



# healthy alternative

Natural Food Markets

"Helping People Feel Better"™

- SEPTEMBER -  
**\$15 OFF**  
**COUPON**  
see back for details



## VEGAN/VEGETARIAN OPTIONS

### Gardein Various Variety of Meatless Options

- Each Gardein (garden + protein = gardein) recipe is a delicious, versatile and quick-to-prepare protein option for everyone.
- Products include chick'n, beefless, fishless, gluten-free, pocket meals and holiday options.



### Daiya Cheddar Style Shreds

- Rich, balanced and smooth, our dairy-free Cheddar Style Shreds replicate the hot-and-stretchy joy traditional cheddar cheese delivers.
- Use them in any dish calling for melted cheddar, like creamy macaroni and cheese or gooey grilled cheese sandwiches.



### Beyond Meat Feisty Crumble

- All of the protein, half of the fat – 13g of protein and 3g of fat per 55g serving.
- The only gluten-free AND soy-free crumble on the market.
- Perfect for chili, tacos, nachos and more!



## COLD AND FLU SUPPORT

### Herb Pharm Rapid Immune Boost

- Our "feel-better-faster" formula, formerly Echinacea-Goldenseal.
- A proprietary extract blend of Echinacea root, Goldenseal rhizome & rootlet, Osha root, Spilanthes flowering herb, Yerba Santa leaf, Horseradish root, Ginger rhizome, Black Elderberry fruit, Yarrow flower and Wild Indigo root.



### Gaia Herbs RapidRelief™ Quick Defense

- Quick Defense supports the body's rapid response to immune stressors.
- Quick Defense is highly effective when taken at onset.
- It has a high concentration of Echinacea Alkylamides - which makes it more effective at initiating an immune response.



### North American Herb & Spice Oregonol P73 Oil

- P73 Oregonol is a rich source of natural vitamins and minerals. It has excellent germ-killing powers and can be used as a natural remedy for many ailments.
- Oregonol P73 can be used either internally or topically. Safe for everyday use.



## ANTI-DEPRESSION SUPPLEMENTS

### Solgar Vitamin D3 Cholecalciferol 10,000 IU

- The natural Vitamin D3 in this product is the same form produced by the body when our skin is exposed to sunlight, offering advanced Vitamin D3 support in oil-based soft gels to promote optimal absorption and assimilation.
- Helps maintain healthy bones and teeth, support a healthy immune system, mental health and promote tissue health.



### Solaray St. John's Wort One Daily

- St. John's Wort provides effective herbal support for positive mood by enhancing the brain's neurological functions.
- Promotes emotional balance and feelings of well-being.



### Gaia Rhodiola Rosea

- Rhodiola is a potent herb that is thought to help the body adapt to stress in a healthy way.
- Gaia Herbs' Rhodiola optimizes energy levels while promoting a healthy mood. Each serving of Rhodiola Liquid Phyto caps is concentrated to contain 12 mg of active Rosavins, delivering guaranteed quality and potency.



## IRRITABLE BOWEL SYNDROME

### Solaray Vitamin C Non Acidic 5000 MG Powder

- Nutritional laxatives such as ascorbic acid (Vitamin C) are becoming more popular with enlightened individuals who have constipation that is resistant to fiber.
- Alternative to chemical laxatives without cramping.



### Renew Life Ultimate Flora Probiotic 50 Billion

- A high-potency formula with 10 scientifically studied Bifidobacterium and Lactobacillus strains designed to re-establish digestive balance for those who experience occasional digestive discomfort.
- Helps promote digestive and immune health so you feel better, lighter, and more energized.



### Herb Pharm Peppermint Spirits System Restoration

- Supports healthy function of the digestive system.
- A proprietary certified organic blend of Peppermint leaf extract and essential oil.
- Rapidly absorbed liquid extract.
- Gluten-free and non-GMO.



These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.

**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](http://www.HealthyAlternativeMarkets.com)**

## 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.



### Vegan/Vegetarian Options SEPTEMBER 4-10

Looking for some meatless or dairy free options because your Vegan or Vegetarian? If so, we carry many brands with various options for breakfast, lunch, dinners, snacks and dairy alternatives. Try some favorites like Gardein Crispy Chicken Filets, Daiya Cheddar Style Shreds and Beyond Meat Feisty Crumble.



### Anti-Depression Supplements SEPTEMBER 18-24

Feeling a little down lately or have you been dealing with depression for some time and are looking for a natural alternative? If so supplements like Solgar Vitamin D3 Cholecalciferol 10,000 IU, Solaray St. John's Wort One Daily and Gaia Rhodiola Rosea may be just what you're looking for.



### Cold and Flu Support SEPTEMBER 11-17

If you're looking to improve your immune health to guard against the common cold or flu this school season then look no further. We carry pill and liquid supplements that can help. Stop by to check out all your options. Our staff can help guide you for adult and children's formulas.



### Irritable Bowel Syndrome SEPTEMBER 25- OCTOBER 1

Whether your digestive system needs a little help or you've been dealing with digestive issues such as irritable bowel syndrome, we have many alternative methods that can help. Our stores will be displaying them this week so stop by and have all your questions answered.

## Facebook LIVE Event Thursday, September 21st- 7 p.m.

Join us for another Facebook Live event Tips from Jennie for People On-the-Go. You might never think of or try these items for getting your daily nutrition on-the-go, but Jennie has her favorites to share. Go to our Facebook page and you should see our live event ready to start. Remember to turn on the volume. Post questions and have them answered Live!

### WANT MORE SALES & DISCOUNTS?

Join our email list to receive our best sales and coupon offers! Sign up at any store or text

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Reply with your email address!

*Message and data rates may apply.*

# \$15 off

**ANY PURCHASE OF \$75 OR MORE**

\$15 will be deducted from your purchase, cannot combine with other offers, coupon valid one per person, max discount of \$15 per transaction, orders may not be split, present store flyer for discount. Excludes sale items. See stores for details.

**Valid September 1-30, 2017**

## Customer Loyalty Day

**SEPTEMBER 26TH**

**Free Ester-C® variety pack while supplies last!**

### 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!