



NATURAL GROCERS®

good4u®

COUPONS & SAVINGS 2024

OCTOBER | NOVEMBER | DECEMBER

WHAT MAKES US DIFFERENT:



SUPPLEMENTS YOUR HEALTH CAN DEPEND ON

We're as passionate about supplements as you are about your health! We require a certificate of analysis on every supplement we sell, ensuring we bring you only the highest-quality supplements available.



ONLY 100% PASTURE-BASED DAIRY

Unlike the other guys, none of our dairy comes from confinement operations. Our dairy comes from animals that graze on pastures as nature intended. The result? Amazing taste and a more nutritious product.



ONLY 100% USDA CERTIFIED ORGANIC PRODUCE

This means you never have to worry about cross-contamination with conventional produce like at other grocery stores. All of our produce is naturally 100% GMO-free.



ONLY 100% NATURALLY-RAISED MEATS

Our meats come from animals that are never given antibiotics, hormones or growth promoters. They are humanely raised in environments that encourage natural behaviors and are never fed animal by-products.*



ONLY 100% FREE RANGE EGGS

We are always raising our standards and those of the retail food industry. We are proud that all of our eggs are now free-range or better, which means happier, healthier chickens and a higher overall nutrient content.



ONLY THE FRESHEST BULK

Flour, nuts, and seeds contain oils that can become rancid. We package and refrigerate ours to preserve freshness, maintain quality and taste, and reduce contamination, making them more nutritious and delicious.

NATURAL GROCERS® BRAND PRODUCTS



Expires:
1/31/2025



\$1.00 OFF

NATURAL GROCERS® BRAND PRODUCTS

\$1.00 OFF
any ONE (1)
regular priced
**Natural Grocers®
Brand Product**
*(Limit one coupon per
household; excludes bulk)*

Consumer: Coupon is valid only from October 1, 2024 through January 1, 2025. It is redeemable only for in-store purchases at participating Natural Grocers locations. Coupon is valid specifically for \$1.00 off any single Natural Grocers Brand product excluding all bulk items. Coupon may be used only once and may not be photocopied or duplicated. Digital representations of this coupon are invalid. Cannot be combined with other offers. Limit one coupon per household. Coupon may not be redeemed for gift cards, store credit or cash and is non-transferable. Coupon holder is responsible for any applicable sales tax. Coupon must be surrendered upon redemption. Void where prohibited by law. We reserve the right to correct errors. Natural Grocers employees, including members of their household, are not eligible to use coupon.



9 950000 167412



PLANT BASED
FOODS ASSOCIATION

Turn the page for **savings** on these amazing

Plant Based Brands!



DELICIOUS PLANT PROTEIN

18G
PROTEIN

4G
SUGAR

7G
FIBER



Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

\$1.00 OFF



**\$1.00 OFF any ONE (1)
Koia Protein Drink**



This coupon is to be used only on the purchase of specified RawNature5 Corp products. Void if expired, reproduced, altered, copied, sold, purchased, exchanged or transferred to any person, firm, or group prior to store redemption, or where prohibited or restricted by law. Not to be combined with any other offer. Cash value 1/100¢. No cash back if coupon value exceeds selling price. Reimbursement: Face value of this coupon plus 8¢ handling if submitted in accordance with InMar's Coupon Redemption Policy. Send properly redeemed coupons to: Inmar Dept. #71415 1 Fawcett Drive Del Rio, TX 78840

0854092006-200070



Better in tin.

*La
Tourangelle*
CALIFORNIA FRANCE



Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

\$4.00 OFF

*La
Tourangelle*
CALIFORNIA FRANCE



\$4.00 OFF
any ONE (1)
La Tourangelle
Avocado Oil or
Extra Virgin
Olive Oil

CONSUMER: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Any other use constitutes fraud. Consumer pays sales tax. Discount may not be combined with any other offer. No cashback. **LIMIT ONE COUPON PER PURCHASE.** **RETAILER:** La Tourangelle will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: La Tourangelle, Mandlik & Rhodes, PO Box 490, Dept 1876, Tecate, CA 91980. Failure to produce invoices on request providing purchase of stock covering coupons may void all coupons submitted. Void if copied, reproduced, altered, transferred, sold or exchanged. Cash value: 1/100¢. © 2024: La Tourangelle

0857190000-146450



NEW!

