



NATURAL GROCCERS®

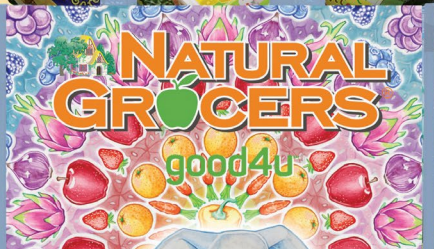
good4u®

**COUPONS
& SAVINGS
2025**

FALL



NATURAL GROCERS® BRAND PRODUCTS



Expires:
1/31/2026



\$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 10/1/2025 through 1/31/2026. 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 285277



Keep Your Wellness Routine Covered



Expires:
01/31/26

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

\$2.00 OFF




SINCE 1930

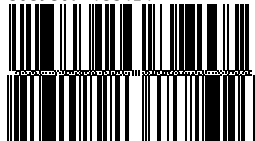
**\$2.00 OFF any ONE (1)
Himalaya® Supplement**
(excludes PartySmart 1 ct)

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 Himalaya Wellness USA Coupon Redemption Policy (available upon request).

Mail coupons to: The 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. Offer Code: 100424

0605069-100424



Brew Faster, Taste Better.

EasyBrew & Clean

In Less than 2 min

Travel Friendly

Cordless & Compact

One of a Kind Flavor

Super Smooth with

No Bitterness

AeroPress®



The World's Best Reviewed Coffee Press



Expires:
01/31/26

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

\$5.00 OFF



AeroPress®

**\$5.00 OFF any
ONE (1) AeroPress
Coffee Press**

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:** AeroPress 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 AeroPress Inc, Attn: NG Coupon Redemption, 2100 Geng Rd., Suite #210, Palo Alto, CA 94303. 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¢.

0085276-000001



AeroPress®

Press for Better Coffee



65K+ FIVE-STAR REVIEWS



**Premium Taste.
Everytime.**



**Portable.
Coffee Anywhere.**



**2 Minutes.
Brew & Clean.**



MADE IN USA

SAVE NOW ON



nuun
HYDRATION

Expires:
01/31/26

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

\$2.00 OFF



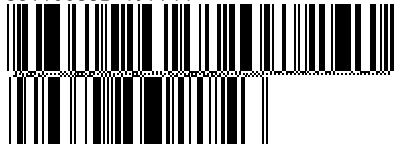
nuun
HYDRATION

**\$2.00 OFF any TWO (2)
Nuun 10CT Tubes**

NOT FOR RESALE. Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CIC® Member Coupon Integrity Program.

CONSUMER: Limit one coupon per specified item(s) purchased. Limit 4 like coupons per household per day. No cash or credit in excess of shelf price awarded. Any other use constitutes fraud. **RETAILER:** Nestlé USA, Inmar Dept #00020, 801 Union Pacific Blvd, STE 5, Laredo, TX 78045, USA will redeem this coupon per our Nestlé Coupon Redemption Policy found at www.nestleusa.com/coupon-policy. Consumer must pay sales tax where applicable. Valid in the USA, incl. APOs/FPOs/Possessions/Territories. Cash value: 1/80¢.

081166002-157711





**NOW, \$
SAVE 2**

ON SOLGAR® SUPPLEMENTS!



Expires:
01/31/26

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

\$2.00 OFF



**\$2.00 OFF
any ONE (1)
Solgar
product**

This coupon good only on the purchase of products indicated. Any other use constitutes fraud. Limit one coupon per purchase per customer. Consumer pays any sales tax. Void if copied, transferred, prohibited, taxed or restricted. Good only in U.S.A., including U.S. Military Bases. **Retailer:** For payment of face value, plus 8c handling, send to Garden Of Life, Mandlik & Rhodes, PO Box 490, Dept 1559, Tecate, CA 91980. Coupon will be paid only if presented by an authorized retailer of our merchandise. Cash redemption value of 1/100 of one cent

0033984-150856



SAVE NOW ON
VITAL PROTEINS®



Expires:
01/31/26

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

\$4.00 OFF



VITAL PROTEINS®

**\$4.00 OFF any ONE (1)
Vital Proteins product**

NOT FOR RESALE. Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CIC® Member Coupon Integrity Program.

CONSUMER: Limit one coupon per specified item(s) purchased. Limit 4 like coupons per household per day. No cash or credit in excess of shelf price awarded. Any other use constitutes fraud. **RETAILER:** Nestlé USA, Inmar Dept #00020, 801 Union Pacific Blvd, STE 5, Laredo, TX 78045, USA will redeem this coupon per our Nestlé Coupon Redemption Policy found at www.nestleusa.com/coupon-policy. Consumer must pay sales tax where applicable. Valid in the USA, incl. APOs/FPOs/Possessions/Territories. Cash value: 1/80¢.

