



**GREENACRES
MARKET**

JANUARY SALES 2022

CHANGE UP

YOUR "WEIGHT LOSS" ROUTINE

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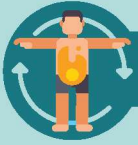
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GREENACRES.COM

CHANGE UP YOUR "WEIGHT LOSS" ROUTINE

Every year in January we all take a look at where we are with our health, our weight & our routines. This year isn't any different. We are already seeing a restlessness with existing weight loss options & many of you are telling us: "I need a new approach". What is new that I can look at? Here are a couple of categories we feel will be gaining momentum & play a significant role in the future of weight loss.



KICK START YOUR METABOLISM

Originally we thought our metabolism started declining in our 20s. Studies now show it may plateau but doesn't decline until much later. That gives us more of a chance to maintain a healthy metabolism to control our weight. This coming year we should see a spike in the use of amino acids & other metabolic support supplements as options for energy, weight loss & performance. As we continue to shift our physical activities toward exercises like yoga, strength training, and walking, here are some metabolism supporting suggestions:

- Chromium – stabilizes blood sugar, levels our hunger and cravings
- Green Tea Extracts – thermogenic, can kick-start stored body fat loss
- CLA – another fat burning nutrient
- Garcinia – slows fat storage
- Acetyl-L-carnitine, CoQ10 – circulatory support to enhance metabolism



MUSCLES INCREASE METABOLISM

Building muscles through traditional weight training or strengthening practices like yoga and pilates will only help maintain & increase your metabolism & set you up for sustainable longevity and good health.

- Branch-chain amino acids – building blocks for healthy muscles
- Creatine – Pumps up your muscles so they can work even harder
- Magnesium – helps with exercise recovery



SUPPORT YOUR CIRCULATORY SYSTEM

A key component is nitric oxide, a compound in the body that causes blood vessels to widen and stimulates the release of certain hormones, such as insulin and human growth hormone. This can improve your blood pressure and therefore your heart health, resulting in increased energy, improved exercise results, and muscle performance.

Here are natural forms of Nitric Oxide Boosters:

- Beet powder – energy & circulatory support
- Citruline / Arginine Combo – energy & circulatory support

IT TAKES MORE THAN JUST WATER!

Any change in daily routine requires necessary minerals for body processes. It is important to drink enough water Every. Single. Day. Even more important is to add electrolytes & essential vitamins & minerals to help "replenish" what is lost throughout the day & during exercise. It is important to always find a "low sugar" option – because you are focused on replenishment & sugars just slow down that process. *Take electrolyte & mineral replacement powders, tablets & other options to enhance your water!*

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 A

NEW SALE FLYER EVERY WEEK!

➔ IN STORES AND ON SOCIAL MEDIA!

Patty's PLATE

OF THE MONTH

CLASSIC HERBED POT ROAST

to warm up a winter eve!

Ingredients:

- 1 or 2 - 1 ½ lb. **Thousand Hills** Grass Fed Chuck Pot Roast (1 feeds 3, 2 feeds 6)
 - Salt & freshly ground black pepper
 - 5 TBS **Cobram Estate** Olive Oil
 - 2 whole onions peeled and halved
 - 4 whole carrots, unpeeled & sliced into 1/2" thick, round slices
 - Fingerling or small potatoes, washed
 - 1 cup red wine, optional
 - 2-3 cups of beef broth
 - 2-3 sprigs fresh rosemary
 - 2-3 sprigs fresh thyme
- (you can be liberal with these herbs)*

Directions:

- Preheat oven to 300
- Generously salt and pepper the roast
- Heat olive oil in large pot or Dutch oven over medium-high heat
- Add halved onions, brown on both sides and remove to a plate
- Brown carrots in same pot, toss for a minute or two. Reserve with the onions.
- Add more olive oil to pot (if needed), then sear the roast on all sides. Place on platter.
- Add 1 cup of wine or beef broth to the hot pot to deglaze using a wire whisk to scrape the bottom.
- Add the roast back to the pan and add enough broth to cover the meat halfway
- Add carrots, onions, potatoes, and fresh herbs
- Cover with lid and roast at 1 hour per pound. Roast is ready when 'fall apart' tender.



Rewards WITH GUS

It pays to be a loyal customer at GreenAcres!

Sign up for our rewards program & save, today!