Introducing your new stress relief routine.*



This product is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the Food and Drug Administration. ©2024 Traditional Medicinals 240813

Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
NATURAL GROCERS
good4u

\$1.50 OFF



**\$1.50 OFF any
ONE (1) Box of
Traditional
Medicinals®
Stress Ease® Tea**

Consumer: Must be presented at time of purchase. Limit one coupon per item purchased. The exchange, transfer, sale or auction of this coupon to any person, firm or group prior to store redemption is expressly prohibited. Misuse constitutes fraud. Void if copied, reproduced or altered. Void where prohibited, taxed or restricted. Consumer is responsible for sales tax. Not valid with other offers. **Retailer:** We will reimburse you the face value of this coupon plus 8¢ handling provided it is redeemed by a consumer at the time of purchase on the brand specified. **NO DOUBLING.** Coupons not properly redeemed will be void and held. Redeemed coupons must be submitted within 60 days of expiration. Mail to: CMS Dep't 32917, Traditional Medicinals Inmar Brand Solutions Dept. # 32917, Mfr Rcv Office, 801 UNION PACIFIC BLVD STE 5, LAREDO, TX 78045-9475.

0032917-025358



Organic | Vegan
Gluten-Free | Nut-Free



Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

\$1.00 OFF



**\$1.00 OFF any
ONE (1) Hodo item**
(availability varies by location)

Consumer: Redeem only by purchasing the brand and size/s indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. **LIMIT ONE COUPON PER PURCHASE. NO DOUBLING.** **Retailer:** Hodo, Inc. will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: Hodo, Inc. Mandlik & Rhodes PO Box 490 Dept #1624, Tecate, CA 91980. Cash value: 1/100¢. © 2024 Hodo, Inc. All Rights Reserved.

0853404002-146301



LAIRD SUPERFOOD.

**SAVE \$1 ON ANY
LAIRD SUPERFOOD ITEM!**

Enjoy clean, plant-based nutrition
with our range of Coffees, Creamers,
Instant Lattes, and more



**FUEL YOUR DAY WITH DELICIOUS,
FUNCTIONAL INGREDIENTS!**

Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
NATURAL GROCERS
good4u

\$1.00 OFF

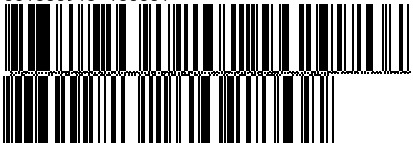


LAIRD SUPERFOOD.

**\$1.00 OFF any ONE (1)
Laird Superfood product**

Consumer and Retailer: LIMIT ONE (1) COUPON PER PURCHASE OF SPECIFIED PRODUCT AND QUANTITY STATED. NOT TO BE COMBINED WITH ANY OTHER COUPON(S). LIMIT OF TWO (2) IDENTICAL COUPONS IN SAME SHOPPING TRIP. Void if expired, reproduced, altered, copied, sold, purchased, exchanged or transferred to any person, firm, or group prior to store redemption, or where prohibited or restricted by law. Any other use constitutes fraud. **Consumer:** You pay any sales tax. **Retailer:** Laird Superfood will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with Laird Superfood Coupon Redemption Policy (available upon request). Mail coupons to: Laird Superfood, Inmar Dept. # 61392; Mfr Rcv Office 801 Union Pacific Blvd STE 5, Laredo, TX 78045. Cash value 1/100¢. No cash back if coupon value exceeds selling price. Valid only in the USA. Not subject to doubling.

081000513-100001



FRONTIER®
CO-OP
MEMBER OWNED SINCE 1976

Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
NATURAL GROCERS
good4u

\$1.00 OFF



FRONTIER®
CO-OP
MEMBER OWNED SINCE 1976

**\$1.00 OFF any ONE (1)
Frontier Co-op Product**

Consumer must pay all applicable taxes. Limit one coupon per purchase. Coupons not properly redeemed will be voided. Void if copied, sold, exchanged or transferred. **NO DOUBLING.** Retailer: Frontier Co-op will reimburse you the face value of this coupon plus 8¢ handling, provided you and your customer have complied with the terms of this offer. Any other use constitutes fraud. Cash value: 1/100¢. Send coupons to: Frontier Co-op 1541, NCH Marketing Services, P.O. Box 880001, El Paso, TX 88588-0001

0089836-030769



WAKUNAGA



Be Well
...and Save!

