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All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price. We reserve the right to correct errors.
One of our favorite things about July is kicking it off with the biggest birthday party of the year. The smell of BBQ and the laughter of friends floating from neighborhood to neighborhood; the excitement of grand finales sparkling in the night sky. Independence Day is a reminder we’re all in this together, as we share in holiday traditions from Honolulu to Anchorage to Miami, and the Fourth of July staples of good food and good friends are what our family is all about.

We like to say Happy Birthday America with the juiciest U.S.-raised, lifetime-grazed beef your party menu ever dreamed of! It was a long road to finding it, but we finally did, and in time for the biggest BBQ day of the year. When we set out on our search for 100% pasture-raised beef, we knew two things:

1. It needed to be from a U.S. producer, which is no easy task because lifetime-grazed beef in America is usually imported.

2. It needed to pass our naturally-raised meat standard, which at its bare bones minimum is higher than other “natural” standards and always means:

   NO hormones, NO antibiotics, NO animal by-products and NO inhumane treatment of animals.

   Our search was rewarded when we discovered the Midwest-based Thousand Hills Cattle Company. Unlike “grass fed,” which has become a happy-go-lucky, anybody can use it, kind of term, the cattle of Thousand Hills spend their entire lives on pasture, producing meat rich in nutrients and better for the planet. Now we have a variety of cuts and grinds in every Natural Grocers meat case, but that’s not the end of the story. We’ve made it our mission to source ethical, U.S.-produced products to fit any preference, making it easy for you to get ready for your Fourth of July BBQ with the best beef, pork, poultry or plant-based options in town. Cleanest. Tastiest. Most affordable.

   We haven’t forgotten about that other Fourth of July tradition either—the nostalgic comfort of sticking a hot dog, fresh with grill marks, into a bun, smothering it with condiments and letting the juices drip down our chins. But the junk that’s been put into hot dogs over the years... well, it’s appetite reducing to say the least. That’s why we only carry hot dogs without anything artificial, with ingredients you can identify, and with all the organic condiments you need to go along side.

   Now we must get back to firing up the grill and setting out the party games. We hope your month is filled with deliciously nutritious food and lots of time to hang out with whoever you call family, because they’re the best. Happy July, everyone!

   The Isely Family
RECIPE OF THE MONTH

RETRO STRAWBERRY ICE CREAM PIE

FOR THE LOVE OF ORGANICS

BERRIES

12 DIET STRATEGIES TO INCREASE HEALTH AND HAPPINESS

12 MIND-BLOWING BENEFITS OF MAGNESIUM

FOR THE LOVE OF ORGANICS

BERRIES

12 DIET STRATEGIES TO INCREASE HEALTH AND HAPPINESS

12 MIND-BLOWING BENEFITS OF MAGNESIUM

RECIPE OF THE MONTH

GINGER KOMBUCHA MARINATED GRILLED CHICKEN

This periodical is intended to present information we feel is valuable to our customers. Articles are in no way to be used as a prescription for any specific person or condition; consult a qualified health practitioner for advice. These articles are either original articles written for our use by doctors and experts in the field of nutrition, or are reprinted by permission from reputable sources. Articles may be excerpted due to this newsletter’s editorial space limitations. Pricing and availability may vary by store location. All prices and offers are subject to change. Not responsible for typographic or photographic errors.
Serves 6

INSTRUCTIONS

1. Preheat oven to 350ºF and lightly grease a 9 ½-inch pie plate.

2. Place the cashew pieces in a small bowl and cover with boiling water; set aside to soak. In another small bowl, cover the dates in boiling water and set aside to soak. Allow to soak for about 30 minutes before starting the next step.

3. Drain the cashews and dates. Roughly chop dates and blend with cashews in a food processor until a chunky paste forms, about 5 minutes. Add salt and vanilla and process until well combined. Add almond flour and process until dough starts to form a ball, about 2 minutes.

4. Use wet fingers to press the dough evenly into the pie plate and poke throughout with a fork. Place in the preheated oven and bake for 12-15 minutes, or until the top is lightly browned, watching closely to make sure the crust does not burn. Set aside and let cool to the touch.

5. To make the filling, slice all but three of the strawberries (reserve those three for the ladybug garnish). Purée 1 ½ cups of sliced strawberries in a blender or food processor, setting aside remaining strawberry slices. Measure out ¼ cup of purée and mix in the gelatin.

6. Pour remaining strawberry purée into a small saucepan and warm over medium-high heat until steaming but not boiling, about 2 minutes. Turn off burner and add strawberry-gelatin mixture and mix until the gelatin is dissolved and no lumps remain.

7. Mix the strawberry mixture with the ice cream in a medium mixing bowl until the ice cream is melted. Place in the refrigerator to chill for about 10 minutes.

8. Remove the filling from the refrigerator and whisk to mix thoroughly. Fold in remaining strawberry slices, and smooth into the pie crust. Chill in the refrigerator for at least 30 minutes, or until completely set.

INGREDIENTS

For the crust
1 cup cashew pieces
½ cup pitted dates
¼ teaspoon salt
2 teaspoons vanilla extract
1 cup almond flour

For the filling
1 pound ripe strawberries, washed and stems removed, 3 set aside for the ladybug garnish
4 teaspoons gelatin
1 pint vanilla ice cream (or dairy-free alternative)

For the ladybug garnish
Visit naturalgrocers.com/recipe for more details

RETRO STRAWBERRY ICE CREAM PIE

Prep: 50 min. | Cook: 20 min. | Total: 130 min.

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FOR THE LOVE OF ORGANICS:

BERRIES

By Charity Isely

Somewhere along the Pacific Coast Highway in California, a weathered farm stand sits in the middle of strawberry fields. Sunlit waves crash against the rocks, and the air is salty fresh as you make your way through the red screen door. After you’ve taken your pick of berry treats, you pay the honor till where the cash drawer is always open, and you can feel the happiness of this place wrap itself around you like a tangible thing. It’s a feeling I get whenever I’m indulging in a berry snack, even if I can’t go wandering the PCH, because if berries were an emotion, this is what they would be… happiness.

They pile up on your table in red, blue, and purple heaps, staining your fingers as you dig in. It’s hard to pick your favorite so you taste them all again. Which is exactly what your body wants you to do, because the variety of colors that make berries so enticing come from powerful phytochemicals called anthocyanins, and they’re jammed with benefits. Thanks to their anti-inflammatory and antioxidant activity, anthocyanins and other compounds in berries have been shown to lower LDL cholesterol, improve insulin sensitivity, and boost memory function. The conclusion of a research paper examining a range of clinical studies on berries and human health sums it up this way: “...the consumption of berries should be extensively encouraged as part of a cardioprotective diet.” This is happy-making news if we ever heard it, because what’s not to love about eating more of the most delicious fruit on the planet?

For all the sunshiny feelings that berries deliver, there’s a shadow looming large in the shape of conventional farming methods. Strawberries have topped the Environmental Working Group’s Dirty Dozen list multiple times. Compared to other produce sampled, there was an average of 7.7 different pesticide residues found per strawberry versus 2.3 on other fruits and veggies, including some known hormone disruptors and possible carcinogens. On the bright side, one study found that just a week of organic eating can reduce pesticide build up in the body by 90 percent.

