLATE BAR



One per {N}power account. While supplies last.

FREE
REUSABLE BAG

With Purchase.

3 DAYS ONLY



FREE
COLLECTIBLE
STICKERS



3 DAYS ONLY

Shop on August 12th & we'll donate 1% of sales to the Natural Grocers™
HEROES IN APRONS FUND!

The Natural Grocers Heroes in Aprons Fund is a non-profit fund established to provide financial relief to Natural Grocers good4u™ Crew members during times of hardship due to unforeseen crisis or emergency, including serious illness, natural disaster, or other unforeseen circumstances.



*Limit one per {N}power customer August 12-14, 2021. While supplies last; no rainchecks. **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. Sweepstakes starts on 8/12/2021 and ends on 8/14/2021. For Official Rules and complete details, visit: www.naturalgrocers.com/sweepstakes. ***Limit one per customer August 12, 2021 only. While supplies last; no rainchecks. Void where prohibited by law. Sponsor: Vitamin Cottage Natural Food Markets, Inc.

OFFERS VALID JUNE 25 TO JULY 17, 2021

NATURAL GROCERS® BRAND BULK PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICE™

QUINOA WHITE ORGANIC

NUTRITION FACTS
Serving Size 1/2 cup (125g)
Calories 170
Total Fat 3.5g 7%
Total Carbs 35g 70%
Protein 8g 16%

SALE
\$2.49
1 LB.

ALWAYS AFFORDABLE™ \$3.49

USDA
ORGANIC

TRI COLOR QUINOA ORGANIC

NUTRITION FACTS
Serving Size 1/2 cup (125g)
Calories 170
Total Fat 3.5g 7%
Total Carbs 35g 70%
Protein 8g 16%

UNSALTED DRY ROASTED ALMONDS ORGANIC

NUTRITION FACTS
Serving Size 1/4 cup (30g)
Calories 180
Total Fat 14g 28%
Total Carbs 3g 6%
Protein 6g 12%

SALE
\$6.99
10 OZ.

ALWAYS AFFORDABLE \$7.99

USDA
ORGANIC

NATURAL GROCERS™ BRAND BULK
ORGANIC QUINOA
(WHITE & TRI-COLOR VARIETIES AVAILABLE)

NATURAL GROCERS BRAND BULK
ORGANIC DRY ROASTED ALMONDS
(SALTED & UNSALTED VARIETIES AVAILABLE)

UNSWEETENED DRIED CHERRIES ORGANIC

NUTRITION FACTS
Serving Size 1/2 cup (130g)
Calories 130
Total Fat 0.5g 1%
Total Carbs 28g 56%
Protein 1g 2%

SALE
\$5.99
6 OZ.

ALWAYS AFFORDABLE \$6.79

USDA
ORGANIC

HEMP SEEDS NON-GMO

NUTRITION FACTS
Serving Size 1/4 cup (30g)
Calories 170
Total Fat 3g 6%
Total Carbs 1g 2%
Protein 3g 6%

SALE
\$2.99
10 OZ.

ALWAYS AFFORDABLE \$3.29

NON
GMO
PROJECT
VERIFIED

NATURAL GROCERS BRAND BULK
**ORGANIC UNSWEETENED
DRIED CHERRIES**

NATURAL GROCERS BRAND BULK
**NON-GMO
HEMP SEEDS**

NATURAL GROCERS® BRAND BULK PRODUCTS

PREMIUM QUALITY AT AN AFFORDABLE PRICESM

ALWAYS AFFORDABLESM

Natural Grocers™ Brand Bulk ORGANIC AMARANTH GRAIN

\$1⁷⁹
1 LB.

This poppy seed-size "grain" was a staple of the Aztecs and Mayans. It can be roasted, popped, boiled, and added to dishes, making it a versatile pantry item.



Natural Grocers Brand Bulk ORGANIC SEEDLESS RAISINS

\$2⁹⁹
1 LB.

This high-energy snack can jump-start your day or help with the afternoon slump. Add a burst of sweetness to your day with our chewy seedless raisins!



Natural Grocers Brand Bulk ORGANIC LEMON PEPPER BLEND

\$4²⁹
4 OZ.

Pungent, warm, and spicy, with a citrus note to give any dish a little extra pizzazz. Perfect for seafood, chicken, marinades or any other dish that could use a burst of lemon pepper flavor!



Natural Grocers Brand Bulk NON-GMO RICE CRACKER MIX

\$2⁹⁹
1 LB.

A great combination of rice crackers, seaweed, and chili powder, these crackers are the perfect snack for a day out on the trail or hanging out at home!



Natural Grocers Brand Bulk NON-GMO CHOCOLATE PRETZELS

\$2⁹⁹
6 OZ.

Does it get much better than crunchy pretzels covered with rich dark chocolate? We don't think so. Try some today to satisfy your sweet and salty craving!



Natural Grocers Brand Bulk ORGANIC MESQUITE GRILLING RUB

\$5³⁹
5 OZ.

Fire up the grill, the perfect BBQ seasoning just arrived! Add a punch of sweet and smoky flavor to all of your grilled goodies with our mesquite rub!





INTRODUCING THE NEWEST



NATURAL BRAND P

ORGANIC Balsamic Vinegar, Go



\$4.79
16.9 OZ.

It's time to elevate the flavor of your favorite apps and main dishes with Natural Grocers Brand Peppers, Capers and 100% Italian Aged Balsamic Vinegar of Modena, with PGI seal of authenticity. Certified Organic, naturally non-GMO, traditionally prepared in the Mediterranean, extraordinarily delicious. Every pantry needs them!

\$4.99
16 OZ.



\$3.59
16.9 OZ.



\$3.59
15.5 OZ.



\$1.99
3.5 OZ.



