



**GREENACRES  
MARKET**

OCTOBER SALES 2020

# WHAT IS *Essential?*

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**GREENACRES.COM**



# WHAT IS Essential?

Essential might be the word of the year in 2020. But let us look seriously into the meaning regarding our health. Over the last six months we watched news reports and read articles about who had better chance of survival during the pandemic. Experts agreed that a healthy body was a more resilient body when dealing with a virus or other immune challenges. But let us get specific.

**Chronic disease makes a person more susceptible to immune assaults. High blood pressure, blood sugar issues and diabetes and obesity all play a role. So where do we start?**

**The answer is simply: your diet!**



**Eat more colorful fruits and vegetables.** They should make up about 2/3 of your plate when you are eating. Vegetables are high in antioxidants and fiber, high in water for hydration and low in calories. A recent article in Men's health magazine suggested that we need to aim to consume at least 20 different vegetables every week to maximize our health. That is a lot of variety.


**Consume lean protein & beneficial fats.** Protein provides building blocks for your body structure as well as all the enzymatic activity that helps strengthen your immunity. Top it off with beneficial fats from cold water fish, seeds and nuts and you have your food covered.



**Move more.** Exercise is being touted as one of the best ways to improve your immunity. For starters, exercise will help combat chronic conditions mentioned above. It can help lower cholesterol, stabilize your blood sugar and increase your cardiovascular and pulmonary functions making you stronger and more disease resistant!

**Lower your stress and get a good night's sleep.** Stress weakens our body. Recent reports found that testing for high cortisol, the stress hormone, in COVID-19 patients provided guidance in treating the infection. Take a walk outdoors. Meditate. Read a fun book. Do something to help you disconnect from worry. Also, try to find a way to improve your sleep quality and quantity. Set a bedtime routine and stick with it. Turn off the TV. Shut down your tablet and put away your phone. The blue light from electronic devices can disrupt your sleeping patterns.



**Take essential immune supporting supplements.** In addition to our recommended Immune protective 6 supplements (see back cover) – we also recommend foundational multi-vitamin combinations supplement that will give you more options to stay healthy with stronger results. (see next page) 

**In review, a crash course in a healthy lifestyle is What's Essential for 2020 and beyond! Start now and you will be on track for a healthy rest of the year.**

## OUR MISSION

GreenAcres Market & Deli is your community Natural Foods Market committed to providing:

Quality Education | Dedicated Customer Service | Fresh, Natural & Organic Products | A Unique Shopping Experience

**In order to improve the health of our community one person at a time.**



# ORGANIC PRODUCE SPECIALS

ORGANIC SAVINGS ON NO. 1 GRADE PRODUCE!

LOOK FOR THE **NEW**  
**LOWER PRICES**  
**BI-WEEKLY FLIER**



IN STORES AND ON SOCIAL MEDIA!

## WHAT'S *Essential?* FOR "COMBINATION" SUPPLEMENTS?

We often recommend products that combine essential nutrients together to make it easier, fewer pills to take & the synergistic effects of the nutrients working together! We only recommend combos that still provide you potency & purity for optimal results.

THESE ARE A FEW OF OUR FAVORITES:

Now:  
ElderMune



Vitamin C  
Elderberry Extract

Nordic Naturals:  
Immune Daily Defense



Vitamin C, Elderberry Extract,  
Vitamin D3, Zinc

Life Seasons:  
Immuni-T



Elderberry extract, Olive leaf extract,  
Larch extract, Echinacea

Youtheory:  
Immune + Daily Wellness



Vitamin C, Vitamin D3  
Zinc, Medicinal mushroom complex

Keeping it Simple

Exciting new Immune combo products make staying healthy easier!



4505  
HIGH PROTEIN  
PORK RINDS  
2.5 oz.



**2/\$7**

BARBARA'S  
BAKED CHEESE PUFFS  
5.5-7 oz.



**2/\$5**

BARBARA'S  
NON-GMO  
MULTIGRAIN CEREAL  
10-14 oz., select varieties



**2/\$6**

BIGELOW BENEFITS  
ALL NATURAL  
HERBAL TEAS  
18 ct.