GROCERY SHOPPING MADE HEALTHY

4SISTERS
ORGANIC RICE
2 lb.



\$4⁷⁹

4505
ZERO CARB
PORK RINDS
2.5 oz.



\$3⁶⁹

ALMOND BREEZE
NON-DAIRY ASEPTIC
ALMOND MILK
32 oz.



2/\$4

BARNANA
ORGANIC DIPPED
BANANA BITES
3.5 oz.



\$3⁸⁹

BEANITOS
NON-GMO BEAN
TORTILLA CHIPS
5 oz.



2/\$6

BHU FOODS
KETO
PROTEIN BITES
5.29 oz.



\$7⁹⁹

BIGELOW BENEFITS
ALL NATURAL
HERBAL TEAS
18 ct.



2/\$5

BIRCH BENDERS
KETO PANCAKE MIXES
10 oz.



\$5⁹⁹

BOULDER CANYON
CANYON CUT CHIPS
5.25 oz.



2/\$5

BRAGG
ORGANIC APPLE
CIDER VINEGAR
32 oz.



\$5²⁹

COBRAM ESTATES
EXTRA VIRGIN
OLIVE OIL
25.4 oz.



\$11⁶⁹

COOMBS FAMILY FARMS
ORGANIC MAPLE
SYRUP
32 oz.



\$19⁹⁹

ESSENTIA
HYDRATING 9.5 PH
ELECTROLYTE WATER
1.5 Liter



2/\$4

ETERNAL
NATURAL ALKALINE
SPRING WATER

1 Liter



\$1⁶⁹

FODY
LOW FODMAP
PASTA SAUCE

19.4 oz.



\$5⁹⁹

KICK START THE YEAR

with These Favorites



CASCADIAN FARM
ORGANIC
CEREAL
8.6-12.5 oz., Select Varieties

2 FOR
\$6



MUIR GLEN
ORGANIC
CANNED TOMATOES
14.5 oz., Select Varieties

10 FOR
\$10

FRESH BELLIES
FREEZE DRIED
TODDLER SNACKS

.75 oz.



\$3⁵⁹

GLEE GUM
ALL NATURAL
CHEWING GUM

16 ct.



\$1³⁹



EPIC
KETO FRIENDLY
PORK RINDS
2.5 oz.

2 FOR
\$6



LARABAR
FRUIT & NUT BAR
Select Varieties

10 FOR
\$10



ANNIE'S HOMEGROWN
ALL-NATURAL
MAC & CHEESE
5.25-6 oz., Select Varieties

10 FOR
\$10

GOMACRO
ORGANIC VEGAN
MACROBAR

Select Varieties



2/\$4

HIGHKEY
KETO FRIENDLY
MINI COOKIES

2 oz.



2/\$7

HINT WATER
WATER INFUSED WITH
FRUIT ESSENCES

16 oz.



4/\$5

HOLLAND HOUSE
ORGANIC WINE
VINEGARS

12.7 oz.



\$3⁴⁹

JENNIE'S
ORGANIC
COCONUT BITES

5.25 oz.



\$3⁶⁹

JUSTIN'S
ALMOND BUTTERS

16 oz., Select Varieties



\$9⁷⁹

KETTLE & FIRE
NUTRIENT RICH
BONE BROTH

16.9 oz., Select Varieties



\$5⁴⁹

KICKING HORSE
ORGANIC
FAIR TRADE COFFEE

10 oz., Select Varieties



\$9⁷⁹

PURELY ELIZABETH
GLUTEN FREE
PANCAKE MIXES
10 oz.



\$5⁴⁹

LATE JULY
ORGANIC POTATO
CHIPS
5 oz.



2/\$6

LIFE AID
CLEAN NUTRITIONAL
BLEND BEVERAGE
12 oz.



2/\$5

LUNDBERG
ORGANIC RICE CAKES
8.5-10 oz., Select Varieties



\$3⁹⁹

TEECCINO
CAFFEINE FREE
MUSHROOM TEA
10 ct., Select Varieties



\$4⁹⁹

MAXINE'S HEAVENLY
GLUTEN-FREE
COOKIES
7.2 oz.



\$5³⁹

MUNK PACK
KETO NUT
& SEED BAR



2/\$3

NAVITAS
ORGANIC CACAO
POWDER
8 oz.



