

## Psst! Wanna Hear a Secret?

By Linda Townsend

I moved to Georgia sixteen years ago and that is when I became a regular shopper at Life Grocery. (This is not the secret, just setting the stage.) Back then it was about half the size with no cafe and no automatic doors, but it was just enough like my former favorite health food store 500 miles away that I felt right at home the moment I first stepped in that quaint push-pull door.

Since those days, I have seen Life Grocery grow in size and completely rearranged a few times with the expansion of some product lines, the introduction of new ones, and the discontinuation of others. Life Grocery strives to best fit the buying habits of its customers on whole. However, now and then an individual's preferences may disappear from the shelves. I know because there have been a few times when one of my favorite items have been discontinued; sometimes with another product line having a comparable product and sometimes not. And, sometimes nothing is quite as good as those favorites—at least, not to me.

In most every store we shop these days, we are asked if we found everything, more as a matter of courtesy than concerned inquiry, I think. The answer expected is probably a simple "yes," but I usually reply that I found everything that the store carries because, truth be told, how can I find what is just not there or no longer offered and what would a chain store do if I really did want something it does not carry? When I have asked for a specific item I did not find, the best answer I can hope for is: "If we carry it, it would be in aisle \_\_\_\_."

Another question is what would a chain store do if I wanted to buy a case of something on sale that it does

carry? I have had some experiences with that also. Either they can do nothing in store other than suggest you try their website, or they try to do something and do not do it well because they really have no procedures to accommodate special orders.

A few weeks ago when I was in a chain store, I found an item I regularly buy on sale, but there were none available, so I asked if I could have a case ordered for pick up in a week, while the item was still on sale. I was told it would not be problem and gave them my contact information. I did not hear back for five days, so I called; I was told it would *probably* be on the truck arriving the day before I would be in, but still no call to confirm it was in. I arrived the day I promised and no one could find the case I ordered or any order for it as they really do not have a system for customer orders, so they pulled the eighteen (the number in a case) of the item I wanted off the shelf, which left none for any other customer until the next truck two days later after the sale ended, if it was ordered at all.

Now I am going to tell you what may be the worst kept secret: Life Grocery just has the best customer service! Just because the item you like is not on the shelf anymore or even if it never has been (yet), you can make inquiries at the customer service counter to find out if it can be ordered. Grocery items usually are available by special order in bulk or cases. Do not let that scare you; I have ordered some items with only six to a case, plus there is often a discount for cases and bulk items!

Best of all, Life Grocery has always called me when the item I ordered had come in—always. My orders

have never been forgotten or lost. They always have my name on them in a holding area. I only have to inform one of the helpful customer service representatives and there it will be in my cart.

Have you considered that by making special orders, you are not only getting what you want but you are also making the store aware that it has at least one customer for that particular product, maybe there are more that have not considered ordering it before. You could be finding your favorite items on the shelves later on! If you are still wondering why I call it Life Grocery's worst kept secret, it is because it really is not a secret at all, but there just may be a few people reading this who might not have known about this wonderful "if we don't have it, maybe we can get it" service because we no longer expect such great personal customer service in the stores we shop. Now that you know, though, I think it is going to be your worst kept secret too. Life Grocery is bigger than it used to be, but it still has that small business quality of service for its customers, and that is why I continue to be a customer after sixteen years, even when some of the chain stores closer to where I live are now carrying many organic products. That "we appreciate our customers" feeling at Life Grocery is priceless!

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**Member Appreciation Day**  
**Saturday, 6/21/14**  
**12:00-4:00 pm**  
**members receive 10% off**  
**all in-stock purchases 9 am-8 pm**



# The Heart of the Matter

Kim Strickland, ND

In light of recent events in the lives of my friends, I have decided to write on matters concerning the health of the heart. In February I had a friend nearly die from SCAD, Spontaneous Coronary Artery Dissection. It occurs 80% of the time in woman who are nearing the end of a pregnancy or are postpartum. Basically an artery in the heart tears. For my friend this then led to a massive heart attack. Another friend was admitted to the hospital last weekend and diagnosed with congestive heart failure. He had been experiencing symptoms for at least four months, but was not aware that they were related to the function of the heart.

