



healthy alternative

Natural Food Markets

"Helping People Feel Better"™

- MAY -
Visit our **NEW!**
website for
MORE helpful
information!

HealthyAlternativeMarkets.com

ALLERGIES AND SINUS



Eagle Ridge Apiaries Local Honey

- A tablespoon of local honey each day can relieve the symptoms of pollen related allergies.
- Raw honey from a local source provides protein, vitamins, minerals, and natural enzymes that would normally get destroyed by going through the heating process.



Xlear Nasal Spray

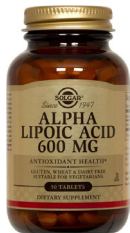
- Gently cleans sinus and nasal passages by washing away pollutants, irritants and other airborne contaminants.
- Soothes & moisturizes nasal passages.
- Safe for use daily and for children.
- All-natural and Drug Free



Solaray Sinus Source

- Contains herbs to fight allergies.
- Helps thin sinus fluid and acts like a natural antihistamine.
- Use to relieve sinus symptoms and pressure.

BLOOD SUGAR



Solgar Alpha Lipoic Acid - ALA

- Alpha Lipoic Acid is referred to as the universal antioxidant because it is water and fat soluble, to help fight cell damaging free radicals in the body.
- Helps metabolize sugar, especially in muscles, where it promotes energy.



KAL Blood Sugar Defense

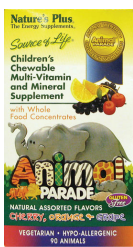
- Provides nutritive support for normal, healthy blood glucose levels.
- Features Indian Kino and cinnamon to provide nutritional support for normal, healthy blood sugar levels.



PGX Daily Fiber

- Contains one of the most powerful natural fibers available to help promote healthy blood sugar levels already within the normal range.
- Supports healthy appetite control, as well as helping to curb food cravings.

CHILDREN'S HEALTH



Nature's Plus Animal Parade Gold Multi

- Each serving of these fun, animal-shaped chewables is now packed with 500 IU of vitamin D3, more trace minerals, enzymes, probiotics, and an extensive assortment of organic whole foods.
- Sweetened with xylitol, which may reduce the risk of tooth decay.



Kyolic Kid's Kyo-Dophilus

- This tasty, vanilla-flavored chewable promotes proper intestinal function and general well-being.
- Promotes healthy digestive and immune systems.
- Free of preservatives, sodium, dairy, yeast, gluten and artificial colors.



Nordic Naturals Omega-3 Fish Oil

- Adequate omega-3 intake is essential to support good nutrition and overall well-being, including healthy heart and brain function, as well as mood, cognition, and immunity.
- Nordic Naturals formulas are produced in true triglyceride form to ensure optimal absorption and results.

ANTI-AGING



Nature's Plus Source of Life Gold

- Equipped with revolutionary new all-natural ingredients and more Energizing, Antioxidant, and Anti-Aging power than ever before.
- The ultimate multi-vitamin supplement with concentrated whole foods.



Bluebonnet CoQ10

- CoQ10 is a nutrient that occurs naturally in the body. It acts as an antioxidant, which protects cells from damage and plays an important part in metabolism.
- Supports a healthy heart.



Solgar Resveratrol

- Contains powerful antioxidant properties that help fight cell-damaging free radicals in the body which can contribute to oxidative stress, and in turn may contribute to the premature aging of cells.

Visit any of our three locations and consult with our knowledgeable staff.

High Quality Supplements | Organic, Vegan, Vegetarian & Gluten-Free Groceries | Natural Health & Beauty Products | Natural Pet Food

WINE & BEER - Import, Domestic, Organic & Gluten-Free

Beavercreek offers a nice selection & N. Main store visit Ray's Wine Spirits Grill next door for the largest selection in Dayton!

BEAVERCREEK N. DAYTON/CLAYTON FLORENCE, KY

2235 N. Fairfield Rd

937-426-7772

1 mi. South of the Mall
at N. Fairfield & Kemp

8258 N. Main St.

937-890-8000

1mi. South of I-70
on St.Rt. 48

7570 Burlington Pike

859-282-5888

I-75 exit KY-18 Florence/
Burlington, half mile East

Hours: Mon-Fri 10-8 • Sat 10-6 • Sun 12-5 • www.HealthyAlternativeMarkets.com

TOPIC OF THE WEEK SERIES

Introducing our new "Topic of the Week" series. Each month we will be bringing you popular discussions and how we can help you improve your health. Learn more detailed information and have your questions answered. Check out this month's calendar and be sure to stop by any of our three locations. Our knowledgeable staff will be having continuous discussions on each topic throughout the week during normal store hours listed above.



Allergies & Sinus

MAY 1-7

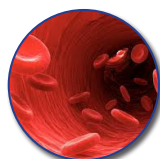
You might be feeling like you have tried everything for your allergies and nothing works. We have some suggestions that maybe you haven't tried like consuming local honey and the benefits it brings to allergy sufferers. Stop by to learn more.



Children's Health

MAY 15-21

Kyo-Dophilus is a probiotic suitable for all ages and is beneficial after taking a cycle of medication or traveling. April Spring Breaks could have upset a daily routine. It helps boost immunity as does a good multi-vitamin. Hear about our top selling brands and use your coupon to save!



Blood Sugar

MAY 8-14

Have you heard of ALA? A few studies have suggested that alpha-lipoic acid supplements may enhance the body's ability to use its own insulin to lower blood sugar in people with type 2 diabetes. We'll be discussing natural remedies for lowering blood sugar so stop by!



Anti-Aging

MAY 22-28

Acai, Resveratrol, CoQ10 and multi-vitamins are loaded with anti-aging super supplements. You'll find all of these packed in Nature's Plus Source of Life Gold. Get all your questions answered this week!

May Coupon

\$5.00 OFF
any purchase
of \$35 or more

\$5 will be deducted from your purchase, cannot combine with other offers, coupon valid one per person, max discount of \$5 per transaction, orders may not be split, present store flyer for discount. Excludes sale items.

See stores for details.

Valid May 1-31, 2017

MOTHER'S DAY Give-A-Way!

Enter to win a basket filled with exceptional gifts from American Health. Each store will give one away! It includes:

- Flower Water Rose Body Mist-6oz
- Almond Glow-Coconut Body Lotion-8oz
- Vitamin E Oil 9000 IU-.5oz

**Enter May 7th-14th,
drawing on Mother's Day,
May 14th.**

THANK YOU VETERANS

Armed Forces Day, May 20th

As a special **THANK YOU** for serving our country, Healthy Alternative stores would like to offer all military a **15% discount off your entire purchase on Saturday, May 20th.**

Just show your military ID or wear your uniform. Please stop in and let our staff assist you with any questions.

We're here to serve you!



WANT MORE SALES & DISCOUNTS?

Join our email list to receive our best sales and coupon offers!

Sign up at any store or text

LOVEHA to 22828

Reply with your email address!

Message and data rates may apply.

Ways to save every month:

- **Monthly email newsletters** offer coupons and sales
- **Join our Loyalty Program** – discounts given at the register on every purchase!
- **Price Match** – show a local store competitors price and we'll match it!
- **Senior discounts** 10% off!