0850232005-157712



WAKUNAGA

Stay
Healthy
All Season!

Heart • Gut
Immune Health



Expires:
01/31/26

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.

0023542-180043



FRONTIER[®]
CO-OP
MEMBER OWNED SINCE 1976



Expires:
01/31/26

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
Spice or Extract**

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

0089836-030826





FLAVOR EVERY MOMENT
WITH PURE, ORGANIC INGREDIENTS



Expires:
01/31/26

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

\$1.00 OFF



\$1.00 OFF
any ONE (1)
Simply Organic
Spice or
Extract

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

0089836-030825



AURA CACIA®

Elevate
Your Glow,
Naturally



Expires:
01/31/26

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

\$1.00 OFF



AURA CACIA®


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

0051381-030822





Trusted GUT WELLNESS*



¹At expiration date under recommended storage conditions.
Store in a cool, dry place. Refrigeration not required.

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

Expires:
01/31/26

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

\$4.00 OFF



\$4.00 OFF
any ONE (1)
Renew Life®
Supplement

LIMIT ONE (1) COUPON PER PURCHASE OF SPECIFIED PRODUCT AND QUANTITY STATED. NOT TO BE COMBINED OR REDEEMED WITH ANY OTHER COUPON(S) OFFERS OR DISCOUNTS. COUPON MAY NOT EXCEED VALUE OF ITEM PURCHASED. NO CASH BACK. 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 and consumer will be persecuted. **Consumer:** You pay any sales tax. **Retailer:** Renew Life Formulas, LLC will reimburse you for the face value of this coupon plus 8¢ handling if properly submitted in accordance with Renew Life Formulas, LLC Coupon Redemption Policy (available upon request). Mail coupons to: Renew Life Formulas, LLC Inmar Brand Solutions Dept. #40093, Mfr Rcv Office, 801 UNION PACIFIC BLVD STE 5, LAREDO TX 78045-9475. Cash value 1/100¢. Valid only in the USA.

0631257-101353





Make Ordinary Food Extraordinary

Exceptional Purity-Tested Culinary Oils



**KETO
FRIENDLY**



Expires:
01/31/26

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

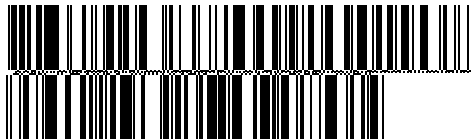
\$1.00 OFF



**\$1.00 OFF any ONE (1)
Ellyndale® Culinary 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. **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¢. © 2025 NOW Foods. All Rights Reserved

0733739-151018



Simple Snacking



Easy Entertaining



Expires:
01/31/26

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

\$1.50 OFF

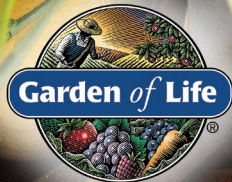


\$1.50 OFF
any ONE (1)
Divina retail
item

LIMIT ONE COUPON PER PURCHASE, ANY OTHER USE CONSTITUTES FRAUD. Void if sold, copied, transferred, altered, prohibited or restricted. Good only in the USA and APO/ FFO post office addresses. **CONSUMER:** No other coupon may be used with this coupon. Consumer pays any sales tax and will not receive any cash or credit back if coupon value exceeds purchase price. **RETAILER:** FoodMatch Divina, will reimburse you for the face value of the coupon plus \$.08 handling if coupon is submitted in compliance with the offer. Cash Value of 1/20¢. Send coupons to FoodMatch Divina, Redemption Processing Representatives, Inc., Department 7450, Post Office Box 351, Tecate, CA 91980.

0631723-001100





Expires:
01/31/26

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

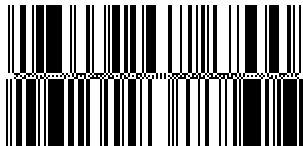
\$3.00 OFF



\$3.00 OFF
any ONE (1)
Garden of Life
product

This coupon good only on the purchase of products indicated. Any other use constitutes fraud. Limit one coupon per purchase per customer. Consumer pays any sales tax. Void if copied, transferred, prohibited, taxed or restricted. Good only in U.S.A., including U.S. Military Bases. **Retailer:** For payment of face value, plus 8¢ handling, send to Garden Of Life, Mandlik & Rhodes, PO Box 490, Dept 1559, Tecate, CA 91980. Coupon will be paid only if presented by an authorized retailer of our merchandise. Cash redemption value of 1/100 of one cent

0658010-150826



Grain Berry®

HEALTH NEVER TASTED SO GOOD!