**2/\$5**

ALTER ECO  
ORGANIC DARK  
CHOCOLATE BARS  
select varieties



**\$2<sup>89</sup>**

BLUE DRAGON  
THAI CURRY  
PASTE  
9.9 - 10.2 oz.



**\$2<sup>89</sup>**

BULLET PROOF  
BRAIN OCTANE  
MCT OIL  
16 oz.



**\$21<sup>99</sup>**

CAFÉ ALTURA  
ORGANIC  
COFFEE  
10 oz.



**\$7<sup>49</sup>**

CARRINGTON FARMS  
ORGANIC  
GHEE  
12 oz.



**\$9<sup>99</sup>**

CATALINA CRUNCH  
KETO FRIENDLY  
CEREALS  
9 oz.



**\$6<sup>39</sup>**

Quality **HEMP**  
from **SEED** to **SHELF**

Hemp Milk  
32 oz



**\$2<sup>29</sup>**

Natural Shelled  
Hemp Hearts  
8 oz.



**\$5<sup>99</sup>**

- Essential omega- 3 & 6 fatty acids
- Great source of plant-based protein
- Nutrient dense hemp superfoods



CHEF'S CUT  
HANDCRAFTED  
NATURAL JERKY  
2.5 oz.



**\$4<sup>99</sup>**

CLEAN CAUSE  
SPARKLING ORGANIC  
YERBA MATE  
16 oz.



**2/\$4**

TRADITIONAL MEDICINALS  
ORGANIC  
HERBAL TEA  
16 ct., select varieties



**\$4<sup>39</sup>**

EQUAL EXCHANGE  
ORGANIC FAIR TRADE  
CHOCOLATE BARS



**\$2<sup>99</sup>**

ESSENTIA  
HYDRATING 9.5 PH  
ELECTROLYTE WATER  
1.5 lt.



**\$1<sup>99</sup>**

EVOLVE  
PLANT BASED  
PROTEIN DRINK  
12 oz.



**2/\$6**

FLAX4LIFE  
GLUTEN FREE  
FLAX MUFFINS  
4 pack



**\$5<sup>99</sup>**

FROM THE GROUND UP  
CAULIFLOWER  
CRACKERS  
3.5 - 4 oz.



**2/\$6**

LET THERE BE HEMP  
GRAIN-FREE  
HEMP CHIPS  
5 oz.



**\$4<sup>29</sup>**

GOOD TO GO  
SOFT BAKED  
KETO BAR



**2/\$3**

HINT WATER  
WATER INFUSED  
WITH FRUIT  
16 oz.



**10/\$10**

KETTLE & FIRE  
NUTRIENT RICH  
BONE BROTH  
16.9 oz., select varieties



**\$5<sup>99</sup>**

KICKING HORSE  
ORGANIC FAIR TRADE  
COFFEE  
10 oz., select varieties



**\$9<sup>29</sup>**

KIND  
NUTRITION  
BARS  
select varieties



**4/\$5**

LACROIX  
100% NATURAL  
SPARKLING WATER  
12 ct.



**\$5<sup>49</sup>**

GET HEALTHY WITH G-US



"If you are trying  
to cut back  
on your use  
of table salt,  
get to know  
your culinary  
herbs and spices."



# Fuel Your Fitness

**All Natural Energy Chews**  
1.8 oz., select varieties

**\$1<sup>69</sup>**



**Organic Gluten Free Waffles**  
1.06 oz., select varieties

**5/\$5**



- Made with USDA organic honey
- Convenient energy for anyone on the go
- Fuel your workout with a natural source of energy

LATE JULY  
**CLASICO TORTILLA CHIPS**  
5.5 oz.



**2/\$5**

GOJAI  
**CAFFEINATED SPARKLING WATER**  
12 oz.



**2/\$3**

LILY'S SWEETS  
**LOW SUGAR CHOCOLATE BARS**



**\$3<sup>49</sup>**

NATURE'S PATH  
**ORGANIC INSTANT OATMEAL**  
8 ct., select varieties



**2/\$6**

NAVITAS  
**ORGANIC CACAO POWDER**  
8 oz.



