



**GREENACRES  
MARKET**

MARCH SALES 2021

# GO GREEN!

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**GREENACRES.COM**



# NUTRIENT POWERHOUSES:

## Dark Leafy Greens

We often read “eat more salad” – what exactly does that mean? It’s just as important to focus on what goes into your salad as it is any other part of the meal. You can eat a wedge salad with iceberg lettuce and blue cheese and feel like you’ve done your part, but as we’ve talked about many times before, it’s important to bring as many nutrient rich foods & more color into your meal. Building a superfood powerhouse salad or side entrée with dark green leafy vegetables is a great way to start. We are going to focus on a few more popular nutrient rich greens and suggest multiple ways to enjoy, beyond just a salad.



### SPINACH:

An excellent source of Vitamin K, Vitamin A & Vitamin C & Folate, as well as Magnesium, Vitamin B2 & Iron. Spinach actually belongs to the amaranth family and is related to beets & quinoa. It is loaded with antioxidants & also has important plant compounds like Lutein for eye health & Quercetin as an anti-viral/anti-inflammatory nutrient.



### KALE:

A recent “darling” amongst dark green leafy vegetable choices, a cup of raw kale has just 33 calories & only 7 grams of carbohydrates. Kale provides strong amounts of Vitamins A, K, B6, C, Calcium, Potassium & more. An important tip to better like eating kale – always remove the middle rib as it tends to be overly tough and provides a bitter taste when eaten.



### SWISS CHARD:

Also recognized as a nutrient powerhouse, chard is an excellent source of Vitamins K, A & C, magnesium, Potassium & Iron. Chard comes from the latin word “cardus” meaning thistle – so it is also a great source of dietary fiber.



### COLLARD GREENS:

Not to be left out, Collards are also a good source of Calcium, Vitamin A, Vitamin C & Folate, and is one of the best sources of Vitamin K. In fact, one cup of cooked collard greens packs 1000% of your daily requirement of Vit K – which is essential to helping you utilize Vitamin D.



### MICRO GREENS:

The new kid on the block, despite their small size, micro greens are full of color, flavor & nutrients! In fact preliminary studies show microgreens contain up to 40X more nutrients compared to their mature counterparts, including Vitamins C, E & K. Microgreens can be grown in your own home all year round, and make a great garnish on salads or any part of your meal.

**Additional dark green leafy vegetables that provide you significant nutrients are:**  
**Cabbage, beet greens, dandelion greens, arugula, romaine & turnip greens.**

#### OPTIONS FOR PREPARATION:

Combined or singular as salad greens  
Sautéed with your favorite oil, onions, mushrooms or nuts  
Raw (tip: massage your Kale to break down the stiff fibers and to make it easier to eat)  
Juiced or in a smoothie

#### 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 OUR LOWER PRICES BI-WEEKLY FLIER



IN STORES AND ON SOCIAL MEDIA!



## Avocado Toast!

AVOCADO TOAST HAS BECOME ONE OF THE TRENDIEST MEALS AROUND. PACKED WITH GOOD FAT, FIBER AND VITAMINS AND PAIRED WITH WHOLE-GRAIN BREAD, IT'S FILLING AND HEALTHY. RATHER THAN THE SAME COMBO EVERY DAY, TRY SOME FLAVORFUL TWISTS SUGGESTED BY OUR FRIENDS AT DELICIOUS LIVING.



Spinach, avocado and snap peas with Japanese Rice Seasoning (made with bonito flakes, sesame and soy): Layer spinach leaves on toast; then spread with half a mashed avocado. Sprinkle 1 teaspoon Japanese rice seasoning over the avocado. Top with ¼ cup blanched or raw sugar snap peas.



Asparagus, dill and sliced avocado: Slice ½ avocado onto toast; add blanched asparagus, chopped fresh dill, salt and pepper.



Fried egg, avocado and fresh herbs: Mash ½ avocado, and spread on whole-wheat toast. Add a fried egg, 1 tablespoon of your favorite fresh herbs (such as chopped parsley, chives or basil), salt and pepper.