\$7⁹⁹

NIXIE
ORGANIC FLAVORED
SPARKLING WATER
8 ct.



\$4⁹⁹

OCHO
ORGANIC
CHOCOLATES



2/\$3

ORGAIN
PLANT-BASED
NUTRITION SHAKE
4 pack



\$10⁸⁹

ORGANIC VALLEY
ORGANIC GHEE
13 oz.



\$12⁹⁹

OWYN
PLANT-BASED
PROTEIN DRINK
12 oz.



\$2⁷⁹

PLANT BOSS
ORGANIC PLANT-BASED
CRUMBLES
3.17-3.35 oz.



\$4⁹⁹

PRIMAL KITCHEN
AVOCADO
OIL MAYO
12 oz.



\$7⁷⁹

LAKANTO
MONKFRUIT
SWEETENER
28.22 oz.



\$11⁹⁹

RIO LUNA
ORGANIC PEPPERS
12 oz.



\$2⁹⁹

RIOT ENERGY
PLANT POWERED
ENERGY DRINK
16 oz.



2/\$4

RISHI TEA
ORGANIC CHAI
CONCENTRATES
32 oz.



\$5⁹⁹

SAN-J
ORGANIC TAMARI
SOY SAUCE
10 oz.



\$4⁸⁹

SEVENTH GENERATION
PLANT BASED
LAUNDRY DETERGENT
100 oz.



\$12⁸⁹

SIETE
GRAIN FREE
TORTILLA CHIPS
5 oz.



\$4²⁹

SKINNYPOP
ALL-NATURAL
POPCORN
4.4-5.3 oz., Select Varieties



2/\$7

MANITOBA HARVEST
NATURAL SHELLED
HEMP HEARTS
8 oz.



\$5⁶⁹

THE CHOCOLATE TRADER
KETO DUSTED
CHOCOLATE ALMONDS
4.5 oz.



\$4⁹⁹

THINK!
20 GRAM
PROTEIN BARS



2/\$3

WASA
GLUTEN-FREE
CRISPbread
5.4-6.1 oz., Select Varieties



\$3⁵⁹

WATERLOO
ALL-NATURAL
SPARKLING WATER
12 ct., Select Varieties



\$5⁹⁹

WEDDERSPOON
RAW MANUKA HONEY
SQUEEZE BOTTLE
12 oz.



\$27⁷⁹

WILD PLANET
WILD CAUGHT
SARDINES
4.4 oz.



\$2²⁹

YOGI
ALL-NATURAL
HERBAL TEA
16 ct.



\$3⁹⁹

ZEVIA
ALL-NATURAL
DIET SODA
6-Pack



\$4⁸⁹

Rewards WITH GUS

G-A Rewards
is SO EASY
to use!

- ✓ Sign up
in store
- ✓ Use Appcard
app on phone
- ✓ Or visit website



REFRIGERATED & FROZEN DEALS

Rewards WITH GUS

Is your
New Years
Resolution
to save
money?

G-A Rewards
now offers
digital
coupons!



CORE BAR ORGANIC PLANT BASED NUTRITION BAR



2/\$5

EVOLUTION FRESH COLD-PRESSED NON-GMO JUICES

15.2 oz., Select Varieties



\$4²⁹

FORAGER CASHEW MILK YOGURT ALTERNATIVE

24 oz.



\$4²⁹

GOOD KARMA NON-DAIRY FLAX MILK

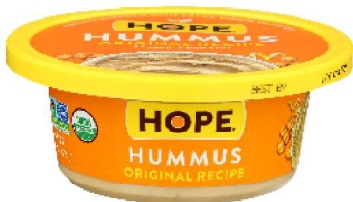
64 oz., Select Varieties



\$3²⁹

HOPE FOODS ORGANIC NON-GMO HUMMUS

8 oz.



\$3⁸⁹

HORIZON ORGANIC SHREDDED CHEESE

6 oz.



\$4⁷⁹

KALONA SUPER NATURAL ORGANIC COTTAGE CHEESE

16 oz.



\$4⁹⁹

LIFEWAY LOW FAT PROBIOTIC KEFIRS

32 oz., Select Varieties



\$3⁵⁹

MIYOKO'S ORGANIC VEGAN MOZZARELLA

8 oz.



\$6⁷⁹

MOTHER RAW DAIRY FREE ORGANIC DIP

8.8 oz.