Immune · Heart
Digestive Health

\$2.50 OFF

Any One (1) Kyolic® or Kyo-Dophilus® Product

Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
NATURAL GROCERS
good4u

\$2.50 OFF

Kyolic®
Aged Garlic Extract™
Kyo-Dophilus®
Probiotics for You™



\$2.50 OFF
any ONE (1)
Kyolic or
Kyo-Dophilus
product

Consumer and Retailer: LIMIT ONE (1) COUPON PER PURCHASE OF SPECIFIED PRODUCT AND QUANTITY STATED. NOT TO BE COMBINED WITH ANY OTHER COUPON(S). LIMIT OF TWO (2) IDENTICAL COUPONS IN SAME SHOPPING TRIP. Void if expired, reproduced, altered, copied, sold, purchased, transferred, or exchanged to any person, firm, or group prior to store redemption, or where prohibited or restricted by law. Any other use constitutes fraud. **Consumer:** You pay any sales tax. **Retailer:** Wakunaga of America will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with Wakunaga of America Coupon Redemption Policy (available upon request). Mail coupons to: Inmar, Dept #23542, Wakunaga of America, 801 UNION PACIFIC BLVD, STE 5, LAREDO, TX 78045-9475. Cash value 1/100¢. No cash back if coupon value exceeds selling price. Valid only in the USA.

0023542-180036





**YOUR NEW FAVORITE
SNACK!**

Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u



BOGO

Buy any ONE (1) single-serving
pack of Once Again Graham
sandwiches, get ONE (1) FREE
(up to \$1.75)

CONSUMER: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. **LIMIT ONE COUPON PER PURCHASE.** **RETAILER:** Once Again Nut Butter Co., Inc. will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: Once Again Nut Butter Co., Inc. Mandlik & Rhodes, PO Box 490 Dept #1603, Tecate, CA 91980 Cash value: 1/100¢ ©2016 Once Again Nut Butter Co., Inc. All Rights Reserved.

Retailer, Enter Amount Off: \$ (maximum value: \$1.75)

0044082-146643





CASHEW TURTLE BROWNIES

More Recipes at
OnceAgain.com



Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

\$3.00 OFF



\$3.00 OFF
any ONE (1)
jar or multipack
of Once Again
Nut Butter

CONSUMER: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. **LIMIT ONE COUPON PER PURCHASE.** **RETAILER:** Once Again Nut Butter Col, Inc. will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: Once Again Nut Butter Col, Inc. Mandlik & Rhodes, PO Box 490 Dept #1603, Tecate, CA 91980 Cash value: 1/100¢ ©2016 Once Again Nut Butter Col, Inc. All Rights Reserved.

0044082-146644



Reserveage™

BEAUTY

Beautifully Healthy
Inside & Out



Clinically
Studied



Full
Potency

Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 NATURAL GROCERS
good4u

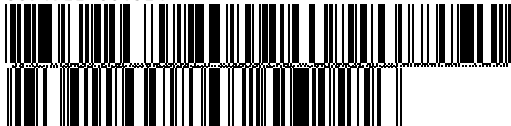
\$5.00 OFF



\$5.00 OFF
any ONE (1)
Reserveage
Beauty Product

Consumer: This coupon is to be used only on the purchase of specified TCC Corp products. Limit to one coupon per purchase. Consumer pays all sales tax. Restricted by law if altered, reproduced, transferred, sold, or auctioned. Voids where prohibited, restricted, or taxed by law. **Retailer:** Coupon not to be doubled. Value: 1/100c/. Reimbursement: Face value of this coupon plus 8c, and reasonable postage which signifies your compliance with our coupon redemption policy which is available upon request. Coupon reimbursement not to be deducted from invoices. Send properly redeemed coupons to: TCC Corp, P.O. Box 407, MPS Dept. No 894, Cinnaminson, NJ 08077

0094922-081324



Grain Berry®

GRAB THE HEALTHY *and delicious* BOX



**SLOWS SUGAR
ABSORPTION**

**POWERFUL
ANTIOXIDANTS**

**FREE RADICAL
PROTECTION**

**NATURAL
PLANT FIBER**

AVAILABLE IN SELECT STORES • WWW.GRAINBERRY.COM

Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

50¢ OFF

Grain Berry®

**50¢ OFF any
ONE (1) box of
Grain Berry cereal**



Silver Palate Kitchens Inc. will redeem this coupon for face value plus 8¢ handling provided coupon is redeemed in accordance to this offer. Customer pays any sales tax. Void if reproduced or where prohibited by law. Invoices proving purchase of sufficient stock to cover redemptions must be shown on request. Cash value 1/100¢. One coupon per item purchased. Send to PO Box 512, Cresskill, NJ 07626.