As the sun sticks around for long July evenings, and a lot of us are enjoying vacation time, happiness seems to float on the air. Why not snack on it too? Swap out your sugar cravings for the fiber-rich goodness of berries. Pop in a handful of organic decadence, and listen closely, for you just might hear Ella Fitzgerald crooning in the shadows, because it’s “summertime, and the livin’ is easy…”

References available upon request.
The magical mineral magnesium is essential to human life. It plays a central role in almost every bodily process and is a cofactor in more than 300 enzyme systems, making it a key player in numerous biochemical reactions in the body, including muscle and nerve function; reproduction; blood pressure regulation; DNA, RNA, and protein synthesis; and cellular energy production. We cannot survive without it, yet around 50 percent of the population has an inadequate intake, putting a considerable number of people at risk for deficiency.

According to research published in the BMJ Journal, hunter and gatherer societies of the Paleolithic era consumed a diet containing about 600 milligrams of magnesium per day, a number that far exceeds the average daily magnesium intake of today, which is approximately 270 milligrams a day for a 150-pound person. Not only is the modern intake of magnesium much lower than those of our ancestors, but it’s also lower than the recommended daily allowance (RDA) of magnesium, which is between 300 and 420 milligrams for most people (and many experts believe these amounts simply prevent an outright deficiency and are not adequate for optimal health).
MAGNESIUM’S HEALTH BENEFITS

STRESS AND ANXIETY RELIEF.
Are stress and anxiety recurring themes in your life? Magnesium may be the “chill pill” you need. Magnesium plays a role in regulating the hypothalamic-pituitary-adrenal axis (HPA axis), our stress response system, and deficiencies in the mineral have been shown to induce anxiety and HPA axis dysregulation in an animal model. Indeed, anxiety is one of the physical symptoms of a magnesium deficiency. In humans, magnesium can suppress the release of the stress hormones cortisol and adrenaline and work at the blood-brain barrier to possibly prevent stress hormones from entering the brain.

NEUROPLASTICITY.
The brain’s ability to change is neuroplasticity. This flexibility allows our brains to forge new neural connections (synapses) and affects learning, memory, behavior, and general cognitive function. Neuroplasticity plays a fundamental role in how well our brains age, with a loss in plasticity resulting in a loss of cognitive function. Research on neuroplasticity is growing and scientists are discovering that increasing neuronal cell magnesium levels can increase synapse density and plasticity, improving overall cognitive function. It is also showing promise to help “rewire” the brain in cases of traumatic brain injury and anxiety disorders. But not just any magnesium supplement will do—magnesium L-threonate is the form used in studies because it has the ability to cross the blood-brain barrier to effectively increase magnesium levels in the brain.

ATTENTION AND FOCUS.
As you’re probably coming to understand, magnesium is essential for healthy brain and nervous system function; this also includes attention and focus. Some of the symptoms of magnesium deficiency can manifest as irritability, restlessness, a lack of concentration, and fatigue, also symptoms associated with attention deficit hyperactivity disorder (ADHD). Studies have consistently found that children diagnosed with ADHD are deficient in magnesium and that supplementation improves behavior, impulsivity, and hyperactivity. Magnesium also interacts with gamma-aminobutyric acid (GABA) receptors, helping to maintain normal transmission of this calming neurotransmitter, while balancing levels of glutamate, an excitatory neurotransmitter.

ANTI-INFLAMMATORY.
Research shows that increasing magnesium intake may also reduce inflammation, an immune response that can contribute to a laundry list of health problems and chronic diseases, including anxiety and depression. Studies have shown that both children and adults who consume less than the RDA of magnesium are, on average, twice as likely to have elevated levels of C-reactive protein (CRP), a strong indicator of inflammation, compared to those who consume the RDA. A study published in The Journal of Immunology found that magnesium has a modulatory effect on the immune system and is able to reduce inflammatory cytokine production. This means that consuming more magnesium can help to reduce the inflammatory factors that can lead to disease.

CARDIOVASCULAR HEALTH.
Magnesium plays a multitude of important roles in maintaining cardiovascular health, and many of the more severe symptoms of magnesium deficiency are cardiovascular in nature, including sudden cardiac death. Magnesium supports healthy blood pressure, reduces the risk of atherosclerosis, maintains healthy endothelial function and vasodilation, and is required for normal heart contraction and energy production in the heart. The authors of a review published earlier this year in the journal Open Heart, concluded that, “subclinical magnesium deficiency likely leads to hypertension, arrhythmias, arterial calcifications, atherosclerosis, heart failure, and an increased risk for thrombosis. This suggests that subclinical magnesium deficiency is a principal, yet under-recognized, driver of cardiovascular disease. A greater public health effort is needed to inform both the patient and clinician about the prevalence, harms, and diagnosis of subclinical magnesium deficiency.”
MAGNESIUM DEFICIENCY IS WIDE SPREAD

There are so many people in the U.S. and around the world suffering from magnesium deficiency, and even worse, they don’t even know it. Magnesium deficiency can be present despite normal serum magnesium levels because only one percent of magnesium in your body is found in your bloodstream—most is found in your bones, muscles, and inside cells. So even though your magnesium levels may appear “normal” on paper, you may, in fact, be dealing with a deficiency.

CAUSES

There are a number of reasons why magnesium deficiency is a widespread problem today: Soil degradation has drastically lowered the magnesium content in our food; the modern Western diet is loaded with processed foods that contain little to no magnesium and other important micronutrients; the heavy consumption of phosphorous-containing soft drinks depletes magnesium; common digestive issues hinder the absorption of minerals; and medication use also reduces the absorption of magnesium. These reasons make it necessary for most people to supplement their diets with magnesium.

BEST SUPPLEMENTAL FORMS

Magnesium supplements in citrate, chelate, glycinate, and chloride forms are better absorbed than those in oxide or sulfate forms. It’s important to note that taking magnesium supplements in high doses can have a laxative effect, so aim to have no more than 300 to 400 milligrams in one dose. As previously mentioned, if your goal is to increase brain plasticity, magnesium L-threonate is the best choice.

MAGNIFICENT MAGNESIUM OIL & BATH SALTS

Another option for increasing your magnesium levels is to use magnesium oil. Magnesium oil is applied topically so that it can be absorbed into the skin. There are a few ways to use magnesium oil: It can be sprayed directly on the skin after you take a shower, massaged into the skin to reduce muscle cramps and soreness, or added to your bath water.

Another form of magnesium that you can easily use at home is Epsom salt, which is a mineral compound of magnesium and sulfate. I recommend adding Epsom salt to warm bath water and soaking in it for at least 20 minutes. This will help to boost magnesium levels, reduce inflammation, ease stress, and relieve constipation.

Magnesium is one of the most important minerals in the body and is needed to maintain optimal health, but an alarming number of people are at risk of a deficiency. If necessary, I suggest increasing your intake of magnesium-rich foods and turning to supplements—or oral and/or topical—to ensure that you are getting enough of this vital nutrient and enjoying the health benefits that come with optimal levels.
The silky-smooth texture of our extra virgin olive oil hits all the right notes: buttery, fruity, complex... In our quest to bring you the best olive oil in the world, we would accept nothing less than perfection. We found it in the olive groves of Spain, where the silvery leaves of ancient trees have graced sunny hillsides for centuries. Varietals from around the globe have been planted here to lend depth and richness, creating an oil of unsurpassed flavor and texture. Our partner is a leader in the production of certified organic olive oil, delivering excellence in every aspect, including environmental and social responsibility. Combining innovation with tradition, they have turned the by-product of olive oil production into renewable energy. Now we can bring home to you a product that is as uniquely sustainable as it is distinctively delicious. Pair our 100% organic extra virgin olive oil with anything that tempts your palate for a best in class, luxurious experience.
Did you know that eating an abundance of veggies can also make you happier? Studies show that eating lots of vegetables make us feel good, increases our happiness and sense of well-being, increases our vitality and motivation, and even increases curiosity and creativity. How's that for instant gratification? And what better time to start than summer when there is an abundance of fresh produce to choose from?