**SLOWS SUGAR
ABSORPTION**

**POWERFUL
ANTIOXIDANTS**

**FREE RADICAL
PROTECTION**

**NATURAL
PLANT FIBER**

AVAILABLE IN SELECT STORES • WWW.GRAINBERRY.COM

Expires:
01/31/26

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





Expires:
01/31/26

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

\$3.00 OFF



\$3.00 OFF
any ONE (1)
Ancient Nutrition
Colostrum Product

CONSUMER: Redeem only by purchasing the brand, product and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Void if altered, transferred, purchased, sold, or prohibited by law. Consumer pays sales tax. Discount may not be combined with any other offer. Not redeemable for cash. **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 coupons to: 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. Offer terms and conditions subject to change without notice and qualifying item may not be available for purchase. Cash value: 1/100¢. © 2025 Ancient Brands LLC, All Rights Reserved.

081640102-151219



MARY RUTH'S®

BECAUSE YOUR
WELLNESS ROUTINE
SHOULD TASTE DELICIOUS
AT EVERY AGE



Expires:
01/31/26

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

\$3.00 OFF



**\$3.00 OFF any ONE (1)
MaryRuth's Product
shown and listed on
this coupon**

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:** (MaryRuth, LLC) will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with (MRO MaryRuth, LLC) Coupon Redemption Policy (available upon request). Mail coupons to: (MRO MaryRuth, LLC) / (MaryRuth's), Inmar Dept. # 31490, Mfr Rcv Office 801 Union Pacific BLVD STE 5, Laredo, TX 78045-9475. Cash value 1/100¢. No cash back if coupon value exceeds selling price. Void outside the USA, in Puerto Rico, the US Virgin Islands, and other United States territories and possessions.

0856645008-100087



SERVES

4

WHEN
SERVED AS AN
APPETIZER;

2

IF PREPARED
FOR A MEAL

PREP TIME:

15 minutes

**COOKING
TIME:**

30 minutes

**TOTAL
TIME**

50 minutes



Scan for more Natural
Grocers Brand Products

Indulge in the irresistible allure of organic mussels gently simmered in a fragrant white wine, tomato, and caper sauce. Cooking with Natural Grocers® Brand Frozen Organic Mussels is a delightful experience — effortless yet immensely rewarding, perfect for both seasoned chefs and beginners. Whether you're a newcomer to cooking these ocean gems or a seasoned enthusiast, this dish promises a symphony of taste that's sure to impress.

Ingredients

1 (16-ounce) package Natural Grocers® Brand Organic Frozen Whole-Shell Mussels

2 tablespoons organic butter

1 medium organic onion, diced

2 medium organic garlic cloves, minced

¾ cup dry organic white wine

1 (14.5-ounce) can Natural Grocers Brand Organic Diced Tomatoes

2 tablespoons Natural Grocers Brand Organic Capers

Natural Grocers Brand Bulk seasonings

1 teaspoon Organic Herbes de Provence (or Italian seasoning works too)

½ teaspoon each Real Salt and Organic Ground Black Pepper

½ a bunch of organic parsley, leaves finely chopped (stems removed)

Organic lemon wedges

Crusty gluten-free bread, for serving



Instructions

1. Submerge the bag of frozen mussels in a bowl of cold water and let them sit.
2. Melt the butter in a large pot over medium heat. Add the onion and sauté for 7-8 minutes, stirring every minute or so until the onion is soft and translucent. Add the garlic, stir, and sauté for 1-2 minutes until fragrant.
3. Add the wine and simmer for two minutes to allow the alcohol to evaporate.
4. Add the diced tomatoes, capers, and herbes de Provence, stir to combine and simmer for about 10 minutes.
5. Season the sauce with salt and pepper, adjusting to taste. Stir in half the parsley.
6. Remove the bag of mussels from the water bath, cut open, and drain the liquid. Add them to the simmering pot, gently tossing to coat them with sauce. Increase the heat to medium-high, cover, and cook for 3 minutes. Stir and gently toss again to ensure all mussels are covered in sauce.
7. Reduce the heat to low and simmer for an additional 3 minutes, stirring halfway through. Note: The unopened mussels are safe to eat because they are precooked, or you can discard any that haven't opened after the cooking time.
8. Serve mussels with remaining parsley, lemon wedges, and your choice of crusty gluten-free bread to soak up the sauce.

Explore more Natural Grocers Brand Products: naturalgrocers.com/ngbp