\$4³⁹

NASOYA VEGAN WON TON WRAPS

12 oz.



\$2¹⁹

NO EVIL FOODS PLANT-BASED PULLED PORK

10 oz.



\$5⁹⁹

HELPFUL HENS

BUY
ONE

any Helpful Hens Carton

At our everyday
low prices

@helpfulhens



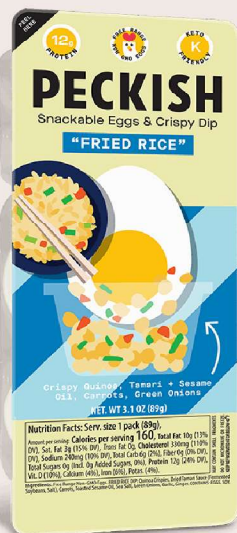
PECKISH

GET ONE
FREE

any Peckish snack pack

valued at \$2.99

@perfectlypeckish



WOODSTOCK
**ORGANIC
FROZEN FRUITS**
10 oz., Select Varieties



\$4⁹⁹

NOOSA
**ALL-NATURAL
YOGHURT**
24 oz.



2/\$8

PURE GREEN
**COLD-PRESSED
JUICE**
16 oz.



\$5²⁹

SO DELICIOUS
**PLANT-BASED
CHEESES**
7 oz.



\$4⁵⁹

SILK
**NON-DAIRY
SOY MILK**
64 oz., Select Varieties



\$3⁹⁹

VIOLIFE
**VEGAN CHEESE
SHREDS**
8 oz.



\$3⁹⁹

VIVE ORGANIC
**IMMUNITY &
WELLNESS SHOTS**
2 oz.



\$2⁹⁹

WALLABY
**WHOLE MILK
GREEK YOGURT**
5.3 oz.



\$1⁵⁹

ALPHA FOODS
**PLANT-BASED
CHIK'N NUGGETS**
10.9 oz.



\$4⁶⁹

AUNT MILLIE'S
**KETO FRIENDLY
BREAD**
14 oz.



\$4²⁹

CALI'FLOUR FOODS
**LASAGNA WITH
CAULIFLOWER PASTA**
9 oz.



\$4⁹⁹

CAPPELLO'S
GRAIN FREE PIZZAS
10.85-12 oz. Select Varieties



\$7⁹⁹

SIMPLE INGREDIENTS

For a Full Plant-based Life



\$5²⁹

Vegan Mac 'N Chao
• Creamy dairy free entrée
• Plant-based pasta with cheesy sauce
• 11 oz.

\$3⁴⁹

Plant Based Smart Dogs
• Certified vegan hot dogs
• Non-GMO project verified
• 8 ct., select varieties



A Higher Standard OF DAIRY



- USDA Certified Organic
- Never any antibiotics, pesticides or added hormones



\$6⁴⁹

Organic Deli Sliced Meat
6 oz., Select Varieties



\$5⁶⁹

Organic Sliced Cheeses
6 oz., Select Varieties

**EVIVE
PLANT-BASED
SMOOTHIE CUBES**
10.58 oz.



\$4⁹⁹

**CAULIPOWER
BREADED CAULIFLOWER
CHICKEN TENDERS**
14 oz.



\$7⁷⁹

**DAIYA
GLUTEN-FREE
DAIRY-FREE PIZZA**
13.47-19.4 oz.



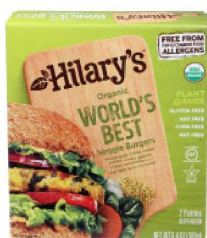
\$6⁹⁹

**CARBONAUT
GLUTEN FREE
LOW CARB BREADS**
19 oz.



\$5²⁹

**HILARY'S EAT WELL
ALLERGEN-FREE
VEGGIE BURGER**
2 ct.



\$2⁸⁹

**MEATLESS FARM
PLANT BASED
BREAKFAST SAUSAGE**
10 ct.



\$4²⁹

**NADA MOO!
GLUTEN FREE
NON-DAIRY DESSERT**
1 Pint



\$5²⁹

**STRONG ROOTS
CAULIFLOWER
HASH BROWNS**
13.22 oz.



\$4⁵⁹

**Newly
EXPANDED**

**GREENACRES
REWARDS PROGRAM!**

**Loyalty Pays
at GreenAcres Market**



- ✓ Digital Coupons
- ✓ 1 Point per \$1 Spent
- ✓ Track Points
- ✓ Free Product w/Points

Learn more at GreenAcres.com

Rewards WITH GUS

Do you know the power of the G-A Rewards Points?