At Natural Grocers, we’ve long recommended 3-6 cups of vegetables a day, and many studies support this recommendation to gain optimal health benefits. If you’re new to eating veggies, don’t let the goal of 3-6 cups a day intimidate you. Start with what you know you like. If you like cucumbers and green beans, great! Eat them. Every day. Then take a cue from the professionals! Because we know dietary changes can be hard, we asked our nutrition professionals for their favorite ways to eat more veggies.

Veggies are good4U, but not with a side of pesticides!

As important as it is to eat your veggies, it is equally important how those vegetables are grown. Many people don’t realize that testing has found 230 different pesticides and pesticide residues on conventionally grown produce, and a single food can have up to 20 different pesticides, many of which can’t be washed or peeled away. All of those health benefits that come from eating vegetables may just be null and void when you ingest a plethora of pesticides with them! Choosing organically grown vegetables minimizes exposure to these harmful pesticides and herbicides that have been linked with lower IQ and ADHD in growing children, kidney and liver damage, oxidative stress, certain cancers, Alzheimer’s disease, and increased antibiotic resistance. In one study, adults who switched to organic had 96 percent fewer pesticide breakdown products in their urine after just one week! This benefits you, your children, and farmers and farm workers who may be exposed to these chemicals.

References available upon request.
We gathered up favorite tips from our nutrition professionals on how they incorporate more veggies into their meals, so you can, too!

Roast a large batch of vegetables to keep in the refrigerator for easy access through the week—try sweet potatoes, beets, carrots, cauliflower, and/or broccoli. Warm or cold, roasted veggies are delicious additions to salads and grain bowls, served with fried or scrambled eggs for a quick breakfast, or eaten as a simple side.

A little prep goes a long way—choose three or four of your favorite veggies to eat raw (think cucumber, sweet peppers, radishes, carrots), cut them up and divide them among small storage containers that are easy to bring on the go.

Aim to eat at least one large salad with a variety of veggie toppings every day. And while we’re talking salads, think outside of the lettuce box—try shredded cabbage topped with mint, cilantro, peppers, and cashews; chopped tomatoes, cucumbers, and fresh herbs; or thinly shaved fennel topped with slices of your favorite citrus fruit. There are many ways to eat salad, and it doesn’t always have to include lettuce.

Love pizza? Load it up with veggie toppings and after it has baked, add a heaping pile of arugula tossed in lemon juice and olive oil. Better yet, substitute your regular pizza crust for a cauliflower one!

Keep your fridge stocked with sauerkraut and other fermented vegetables—they make easy, no-prep sides and snacks and are great toppings for sandwiches, wraps, and salads.

Toss a handful or two of baby spinach, frozen cauliflower, or frozen zucchini into your smoothie—once it’s blended, you’ll never know it’s there. Roasted beets are also a fun addition to smoothies, adding a touch of sweetness and vibrant color.

Sometimes a good sauce or dip is the key. Try buffalo sauce drizzled on roasted cauliflower, marinara sauce dolloped over sautéed zucchini and eggplant, your favorite salad dressings repurposed as a veggie dressing (chopped celery mixed with blue cheese is a favorite), or pesto and hummus for raw veggie dipping.

“Hide” veggies like chopped spinach or kale, shredded carrots, shredded zucchini, or finely minced mushrooms in meatloaf, taco meat, burgers, or spaghetti sauce.

Don’t forget about veggies at breakfast! Try sautéed vegetables with eggs, finely shredded carrot and/or zucchini in pancakes or oatmeal, or even your favorite veggie-loaded lunch or dinner as your first meal of the day.

Serve any type of entrée (chicken, steak, pork, fish) over a big bed of greens lightly dressed with a dressing of your choice.

Keep your pantry and freezer stocked with canned and frozen veggies so you’ll always have a quick and easy option on hand; just heat, season with sea salt and pepper, and add a healthy fat like grass-fed butter or coconut oil.

Get creative with veggie substitutes like zucchini noodles, spaghetti squash, eggplant lasagna, and cauliflower rice and pizza crust.

Explore new recipes (Naturalgrocers.com/recipes is a great place to start!). Find a few veggie-centric recipes that you love and keep them on regular rotation.

Eating vegetables everyday is not as daunting as it may seem. In fact, once you get in the habit, you may actually crave vegetables (gasp!). Maybe it’s because they make you feel so good. I mean, who among us couldn’t stand to have a little more happiness and creativity in their lives? And yes, you’ll even be reaping benefits for your future self, but don’t tell your today self, just let them be happy.
## Supplements

**Country Life®**

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<tr>
<th>Product</th>
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<tbody>
<tr>
<td>Melatonin 3 mg Rapid Release</td>
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<tr>
<td>Melatonin 1 mg Rapid Release</td>
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*Country Life's melatonin mimics that which is naturally produced in the body. The Rapid Release Delivery System allows the tablets to dissolve within minutes.*

**Country Life®**

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<td>L-Arginine w/ B6 500 mg</td>
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<tr>
<td>L-Glutamine Caps 500 mg</td>
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*Amino acids are the building blocks of proteins. L-Arginine also supports immune system function.*

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<th>Product</th>
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<tr>
<td>Realfood Organics® Probiotic Powder™</td>
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*Realfood Organics Probiotic Daily Powder takes a whole food philosophy and combines it with probiotics and prebiotics to provide added digestive support.*

**Nature’s Way®**

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<tr>
<td>Magnesium Complex</td>
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*Magnesium mediates proper muscle function (including the heart) and is essential for cellular production of protein and energy in the form of ATP.*

**Nature’s Way®**

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<tr>
<td>Ashwagandha Standardized</td>
<td>$11.29</td>
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*Ashwagandha has been traditionally used for its adaptogenic benefits and is considered a vitality tonic.*

**Nature’s Way®**

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<th>Product</th>
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<tr>
<td>Alive! Liquid Multi-Vitamin</td>
<td>$21.99</td>
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*Alive! liquid multivitamin contains essential vitamins and minerals, greens, EFAs and antioxidants in a convenient one-ounce serving.*

**Nature’s Way®**

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<tr>
<th>Product</th>
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<tr>
<td>Organic Coconut Oil Extra Virgin</td>
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<tr>
<td>Liquid Coconut Oil</td>
<td>$9.49</td>
<td>$10.49</td>
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*Enjoy the benefits of liquid coconut oil in sauces, dips, dressings, smoothies, drizzled over popcorn and more!*  

**Nature’s Way®**

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<th>Product</th>
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<tr>
<td>Glucosamine &amp; Chondroitin</td>
<td>$14.99</td>
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*Helps support joint health and protects against cartilage deterioration.*
**Supplements**

**OFFERS VALID JUNE 29 TO JULY 31, 2018**

**Natural Factors®**

- **Super Strength GarlicRich®**
  - 500 mg
  - $13.99 (EDAP $15.09)
  - 90 sg
  
  This odorless softgel supports the immune and cardiovascular systems.*

- **Grape Seed Extract**
  - $10.49 (EDAP $11.29)
  - 90 vcap
  
  Provides nutritional support to blood capillaries and veins to promote healthy circulation.*

**Natural Factors®**

- **Whey Factors 100% Natural Whey Protein**
  - French Vanilla or Double Chocolate
  - $18.89 (EDAP $20.29)
  - 12 oz.