**\$7<sup>79</sup>**

NUMI  
**ORGANIC BAGGED TEA**  
16 ct., select varieties



**\$5<sup>99</sup>**

NUNATURALS  
**NO SUGAR POURABLE SYRUP**  
6.6 oz.



**\$4<sup>99</sup>**

WEDDERSPOON  
**RAW MANUKA HONEY**  
8.8 oz., select varieties



**\$21<sup>99</sup>**

ORGANIC VALLEY  
**ORGANIC GHEE**  
7.5 oz.



**\$6<sup>99</sup>**

PAQUI  
**ALL-NATURAL TORTILLA CHIPS**  
7 oz.



**2/\$7**

PICKLE JUICE  
**ELECTROLYTE REPLENISHING DRINK**  
8 oz.



**2/\$3**

GET HEALTHY WITH G-US



"Do you need more fiber in your diet? Add in some ground flax or chia seeds."



QUINN  
FILLED PRETZEL  
NUGGETS  
6.5 - 7 oz.



**\$3<sup>99</sup>**

RAO'S  
SLOW  
SIMMERED SOUPS  
16 oz.



**\$3<sup>99</sup>**

SEEDS OF CHANGE  
ORGANIC READY TO  
HEAT RICES  
8.5 oz.



**2/\$5**

SIMPLE MILLS  
ALMOND FLOUR  
BAKING MIXES  
9 - 12.9 oz.



**\$6<sup>99</sup>**

# Fall Into Goodness



**2 FOR  
\$6**

ANNIE'S HOMEGROWN  
ORGANIC  
CHEDDAR SQUARES  
7.5 oz., Select Varieties



**2 FOR  
\$4**

ANNIE'S HOMEGROWN  
ORGANIC  
MAC & CHEESE  
6 oz., Select Varieties



**2 FOR  
\$4**

EPIC  
MEAT, FRUIT  
& NUT BARS  
Select Varieties



**2 FOR  
\$5**

CASCADIAN FARM  
ORGANIC  
WHOLE GRAIN CEREAL  
8.6-14.6 oz., Select Varieties



**10 FOR  
\$10**

MUIR GLEN  
ORGANIC  
CANNED TOMATOES  
14.5 oz., Select Varieties



## EVOLVE JUICERY & KITCHEN

DELICIOUS PREMADE MEALS  
TO SAVE YOU TIME



TRY OUR NEW  
**EVOLVE**  
PREPARED MEALS!



JUICE

SNACKS

GRAB & GO

MEALS

RISHI  
ORGANIC CHAI  
CONCENTRATES  
32 oz.



**\$5<sup>69</sup>**

R.W. KNUDSEN  
ORGANIC  
JUICES  
32 oz., select varieties



**\$3<sup>89</sup>**

SWEET LEAF  
MONK FRUIT  
SWEETENED DROPS  
1.7 oz., select flavors



**\$3<sup>59</sup>**

TASTY BITE  
ALL-NATURAL  
ENTREES  
10 oz., select varieties



**2/\$6**



# Live *Purely* with Great *Flavor*

**Ancient Grain Pancake Mix**  
10 oz.

**Collagen Protein Oats**  
8 oz.



**\$5<sup>49</sup>**

**\$3<sup>99</sup>**

- Certified Gluten-Free
- Delicious light + fluffy texture
- 0g added sugar
- Protein & fiber packed
- Made with a blend of nutrient-rich flours + superfood seeds

COOMBS FAMILY FARMS  
**ORGANIC MAPLE  
SYRUP**  
12 oz.



**\$9<sup>99</sup>**

VEGAN ROBS  
**PLANT BASED  
PUFFS**  
3.5 oz.



**2/\$5**

WILDE SNACKS  
**CHICKEN BREAST  
CHIPS**  
2.25 oz.



**\$3<sup>99</sup>**

WYLD CBD  
**SPARKLING  
CBD WATER**  
12 oz.



**2/\$7**

TENDER & TRUE  
**ORGANIC PREMIUM  
CAT FOOD**  
3 lb.



**\$9<sup>99</sup>**

THE GFB  
**GLUTEN-FREE  
OATMEAL**  
2 oz.