Roasted cherry tomatoes with avocado and green onions: Preheat oven to 325°. Toss a pint of cherry tomatoes with ½ tablespoon olive oil. Place on a baking sheet; season and bake for 20 minutes. Slice ½ avocado onto toast, and cover with sliced green onion and about 6 roasted cherry tomatoes. Season with salt and pepper. (Save extra tomatoes for later.)

ALKALINE 88  
HIMALAYAN MINERAL  
8.8 PH WATER  
1 gallon



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

# GROCERY SHOPPING MADE HEALTHY

ARROWHEAD MILLS  
ORGANIC  
FLOURS  
22 oz., select varieties



**\$4<sup>79</sup>**

BACK TO NATURE  
PLANT-BASED  
COOKIES  
8-10 oz., select varieties



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

BARBARA'S  
GLUTEN-FREE  
CHEESE PUFFS  
5.5-7 oz.



**2/\$5**

BELLUCCI  
NON-GMO ORGANIC  
OLIVE OILS  
16.9 oz., select varieties



**\$15<sup>89</sup>**

BETTER LIFE  
ALL-NATURAL  
DISH SOAP  
22 oz.



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

BOULDER CANYON  
ALL-NATURAL  
KETTLE CHIPS  
5 oz.



**2/\$5**

CANYON BAKEHOUSE  
GLUTEN-FREE  
WHOLE GRAIN BREAD  
18 oz.



**\$4<sup>69</sup>**

COMVITA  
RAW  
MANUKA HONEY  
8.8 oz., select varieties



**\$12<sup>99</sup>**

EDEN  
ORGANIC BPA-FREE  
CANNED BEANS  
15 oz., select varieties



**2/\$4**

ENJOY LIFE  
ALLERGY FRIENDLY  
CHOCOLATE CHIPS  
9-10 oz.



**\$5<sup>29</sup>**

EQUAL EXCHANGE  
ORGANIC  
FAIR TRADE TEA  
20 ct.



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

NAVITAS  
ORGANIC  
CACAO POWDER  
8 oz.



**\$7<sup>29</sup>**

EVAMOR  
NATURALLY ALKALINE  
ARTESIAN WATER  
64 oz.



**2/\$5**



FLAX4LIFE  
**GLUTEN-FREE  
FLAX COOKIES**  
12 ct.



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

FROM THE GROUND UP  
**GLUTEN-FREE  
CAULIFLOWER CHIPS**  
4.5 oz.



**2/\$6**

HIGH BREW COFFEE  
**COLD BREW  
COFFEE**  
8 oz.



**2/\$4**

LUNDBERG  
**NON-GMO  
RICES**  
16 oz., select varieties



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

MOUNTAIN VALLEY  
**PURE NATURAL  
SPRING WATER**  
1 lt.



**\$1<sup>79</sup>**

NATURAL SEA  
**PREMIUM WILD  
PINK SALMON**  
7.5 oz.



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

NATURE'S PATH  
**ORGANIC  
ENVIROKIDZ CEREALS**  
23-25.6 oz., select varieties



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

ETERNAL  
**NATURAL ALKALINE  
SPRING WATER**  
2.5 lt.



**\$2<sup>69</sup>**

ONCE AGAIN  
**NON-GMO  
NUT BUTTERS**  
16 oz., select varieties



**\$9<sup>59</sup>**

PACIFIC FOODS  
**ORGANIC  
BROTHS**  
32 oz., select varieties



**2/\$7**

PURELY ELIZABETH  
**GRAIN-FREE GRANOLA  
PLUS MCT OIL**  
8 oz., select varieties



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

R.W. KNUDSON  
**JUST JUICE**  
32 oz., select varieties



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

# New Season BETTER BREAKFAST

**Grain Free Cereals**  
8 oz.



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

- Grain-free & gluten-free • No artificial flavors
- No refined sugars • Vegan – 100% plant-based

# Spring into Goodness

MUIR GLEN  
ORGANIC JARRED  
PASTA SAUCE  
25.5 oz., select varieties



2 FOR  
\$6

LIBERTE  
ORGANIC  
WHOLE MILK YOGURT  
5.5 oz., select varieties



\$1<sup>29</sup>

MUIR GLEN  
ORGANIC  
CANNED TOMATOES  
14.5 oz., select varieties



5 FOR  
\$5

EPIC  
MEAT, FRUIT  
& NUT PROTEIN BARS  
select varieties



2 FOR  
\$4

EPIC  
KETO FRIENDLY  
PORK RINDS  
2.5 oz., select varieties



\$2<sup>69</sup>

LARABAR  
FRUIT,  
& NUT FOOD BAR  
select varieties



5 FOR  
\$5

FOOD SHOULD TASTE GOOD  
GLUTEN-FREE  
TORTILLA CHIPS  
5.5 oz., select varieties