  A pure source of high-quality whey protein with no added sugar that provides support for muscle development and repair.*

**Natural Balance®**

- **Happy Sleeper Kava Kava**
  - 450 mg
  - $10.89 (EDAP $15.25)
  - 60 vcap

  20% Off
  
  Our Always Affordable Price on All Natural Balance® Supplements

- **Kava Kava**
  - 450 mg
  - $8.49 (EDAP $11.95)
  - 60 vcap

**Solaray®**

- **Turmeric Extract**
  - $8.29 (EDAP $12.29)
  - 60 vcap

  The active ingredients in turmeric include beneficial flavonoids called curcuminoids, which are plant-based free radical scavengers.*

- **Turmeric Extract Liquid**
  - $8.29 (EDAP $10.49)
  - 1 oz.

**Natural Factors®**

- **Acidophilus ProBiotic-4**
  - $6.69 (EDAP $10.15)
  - 100 vcap
  
  Kal Charcoal Activated capsules are a dietary supplement made with 560 mg of activated charcoal.*

- **Grape Seed Extract**
  - $12.29 (EDAP $14.29)
  - 60 vcap

  Provides nutritional support to blood capillaries and veins to promote healthy circulation.*

- **Super Strength GarlicRich®**
  - $15.09 (EDAP $15.09)
  - 90 sg
  
  Provides nutritional support to blood capillaries and veins to promote healthy circulation.*

- **Charcoal Activated**
  - $13.99 (EDAP $15.09)
  - 90 sg

  Each capsule supplies over 500 million viable organisms to provide support for the establishment and maintenance of favorable intestinal flora.*

**Sunrider®**

- **Grape Seed Extract**
  - $8.29 (EDAP $12.29)
  - 60 vcap

- **Super Strength GarlicRich®**
  - $15.09 (EDAP $15.09)
  - 90 sg

- **Charcoal Activated**
  - $13.99 (EDAP $15.09)
  - 90 sg

**Nature’s Life®**

- **Lutein 20 mg**
  - $30.69 (EDAP $39.55)
  - 100 sg

- **Magnesium 500 mg**
  - $6.99 (EDAP $8.95)
  - 100 cap

- **Magnesium 500 mg**
  - $15.39 (EDAP $19.89)
  - 250 cap

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<th>Brand</th>
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<tr>
<td><strong>MRM</strong></td>
<td>PS 100 mg</td>
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<td></td>
<td>CoQ-10 100 mg</td>
<td>$13.49 120 sg</td>
</tr>
<tr>
<td></td>
<td>Supports brain function and mental clarity.*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EDAP $17.99</td>
<td></td>
</tr>
<tr>
<td><strong>Reserveage®</strong></td>
<td>Collagen Hydra Protect™</td>
<td>$23.99 30 cap</td>
</tr>
<tr>
<td></td>
<td>Keratin Hair Booster™</td>
<td>$31.49 60 cap</td>
</tr>
<tr>
<td></td>
<td>Supports cardiovascular health and a healthy immune system.*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EDAP $26.29</td>
<td></td>
</tr>
<tr>
<td></td>
<td>This formula contains Ceramides®, a proprietary ingredient that helps lock in skin moisture by replenishing vital lipids.*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>EDAP $38.25</td>
<td></td>
</tr>
<tr>
<td><strong>New Chapter®</strong></td>
<td>Fermented Turmeric Booster Powder or Fermented Aloe Booster Powder</td>
<td>$28.19 1.9-2.2 oz.</td>
</tr>
<tr>
<td></td>
<td>New Chapter booster powders are fermented in a proprietary two-step method with clinically studied strains of probiotics and whole foods.*</td>
<td>EDAP $35.35</td>
</tr>
<tr>
<td><strong>Ultima Replenisher™</strong></td>
<td>Ultima Replenisher Electrolyte Powder Tub &amp; Box All Flavors</td>
<td>$13.29 2.3-3.7 oz.</td>
</tr>
<tr>
<td></td>
<td>Made with six balanced electrolytes, plus minerals, real fruit flavors, plant-based colors and sweetened naturally with organic stevia leaf extract.*</td>
<td>EDAP $18.89-$19.35</td>
</tr>
<tr>
<td><strong>Natural Vitality®</strong></td>
<td>Calm Gummies Raspberry Lemon</td>
<td>$17.99 120 gummies</td>
</tr>
<tr>
<td></td>
<td>All the benefits of Natural Vitality’s Calm magnesium in a great-tasting gummy.*</td>
<td>EDAP $22.99</td>
</tr>
<tr>
<td><strong>Natural Vitality®</strong></td>
<td>Natural Calm All Flavors</td>
<td>$14.39 8 oz.</td>
</tr>
<tr>
<td></td>
<td>Supports healthy magnesium levels to promote a sense of calm.*</td>
<td>EDAP $17.79-$18.49</td>
</tr>
<tr>
<td><strong>NOW®</strong></td>
<td>Apple Cider Vinegar 450 mg</td>
<td>$7.79 180 cap</td>
</tr>
<tr>
<td></td>
<td>Apple cider vinegar (ACV) is derived from the natural fermentation of sweet apple cider. It has many health-supporting benefits.*</td>
<td>EDAP $10.49</td>
</tr>
<tr>
<td></td>
<td>CLA 800 mg</td>
<td>$18.29 180 sg</td>
</tr>
<tr>
<td></td>
<td>CLA (conjugated linoleic acid) is a type of fatty acid that helps promote a healthy weight.*</td>
<td>EDAP $23.99</td>
</tr>
<tr>
<td></td>
<td>Super Odorless Garlic</td>
<td>$15.79 180 vcap</td>
</tr>
<tr>
<td></td>
<td>Super Odorless Garlic is extracted from Allium sativum and aged for 18 months.</td>
<td>EDAP $20.35</td>
</tr>
<tr>
<td></td>
<td>Cholesterol Pro™ Cardio Health</td>
<td>$16.99 60 tab</td>
</tr>
<tr>
<td></td>
<td>Supports healthy cholesterol levels already within the normal range.*</td>
<td>EDAP $22.49</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Product</th>
<th>Brand</th>
<th>Description</th>
<th>EDAP $</th>
<th>120 vcap</th>
<th>Pack Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-50 Complex with C</td>
<td>NOW®</td>
<td>This formula provides recommended potencies of the most important B vitamins and vitamin C, and is formulated to supply the body's daily needs in one complete supplement.*</td>
<td>$12.69</td>
<td>$12.19</td>
<td>100 vcap</td>
</tr>
<tr>
<td>GABA 750 mg</td>
<td>NOW®</td>
<td>A neurotransmitter that helps regulate the nervous system by inhibiting excitatory impulses, thereby helping to promote relaxation and ease nervous tension.*</td>
<td>$12.19</td>
<td>$14.99</td>
<td>90 tab</td>
</tr>
<tr>
<td>Plant Enzymes</td>
<td>NOW®</td>
<td>A comprehensive blend of enzymes that helps to support proper digestion and is specially formulated for a vegetarian diet.*</td>
<td>$12.19</td>
<td>$14.99</td>
<td>90 tab</td>
</tr>
<tr>
<td>Super Enzymes</td>
<td>NOW®</td>
<td>NOW Super Enzymes is a comprehensive blend of enzymes that supports healthy digestion.*</td>
<td>$14.99</td>
<td>$11.29</td>
<td>100 vcap</td>
</tr>
<tr>
<td>EGCg Green Tea Extract</td>
<td>NOW®</td>
<td>One capsule of NOW Green Tea Extract with 200 mg EGCg possesses the phytonutrient content equal to about 2-3 cups of green tea.*</td>
<td>$11.55</td>
<td>$7.99</td>
<td>90 vcap</td>
</tr>
<tr>
<td>B-50 Complex with C</td>
<td>NOW®</td>
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<td>90 tab</td>
</tr>
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<td>$11.29</td>
<td>100 vcap</td>
</tr>
<tr>
<td>EGCg Green Tea Extract</td>
<td>NOW®</td>
<td>One capsule of NOW Green Tea Extract with 200 mg EGCg possesses the phytonutrient content equal to about 2-3 cups of green tea.*</td>
<td>$11.55</td>
<td>$7.99</td>
<td>90 vcap</td>
</tr>
<tr>
<td>Garden of Life® B-12 Spray Raspberry</td>
<td>myKind Organics</td>
<td>A neurotransmitter that helps regulate the nervous system by inhibiting excitatory impulses, thereby helping to promote relaxation and ease nervous tension.*</td>
<td>$13.49</td>
<td>$13.49</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Vitamin Code Raw Prenatal Multivitamin</td>
<td>Garden of Life®</td>
<td>A whole-food, multi-nutrient formula, specifically formulated to meet the unique needs of women during pre-conception, pregnancy and lactation.*</td>
<td>$33.75</td>
<td>$33.75</td>
<td>90 vcap</td>
</tr>
<tr>
<td>Vitamin Code Women Multivitamin</td>
<td>Garden of Life®</td>
<td>A whole-food, multi-nutrient formula, specifically formulated to meet the unique needs of women during pre-conception, pregnancy and lactation.*</td>
<td>$33.75</td>
<td>$33.75</td>
<td>90 vcap</td>
</tr>
<tr>
<td>Garden of Life® Dr. Formulated Probiotics Fitbiotic</td>
<td>Garden of Life®</td>
<td>Dr. Perlmutter created this unique formula in light of emerging science that suggests that supplementing with probiotics may support weight management goals when combined with diet and exercise.*</td>
<td>$35.25</td>
<td>$35.25</td>
<td>20 packet</td>
</tr>
<tr>
<td>Garden of Life® Raw Organic Fit All Flavors</td>
<td>Garden of Life®</td>
<td>Raw Organic Fit is an organic, raw, plant-based, vegan, high-protein powder specifically designed for weight loss and is made with 13 raw sprouted organic ingredients.*</td>
<td>$35.99</td>
<td>$35.99</td>
<td>15.1-16.3 oz.</td>
</tr>
</tbody>
</table>