**2/\$3**

ORGANIC INDIA  
**WHOLE HERB  
TEA INFUSIONS**  
18 ct.



**\$3<sup>99</sup>**

WHISPS  
**GLUTEN-FREE  
CHEESE CRISPS**  
2.12 oz.



**2/\$7**

## SHOP YOUR FAVORITE ITEMS

Online!



**GreenAcres.com**



BEETOLOGY  
COLD PRESSED  
JUICES  
8.45 oz.



**2/\$5**

## REFRIGERATED & FROZEN DEALS

BREW DR.  
ORGANIC 100% RAW  
KOMBUCHA  
14 oz.



**2/\$5**

BROWN COW  
NON-GMO CREAM  
TOP YOGURT  
5.3 oz.



**89¢**

HONEY MAMA'S  
CACAO-NECTAR  
PALEO BARS



**\$4<sup>49</sup>**

KITE HILL  
ALMOND MILK  
YOGURT  
5.3 oz.



**2/\$3**

MIYOKO'S  
ORGANIC VEGAN  
MOZZARELLA  
8 oz.



**\$6<sup>49</sup>**

## Oat Yeah!

Dairy-Free Oatmilk  
64 oz



**\$3<sup>79</sup>**

SWEET SAUCE  
VEGAN SWEET  
DIPPING SAUCES  
8 oz.



**\$4<sup>99</sup>**

ALEXIA  
NON-GMO FRIES  
16 oz., Select Varieties



**\$3<sup>29</sup>**

AMERICAN FLATBREAD  
WOOD-FIRED PIZZAS  
16.8 oz.



**\$8<sup>99</sup>**

CAULIPOWER  
RICED CAULIFLOWER  
CUPS  
8.5 oz.



**\$3<sup>79</sup>**

- No carrageenan, soy or artificial flavors
- Certified Vegan
- Non-GMO Project Verified

**MICHAEL ANGELO'S  
HOMESTYLE ITALIAN  
DINNERS**  
11 oz.



**\$3<sup>29</sup>**

**SWEET EARTH  
NON-GMO  
VEGAN BACON**  
5.5 oz.



**\$3<sup>49</sup>**

**QUORN  
MEATLESS CHICKEN  
STYLE TENDERS**  
12 oz.



**\$3<sup>99</sup>**

**UDI'S  
GLUTEN FREE  
FROZEN MEALS**  
8 oz.



**\$4<sup>99</sup>**

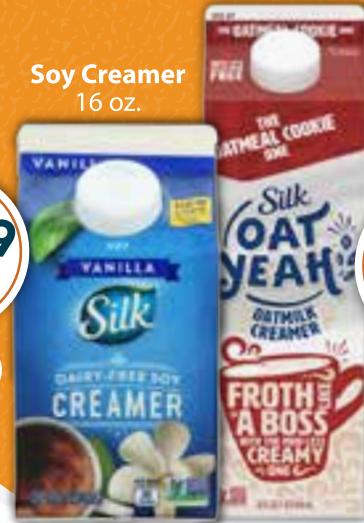
# Delicious & Creamy!

**Soy Creamer**  
16 oz.

**Oatmilk Creamer**  
32 oz.

**\$1<sup>89</sup>**

**\$3<sup>99</sup>**



- Dairy, gluten free & vegan
- Certified Vegan
- No artificial flavors or colors

## Leek, Mushroom and Zucchini Noodle Soup



### INGREDIENTS

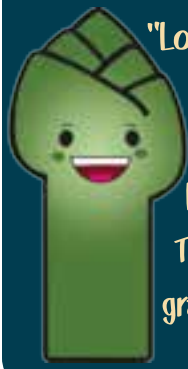
- 1 tablespoon ghee or olive oil
- 1 large leek, white and light-green parts only, washed and thinly sliced into half-moons (about 1 cup)
- 4 ounces shiitake mushrooms, sliced
- 4 ounces cremini mushrooms, sliced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 3 cloves garlic, minced
- 2 tablespoons white miso
- 6 cups low-sodium vegetable broth
- 1 bay leaf
- 2 sprigs fresh thyme
- 2 cups thinly sliced, loosely packed lacinato or baby kale
- 8 ounces zucchini noodles (about ¾ pound zucchini, spiralized)
- 2 tablespoons fresh lemon juice
- 2 teaspoons toasted sesame oil
- Crushed red pepper flakes, for garnish