2 FOR  
\$4

SIMPLY ORGANIC  
ORGANIC  
EXTRACTS & MIXES  
select varieties



30% OFF  
MSRP

STRYVE  
ZERO SUGAR  
BILTONG SNACKS  
2.25-2.5 oz.



\$4<sup>89</sup>

TATE'S BAKE SHOP  
THIN CRISPY  
BUTTERY COOKIES  
7 oz.



\$4<sup>49</sup>

UNREAL  
FAIR TRADE  
CHOCOLATES  
3.2-5 oz.



\$4<sup>59</sup>

## SHOP YOUR FAVORITE ITEMS

Online!

GreenAcres.com

WILD PLANET  
SUSTAINABLY CAUGHT  
SKIPJACK TUNA  
5 oz., select varieties




\$2<sup>99</sup>



# How Flexible Are You?

## THE FLEXITARIAN DIET



Are you still confused on which diet to follow? Too many extreme requirements that cause you to lose interest or fall behind in meal prep? One diet that is gaining attention is "The Flexitarian Diet". Author & diet creator Dawn Jackson Blanter saw the need arise to find a balance for her clients to enjoy the benefits of multiple diets all rolled into one.

The basic principles follow a semi-vegetarian diet focused on fruits, vegetables, legumes & whole grains but being flexible and incorporating meat and animal products from time to time. There are numerous plant-based snack & entrée items available full of flavor, variety & satisfying portions. Another principle of a flexitarian diet is to focus on protein from plants instead of animals.

**Here is an outline of Blanter's recommendations for participation in the diet:**

**Beginner:** 6-8 meatless meals / 21 total meals each week

**Advanced:** 9-14 meatless meals / 21 total meals each week

**Expert:** 15+ meatless meals / 21 total meals each week

It's also worth mentioning you can follow the Flexitarian Diet regime at your own pace by slowly adding in meat-free meals, or even creating "Meatless Mondays" or "Tofu Tuesdays".

Health benefits include creating a diet rich in fiber & antioxidants that reduce blood pressure, increase good cholesterol, reduce cancer risks and also help your waistline. Flexitarians limit high-calorie, processed foods, control portion sizes & eat more plant foods that are naturally lower in calories.

**As always, to maximize your health benefits with any diet, it's important to source clean meats & animal products without added hormones & antibiotics, as well as consume organic fruits & vegetables whenever possible!**

### SOME SUGGESTED PRODUCTS



Garden of Life  
Raw Organic  
Protein Powder



Field Roast  
Vegan  
Fieldburgers



Sweet Earth  
Plant-Based  
Vegan Bacon



Think!  
High Protein  
Nutritional Bar



Light Life  
Plant-based  
Smart Dogs



Daiya  
Dairy-free Cheddar  
& Mozzarella Shreds

FORAGER  
DRINKABLE CASHEW  
MILK YOGURT

28 oz.



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

REFRIGERATED  
& FROZEN DEALS

GET HEALTHY WITH GUS

Keep your meals  
fresh &  
exciting.  
Challenge  
yourself  
to try 1  
new recipe  
per week!



KALONA SUPER NATURAL  
ORGANIC FRENCH  
ONION DIP

12 oz.



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

LIFEWAY  
LOW FAT  
PROBIOTIC KEFIRS

32oz., select varieties



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

MIYOKO'S  
ORGANIC VEGAN  
ROADHOUSE CHEESES

8 oz.



**\$5<sup>39</sup>**

NANCY'S  
ORGANIC PROBIOTIC  
YOGURTS

32 oz.



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

MUSH  
DAIRY-FREE  
OVERNIGHT OATS

5 oz.



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

SILK  
NON-DAIRY ALMOND  
MILK CREAMERS

32 oz.