Symptoms of heart attacks include chest pain, anxiety, panic, breathlessness, perspiration, sudden weakness, and indigestion. Congestive heart failure, known as CHF, symptoms include: shortness of breath and wheezing, severe fatigue and weakness, dry cough, frequent urination during the night, swelling of the lower back, ankles and feet, penile dysfunction, rapid weight gain due to fluid retention, abdominal pain and a feeling of fullness, swollen neck veins, loss of appetite, nausea, irregular or rapid heartbeat, anxiety; in severe cases irritability, restlessness, and mental confusion may occur. Heart failure tends to be slow and painless. SCAD is a rare, sometimes fatal, traumatic condition with approximately eighty percent of cases affecting women. The coronary artery can suddenly develop a tear, causing blood to flow between the layers which forces them apart, potentially causing a blockage of blood flow through the artery and a resulting heart attack. The condition may be related to female hormone levels, as it is often seen in post-partum women, or in women during or very near menstruation, but not always. It is not uncommon for SCAD to occur in people in good physical shape and with no known prior

history of heart related illness. It is also not uncommon for SCAD to occur in people in their 20's, 30's, and 40's, as well as older.

Overall in the US about 600,000 people die every year of heart disease, about one out of every four deaths. Chances are you are aware of this through your own experiences with family and friends. The American Heart Association recommends following these seven simple measures we all can control. Life's Simple 7 are: **Get active, lose weight, eat better, stop smoking, control cholesterol, manage blood pressure, and reduce blood sugar.**

Life Grocery carries grocery items that can help support heart health and keep you on the healthy path you are already walking. What could be easier than buying from the amazing selection of fresh, frozen, and packaged organic products at Life Grocery? The top 20 (plus two) Heart Healthy foods include: salmon, flax seed, oatmeal, tuna, tofu, brown rice, black or kidney beans, soy milk, almonds, walnuts, spinach, blueberries, carrots, sweet potato, red bell peppers, oranges, tomatoes, acorn squash, cantaloupe, papaya and my favorite, dark chocolate. In addition to food, there are supplements which support the heart. CoQ10 has proven effective in increasing muscle strength. Magnesium is an important mineral for heart function. Hawthorn, an herb, is also known to strengthen the heart muscle and can be bought in tincture form.

*Kim Strickland earned her doctorate degree in Natural Health from Clayton College of Natural Health in 2005. She is currently a stay-at-home mother to three boys, as well as an online college mathematics professor at South University Online.*

The Life Line  
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**Hours: Store Café**  
Mon-Sat 9am-8pm Mon-Sun 11am-4pm  
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Opinions expressed by individual writers do not necessarily reflect those of Life Grocery. The purpose of this publication is to provide information on natural foods and supplements and to nurture health and environmental awareness.

Please seek the advice from your physician or other qualified health provider before utilizing any information, products, treatments, or therapies promoted in this publication. This information should not be used as medical advice, for prescription or diagnosis, as it is not a substitute for medical care or your doctor's attention.

If you have any comments about any articles in this newsletter, or would like to submit a letter to the Editor, please address these to:

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## Life Grocery Store, Inc. Mission Statement

Life Grocery shall provide the healthiest products and supplements available at the lowest possible price.

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## In This Issue

- 1 Psst! Wanna Hear a Secret?
- 2 The Heart of the Matter
- 3 Nutrition for Athletes and Everyone Else
- 4 Egg-cellent Eggs



# Nutrition For Athletes and Everyone Else

By Dr. Joe Esposito, DC, BS, DCBCN, DABCO

Nutrition and performance go hand in hand, especially for the endurance athlete. What you eat, when you eat and how much you eat can determine your level of success. Proper nutrition can help alleviate digestive issues, muscle fatigue and joint damage that many athletes face. Determining the proper foods and timing of meals, to optimize maximum performance and recovery can be tricky.