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**good4u™ NEW PRODUCTS OF THE MONTH**

**OFFERS VALID JUNE 29 TO JULY 31, 2018**

**Gaia Herbs®**

**Mood Uplift™**

*25% Off Our Always Affordable™ Price*

60 vcap

EDAP $22.59

Mood Uplift is designed to support mental and emotional wellbeing.*

**Natural Force®**

**Organic Bone Broth Protein All Flavors**

Natural Force Organic Bone Broth Protein is made from organic grass-fed beef.*

$37.49

10.79-13.81 oz.

EDAP $46.79

**Tasty Bite®**

**Sticky or Coconut Rice**

Tasty Bite introduces a restaurant-style white Organic Sticky Rice and Organic Coconut Rice, a steamed brown rice with coconut milk. Ninety seconds is all you need to have perfectly cooked rice.

$1.69

8.8 oz.

EDAP $2.19

**Love Grown®**

**Lion Loops Cereal**

Kids, both little and big, will love the toasted cinnamon flavor with so much crunch. Lion Loops are a fun and delicious way to power your day.

$3.39

7.5 oz.

EDAP $4.89

**The Good Crisp Company®**

**Potato Crisps**

The Good Crisp’s recognizable shape packs all the flavor and crunch of traditional-style stacked potato crisps, without any artificial flavors, colors, gluten or GMOs.

$2.19

5.6 oz.

EDAP $2.99

**Stream2Sea®**

*25% Off Our Always Affordable™ Price*

Tested for biodegradability, aquatic toxicity and coral reef safety so that those who enjoy exploring the planet can rely on a brand whose ingredients are truly safe for their body and bodies of water.

**NATURAL GROCERS OFFERS VALID JUNE 29 TO JULY 31, 2018**

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*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. We reserve the right to correct errors.
### Supplements

**OFFERS VALID JUNE 29 TO JULY 31, 2018**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Product</th>
<th>Price</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jarrow Formulas®</td>
<td>Methyl B-12 5000 mcg Cherry</td>
<td>$17.29</td>
<td>$12.29</td>
<td>Methyl B-12 supports nerve tissue and brain cells, promotes better sleep and converts (via methylation) homocysteine, an oxidizing metabolite, back into the amino acid methionine.*</td>
</tr>
<tr>
<td>Himalaya Herbal Healthcare®</td>
<td>PartySmart</td>
<td>$1.29</td>
<td>$1.69</td>
<td>PartySmart supports the liver and a better morning by speeding up the eradication of acetaldehyde from the liver.*</td>
</tr>
<tr>
<td>Source Naturals®</td>
<td>Melatonin 2.5 mg Orange</td>
<td>$10.69</td>
<td>$10.99</td>
<td>Melatonin is produced in humans by the pineal gland. A favorite of travelers, it helps to support restful sleep.*</td>
</tr>
<tr>
<td>Source Naturals®</td>
<td>Theanine Serene</td>
<td>$10.99</td>
<td>$12.99</td>
<td>Contains the amino acid L-theanine to support relaxation and focused attention and the calming neurotransmitter GABA.*</td>
</tr>
<tr>
<td>Source Naturals®</td>
<td>Magnesium Malate</td>
<td>$14.39</td>
<td>$7.59</td>
<td>Magnesium malate is a compound of magnesium and malic acid. It supports proper muscle function, cardiovascular health and energy.*</td>
</tr>
<tr>
<td>Nordic Naturals®</td>
<td>Ultimate® Omega</td>
<td>$48.99</td>
<td>$33.59</td>
<td>Offers concentrated levels of omega-3 for high-intensity essential fatty acid support.*</td>
</tr>
<tr>
<td>Source Naturals®</td>
<td>DIM 200 mg</td>
<td>$21.69</td>
<td>$15.99</td>
<td>A phytochemical found in cruciferous vegetables that supports the healthy metabolism of estrogen.*</td>
</tr>
<tr>
<td>Boiron®</td>
<td>Histaminum 30C Bonus Pack</td>
<td>$10.99</td>
<td>$8.49</td>
<td>Histaminum hydrochloricum is a homeopathic remedy that helps with allergies.*</td>
</tr>
<tr>
<td>MegaFood®</td>
<td>Blood Builder</td>
<td>$21.49</td>
<td>$13.45</td>
<td>Clinically proven to increase iron levels. Formulated with beets, oranges and broccoli.*</td>
</tr>
</tbody>
</table>

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Acure®
Mega Moisture Shampoo or Conditioner with Argan Oil

$6.89  
12 oz. each

Bring intense moisture to hair that needs some love. Organic pumpkin seed and argan oils leave nothing behind but shine.

