



healthy alternative

Natural Food Markets

"Helping People Feel Better"™

- AUGUST -
ENTER TO WIN
Solgar Back-To-School
Backpack Including
4-Zoo Tickets!
One backpack per store
will be given away.

HealthyAlternativeMarkets.com

KIDNEY AND BLADDER

Solaray D-Mannose with CranActin



- Includes 30 mg of antioxidant-rich vitamin C to promote immune health.
- Supports urinary tract health by preventing bacterial adherence to the UT lining.
- Use D-Mannose to help flush undesirable particles from the urinary tract.

Planetary Herbals Stone Free



- Designed to support the kidneys, liver and gallbladder.
- Contains dandelion root and turmeric root which support the body's normal bile flow.
- Also contains parsley root and marshmallow root for supporting normal fluid elimination.

Herb Pharm Stone Breaker



- Liquid herbal extract supports healthy function of the urinary system.
- The main ingredient in this supplement is the stone breaker herb- chanca piedra or phyllanthus niruri which contains chemicals that could potentially stimulate urine flow, discourage bladder spasms, and fight some forms of bacteria and viruses.

SLEEP SUPPORT

Natural Factors Tranquil Sleep



- Helps you fall asleep quickly, sleep soundly through the night and wake up feeling refreshed, without the potentially serious mental and physical side effects caused by pharmaceutical "sleeping pills."
- Works in harmony with your body's natural sleep hormones, highly effective, and non-habit forming.

Irwin Naturals Power to Sleep PM



- Valerian combines with other beneficial botanicals to promote a sense of relaxation and calm.
- Stimulates Sleep with melatonin and GABA which are key to maintaining a normal sleep cycle.
- Contains ashwagandha, a botanical to help your body cope with stress.

Nature's Plus Melatonin Lipocetual Spray



- A metered, non-aerosol spray supplying an activated complex of 100% pharmaceutical grade melatonin, highly active coenzymes and a proprietary base of essential metabolic factors to help you fall asleep and maintain restful sleep.

ATHLETES - PROTEINS, BARS & MORE

Jay Robb Whey Protein Isolate Powder



- Whey Protein made from the finest natural ingredients available and delivers 25 grams of first class protein, 0-fat, 0-cholesterol, 0-sugars, and only 1 gram of carbohydrate per 30 gram serving.
- "The Best-Tasting Protein on the Planet" - unique natural flavors and the herb stevia are used to create a flavoring system that is palate pleasing.

Vega Sport Plant Based Performance Protein



- Helps to build and repair strong muscles and reduce recovery time.
- A complete, multi-source blend of premium, plant based protein made from pea, alfalfa, pumpkin, and sunflower seed.
- 30g protein, 6g BCAAs, 6g glutamine, plus tumeric, tart cherry and probiotics.

Bluebonnet Dual-Action Protein



- Sourced from grass-fed cows that are not treated with antibiotics and recombinant bovine growth hormone (rBGH).
- Provides a blend of whey protein isolate and micellar casein that works throughout your workout and during the recovery phase at night.
- 130 calories, 3.5mg carbohydrates, 1.5g sugar, 26g protein per serving.

MULTI VITAMINS

Solgar VM 75



- High quality multi that delivers the basic vitamins and minerals you need every day.
- Unique form of chelated iron (iron bi-glycinate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation.

New Chapter Every Woman's One Daily Multi



- Our unique multivitamin is fermented with probiotics and expertly formulated to deliver bone support, immune support, energy and stress support for women's needs.
- One tablet daily, can be taken anytime even on an empty stomach.
- Rapid digestion tablet provide superior absorption.

Nature's Way Alive Max 3 Daily Multi-Vitamin



- A complete, and nutritionally diverse once daily multi-vitamin complete with 23 vitamins and minerals, 12 digestive enzymes, 14 greens, and 12 organically grown mushrooms.
- Packed with B-vitamins to help convert food into energy.

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.



Kidney and Bladder

AUGUST 7-13

Do you suffer from bladder or urinary tract infections? If so, we carry many supplements that can help fight off some forms of bacteria and viruses that occur in the kidney and bladder area like Solaray D-Mannose with CranActin, Planetary Herbals Stone Free and Herb Pharm Stone Breaker.



Athletes- Proteins, Bars & More

AUGUST 21-27

Protein powders are a great way to enhance your workouts. They can help to build and repair muscle tissue. Protein powders come in many forms and flavors like Vega Sport Plant Based Performance Protein, Jay Robb Whey Protein Isolate Powder and Bluebonnet Dual-Action Protein.



Sleep Support

AUGUST 14-20

If you're having trouble falling or staying asleep there are a number of supplements in pill and spray form that can help support a restful nights sleep. Natural Factors Tranquil Sleep, Irwin Naturals Power to Sleep PM and Nature's Plus Melatonin Lipoceutical Spray are just a few of what we carry at Healthy Alternative.



Multi Vitamins

AUGUST 28 - SEPTEMBER 3

Looking for a nutritionally diverse, quality multi vitamin that delivers all the basic vitamins and minerals you need everyday? We can help you choose one that is best suited for you. Come in and learn about multi vitamin options like Solgar VM 75, New Chapter Every Woman's One Daily Multi and Nature's Way Alive Max 3 Daily Multi-Vitamin.

ENTER TO WIN! Solgar Backpack filled with Goodies + 4 Tickets to the Zoo

One backpack will be given away at each of our three locations.
Enter from August 1-31, 2017. Drawing held August 31st.

JOIN OUR LOYALTY PROGRAM Get Coupons & Sale Information



- **It's easy to sign up for our Loyalty Program!** Get instant discounts given at the register on every purchase!
- **Provide Your Email!** We email coupons, sale and event information monthly. This will help you save even more!

GET THE SCHOOL YEAR

OFF TO A



HEALTHY START