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

STONYFIELD  
WHOLE MILK  
ORGANIC YOGURT

32 oz.



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

SUJA  
ORGANIC  
WELLNESS SHOTS

2 oz.



**2/\$5**

YOU DESERVE MORE  
*mmm*

Oatmilk Creamer  
32 oz.



**\$4<sup>59</sup>**

Heavy Whipping Cream  
Alternative  
16 oz.



**\$4<sup>59</sup>**

- Dairy Free with no artificial colors or flavors
- Non-GMO Project Verified • No carrageenan



AMERICAN FLATBREAD  
HANDMADE  
WOOD-FIRED PIZZAS  
10.2 oz., select varieties



**\$6<sup>89</sup>**

COCONUT BLISS  
ORGANIC COCONUT  
MILK DESSERT  
1 pt.



**\$5<sup>29</sup>**

KINNIKINNICK  
GLUTEN-FREE  
FROZEN DONUTS  
9.5-11.3 oz.



**\$4<sup>59</sup>**

QUORN  
MEATLESS CHICKEN  
STYLE PIECES  
12 oz.



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

NADA MOO  
GLUTEN-FREE  
NON-DAIRY DESSERT  
1 pt.



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

WOODSTOCK  
ORGANIC  
FROZEN FRUITS  
10 oz., select varieties



**\$3<sup>69</sup>**

# HONEST INDULGENCE

## Uncompromising Standards

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

Organic Sausages  
4 ct.



- Gluten Free and Non-GMO
- No nitrates or nitrites
- No sugar added

# MORE OUTSIDE

## Every Bite

Organic Deli Sliced Meat  
6 oz., select varieties

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



Organic Sliced Cheeses  
6 oz., select varieties

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



- Non-GMO Project Verified
- Always USDA Certified Organic
- No antibiotics, hormones or pesticides



Be Mindful | SOCIAL DISTANCE



6 feet



#WeAreInThisTogether

## GET HEALTHY WITH G-US

Use this time to de-clutter  
your living space.  
Pick one small  
project a  
week. It will  
also help  
to declutter  
your mind.



## HEALTH & BEAUTY



### ANDALOU SELECT PRODUCTS



**30% OFF**  
MSRP

### NUBIAN HERITAGE SELECT PRODUCTS



**30% OFF**  
MSRP

### ONE WITH NATURE SELECT PRODUCTS



**30% OFF**  
MSRP

### SAGELY NATURALS SELECT PRODUCTS



**20% OFF**  
MSRP

## Essential Oil **DUO PACK** of the month

**AWAKEN YOUR SENSES!**



**DUO \$8<sup>69</sup>**  
REG. 12<sup>98</sup>

### DIFFUSER BLEND

- 10 drops Spearmint essential oil
- 6 drops Cedarwood essential oil

Place oils in your diffuser and fill your living  
space with this proven blend every morning.  
Your mind will be brighter. You will  
experience better focus.  
Life is good!

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!**



## STAY REFRESHED! Select Oral Care



**30%**  
OFF MSRP





GET HEALTHY WITH GUS



To Help reduce stress, choose one or more meals a week where no screens are involved.

# SUPPLEMENTS

GET HEALTHY WITH GUS



Take a daily probiotic with a glass of water each morning to support optimal gut health.

ALOE LIFE  
SELECT  
PRODUCTS



**25% OFF**  
MSRP

BLUEBONNET  
TARGETED  
CHOICE LINE



**20% OFF**  
MSRP

COUNTRY LIFE  
COENZYME  
B COMPLEX



**30% OFF**  
MSRP

CV SCIENCES  
SELECT  
PRODUCTS



**25% OFF**  
MSRP

GAIA HERBS  
SELECT  
PRODUCTS



**20% OFF**  
MSRP

GENEXA  
SELECT  
PRODUCTS



**25% OFF**  
MSRP

HYALOGIC  
SELECT  
PRODUCTS



**25% OFF**  
MSRP

HYLAND'S  
SELECT  
PRODUCTS



**25% OFF**  
MSRP

Select  
Organic Raw Meal



HALF  
OFF

IRWIN NATURALS  
SELECT IMMUNE  
PRODUCTS



**30% OFF**  
MSRP

JARROW  
SELECT  
PROBIOTICS



**25% OFF**  
MSRP

# SHOP YOUR FAVORITE SUPPLEMENTS

Online!