### INSTRUCTIONS

1. Heat ghee or oil in a 4½-quart, heavy-bottomed pot over medium-high. Add leeks, mushrooms, salt and pepper, and cook until soft and translucent. Add garlic, and cook an additional 1 minute.
2. Mix miso with 2 tablespoons broth until smooth. Add mixture plus remaining broth, bay leaf and thyme to vegetables. Bring to a boil, reduce to a simmer and cook for 5 minutes. Sprinkle in kale, cover and steam for 3–4 minutes.
3. Uncover, and stir in zucchini noodles; cook for 2–3 minutes. Add lemon juice and sesame oil. Taste, and adjust seasoning.
4. Remove thyme sprigs and bay leaf. Ladle soup into bowls, and garnish with red pepper flakes.



GET HEALTHY WITH G-US



"Look for hidden sugar in your food, even healthy foods! The lower the grams of sugar, the better"

# HEALTH & BEAUTY

TINTS OF NATURE  
ENTIRE LINE



**30% OFF MSRP**

ANDALOU  
ENTIRE LINE



**30% OFF MSRP**

DESSERT ESSENCE  
ENTIRE LINE



**30% OFF MSRP**

DR. BRONNER'S  
SELECT CASTILLE SOAPS



**30% OFF MSRP**

GREEN GOO  
ENTIRE LINE



**20% OFF MSRP**

NOURISH  
ENTIRE LINE



**30% OFF MSRP**

SHIKAI  
ENTIRE LINE



**30% OFF MSRP**

## Essential Oil DUO PACK of the month

### SPICY AUTUMN AROMA



**DUO \$9<sup>69</sup> REG. \$14<sup>48</sup>**

#### INGREDIENTS:

- 4oz. spray bottle filled with distilled water
- 5 drops Now cinnamon Cassia essential oil
- 5 drops Now nutmeg essential oil

Combine all ingredients into spray bottle & shake well to combine. Spray the oil-infused water in and around your surroundings.

SPECIAL DUO PRICE GOOD ALL MONTH  
\*WHILE SUPPLIES LAST

## YOU ARE IN SAFE HANDS At GreenAcres

SANITIZER ACCESSIBLE  
TO IN-STORE SHOPPERS &  
IN STOCK FOR PURCHASE!



# SUPPLEMENTS

## ALOE LIFE SELECT PRODUCTS



**25% OFF**  
MSRP

## BARLEAN'S ENTIRE LINE



**25% OFF**  
MSRP

## ENZYMEDICA SELECT DIGEST GOLD PRODUCTS



**25% OFF**  
MSRP

## ESTER C NEW FLAVORS



**35% OFF**  
MSRP

## GAIA HERBS ENTIRE LINE



**20% OFF**  
MSRP

## GENEXA SELECT PRODUCTS



**35% OFF**  
MSRP

# Your Foundation for WELLNESS

Select Products  
**33% OFF**  
MSRP



- Non GMO Verified & organic
- Support for the entire body
- Fermented for absorption

Select Products  
**25% OFF**  
MSRP

**TAKE  
Back  
YOUR HEALTH**

LifeSeasons

Garden of Life

**kids**  
Immune gummy

**kids**  
organic elderberry

NATURAL FRESH ORGANIC  
**NEW!**

Select Kids Products  
**35% OFF**  
MSRP



HONEY GARDEN  
**SELECT  
PRODUCTS**



**30% OFF**  
MSRP

HOST DEFENSE  
**ENTIRE  
LINE**



**25% OFF**  
MSRP



IRWIN NATURALS  
**ENTIRE  
LINE**



**30% OFF**  
MSRP

JARROW  
**ENTIRE  
LINE**



**25% OFF**  
MSRP

KOS NATURALS  
**ENTIRE  
LINE**



**30% OFF**  
MSRP

NATURAL FACTORS  
**SELECT WOMEN'S  
SENSE PRODUCTS**



**35% OFF**  
MSRP

NATURE'S WAY  
**SELECT  
PRODUCTS**



**30% OFF**  
MSRP

SOVEREIGN SILVER  
**SELECT  
PRODUCTS**



**20% OFF**  
MSRP

**PURITY. POTENCY.  
STRONGER IMMUNITY.**

Entire Line

**25% OFF**  
MSRP



- Supports heart, brain & optimal wellness
- Foundational support for healthy immune function
- Non GMO Verified & third party purity tested