0086341-000650



Organic Whole Milk Kefir

NEW
FLAVOR



- + 100% Grass-fed Cows
- + 14 Live & Active Cultures
- + Small Family Regenerative Farms

Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

\$2.00 OFF



KALONA®
SUPER NATURAL™
BEYOND ORGANIC. BEYOND DELICIOUS.

**\$2.00 OFF any ONE (1)
Kalona SuperNatural
Organic Kefir, 32 oz: Vanilla or
Mixed Berry Kefir with Elderberry**

Consumer: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Limit One Coupon Per Purchase. **Retailer:** Kalona Organics will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: Kalona Organics, Mandlik & Rhodes, PO Box 490 Dept #1140, Tecate, CA 91980 Cash value: 1/100¢.

0881245-144338





MARY RUTH'S®

Start your day bright,
end your night right.

20%
OFF!

Scan for offer



Find us in the supplement aisle





Scentsational Essential Oil Blends



PURITY TESTED & QUALITY ASSURED

Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 NATURAL GROCERS
good4u

\$1.00 OFF



**\$1.00 OFF any ONE (1)
NOW® Essential Oil Blend**

CONSUMER: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. **LIMIT ONE COUPON PER PURCHASE. RETAILER:** NOW Foods will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: NOW Foods, Mandlik & Rhodes, PO Box 490 Dept #2013, Tecate, CA 91980 Cash value: 1/100¢. © 2024 NOW Foods. All Rights Reserved

0733739-146741





IT'S BETTER, NOT BITTER



Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

\$1.50 OFF



**\$1.50 OFF any ONE (1)
BetterStevia Product**



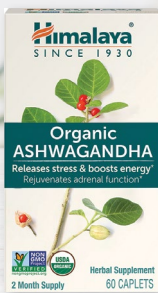
CONSUMER: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. **LIMIT ONE COUPON PER PURCHASE.** **RETAILER:** NOW Foods will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: NOW Foods, Mandlik & Rhodes, PO Box 490 Dept #2013, Tecate, CA 91980 Cash value: 1/100¢. © 2024 NOW Foods. All Rights Reserved

0733739-146768





For Daily Stress Support



Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

\$3.00 OFF

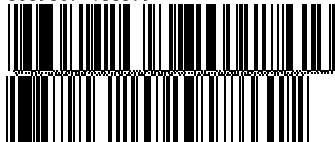

SINCE 1930

**\$3.00 OFF any ONE (1)
Himalaya® Supplement**



Consumer and Retailer: LIMIT ONE (1) COUPON PER PURCHASE OF SPECIFIED PRODUCT AND QUANTITY STATED. NOT TO BE COMBINED WITH ANY OTHER COUPON(S). LIMIT OF TWO (2) IDENTICAL COUPONS IN SAME SHOPPING TRIP. Void if expired, reproduced, altered, copied, sold, purchased, exchanged or transferred to any person, firm, or group prior to store redemption, or where prohibited or restricted by law. Any other use constitutes fraud. **Consumer:** You pay any sales tax. **Retailer:** Himalaya Wellness USA will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with The Himalaya Wellness USA Coupon Redemption Policy (available upon request). Mail coupons to: Himalaya Wellness, Inmar Dept #05069, Mfr Rcv Office, 801 Union Pacific Blvd STE 5, Laredo, TX 78045. Cash value 1/100¢. No cash back if coupon value exceeds selling price. Valid only in the USA. 100395