1 point for every \$1 spent and \$5 OFF with 200 points!!



ACURE SELECT PRODUCTS



30% OFF MSRP

HEALTH & BEAUTY

HERBATINT SELECT PRODUCTS

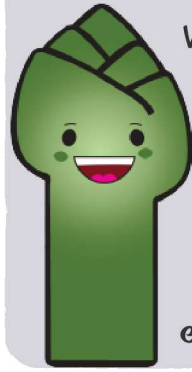


30% OFF MSRP

Rewards WITH GUS

Who doesn't love FREE PRODUCT?!

Use your G-A Rewards points for a FREE item every month!



SKY ORGANICS SELECT PRODUCTS



10% OFF MSRP



No longer is immune support only a fall or winter concern. Colloidal Silver can be used as an alternative to echinacea, oregano, zinc, or elderberry for immune protection whenever you are ill.

WHY COLLOIDAL SILVER & IS IT SAFE?

- Proven in research, it is one of the fastest immune boost/support items available
- Colloidal Silver is truly an all-in-one-stop to restore, strengthen and support your immune system when you need it most.
- For safety, absorption and bioavailability, Colloidal Silver consists of tiny silver particles (1-100 nanometers). These silver particles exit the body within 6-8 hours

HOW MUCH COLLOIDAL SILVER SHOULD I CONSUME?

- Strength = PPM (parts per million), # of silver particles per serving
- This will vary depending on use. Lower PPM can be insufficient when your immune system needs a strong army of supporters (silver particles).

COMMON SUGGESTED DOSES:

- Daily Immune Support: 10 PPM or 50 PPM
- Temporary Boosted Immune Support: 1 tsp (5mL) of 250 PPM 1-2 times per day for 5-14 days.
- Extra Strength Immune Support: 1/2 to 1 tsp of 500 PPM 1-2 times per day for 14 days.



Essential Oil **DUO PACK** of the month

IMMUNITY ON-THE-GO

Roll-on Health and Protection

DUO \$16.89 REG. \$25.98

INGREDIENTS:

- 10 drops Now Nature's shield essential oil blend
- 10 drops Now Eucalyptus oil
- Now Jojoba carrier oil
- 10 ml. roller bottle

Fill your roller bottle with about 2 teaspoons of Now jojoba carrier oil. Carefully measure your drops of pure essential oils into the bottle. Tighten the lid on bottle and shake. Apply to wrists, neck, soles of feet, and chest as needed for protection.



SPECIAL DUO PRICE GOOD ALL MONTH *WHILE SUPPLIES LAST

Rewards WITH GUS

Friendship has
it's "Rewards!"

Text
"Greenacres"
to 87573
and sign up for
GA Rewards
and start saving!

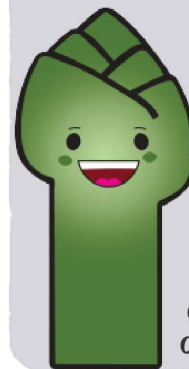


SUPPLEMENTS

Rewards WITH GUS

DOUBLE
the points,
DOUBLE
the goods!

Don't forget
to shop on
GreenAcres'
2x Points Day
on the last day
of every month!



AMAZING GRASS SELECT PRODUCTS



30% OFF
MSRP

BARLEAN'S SELECT PRODUCTS



20% OFF
MSRP

BLUEBONNET SELECT COLLAGEN PRODUCTS



20% OFF
MSRP

CHILDLIFE SELECT PRODUCTS



20% OFF
MSRP

EMERALD LABS SELECT PRODUCTS



20% OFF
MSRP

ENZYMEDICA SELECT IMMUNE PRODUCTS



25% OFF
MSRP

HYLAND'S SELECT PRODUCTS



20% OFF
MSRP

IRWIN NATURALS SELECT WEIGHT LOSS PRODUCTS



20% OFF
MSRP

MUSHROOM COFFEE LATTE BLEND 8.47 oz.



Supports focus & nerve health
USDA Certified Organic
Vegan

CERTIFIED ORGANIC MUSHROOM POWDER 3.2 oz.