PREMIUM QUALITY AT AN AFFORDABLE PRICESM

MEMBERS OF THE FAMILY!

GROCERSTM PRODUCTS

Sweet Potatoes & Greek Olives



ORGANIC
is Naturally
NON-GMO

\$5²⁹
7 OZ.

\$3⁹⁹
7 OZ.

\$3⁹⁹
6.3 OZ.

\$3⁹⁹
6.3 OZ.

\$3⁹⁹
7 OZ.

\$3⁹⁹
7 OZ.

Hungry? Natural Grocers Brand Greek Olives are snack heaven. Organic. Non-GMO. Responsibly sourced and produced with practices that minimize waste—there's a variety to suit every craving!

USDA
ORGANIC

FROM THE FAMILY BRAND YOU TRUST

OFFERS VALID JUNE 25 TO JULY 17, 2021

IN THE FRIDGE

20% OFF
\$1.99
EACH

NATURAL GROCERS™ BRAND
Organic Kombuchas
14 OZ.

ALWAYS AFFORDABLE™ \$2.49



20% OFF
\$4.19

BITCHIN' SAUCE™
Almond Dips or Sauces
8 OZ.

ALWAYS AFFORDABLE™ \$5.29



20% OFF
\$3.65

HARMLESS HARVEST®
Organic Coconut Water
16 OZ.

ALWAYS AFFORDABLE™ \$4.59



Up to 22% OFF
\$1.39 - \$3.99

FORAGER® PROJECT
Organic Cashew Yogurts
5.3-24 OZ.

ALWAYS AFFORDABLE™ \$1.79-\$4.99



26% OFF
\$2.89

EVOLUTION FRESH®
Select Organic Juices
15.2 OZ.

ALWAYS AFFORDABLE™ \$3.95



23% OFF
99¢

BELLWETHER FARMS®
Organic Whole Milk Yogurts
5.3 OZ.

ALWAYS AFFORDABLE™ \$1.29



22% OFF
\$2.99

REBBL®
Organic Elixirs
(Excludes Protein Beverages)
12 OZ.

ALWAYS AFFORDABLE™ \$3.85



11% OFF
\$5.29
EACH

CHARCUTNUVO
Organic Franks
or Sausages
8-10 OZ.

ALWAYS AFFORDABLE™ \$5.99



22% OFF
\$4.95

WILDBRINE®
Probiotic Fermented
Kimchi or Sauerkrauts
18 OZ.

ALWAYS AFFORDABLE™ \$6.35



Up to 16% OFF
\$4.89 - \$7.79

BEYOND MEAT®
Plant-Based Burgers or Sausages
8-14 OZ.

ALWAYS AFFORDABLE™ \$5.89-\$8.79



OFFERS VALID JUNE 25 TO JULY 17, 2021

IN THE FREEZER

12% OFF

\$6.79



THOUSAND HILLS™
100% Grass-Fed 85/15 Ground Beef
16 OZ.

ALWAYS AFFORDABLE™ \$7.79

20% OFF

\$4.15



RUMIANO
Select Organic
Cheese Blocks or Shreds
6-8 OZ.

ALWAYS AFFORDABLE™ \$5.25



22% OFF

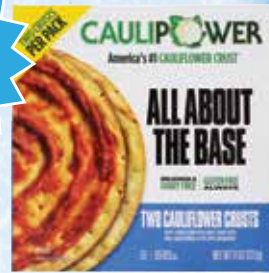
\$2.35

LA COLOMBE®
Lattes and Cold
Pressed Coffees
9 OZ.

ALWAYS AFFORDABLE™ \$3.05

20% OFF

\$6.85



CAULIPOWER®
Select Cauliflower
Pizzas or Crusts
10.9-12 OZ.



ALWAYS AFFORDABLE™ \$8.65

22% OFF

\$3.89



GOODPOP®
Select Organic
Frozen Dessert Pops
4 PACK



ALWAYS AFFORDABLE™ \$4.99

13% OFF

\$3.99



NATURAL GROCERS™ BRAND
Select Organic Frozen Fruits
16 OZ.

Our frozen fruit has that tangy, spot-on sweet flavor that you're looking for when it's in season fresh. It's certified organic and naturally non-GMO.

ALWAYS AFFORDABLE™ \$4.59

16% OFF

\$7.49



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FROZEN

Virgin Kombucha Daiquiri

SERVES: 4 (6-OUNCE SERVINGS)

PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

An icy cold strawberry daiquiri mocktail is the perfect refreshing beverage for hot summer days and nights. Made with frozen strawberries, kombucha, and coconut water, this drink is not only delicious, it's healthy too!

INGREDIENTS

- ½ cup coconut water
- 1 ½ cups (~¾ of a 16-ounce bag) Natural Grocers™ Brand Organic Frozen Strawberries
- 1 organic lime, slice 4 thin rounds for garnish and press the rest to obtain 2-3 tablespoons juice
- 2 tablespoons Natural Grocers Brand Organic Grade A Dark Maple Syrup
- 1 (14-ounce) Natural Grocers Brand Organic Kombucha (Raspberry Hibiscus, Ginger, Ginger Lemonade, or Sweet Lavender flavor)
- 1 cup ice

Optional garnishes: fresh organic strawberries and/or fresh organic mint

INSTRUCTIONS

1. Add the coconut water, strawberries, lime juice, and maple syrup to a blender. Slowly pour the kombucha down the side of the blender to help preserve the bubbles, and blend for 30 seconds to one minute. Add the ice and blend until ice is crushed and the consistency is slushy.
2. Pour into glasses, garnish each glass with a lime round, and serve immediately.



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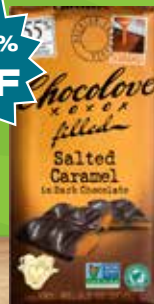


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