0605069-100395





Plantain & Cassava Chips



✓ NO SEED OILS

✓ FREE OF TOP 9 ALLERGENS

✓ NO ARTIFICIAL FLAVORS



Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
NATURAL GROCERS
good4u

\$2.00 OFF



**\$2.00 OFF any
ONE (1) bag of
Artisan Tropic
Plantain and Cassava
Snacks**

Consumer and Retailer: LIMIT ONE (1) COUPON PER PURCHASE OF SPECIFIED PRODUCT AND QUANTITY STATED. NOT TO BE COMBINED WITH ANY OTHER COUPON(S). Void if expired, reproduced, altered, copied, sold, purchased, transferred, or exchanged to any person, firm, or group prior to store redemption, or where prohibited or restricted by law. Any other use constitutes fraud. **Consumer:** You pay any sales tax. **Retailer:** Artisan Tropic will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with Artisan Tropic Coupon Redemption Policy (available upon request). Mail coupons to: Artisan Tropic c/o CCP Dept. 3242 P.O. Box 972958 El Paso, Texas 79997. Cash value 1/100¢. No cash back if coupon value exceeds selling price. Valid only in the USA.

08687060001-401341





MAKES
6 PIZZAS

TOTAL
TIME
25 minutes



Scan for more
Natural Grocers
Brand Products



Looking for back-to-school lunchbox ideas? These mini pizzas are quick and easy to make using our Natural Grocers® Brand Gluten-Free Pizza Dough (found in the freezer section) and so fun to eat! Pepperoni, sausage, red pepper, and spinach are just a few topping ideas—you (and your kiddos) have total control, making these mini pizzas endlessly customizable, and nutritious too!

Ingredients

- 1 (16-ounce) package frozen Natural Grocers Brand Frozen Gluten Free Pizza Dough, thawed
- 1 ½ **teaspoons** all-purpose gluten-free flour (for rolling dough)
- 1 **tablespoon** Natural Grocers Brand Organic Extra Virgin Olive Oil
- 1 **cup** organic pizza or marinara sauce
- Approximately 1 cup** or ¾ **bag** of Natural Grocers Brand Organic Mozzarella Cheese Shreds
- Topping ideas:** Pepperoni, prepared and sliced or crumbled Italian sausage, diced organic bell pepper, diced organic mushrooms, Natural Grocers Brand Organic Sliced Kalamata Olives, organic baby spinach, Canadian bacon, Natural Grocers Brand Hickory Smoked Uncured Bacon, sliced organic pineapple, etc.

Instructions

1. Preheat the oven to 400°F.
2. Line a baking sheet with parchment paper and set aside.
3. Remove the pizza dough from the outer covering and knead it within the plastic bag for 20-30 seconds. Remove from the bag and divide the dough into six equally sized balls. Sprinkle a little flour on the counter surface and roll each dough ball into a five-inch circle. Place each pizza round on the parchment-lined baking sheet and brush lightly with olive oil.
4. Evenly spoon the sauce and sprinkle the cheese over all six pizzas and add your chosen toppings.
5. Place in the oven and bake for 8-10 minutes, or until the crust is baked and the cheese is melted.
6. Remove from the oven and let cool completely. Place each pizza in a lunch container and refrigerate until ready to eat.



School Lunch Mini Pizzas



Scan for
more
recipes



NATURAL GROCERS

\$5.00 OFF

90ct (30 Serv.) or 180ct (60 Serv.)
MAGTECH[®] MAGNESIUM 3-in-1 COMPLEX



BETTER BRAIN. BETTER LIFE.[®]

Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

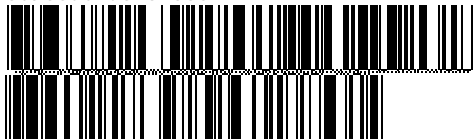
\$5.00 OFF



**\$5.00 OFF any ONE (1) Natural
Stacks 90ct (30 Serv.) or 180
(60 Serv.) Magtech Magnesium
3-in-1 Complex**

Consumer: This coupon is to be used only on the purchase of specified Natural Stacks products indicated on coupon. Void if sold, exchanged, transferred, or reproduced (electronic, photo, or digital copy). Void where prohibited or restricted by law. Any other use constitutes fraud. Consumer pays any sales tax. Not to be combined with any other offer. **Retailer:** Value: 1/100¢. Reimbursement: Face value of this coupon plus 8¢ handling and reasonable postage rates, which signifies your compliance with our coupon redemption policy. Send properly redeemed coupons to: Natural Stacks, P.O. Box 407 MPS Dept. No. 1600, Cinnaminson, NJ 08077

0850038130-010001



OA Gourmet®



New &
Improved!



Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

\$2.00 OFF



OA Gourmet®

**\$2.00 OFF any ONE (1)
OA Gourmet item**

Consumer and Retailer: LIMIT ONE (1) COUPON

Void if expired, reproduced, altered, copied, sold, purchased, exchanged, or where prohibited or restricted by law. Any other use constitutes fraud. **Consumer:** You pay any sales tax. **Retailer:** Outer Aisle Gourmet will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with Outer Aisle Gourmet's Coupon Redemption Policy (available upon request). Mail coupons to: Outer Aisle Gourmet, Inmar Dept. #50007, One Fawcett Drive, Del Rio, TX 78840. Valid only in the USA

08600008992-201936





**WE WOULDN'T DREAM OF SELLING
PRODUCE COATED WITH APEEL OR
ORGANIPEEL—NOT NOW, NOT EVER!**

Natural Grocers® is the only large grocery store
chain to offer 100% organic produce.



OUR STANCE ON APEEL™

WHY YOU WON'T FIND IT IN OUR STORES

Produce sprayed with this mysterious coating leaves us with unnecessary exposure to the ingredients themselves (which still haven't been made clear) and to the by-products of their processing. Fruits and vegetables are nutritional gems best kept organic.

Apeel and Organipeel™ do not meet our high standards, therefore, you will never find produce coated with it at any of our stores.



Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
NATURAL GROCERS
good4u

\$1.00 OFF



**\$1.00 OFF any
TWO (2) 10
oz. bottles of
San-J Tamari
Soy Sauce**

Consumer: This coupon is valid on the purchase of any two 10 oz. bottles of San-J Tamari Soy Sauce. Not to be used in conjunction with any other offers. Void if restricted by law or if altered, reproduced, transferred, sold or auctioned. **Retailer:** Maximum Value: \$1.00. Reimbursement: San-J International will reimburse you a maximum of \$1.00 plus 8¢ shipping and handling, which signifies your compliance with SAN-J International coupon redemption policy, which is available upon request. Coupon reimbursement not to be deducted from SAN-J International invoices. Do not double or combine with any other offers. Send properly redeemed coupons to: SAN-J INTERNATIONAL c/o MPS, P.O. BOX 407, DEPT: 895, CINNAMINSON, N.J. 08077.

0075810-100071





Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

\$3.00 OFF



\$3.00 OFF
any ONE (1)
Ancient Nutrition
Bone Broth
Protein Product

CONSUMER: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Any other use constitutes fraud. Consumer pays sales tax. Discount may not be combined with any other offer. No cashback. **LIMIT ONE COUPON PER PURCHASE. RETAILER:** Ancient Brands LLC to reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed Ancient Brands LLC, Mandlik & Rhodes, PO Box 490, Dept # 1602 Tecate, CA 91980. Failure to produce invoices on request providing purchase of stock covering coupons may void all coupons submitted. Void if copied, reproduced, altered, transferred, sold or exchanged. Cash value: 1/100¢. © 2024 Ancient Brands LLC, All Rights Reserved. Manufacturer's Coupon, Offer not valid on individual stick packets

081640102-146311





**Borage Therapy
Advanced Formula and
Dry Skin Lotion have been
awarded the National Eczema
Seal of Approval**



Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

\$1.00 OFF



**\$1.00 OFF any ONE (1)
Shikai® product**



CONSUMER: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Any other use constitutes fraud. Consumer pays sales tax. Discount may not be combined with any other offer. No cashback. **LIMIT ONE COUPON PER PURCHASE.** **RETAILER:** ShiKai Products reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: ShiKai Products, Mandlik & Rhodes, PO Box 490, Dept 5313, Tecate, CA 91980. Failure to produce invoices on request providing purchase of stock covering coupons may void all coupons submitted. Void if copied, reproduced, altered, transferred, sold or exchanged. Cash value: 1/100¢. © 2024: ShiKai Products

0081738-147168





Expires:
01/31/25

Manufacturer's Coupon | Valid only at:
 **NATURAL GROCERS**
good4u

\$1.00 OFF



**\$1.00 OFF any ONE (1)
Aura Cacia Product**

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