Supports memory, focus, immunity
& energizes
Vegan

MUSHROOM
SUPERFOOD
Om

Select Products

20% OFF
MSRP

MASTER BLEND 80 vegan capsules



10 mushroom species
3 botanical blends adaptogens
For optimal performance & vibrant health

THE Gold Standard

FOR OVER 70 YEARS



Select Products
35%
OFF MSRP



Grass Fed Whey

- 20 grams protein per serving
- Non-GMO & Gluten free
- 11.9 oz.



Apple Cider Vinegar Gummies

- 1000 mg per serving Plus B12
- Non-GMO, vegan & gluten free
- Available in 50 or 100 count

Fight Inflammation NATURALLY

Select Products
20%
OFF MSRP



Curamed

- Superior absorption curcumin
- Promotes healthy inflammation response
- 60 Softgels



Curamin

- Cucumin with Turmerones
- Extra strength, non-addictive pain relief
- 60 Tablets



Curamed

- Acute pain relief
- Easy-to-swallow liquid gels
- 60 Liquid gels

Terry Naturally

Annual HEALTH FAIR

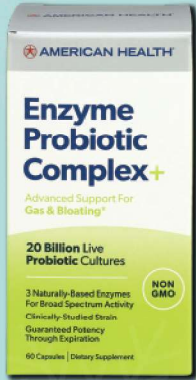
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GREENACRES MARKET

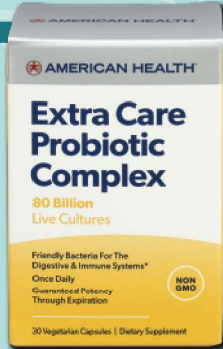
- 2x GreenAcres Rewards Points ALL DAY!!
- Visit with Local Practitioners & Health Experts
- Free Screenings, Tests & Timely Healthy Living Resources
- Knowledgeable Staff to Help You Navigate Supplements
- Samples, In-Store Savings, Giveaways & MORE!

VISIT ONE OF OUR PARTICIPATING LOCATIONS TO ATTEND & START A HEALTHY NEW YEAR!
BRADLEY FAIR WICHITA, WEST 21ST WICHITA, KANSAS CITY, OKLAHOMA CITY & LAWTON

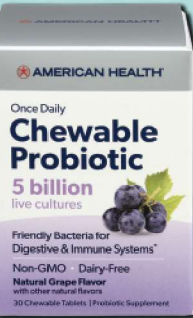
Good health MADE SIMPLE



Enzyme Probiotic Complex
• 20 billion live cultures
• 60 Capsules



Extra Care Probiotic Complex
• 8 billion live cultures
• 30 vegetarian capsules



Chewable Probiotic
• 5 billion live cultures
• 30 chewable tablets

Select Probiotics
20% OFF MSRP

JARROW SELECT PRODUCTS



25% OFF MSRP

KOS SELECT PRODUCTS



30% OFF MSRP

KYOLIC SELECT PRODUCTS



25% OFF MSRP

LIFESEASONS SELECT PRODUCTS



25% OFF MSRP

LIQUID IV SELECT PRODUCTS



25% OFF MSRP

NATUREPLUS SELECT PRODUCTS



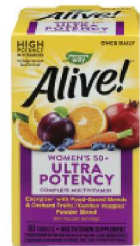
20% OFF MSRP

NATURE'S ANSWER SELECT IMMUNE PRODUCTS



25% OFF MSRP

NATURE'S WAY SELECT PRODUCTS



30% OFF MSRP



OsteoMove
• Extra strength joint care
• Promotes comfort and mobility
• 120 tablets

Where Great Health BEGINS

**natural
Factors**



Tranquil Sleep
• 5-HTP, Suntheanine & Melatonin
• Advanced fast acting formula
• 120 chewable tablets

Select Products
30% OFF MSRP



RX Omega-3
• Pharmaceutical Grade Fish Oil
• EPA 400mg/DHA 200 mg
• Supports cardiovascular health
• 120 Softgels

Select Digestion Products

30% OFF MSRP

SOLARAY
DIETARY SUPPLEMENT

Yeast-Cleanse
with Capsule Acid, Probiotics, & Greenfruit
90 VegCaps

SOLARAY
DIETARY SUPPLEMENT

SUPER Digestaway
DIGESTIVE ENZYME BLEND
180 VegCaps

SOLARAY
DIETARY SUPPLEMENT

SUPER Multidophilus
24 Twenty-Four Strain Formula
30 BILLION CFU
Plus Probiotic Inulin
60 ENTIRE Capsules

