



healthy alternative

Natural Food Markets

"Helping People Feel Better"™

- NOVEMBER -
Veterans
Stop in Nov. 11th
and Save!
see back for details

MEN'S HEALTH

HealthyAlternativeMarkets.com

Healthy Alternative Pumpkin Seeds



- Pumpkin seeds carry good-quality protein, 100g seeds provide 30g or 54% of recommended daily allowance of protein.
- Pumpkin seeds are good for relieving the symptoms of an enlarged prostate, primarily due to their activity as diuretics.
- Are a very good source of antioxidant vitamin-E.



Bluebonnet MPX for Prostate

- Scientifically formulated with innovative and complementary nutrients to support men's prostate health, such as standardized saw palmetto berry, green tea leaf, stinging nettle root extracts, beta-sitosterol, pumpkin and flax seed powders with vitamin B6 and the coveted 10:1 ratio of zinc and copper in more bioavailable amino acid chelate forms.



Irwin Natural Steel Libido

- Enhances performance & desire with horny goat weed plus 9 sex boosters.
- Easy-to-swallow liquid soft-gels are released fast.
- Contains daily essential fatty acids and omega-3 oils.

HEART DISEASE



Solgar Megasorb CoQ-10, 600mg

- Helps the body by promoting the healthy brain, heart and neurological function as well as providing support for healthy aging.
- Coenzyme Q-10 (CoQ-10) is a natural, fat-soluble antioxidant which plays several highly useful roles in the body such as providing support for heart health as well as the production of energy in cells.



Gaia Hawthorn

- Supports healthy cardiovascular function.
- Promotes heart health and delivers antioxidant protection.
- Stimulates healthy circulation with hawthorn berry, leaf & flower.
- Helps to support blood pressure within normal range.



Frontier Beet Powder

- Spread on food, use in smoothies & more!
- Naturally rich in nitrate, compounds that can improve blood flow and lower blood pressure plus beet fiber helps to reduce cholesterol and triglycerides by increasing the level of HDL cholesterol ("good" cholesterol).
- Rich in antioxidants, dietary fiber, calcium, iron, potassium, folate and manganese, along with other nutrients.
- One pound of beet powder re-hydrated = 9 pounds of fresh, unprepared beets.

NON-GMO

Non gmo verified products are not only grown without GMO seeds, but are also tested after harvest for cross contamination from neighboring gmo fields (wind, birds, bees, etc). Non-gmo does not mean grown without pesticides.

Beanitos Snack Chips



- Made with whole beans (black, white, or pinto) which contain fiber and plenty of protein.
- Corn free, gluten free and cholesterol free plus no trans fat, no preservatives, no MSG.
- Beanitos Snack Chips are available in six flavor varieties.



Garden of Life mykind Organics Women's Multi

- A gentle power-packed formula that provides all the nutrients you need in only two organic, Non GMO tablets per day.
- Vegan multivitamin with iron has 16 vitamins and minerals at 100% DV or higher.
- Includes vegan D3, 10mg of iron for blood support, and B vitamins for radiant skin and nails.



Lightlife Meatless Smart Jerky

- Delicious plant-based, vegan / vegetarian jerky.
- Chunks of meatless jerky are made of non-GMO soy protein, wheat gluten, with blends of seasoning and spices in a classic jerky texture that come packaged in a variety of flavors.

ORGANIC

Certified organic means no herbicides, pesticides, gmOs, chemicals, etc. (but no testing is done after harvest for cross contamination).

Harvest Stone Crackers



- These crackers are packed with the perfect combination of organic whole grains and seeds, giving them incredible taste and a distinguished texture that pairs perfectly with your high standards.
- All varieties are gluten-free, non-GMO, and packed with whole grains, seeds.



GT's Kombucha

- Contains organic, raw kombucha.
- Kombucha aids digestion and gut health because it's naturally fermented with a living colony of bacteria and yeast. Resulting in improved digestion, fighting candida (harmful yeast) overgrowth, mental clarity, and mood stability.



Healthy Alternative Quinoa

- Gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids.
- high in fiber, magnesium, B-vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.

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

Each month we will bring 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 have continuous discussions on each topic throughout the week during normal store hours listed below.



Men's Health

NOVEMBER 6-12

There are a variety of factors that can impact men's health. Supplements such as Bluebonnet MPX for Prostate and Irwin Natural Steel Libido along with foods like Healthy Alternative's pumpkin seeds can optimize it. Stop by to check out all of our men's health options with the guidance of our staff.



Non-GMO

NOVEMBER 20-26

A GMO, or genetically modified organism, is a plant, animal, microorganism or other organism whose genetic makeup has been modified in a laboratory. This creates unstable combinations of plant, animal, bacterial and virus genes that do not occur in nature. GMO's can contribute to health issues which is why many choose Non-GMO foods. Stop in to see our large selection.



Heart Disease

NOVEMBER 13-19

Good, heart healthy diets help control cholesterol and the build up of plaque in your arteries, which can lead to high blood pressure. We have listed three products that are highly beneficial to your heart. Our staff can help guide you on which combinations are best for your health.



Organic

NOVEMBER 27- DECEMBER 3

Organic produce contains no pesticides and is often fresher because it doesn't contain preservatives. Organically raised animals are NOT given antibiotics, growth hormones, or fed animal byproducts. Our staff will be sharing information on organic food options all week.

THANK YOU VETERANS

Veterans Day Sale

Saturday, November 11th

15% Discount

off your entire purchase

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

Not valid with other discounts or sales.

Customer Loyalty Day

NOVEMBER 28TH

Free Lily of the Desert sample while supplies last!

Facebook LIVE! Event

JOIN US FOR OUR



Friday, November 17th @ 3 pm

HEALTHY THANKSGIVING DAY & DIGESTION OPTIONS

Amy, our N. Dayton Assistant Manager has LOTS to talk about! She'll share yummy ideas for Thanksgiving using organic and non-GMO foods along with pumpkin flavored treats, supplements that can help with indigestion/digestion, and some great gift ideas for the holidays for you early shoppers.

Visit our Facebook page and you'll see her Live. Be sure to post questions during the presentation. We can see them and will answer your question right then.

We'll be Live on our Facebook page:
[Facebook.com/HealthyAlternativeMarkets](https://www.facebook.com/HealthyAlternativeMarkets)

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!