CURBSIDE  
PICKUP  
AND  
DELIVERY

GreenAcres.com

## KOS NATURALS SELECT PRODUCTS



**30% OFF**  
MSRP

## KYOLIC SELECT PRODUCTS



**25% OFF**  
MSRP

## LIFE-FLO SELECT PRODUCTS



**30% OFF**  
MSRP

## LIFESEASONS SELECT WOMEN'S PRODUCTS



**25% OFF**  
MSRP

## MEDTERRA SELECT PRODUCTS



**20% OFF**  
MSRP

## MEGAFOOD SELECT PRODUCTS



**25% OFF**  
MSRP

## NATURALS FACTORS SELECT PRODUCTS



**30% OFF**  
MSRP

## NATURE'S PLUS SELECT HEMPCEUTIX OILS



**20% OFF**  
MSRP



NATURE'S WAY  
**SELECT  
FORTIFY PROBIOTICS**



**30% OFF**  
MSRP

NEOCELL  
**SELECT  
PRODUCTS**



**30% OFF**  
MSRP

SOLGAR  
**SELECT  
PRODUCTS**



**40% OFF**  
MSRP

SOURCE NATURALS  
**SELECT  
PRODUCTS**



**30% OFF**  
MSRP

NORDIC NATURALS  
**SELECT  
PRODUCTS**



**25% OFF**  
MSRP

NULEAF  
**SELECT  
PRODUCTS**



**15% OFF**  
MSRP

VITAL PLANET  
**SELECT  
PRODUCTS**



**20% OFF**  
MSRP

YERBA PRIMA  
**SELECT  
PRODUCTS**



**20% OFF**  
MSRP

YOUTHEORY  
**SELECT  
PRODUCTS**



**25% OFF**  
MSRP

GET HEALTHY WITH GUS

When is the best time to take vitamins?  
When you remember to. Keep it consistent each day and make it a habit



# Stress and Your Skin

We've all heard about cortisol – the hormone that is produced in excess when we are experiencing stress in our lives. Cortisol & stress can have a significant impact on your skin as well:

- Cortisol can increase the skin's oil production making you prone to acne
- Cortisol also attacks collagen, the main protein that keeps your skin looking fresh and taut
- Stress can also cause inflammatory responses such as psoriasis, acne, and atopic dermatitis
- Stress can also inhibit wound healing & cause dryness that accelerates skin aging

**Remedies:** In addition to reducing your stressful situations & incorporating deep breathing, meditation or yoga, take collagen supplements, use skin care products that contain vitamin C & peptides that promote collagen production & use items like thyme, manuka honey & homeopathic remedies to treat psoriasis & atopic dermatitis.



# CBD SOLD HERE

We carry only the highest quality products  
Knowledgeable staff to answer your questions

# Mushrooms



## ARE a Functional Food

Mushrooms are much more than something to add to stirfry. Mushroom compounds called polysaccharides have been studied for decades for improving immunity. According to numerous experts, beta-glucans in mushrooms have been proposed to act as “biological response modifiers” based on their effects on the immune system. This means that they don’t just stimulate the immune system they simply make it work better. There are numerous parts to the mushroom that provide benefits & many mushroom-supplement makers believe the mycelium is the most beneficial part, in the way that broccoli sprouts have more health-promoting nutrients than do the broccoli flower and stalk. The mycelium from mushrooms include complex polysaccharides, polyphenols, vitamins, minerals, prebiotics and digestive enzymes, and are essential pieces of the way functional mushrooms interact with our own body systems beyond just our immune system.

**Here are highlights of the main mushroom types & also a few of our favorite products:**

**Cordyceps** supports respiration, oxygen delivery and ATP synthesis for energy creation.

**Lion’s Mane** is considered the “brain mushroom” because studies show it stimulates the creation of nerve growth factor, which keeps neurons ticking away upstairs and may inhibit the Alzheimer’s disease process.

**Reishi** is known in Traditional Chinese Medicine as the “mushroom of immortality.” Besides being a masterful tonic, reishi has been found to improve immune function among patients with late-stage cancer.

