



healthy alternative

Natural Food Markets

"Helping People Feel Better"™

- JUNE -
2 Coupons
to SAVE!
\$10 OFF & \$20 OFF
for Father's Day

HealthyAlternativeMarkets.com

COLON HEALTH



Solgar Magnesium

- Magnesium helps to regulate calcium transport and absorption to promotes optimal bone mineralization.
- Supports cellular energy metabolism along with nerve and muscle function.
- Reduces the risk of colon cancer.



Yerba Prima Psyllium

- Psyllium husks are the strongest natural dietary fiber for promoting regularity and supporting heart health.
- For Regularity: Psyllium husks promote easy, healthy elimination and sweeps waste out of the colon more quickly.
- Gluten free, with no added sweeteners, colors or additives.



Garden of Life Prebiotic Fiber

- A healthy dose of prebiotic fiber every day helps feed the growth of good bacteria in our digestive tract to support healthy elimination and maintain healthy blood sugar levels.
- Our Dr. Formulated fiber contains 5g of prebiotic fiber in every spoonful.

PAIN RELIEF



New Chapter Zylamend

- A herbal pain reliever and joint supplement that's New Chapter's #1-selling herbal blend.
- Expertly formulated to support the whole body's natural, healthy inflammation response and help relieve minor pain or soreness.



Garden of Life Wobenzym

- Supports the body's natural inflammation response.
- Increases flexibility & mobility and supports joint & tendon health.
- Temporary relief from aches, pains and muscle soreness due to everyday activity.



Terry Naturally Europharma Curamin

- Contains BCM-95® that absorbs quickly in the system bringing comfort and relief from pain fast.
- BCM-95® provides consistent and long-lasting effects, which are only enhanced by Curamin's other ingredient, BosPure® Boswellia.

STRESS RELIEF



Natural Factors L-Theanine

- Reduces stress and promotes relaxation without drowsiness.
- Improves quality of sleep, learning performance and concentration.
- Reduces negative effects of caffeine and counteracts caffeine over-consumption.



Natural Factors Gaba

- Reduces acute stress and nervousness, and quickly restores mental calmness.
- Promotes mental clarity and physical relaxation without drowsiness.
- Improves cognitive functions including learning performance, concentration and memory.



New Chapter Holy Basil Force

- Promotes cognitive functions, including alertness, focus, a healthy attention span, positive stress response and a healthy mood.
- Helps with your body's healthy immune function.
- Holy Basil's "active" molecules promote a healthy inflammation response.

SKIN SUPPORT



Natural Factors Biosil

- Specifically formulated to help nourish your body's three beauty proteins, Collagen, Keratin, and Elastin and restore them to more youthful levels.
- Promotes healthy bones and joints.
- Thickens and strengthens hair and nails.
- Reduces fine lines and wrinkles.



Health Direct Aminosculpt

- The original anti-aging collagen peptide supplement with Type 1 collagen.
- Supports fuller hair, smoother and firmer skin, and stronger nails
- Supports healthy joints and cartilage with enhanced recovery and tissue repair.



Solgar Super GLA

- Gamma-Linoleic Acid (GLA), helps regulate and promote cellular and metabolic health.
- Provides nutritional support for women with PMS, and during the menstrual cycle by modulating prostaglandin production.

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	8258 N. Main St. 937-890-8000	7570 Burlington Pike 859-282-5888
1 mi. South of the Mall at N. Fairfield & Kemp	1mi. South of I-70 on St.Rt. 48	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.



Colon Health

JUNE 5-11

There are many ways you can support your colon health, like using Solgar Magnesium as a daily supplement which can reduce the risk of colon cancer. Other options include Yerba Prima Psyllium or Garden of Life Prebiotic Fiber, a couple spoonfuls added to your choice of liquid can help with regularity and overall colon health.



Stress Relief

JUNE 19-25

Need a little help reducing your stress levels? There are supplements that can help, like L-Theanine, Natural Factors Gaba and Holy Basil. All are known to reduce stress, improve your sleep and bring about mental clarity. Hear about our top selling brands and use your coupon to save!



Pain Relief

JUNE 12-18

Have you heard of Zyflamend or Wobenzym? Studies have suggested that both of these supplements can help relieve aches, pains and muscle soreness as well as aid the body's inflammation response. We'll be discussing how these natural remedies and Curamin can help you with your pain relief all week.



Skin Support

JUNE 26-JULY 2

The sun can do a number on your skin and quicken the aging process. Fight back by combating the negative effects of the sun on your skin with wonderful products such as Natural Factors Biosil, Health Direct Aminosculpt and Solgar Super GLA. Products like these can help, come in and learn more!

UPCOMING SEMINAR

VEGANISM- Where to Start

Join us for this informative seminar on going vegan, and get great tips on where to start from Judy- our N. Dayton store manager. Judy has been vegan for over 15 years. She will answer all your questions and share some of her favorite go-to recipes.

Tuesday, July 25th
Beavercreek | 6:30pm

Wednesday, July 26th
Florence, KY | 6:30pm

Thursday, July 27th
N. Dayton/Clayton | 6:30pm

Limited seating, RSVP on our website or contact the store you wish to attend



Father's Day Coupon

\$20 OFF
any purchase
of \$100 or more

\$20 will be deducted from your purchase, cannot combine with other offers, coupon valid one per person, max discount of \$20 per transaction, orders may not be split, present store flyer for discount. Excludes sale items. See stores for details.

Valid June 16-18, 2017

June Coupon

\$10 OFF
any purchase
of \$75 or more

\$10 will be deducted from your purchase, cannot combine with other offers, coupon valid one per person, max discount of \$10 per transaction, orders may not be split, present store flyer for discount. Excludes sale items. See stores for details.

Valid June 1-30, 2017

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!