EDAP $8.49

Alba Botanica™
Very Emollient Lotion Unscented

$11.99  
32 oz.

Packed with our unique botanical medley of aloe vera, green tea and chamomile extracts, this original formula is clinically shown to deliver 100% daily hydration.*

EDAP $14.99

Boiron®
Arnicare Cream

$7.99  
2.5 oz.

Arnicare cream helps to relieve muscle pain and stiffness and to reduce pain, swelling and discoloration from bruises.*

EDAP $10.49

Himalayan Herbal Healthcare®
Whitening Complete Care Mint Toothpaste

$3.39  
5.29 oz.

This herbal formulation uses a powerful combination of pineapple and papaya enzymes to whiten teeth, mint to freshen breath, and neem, pomegranate and xylitol to support healthy-looking gums.*

EDAP $5.69

Mineral Fusion®
Facial Moisturizer with SPF 40

$17.49  
3.4 oz.

This ultimate age-defense cream provides broad spectrum mineral SPF to help prevent pre-mature signs of aging.*

EDAP $22.49

Nubian Heritage®
African Black Soap

$4.15  
5 oz.

Combines shea butter’s hydrating properties with the soothing properties of oats, aloe and cocoa pod ash to minimize the appearance of superficial skin imperfections.*

EDAP $10.75

Weleda®
Calendula Shampoo and Body Wash

$7.99  
6.8 oz.

This tender formulation with organic calendula extract gently cleanses. Almond oil helps prevent dryness.*

EDAP $10.79

ZUZU Luxe®
Color Makeup Line Drive

20% Off Off Our Always Affordable Price

OFFERS VALID JUNE 29 TO JULY 31, 2018

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**Grocery**

**OFFERS VALID JUNE 29 TO JULY 31, 2018**

**Coleman®**
Uncured Beef Hot Dogs

$4.29
12 oz.

Tasty all beef hot dogs are all natural, skinless, uncurled and made with beef that’s never given antibiotics.

EDAP $5.29

**Teton Waters Ranch™**
Sausages

$5.15
10 oz.

100% grass-fed beef sausages and frankfurters.

EDAP $6.15

**Meyer Natural®**
80% Lean Ground Beef

$4.99
16 oz.

Completely free from added hormones or antibiotics to deliver that rich, natural flavor that makes their beef so popular.

EDAP $5.49

**Beyond Meat®**
Beyond Chicken Strips or Beyond Beef Crumbles

$3.69
9-10 oz.

Made from non-GMO soybeans, peas and carrots. Tastes, shreds and satisfies like chicken.

EDAP $4.69

**Lightlife™**
Smart Dogs

$2.99
12 oz.

Life is a Journey... Live Long, Travel Light™. Now enjoy grillable, veggie protein links.

EDAP $3.89

**Alexia®**
Select Frozen Potatoes

2/$5
15-19 oz.

Settle for nothing less than the highest quality ingredients in organic hashed browns, puffs and fries.*

EDAP $3.39

**Cappello’s®**
Gluten Free Naked Pizza Crust

$4.99
9 oz.

Cappello’s is a Colorado-based gourmet food company specializing in high-end gluten-free, grain-free products.*

EDAP $7.89

**Blue Diamond®**
Refrigerated Almond Breeze Beverages

$2.79
64 oz.

The best almonds make the best almond milk. Use in baking, soups and sauces, or just drink as is!

EDAP $3.59

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JULY 19TH-21ST ONLY!

Don’t Miss Our THREE DAYS OF HOT DEALS

Beyond Meat®
Beast Burger

Boulder Canyon®
Select Potato Chips

Alden’s®
Organic Ice Cream

Garden of Eatin®
Party Size Tortilla Chips

Santa Cruz Organics®
Organic Lemonades

349
8 oz.
EDAP $5.35

199
5.25-6.5 oz.
EDAP $2.99

549
48 oz.
EDAP $7.49

29
13-16 oz.
EDAP $4.79

32 oz.
EDAP $2.79

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Koia®
Plant-Powered Protein Beverages

$2.89
12 oz.
Energize your day with a deliciously creamy high-protein, low-sugar drink that’s packed with plant-powered nutrition.

EDAP $4.99

So Delicious®
Coconutmilk Yogurt Alternatives

$4.19
24 oz.
These coconut milk yogurt alternatives deliver dairy-free culture with amazing flavor and just the right balance of tanginess and sweetness.

EDAP $5.19

Wallaby®
Aussie Smooth Organic Yogurts

89¢
6 oz.
Made in small batches with premium organic ingredients and whole milk from family farms.

EDAP $1.09

Silver Hills®
Sprouted Grain Bread Loaves

$2.69
15-22 oz.
High in fiber and full of wholesome goodness!

EDAP $3.69-$3.99

Grillo’s Pickles®

Dill Pickle Spears

2/$10
32 oz.
EDAP $5.99

2/$8
16 oz.
EDAP $4.99

Dill Pickle Chips

These pickles start with the highest grade, naturally crunchy cucumbers, then add California-grown garlic and organic, fresh cut dill.

In-store only.

NadaMoo®
Coconut Milk Dairy-Free Desserts

$4.29
1 pint
NadaMoo ice cream is concocted with a dairy-free coconut milk base that is super creamy made from high quality organic ingredients that develop unique flavor profiles.

EDAP $5.89

Alden’s®
Organic Ice Cream

$5.99
48 oz.
Alden’s uses only the best, organic, non-GMO ingredients and their milk comes from healthy cows not raised on hormones or antibiotics.

EDAP $7.49

So Delicious®
CocoWhip!™ Frozen Dessert Toppings

$2.99
9 oz.
CocoWhip! adds great flavor to top desserts, beverages and works great in recipes, too.

EDAP $3.75

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All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price.
These ground organic chicken sausages are infused with traditional seasonings for a quick, easy and delicious taste that’s sure to please.

$4.49
12 oz.  EDAP $5.99

Coleman®
Organic Chicken Sausages

Every bottle of REBBL is a celebration of the traditional super-herb wisdoms refined over millennia, that are only now being openly embraced globally.

$2.49
-$2.99
12 oz.  EDAP $3.79-$4.59

REBBL®
Organic Elixirs or Protein Beverages

Cascadian Farm™
Frozen Organic Fruit

$2.19
8-10 oz.  EDAP $3.99

Cascadian Farm™
Frozen Organic Vegetables

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In honor of Jack Challem’s legacy as a beloved nutrition writer and author, we will continue to publish the backlog of The Nutrition Reporter newsletters, through his final newsletter.

MORE EVIDENCE ON THE BLOOD PRESSURE BENEFITS OF BEETROOT

Two new studies support the use of beetroot to lower blood pressure and improve blood vessel tone—that is, the ability to flex instead of stiffen.

Vania Margaret Flosi Paschoalin, PhD, of the Universidade Federal do Rio de Janeiro, and her colleagues, tested nitrate-rich beetroot juice on five healthy subjects. The juice was processed into the form of a gel.

One hour after consuming the gel, systolic blood pressure decreased by 6.2 mm Hg and diastolic blood pressure decreased by 5.2 mm Hg. In addition, heart rate decreased by seven beats per minute.