1 lb.  
Select Products  
**\$17.99**

1.8 oz.  
Select Products  
**\$10.39**

**KYOLIC  
SELECT  
PRODUCTS**



**25% OFF MSRP**

**NULEAF  
SELECT  
PRODUCTS**



**15% OFF MSRP**

**NATURAL VITALITY**  
**CALM**  
 5000 GUMMIES

Entire Line

**30% OFF MSRP**

**Rainbow Light**  
**Counter Attack**

**NUUN  
ENTIRE  
LINE**



**2/\$10**

**QUNOL  
ENTIRE  
LINE**



**30% OFF MSRP**

**SILVER WINGS  
ENTIRE  
LINE**



**20% OFF MSRP**

**SOLGAR  
SELECT NEW  
PRODUCTS**



**35% OFF MSRP**

**ULTIMA REPLENISHER  
SELECT  
PRODUCTS**



**30% OFF MSRP**

# DON'T BE AFRAID... TO TRY CBD

With all the focus on staying healthy & keeping your immune system strong, one of the best remedies is CBD. Cannabidiol, or CBD, is one of over 100 chemicals derived from the Cannabis plant that has been identified for safe, effective relief of many common ailments. You can trust that CBD can provide support without the additional mind-altering attributes from other parts of the plant.

Try CBD for:

1. Helping improve sleep
2. Emotional wellness & balanced moods
3. Decreasing inflammation & reducing joint pain
4. Helping you relax & destress

There are many levels of CBD products and we want to highlight a few "beginner" items that provide potency, purity & affordability, so you can get started today!

**HERE ARE A FEW OF OUR SUGGESTIONS:**



**WYLD CBD  
REAL-FRUIT INFUSED  
GUMMIES**  
500 MG CBD



**SUNSOIL  
CBD OIL**  
20 MG CBD



**CHARLOTTE'S WEB  
HEMP EXTRACT**  
7 MG CBD

**SHOP YOUR FAVORITE  
SUPPLEMENTS**

*Online!*



**CURBSIDE  
PICKUP  
AND  
DELIVERY**

**GreenAcres.com**



# OCTOBER BONUS BUYS

**BONUS BUYS** are items that we have negotiated with vendors to offer at a 35% discount or more!

NATURE'S ANSWER  
**SAMBUCUS  
KIDS CHEWABLE**  
45 ct.



**\$9<sup>39</sup>**

NATURAL FACTORS  
**WOMEN'S WHOLE  
EARTH SEE MULTI**  
60 ct.



**\$27<sup>89</sup>**

JARROW  
**MAGMIND**  
90 ct.



**\$25<sup>39</sup>**

QUANTAM HEALTH  
**SUPER  
LYSINE PLUS**  
90 ct.



**\$6<sup>99</sup>**

SOLARAY  
**ZINC 50 MG.**  
100 ct.



**\$5<sup>79</sup>**

COUNTRY LIFE  
**VITAMIN D3  
5000 IU**  
200 ct. soft gels



**\$13<sup>99</sup>**



VIBRANT HEALTH  
**IMMUNE DEFENSE**

60 CAPSULES

**\$21<sup>99</sup>**  
(Reg. \$34.99)

## IMMUNE DEFENSE SUPPORTS YOUR BODY'S NATURAL IMMUNE DEFENSES...

Your immune system needs to be powered by proper nutrients, restful sleep, exercise, and relaxation. Do you feel your immune system may be weak? Do you often catch colds, have allergies, or get sick several times a year? Join forces with Immune Defense from Vibrant Health.