**Turkey tail** is another immune-enhancer, thanks to the presence of beta-glucans. The National Institutes of Health and the FDA have been funding clinical trials of turkey tail to help with conventional cancer treatments. Six grams per day improved various markers of immune function.

**Maitake** contains beta-glucans for immune health. In fact, it might be the king of immunity—and not just in the mushroom set. It has been examined in breast cancer lab studies and seems to kill cancer cells by inducing apoptosis, or programmed cell death.



**HOST DEFENSE  
LION'S MANE  
MEMORY &  
NERVE SUPPORT**



**HOST DEFENSE  
TURKEYTAIL  
IMMUNE SUPPORT**



**OM  
IMMUNE BROAD SPECTRUM  
SUPPORT  
DIETARY SUPPLEMENT  
SUPPORT**



# MARCH BONUS BUYS

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

NATURAL FACTORS  
**OSTEOMOVE**  
60 ct.



**\$16<sup>29</sup>**

NEOCELL  
**GUMMY GLOW  
COLLAGEN**  
120 gummies



**\$12<sup>99</sup>**

NATURE'S WAY  
**FORTIFY PROBIOTIC  
AGE 50+ 30 BILLION**  
30 ct.



**\$15<sup>59</sup>**

SOLARAY  
**B-100**  
100 ct.



**\$15<sup>59</sup>**

HONEY GARDENS  
**ELDERBERRY SYRUP**  
8 oz.



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

GARDEN OF LIFE  
**APPLE CIDER  
VINEGAR GUMMIES**  
60 ct.



**\$16<sup>29</sup>**



GARDEN OF LIFE  
**BABY  
PROBIOTIC**  
28 servings

**\$16<sup>29</sup>** (Reg. \$24.99)

## GIVE YOUR BABY THE BEST START FOR A HEALTHY LIFE!

Life-changing – the only word to describe having a baby! Parents realize that there is nothing more important than giving their baby the best organic food and supplements to begin their life. Vegan, Gluten-free, Non-GMO are dietary considerations for tender babies who are sensitive and growing.

Garden of Life is a leader in the field of probiotic supplements. Just like with the adult probiotics, the baby probiotic, for babies 6 months and older, is formulated with seven carefully selected strains that have been clinically studied for safety and effectiveness. So, what are the benefits of Garden of Life probiotics for babies?

- They help build a strong digestive and immune system
- Designed for baby's colic, gas and upset stomach
- Each serving has 4 billion CFU probiotics – 7 strains
- No artificial flavors, sweeteners, dyes, or chemicals
- No gluten, dairy, soy, peanuts, or tree nuts

Probiotic Supplementation can boost immunity, repair the gut lining & lower incidence of atopic eczema in infants.

The special liquid formulation can be given as drops directly on the breast or mixed with breast milk or formula. Probiotic supplementation can improve GI discomfort, improve GI transit time, and improve numerous aspects of digestive discomfort – bloating, abdominal pain, constipation, and diarrhea.

Give your little one a terrific start to a healthy life with the top-quality Baby Probiotic from Garden of Life. Come into GreenAcres Market and pick them up while on sale! Our well-trained staff is here to help with your selection.



**GREENACRES  
MARKET**

*Your healthy food experts*

8141 E. 21st St. Wichita, KS 67206

Prices valid 03/01/2021 through 03/31/2021 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.**

## OUR RECOMMENDATIONS FOR IMMUNITY

### VITAMIN C

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

### QUERCETIN

PLANT SOURCED ANTIOXIDANT THAT BOOSTS IMMUNITY &  
REDUCES INFLAMMATION **150-170MG DAILY**

### ZINC

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

### VITAMIN D3

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

### MONOLAURIN W/OLIVE LEAF EXTRACT

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

### ELDERBERRY CONCENTRATE

ANTIOXIDANT ACTIVITY THAT SLOWS VIRUS REPRODUCTION  
**1 TBSP. 1-2X DAILY**

### NAC

DERIVED FROM AN AMINO ACID, IT IS ESSENTIAL TO IMMUNE  
FUNCTION & LUNG HEALTH **600-1200 MG. DAILY**

VISIT YOUR LOCAL GREENACRES & 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