NORDIC NATURALS

SELECT PRODUCTS



25% OFF MSRP

NULEAF SELECT PRODUCTS



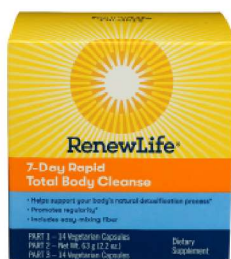
25% OFF MSRP

ORA ORGANIC SELECT PRODUCTS



25% OFF MSRP

RENEWLIFE SELECT PRODUCTS



25% OFF MSRP

SILVER WINGS SELECT PRODUCTS



20% OFF MSRP

SOURCE NATURALS SELECT PRODUCTS



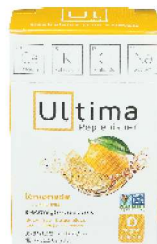
35% OFF MSRP

SOVEREIGN SILVER SELECT PRODUCTS



20% OFF MSRP

ULTIMA SELECT PRODUCTS



25% OFF MSRP

VIBRANT HEALTH SELECT PRODUCTS



25% OFF MSRP

VITAL PLANET SELECT PRODUCTS



20% OFF MSRP

YOUR MOST TRUSTED HEMP EXTRACT

HEMP EXTRACT INFUSED GUMMIES

- Plant-based cannabinoids
- 60 gummies

20% OFF MSRP

Select Products



VITAL PROTEINS
**SELECT
PRODUCTS**



20% OFF MSRP

WYLD CBD
**SELECT
PRODUCTS**



25% OFF MSRP

YERBA PRIMA
**SELECT
PRODUCTS**



20% OFF MSRP

YOUTHEORY
**SELECT
PRODUCTS**



25% OFF MSRP

PLANT PROTEIN
12.5 oz.



Vegan superfood protein powder
Ancient organic seeds & botanicals
Organic MCT's



30% OFF MSRP

Select Products

ORGANIC SUPER GREENS
Detox – Digest – Energize
7.05 oz.



MULTI COLLAGEN PROTEIN
8.6 oz



20 grams of collagen per 2 scoops
5 types of collagens

HELP YOUR GUT Recover

Gut health can be a touchy subject for many. Symptoms such as abdominal discomfort, bloating, constipation, diarrhea & gas can make for uncomfortable conversation. After the holidays, we can guarantee many of you experienced symptoms from over-indulgences.

Now is the perfect time to recover! Here are a few recommendations of top supplements to help reduce inflammation and uncomfortable digestive symptoms:

DIGESTIVE ENZYMES: Foods must begin to be broken down in the stomach. Enzyme support can be an essential step prior to food traveling through the intestines.

PROBIOTICS: Look into taking a higher dose for acute symptoms and then move to a maintenance dose for everyday gut health. Finding a multi-strain option is best, as your gut is home to thousands of probiotic strains.

OMEGA-3 ESSENTIAL FATTY ACIDS: Keep things moving, omega 3 fatty acids will keep your entire gut moving better and reduce build up of foods, gas & other unwanted symptoms.

FIBER: If you can't get enough from your food, add a daily fiber supplement to keep your gut settled, stabilize blood sugar and promote healthy elimination.

PEPPERMINT OIL: One of the better symptom-relieving supplements is peppermint oil. With menthol as a main component, it calms the gut, relieving gas, bloating and other acute symptoms. Some studies have shown that peppermint oil was more effective than medication prescribed for gut issues. *Who knew?!*



RAISING THE BAR

ON PROTEIN OPTIONS

Select Protein Powders

MEDITERRANEAN DIET APPROVED
21.34 oz.

35% OFF MSRP

RAW ORGANIC FIT
15.69 oz.

KETO FIT
12.87 oz.

· Get Fit! Lose Weight! · Non-GMO Project Verified
· Fit Proteins and Meal Replacements for every lifestyle
· Burns fat, satisfies hunger, fights cravings.