Our immune system is made up of complex systems fighting for us every moment of every day. Sometimes our immune system is responding to foreign invaders and other times it is responding to a chronic condition. More than half of the body's immune system clusters around the Gastrointestinal tract. Almost 80% of disease-causing microbes enter through the mucosal tissue. The largest mucosal tissue surface is the lining of the Gastrointestinal tract, the second being nasal passages and lungs.

- **Immune Defense** provides **Immunoglobulins**, these specialized proteins are the antibody know as IgG, found in plasma, they are active throughout the gastrointestinal tract. These antibodies provide more protection at the point of entry to target foreign invaders, neutralize infected cells and aid in destroying bacteria and viruses along with environmental pathogens.
- This complete formula also includes antibacterial botanicals being **Rosemary leaf extract** and **Peppermint leaf extract** which may slow down and inhibit bacteria's growth and aid in soothing gastrointestinal discomfort.
- **Gigartina red marine algae**, which contains the richest source of sulphated polysaccharide called carrageenan, this aids in reducing some viral attacks and their severity.
- Lastly this formula contains **Larch arabinogalactan** and **beta glucans** these fiber-like molecules aid your immune system in running more efficiently. They activate every immune system cell in the body. Immune cells trap and consume invaders that are harmful to the body.

This complete protection boosts your body's ability to identify, stop, and destroy foreign invaders while providing your natural immune system additional time to expand their numbers to fight foreign invaders.

This year more than any other we need to find comprehensive support to maintain our wellness. Come into your GreenAcres Market and we will help you build your immune system with Immune Defense from Vibrant Health!



**GREENACRES  
MARKET**

*Your healthy food experts*

8141 E. 21st St. Wichita, KS 67206

Prices valid 10/01/2020 through 10/31/2020 at participating locations, while supplies last. All prices plus tax where applicable.  
Regular prices may vary from store to store. **Not all items are available at all stores.**

## DAILY SUPPLEMENT SUGGESTIONS TO

# HELP SUPPORT YOUR IMMUNITY

### **VITAMIN C**

ENHANCES A WEAKENED IMMUNE SYSTEM ESPECIALLY IN ELDERLY.  
SHORTENS DURATION OF PNEUMONIA, FLU AND COMMON COLD  
**1,000 MG. 2X DAILY**

### **VITAMIN A**

IMPROVES IMMUNITY AND EYE HEALTH  
**25,000 MG. 1X DAILY**

### **ZINC**

IMMUNE SUPPORT THAT SHORTENS DURATION & EASES SYMPTOMS  
**30 – 50 MG. DAILY**

### **VITAMIN D**

ANTI-INFLAMMATORY IMMUNE SUPPORT  
**5,000-10,000 IU DAILY**

### **MONOLAURIN-NEW!**

FIGHTS GERMS – BACTERIA, VIRUSES, AND FUNGI.  
**1000 MG. PER DAY FOR MAINTENANCE,  
HIGHER DOSAGES TO FIGHT ACTIVE INFECTION.**

### **ELDEBERRY CONCENTRATE**

ANTIOXIDANT ACTIVITY THAT SLOWS VIRUS REPRODUCTION  
**1 TBSP. DAILY**

VISIT YOUR FAVORITE GREENACRES STORE & ASK A TEAM MEMBER TO HELP FIND THE RIGHT PRODUCT FOR YOU!

## FIND YOUR LOCAL STORES

### **KANSAS CITY**

**-The Village at Briarcliff-**  
4175 N. Mulberry Drive  
Kansas City, MO 64116  
PH 816-746-0010

### **WICHITA**

**-Bradley Fair-**  
8141 E. 21st St.  
PH 316-634-1088  
**-West – 21st & Maize-**  
10555 W. 21st St.  
PH 316-729-4365

**-Normandie-**  
6574 E. Central Ave.  
PH 316-685-4283  
**-Clear Lakes-**  
2315 W. 21st St., Suite 115  
PH 316-832-1227

### **OKLAHOMA**

**-Walnut Square Shopping Center-**  
7301 S. Pennsylvania Ave. Suite D  
Oklahoma City, OK 73159  
PH 405-681-6060

**-Lawton-**  
14 N.W. Sheridan Road  
Lawton, OK 73505  
PH 580-353-1533

