



healthy alternative

Natural Food Markets

"Helping People Feel Better"™

**- JULY-
ANNIVERSARY
SALE!**

July 15- 31, 2017



HealthyAlternativeMarkets.com

DENTAL



New Chapter CoQ10

- Delivers essential vitamins that can help combat oxidative stress and support cardiovascular health.
- Helps to heal and repair periodontal tissue.
- Helps support antioxidant and cardiovascular protection.



Nature's Plus Dental Care Probiotic Lozenges

- An exciting new supplement with live M18 probiotic cells and Lactidophilus, plus vitamin D3 and calcium for strong teeth.
- Delicious peppermint Dental Care Probiotic Lozenges includes CoQ10 for healthy gums and a targeted whole food blend of natural tooth friendly nutrients.



Oral Essentials Toothpaste & Mouthwash

- Freshens breath without harsh chemicals: alcohol free, certified non-toxic, sugar free, dye free, preservative free, BPA free.
- Dentist-formulated & recommended, no stinging or burning.

DIGESTION & STOMACH



Nature's Plus GI Natural

- The unique blend of prebiotics, probiotics, enzymes and supportive nutrients heals and strengthens the GI tract's vital mucosal lining.
- GI Natural's fast-release layer optimizes digestive comfort and energy. It's slow-release layer cleanses and rejuvenates.



Enzymedica Digest Gold

- Contains an advanced formula that breaks down carbohydrates, fats, fiber and protein.
- The enzymes in Digest Gold support optimal digestion by helping the body absorb nutrients and convert food into energy.



Kyolic Kyo-Dophilus 9

- Helps maintain balanced intestinal flora and promote healthy intestinal and immune function.
- Formulated with three Lactobacilli strains and six Bifidobacterium strains.

MUSCLES



MRM Creatine Monohydrate 325

- Creatine is one of the most popular sports supplements on the market and helps to increase muscle creatine and phosphocreatine (PC) concentrations by up to 40%, which can lead to improvements in muscle energy production and recuperation.
- Increases muscle cell volume.
- Decrease muscle fatigue & soreness.



Bluebonnet BCAA s 4:1:1 Ratio

- Pharmaceutical grade Branch Chain Amino Acids.
- Promotes muscle performance, health & repair.
- Provides free-form, pharmaceutical-grade, anabolic amino acids (Leucine, I-isoleucine and I-valine) from Ajinomoto, the world-class quality leader in the production and purity of amino acids.



Garden of Life Raw Organic Protein

- Helps build and repair muscle.
- Good for pre- and post-workout.
- Promotes protein synthesis.
- Suitable for vegetarians and vegans.
- Contains no fillers, no artificial flavors or sweeteners, no preservatives.
- 110 Calories, 2Gm Fat, 2Gm Carbohydrates, 22Gm Protein per serving.

THYROID



Terry Naturally Tri-Iodine

- Tri-Iodine provides three forms of iodine: a blend of potassium iodide, sodium iodide, and molecular iodine.
- Potassium iodide and sodium iodide for hormone balance and immune health.
- Molecular iodine for breast, prostate, colon, and cellular health.



PHP Eco Thyro

- Works with your system to maintain healthy thyroid function.
- Each contains only pure, lyophilized New Zealand tissue concentrates-free from colors, flavors, preservatives, fillers or excipients of any kind, in pull-apart gelatin capsules for easy administration of the pure contents.



Natural Factor's WomenSense ThyroSense

- A specially formulated herb and nutrient combination made for women.
- ThyroSense's special blend is rich in herbs & nutrients to nourish, balance and support healthy thyroid function.

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.



Dental Health

JULY 3-9

Improve your dental health with all natural products from Oral Essentials that can freshen your breath without the harsh chemicals. Support healthy gums and teeth with supplements like New Chapter CoQ10 and Nature's Plus Dental Care Probiotic Lozenges.



Muscle Health

JULY 17-23

Muscle tissue does not produce creatine, so adding this to your diet can help muscle fibers grow. Learn how this gets synthesized in the body and how adding amino acids can aid in this process.



Digestion & Stomach

JULY 10-16

Enzymes and probiotics are essential to healthy digestion and stomach. Nature's Plus GI Natural, Enzymedica Digest Gold and Kyolic Kyo-Dophilus 9 help to optimize digestion and cleanse your system. We'll be discussing how these natural supplements can help all week.



Thyroid Support

JULY 24-30

Have you recently found out you suffer from a sluggish thyroid? If so we carry many supplements that may help to promote and maintain thyroid function like Terry Naturally Tri-Iodine, PHP Eco Thyro and Natural Factor's WomenSense ThyroSense. Come in and browse our large selection and get on the road to recovery.

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

Held next door at Ray's

Limited seating, RSVP by July 24 on our website or contact the store you wish to attend.

Free Seminar

ANNIVERSARY SALE



SAVE July 15-31, on many of your Favorite Brands! Supplements, Grocery & HABA.

Solgar, Garden of Life, Yerba Prima, Natural Factors, Kyolic, Anabol Naturals, New Chapter, Enzymedica, Gaia, Ancient Nutrition, Neo Cell, Bach Rescue Remedies, Lily of the Desert, Life Flo: Oils and Magnesium- select varieties, Andalou- Hair care, AND MORE!

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!