Build a Strong FOUNDATION

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Once daily multivitamin for men 55+
Immune and prostate support
72 vegetarian tablets

BONE STRENGTH
Plant calcium
For strong, healthy bones
180 vegetarian slim tablets

DAILY MULTIVITAMIN
Once daily multivitamin for women 55+
Immune, heart and bone support
72 vegetarian tablets

NOW

Select Products

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SUNFLOWER LECITHIN
100 Softgels

PHOSPHATIDYL SERINE
60 capsules

MAGTEIN
90 capsules

DOPA MUCUNA
90 capsules

ALPHA GPC
60 capsules

DMAE 250 mg
100 capsules

Soy free, Non-GMO Phosphatidyl choline

Supports memory & brain function
Promotes intercellular communication

Magnesium L-Threonate
Supports memory & learning
Promotes brain health

Standardized mucuna extract
Naturally occurring 15% L-Dopa

Bioavailable Source of choline
Supports Mental Activity

Promotes healthy brain function
Supports neurotransmitter production

JANUARY BONUS BUYS

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

OM MUSHROOM
HOT CHOCOLATE
MUSHROOM BEVERAGE
30 servings



\$22⁹⁹

ZAND
ELDERBERRY
GUMMIES
60 ct.



\$11⁶⁹

RENEWLIFE
CLEAR
PREBIOTIC FIBER
7 oz.



\$14⁹⁹

SUKIN
SHAMPOO OR
CONDITIONER
16.9 oz.



\$5⁹⁹

NATURAL FACTORS
ANTI-V IMMUNE SUPPORT
120 soft gels

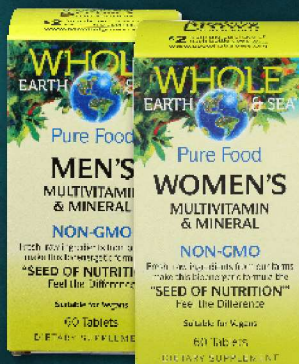


\$21⁶⁹

GARDEN OF LIFE
COLLAGEN PEPTIDES
14 servings | 20g per serving



\$16⁹⁹



NATURAL FACTORS
**WHOLE EARTH AND
SEA MULTIVITAMINS**

60 tablets

\$27⁹⁹

(Reg. \$42⁹⁹)

RAMP UP YOUR NUTRITION IN THE NEW YEAR

Times have changed - People want more from their Multivitamin!

Every second, billions of enzymatic reactions that are responsible for everything we need to keep us healthy and feeling our best take place within our bodies. A thoughtfully formulated multivitamin and mineral supplement helps ensure everything goes as planned.

With so much at stake, the right multivitamin is an important choice. Natural Factors Whole Earth & Sea Multivitamin and Mineral Supplement features vitamin and mineral potencies that go far beyond the 100% Daily Value potencies found in many multivitamins and are in the most bioavailable forms. Optimal potencies and nutrient forms aren't the only distinguishing trait.

Whole Earth & Sea Multivitamin and Mineral Supplements:

- Made from highly concentrated organic raw whole foods. Every serving contains a full ½ pound of fresh fruits and vegetables!
- The material in the multis comes from Natural Factors Farm which is beyond organic and sustainable—it is regenerative farming at its best!
- Natural Factors has their own seed bank to ensure only organic, non-GMO, true-species seeds are used
- Pesticide-Free and Hand-Harvested: Nature provides the pest-control, and the plants are fresh-picked for peak power
- Raw Processed: Natural Factors manufactures everything themselves, making sure the plants are processed gently, with a low-temp blending to retain the nutrients in the multi
- Nutrient potencies are meaningful. 100% Daily values are for deficiency prevention, Whole Earth & Sea multi nutrient values are for optimizing nutrition.

With Whole Earth & Sea multis, you're getting all the vitamins and minerals you need to fuel those enzymatic reactions, plus extra nutrients—everything in 22 vegetables, 11 fruits, 10 herbs, and 6 sea vegetables to be precise—all concentrated down in a convenient tablet. You can truly see, smell, and feel the difference.

Come into your GreenAcres market and let our supplement experts guide you to the right vitamin supplement for your healthy lifestyle, on sale all month at a fantastic price!



GREENACRES MARKET

Your healthy food experts

8141 E. 21st St. Wichita, KS 67206

Prices valid 1/01/2022 through 1/31/2022 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.**

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WICHITA

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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

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Oklahoma City, OK 73159
PH 405-681-6060

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