In the other study, Shanti Velmurugan, MBBS, PhD, of Queen Mary University of London, and her colleagues, gave nitrate beetroot juice or nitrate-depleted beetroot juice daily to 69 people who had elevated cholesterol levels, but were otherwise healthy. The daily amount of juice was 250 mL, or about 8.5 fluid ounces.

By the end of the six-week study, people taking the nitrate-rich beetroot juice had about a 24 percent improvement in blood vessel tone, as measured by a technique known as ultrasound flow-mediated dilation. In contrast, people taking the nitrate-depleted beetroot juice had about a 6.6 percent decrease in blood vessel tone.

At the same time, people taking nitrate-rich beetroot juice had a 7.6 decrease in platelet aggregation, a sign of improved cardiovascular risk.
GABA supplements help people sleep sooner and longer

GABA, or gamma-aminobutyric acid, is both an amino acid and neurotransmitter. As a supplement, GABA has been shown to reduce anxiety, ease psychological stress, and promote a sense of relaxation.

In a new study, Japanese researchers tested the effects of a natural form of GABA on 32 Japanese adults. Most of the subjects worked in offices and were in generally good health. Ten other subjects with sleep problems were also included in the study. “It has been reported that over 20 percent of adults in Japan suffer from insomnia,” the researchers wrote.

The study was a crossover design, so all of the subjects received, at one time or another, 200 mg of GABA or placebo 30 minutes before bed. Blood levels of GABA peaked 30 minutes after taking the supplement, and brain wave activity was monitored with electroencephalography.

GABA shortened sleep latency, the time from being fully awake to being asleep. In addition, GABA increased the length of non-REM sleep. Non-REM sleep stages are considered to be the deepest and most restful stages. In contrast, these aspects of sleep deteriorated when the subjects took placebos.

References available upon request.
{ Clip & Make }

INGREDIENTS

¾ cup ginger kombucha
¼ cup coconut aminos or tamari
2 teaspoons Natural Grocers Honey
4 cloves garlic, minced
1 tablespoon plus 1 teaspoon Natural Grocers Apple Cider Vinegar
1 tablespoon roasted red chili paste
1 ½ pounds chicken (boneless, skinless breasts and/or thighs)

GINGER KOMBUCHA MARINATED GRILLED CHICKEN

Prep: 10 min. | Cook: 40 min. | Total: 50 min.

Serves 4

INSTRUCTIONS

1. In a bowl whisk together the kombucha, coconut aminos (or tamari), honey, garlic, apple cider vinegar, and chili paste until well combined.

2. Place the chicken in a Pyrex baking dish with a lid or in a resealable plastic bag. Pour the marinade over chicken, making sure all pieces are completely covered, and refrigerate for at least 2 to 4 hours. Overnight is best.

3. Preheat the grill to medium-high heat.

4. Remove the chicken from the marinade to a plate. Set aside.

5. In a saucepan set over medium-high heat, bring the marinade to a boil and boil for 5 minutes. Reduce the heat and continue cooking the marinade until it has thickened and reduced by half, 8-10 minutes.

6. Place the chicken on the preheated grill, brush with the reduced marinade every 2-4 minutes, and cook for 6-10 minutes per side, depending on thickness, or until the internal temperature reads 170° F. Close the lid between brushing the chicken with the reduction sauce.

7. Allow chicken to rest for 5-10 minutes and cut as needed for serving.
Grovey

OFFERS VALID JUNE 29 TO JULY 31, 2018

Evamor®
Natural Alkaline Artesian Water

$1.49
64 oz.

Evamor is an alkaline artesian water, alive with minerals that neutralize acidity and balance the body.

EDAP $1.85

Zola®
Organic Hydrating
Energy Drinks

$1.69
12 oz.

2/$3
17.5 oz.

Natural hydration and the power of plant-based ingredients make these delicious beverages that help provide the energy and focus needed to crush the day.

EDAP $2.29
EDAP $1.99

GimMe® Organic
Organic Seaweed Snacks

$1.49
.35 oz.

GimMe seaweed snacks are made with premium organic seaweed, salted and seasoned to savory perfection.

EDAP $1.89

Zola®
Organic Hydrating
Energy Drinks

$1.69
12 oz.

2/$3
17.5 oz.

Natural hydration and the power of plant-based ingredients make these delicious beverages that help provide the energy and focus needed to crush the day.

EDAP $2.29
EDAP $1.99

Frontera®
Select Salsas

$2.99
16 oz.

Bring the robust flavors of Mexico into your kitchen with Frontera salsas.

EDAP $3.79

Garden of Eatin®
Party Size Tortilla Chips

$3.79
13-16 oz.

Made from organic blue corn and wholesome garden ingredients, these chips pack enough flavor and crunch to liven up any meal.

EDAP $4.79
EDAP $3.79

Boulder Canyon®
Select Potato Chips

$2.29
5.25-6.5 oz.

Using a simple family recipe, Boulder Canyon chips are kettle cooked in small batches for unsurpassed quality and taste.

EDAP $2.99

Hippeas™
Organic Chickpea Puffs

$2.49
4 oz.

USDA organic, vegan, non-GMO and certified gluten-free.

EDAP $3.19

All items are available while supplies last; no rain checks. EDAP = Every Day Affordable Price.

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Jilz®
Gluten-Free Crackerz

EDAP $5.99
5.5 oz.
Jilz Crackers are made only with the best real food. A delicious, simple, seeded cracker for the gluten-free, paleo and vegan foodie.

MaraNatha™
Select Organic Peanut Butters

EDAP $5.89
16 oz.
100% organic, nutty-sweet and ready to spread. MaraNatha chooses only the best USDA certified organic peanuts.

Dandies®
Select Vegan Marshmallows

EDAP $3.99
10 oz.
They’re all natural, contain no corn syrup or gelatin, and are the first ever marshmallow to be Non-GMO Project Verified.

MaraNatha™
Select Almond Butters

EDAP $9.49
12 oz.
MaraNatha almond butter comes in a variety of flavors and blends. Whether you prefer creamy or crunchy, or something sweeter, they have a nut butter for you.

Cascadian Farm™
Select Organic Cereals or Granolas

EDAP $4.69-$4.79
8.6-16 oz.
Cascadian Farm offers many flavors of delicious breakfast cereals and granolas.

Equal Exchange®
Select Bagged Organic Coffee

EDAP $8.79
10-12 oz.
These fair trade coffee beans are sourced directly from small-scale farmers around the world.

RXBAR®
Protein Bars

EDAP $2.29
1.83 oz.
RXBARs are whole food protein bars made with clean, simple ingredients. Egg whites, dates and nuts are combined with delicious flavors to create a nutritious bar.

LÄRABAR®
Original Fruit & Nut Bars

EDAP $1.49
1.6-1.7 oz.
A delicious gluten-free blend of unsweetened fruits, nuts and spices.
**Grocery**

**OFFERS VALID JUNE 29 TO JULY 31, 2018**

**KIND®**

Select Bars

**10/$10**

1.2-1.6 oz.

Bars made with whole ingredients like nuts, mixed with fruits and spices bound together with honey.

EDAP $1.69

**Alter Eco®**

Organic Dark Chocolate Coconut Clusters

$3.29

3.2 oz.

These coconut clusters are a low-sugar treat filled with light, crisp, toasted coconut flakes, dark chocolate and crunchy pumpkin and sunflower seeds.

EDAP $4.19

**Santa Cruz Organics®**

Organic Lemonades

$1.79

32 oz.

Santa Cruz Organics lemonades have long been a favorite summertime treat. Try all the flavors today.

EDAP $2.79

**Organic Prairie®**

Organic Mighty Sticks

$1.29

.75 oz.

EDAP $1.89

Organic Mighty bars and sticks are made from top-quality, grass-fed beef.

**R.W. Knudsen Family®**

Select Just Juices

$5.69

32 oz.

R.W. Knudsen select juices are made with the finest all-natural ingredients, with no artificial flavors or preservatives.

EDAP $7.69

**Boylan Bottling Co.®**

Select Sodas

$3.79

4-pack

Boylan is best known for its full line of handcrafted sodas, including root beer, black cherry, ginger ale and crème soda.

EDAP $4.99

**Zevia®**

Zero Calorie Sparkling Waters

$3.79

8-pack

A little sweetness from stevia, along with zero calories, no sugar and Non-GMO Project Verified flavors, makes sparkling water come to life.

EDAP $5.59

**ECOS®**

Select Liquid Laundry Detergents

$8.99

100 oz.

The formula for ECOS laundry detergent is simple: high-quality ingredients + low price + a little love = their best seller.

EDAP $12.99

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Grocery

OFFERS VALID JUNE 29 TO JULY 31, 2018

Orgain®
Select Organic Nutrition Shakes

$9.15
4-pack
Doctor developed, ready-to-drink nutritional shakes in chocolate, vanilla and strawberry.

EDAP $11.85

Orgain™
Organic Protein Almondmilks

$3.99
32 oz.
Made with filtered water, organic almonds, organic pea protein, organic and natural flavors. Doctor developed, vegan, dairy free, gluten free, soy free, non-GMO.

EDAP $4.99

Mediterranean Organic™
Organic Olive Snack Packs

$2.29
2.5 oz.
Creating Mediterranean meals is possible from the comfort of your own home.

EDAP $2.99

Organic Pitted Kalamata Olives

$3.65
8.4 oz.

EDAP $4.65

Bellucci®
100% Italian Extra Virgin Olive Oil

$8.29
16.9 oz.
Bellucci EVOO is always fresh, always traceable, always Italian. Non-GMO Project Verified.

EDAP $10.59

Organic 100% Italian Extra Virgin Olive Oil

$9.99
16.9 oz.

EDAP $12.69

Bragg®
Organic Dressings

$4.49
12 oz.
Certified organic, Bragg’s Healthy Vinaigrette instantly makes a salad special with its tasty, tangy flavor.

EDAP $5.59

Liquid Aminos

$5.79
32 oz.
A non-GMO liquid protein concentrate, derived from soybeans that contain naturally-occurring essential and non-essential amino acids.

EDAP $7.29

Woodstock®
Organic Yellow Mustard

$2.39
8 oz.
These clean condiments are organic and non-GMO and go perfectly with that summer sandwich, burger or grass-fed hot dog.

EDAP $2.99

Organic Ketchup

$2.79
20 oz.

EDAP $3.59

Tasty Bite®
Rice Pouches

$1.69
8.8 oz.
Tasty Bite offers products across four categories: entrées, rices, noodles and ready-to-eat meal inspirations.

EDAP $2.19

Meal Pouches

$2.39
10 oz.

EDAP $3.15

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NATURAL GROCERS
NATURALGROCERS.COM
OFFERS VALID JUNE 29 TO JULY 31, 2018
Bulk-Books

OFFERS VALID JUNE 29 TO JULY 31, 2018

Natural Grocers® Bulk

Raw Sunflower Seeds

$1.59
1 lb.

EDAP $1.99

Sunflower seeds are an excellent source of vitamin E and a very good source of copper and vitamin B1. They also contain manganese, selenium, phosphorus, magnesium, vitamin B6, folate and niacin.

Pumpkin Seeds Roasted Salted

$4.99
1 lb.

EDAP $5.39

Pumpkin seeds are nutritional powerhouses wrapped up in a very small package. They contain plant compounds known as phytosterols and free-radical scavenging properties.

Magnificent Magnesium

Dennis Goodman, M.D.

Despite the development of many “breakthrough” drugs designed to combat its effects, heart disease remains the number one killer of Americans. Is there a simpler solution? The answer is yes. For many years, scientists and medical researchers have known about a common mineral that can effectively prevent or remedy many cardiovascular conditions. And unlike the pharmaceuticals usually prescribed, this supplement has no dangerous side effects. In this book, world-renowned cardiologist Dr. Dennis Goodman shines a spotlight on magnesium, the mineral that can maximize your heart health.

In Magnificent Magnesium, you will discover how a simple all-natural mineral can improve the function of your heart and help you regain control of your health.

$10.45 paperback

MSRP $14.95

Inspiraled and Beyond

Ali Maffucci

Spiralizing isn’t just about noodles anymore. For the first time, blogger Ali Maffucci is going beyond expectations—and beyond spiralizing. Sweet potato slabs replace toast, cauliflower becomes pizza crust, broccoli turns into tots, avocado gets moussed, jackfruit mimics pulled meat—and that’s just the beginning.

Among the brand-new recipes, you’ll find Rainbow Lasagna, Apple French Toast and Cauliflower Steaks with Chimichurri. Rest assured, Maffucci still offers up some favorite spiralized dishes, too.

Get ready to get your veggies on!

$15.35 paperback

MSRP $21.99

Encyclopedia of Natural Medicine

Michael Murray, N.D. & Pizzorno, N.D.

Murray and Pizzorno present an evidence-based approach to wellness, based on firm scientific findings. They aim to dispel the notion that natural medicine isn’t “real medicine,” offering examples and studies that show the efficacy of a holistic approach to patient care. This book grounds the reader in the seven major tenets of natural medicine and covers important topics in health care today, including cancer prevention, detoxification and internal cleansing.

Written in an easy-to-follow A–Z format, The Encyclopedia of Natural Medicine offers holistic approaches for treating more than 80 common ailments, including diabetes, celiac disease, endometriosis and more.

$20.99 paperback

MSRP $29.99

Genius Foods

Max Lugavere

Discover the critical link between your brain and the food you eat and change the way your brain ages in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health and achieving peak mental performance from media personality and leading voice in health, Max Lugavere.

In Genius Foods, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas and maintain a balanced mood.

$19.49 hardcover

MSRP $27.99

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Evolution Fresh®
Cold-Pressed Juices
2.99
11-15.2 oz.
EDAP $4.69

Love Grown®
Select Cereals
3.39
6.5-10 oz.
EDAP $4.89

Chocolove®
Select Chocolate Bars
2/$4
2.9-3.2 oz.
EDAP $2.79

Natural Factors®
Turmeric & Bromelain
450 mg
16.99
90 cap
EDAP $25.59

Now®
Magnesium Citrate
7.79
90 sg
EDAP $11.25

Solaray®
Magnesium Glycinate
400 mg
8.99
120 vcap
EDAP $14.95

Jarrow Formulas®
Ubiquinol
QH-absorb + PQQ
18.69
30 sg
EDAP $26.29

Jarrow Formulas®
Q-absorb Co-Q10
100 mg
16.69
60 sg
EDAP $32.29

Numi®
Organic Bottled Teas
1.29
12 oz.
EDAP $1.99

All items are available while supplies last; no rain checks. Offers valid June 29 to July 31, 2018. EDAP = Every Day Affordable Price.

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