## Health Points to Consider

- Do not compromise your health in the name of athletic performance. A decision you make today to enhance your performance will have an impact on you the rest of your life.
- You have to eat anyway; you might as well eat the proper foods to provide you optimum health and optimum performance.
- You must have the proper amount of vitamins, minerals, carbohydrates, fats, proteins, water and micro nutrients on a regular basis.
- It's not just what you eat, it's also what you don't eat that will determine how well you perform and recover from an athletic event.
- Listen to your body! Pain that does not lessen in three days, fatigue, brain fog, digestive problems, irregular or lack of menstrual cycles could be signs of a health issue that may require professional help.
- Learn to read food labels. Many foods have added ingredients that you don't want in your body. Added sugar is a big culprit. If you can't pronounce an ingredient, don't eat it!
- Just because a food is labeled "healthy," "gluten free," "low carbohydrate" or "low fat," doesn't necessarily mean it is good for you. Many foods with these claims have undesired added ingredients to make them taste better. The fewer ingredients on a label, the better. Keep it simple!

## Essentials for Your Kitchen (and What To Toss!)

Keeping a variety of these items in your pantry, refrigerator and freezer will ensure that you always have ingredients on hand to prepare healthy, and tasty, meals to fulfill your nutritional needs. All of these items can easily be found at your grocery store.

## Health Must Haves (Organic and/or Non-GMO!)

- Assortment of fresh fruits and vegetables. Think outside the box and add some new ones to your diet. Kale, butternut squash, beets, and sweet potatoes can add a lot of extra flavor and nutrients to your diet.
- Variety of "good" oils. Good ones to have on hand are olive oil, coconut oil, grapeseed oil, avocado oil, and sesame oil. These are great items to use for salad dressings, baking, and sautéing
- Variety of "good" flours for baking and breading. Coconut, garbanzo bean, almond, and buckwheat flour can be used in most recipes in place of refined, white flour.
- Variety of "good" grains. Examples are whole grain brown rice, corn or rice pastas, soba noodles, quinoa, and grits. If you are gluten free, stay away from whole wheat pastas. Opt for gluten free pasta, such as pastas made from rice or 100% buckwheat.
- All natural nut butters. Check the label and make sure that there are no sugars, hydrogenated oils, or preservatives added.
- Assortment of beans and legumes, dried and canned. If using canned, check labels for additional ingredients added, and rinse before using. Also check for BPA free lined cans.
- Assortment of vinegar flavors. Experiment with these. They can be a wonderful way to add flavor, without added sugars, preservatives, or

calories. After all, vinegar is a natural preservative. Raw apple cider vinegar is best. It can help alkalize your body and it gives you a good source of probiotics.

- Raw, local, honey
- Eggs
- Coconut and almond milk. Make sure they are the unsweetened varieties.
- Assortment of dried herbs and spices. Stay away from most blends. Again, check the label. These tend to have many undesired added ingredients.
- Assortment of individual, frozen vegetables. These are great for quick meals and also great add ins for soups and stews. Frozen peas and frozen butternut squash are great thrown into a soup for extra flavor and vitamins.
- Stevia is an herb that can be used in place of sugar, without impacting on blood sugar. It comes in packets, bulk and liquid. Check the label for substitution instructions.
- Raw nuts and seeds

## Toss These Unhealthy Items

- Sugar
- Refined white flour
- Anything made from white flour (pasta, breads, baked goods, etc.)
- Artificial sweeteners
- Agave nectar, which is a natural sweetener, may actually be similar or worse than high fructose corn syrup!
- White rice
- Processed foods – Processed foods are basically commercially prepared foods designed for ease of consumption. Examples are ready to eat foods, frozen meals, frozen pizzas, shelf stable products, prepared mixes, (such as cake mix), candies, sodas and potato chips.
- Premade condiments, dressings and marinades. Most of these have sugar and other unpronounceable ingredients.
- Pre-sweetened fruit juices
- Anything containing trans fats
- High fat content or processed meat products

## Fueling Up for Good Health

\*Important note: Don't make any dietary changes a week before a major event. Your body will not have had time to adjust to the changes and this could cause undesirable side effects and impact your performance.

## Hydration

Water is an important nutrient for any athlete. Athletes should start any event hydrated and replace as much lost fluid as possible by drinking chilled liquids at frequent intervals during the event. Chilled fluids are absorbed faster and help lower body temperature. During an event, it is more beneficial to drink smaller quantities at frequent intervals than larger amounts infrequently.

The day before an event, drink fluids frequently. Drink 2-3 cups of water at the pre-event meal, 2-2 ½ cups two hours before and 2 cups ½ hour before. If possible, drink ½ cup every 15-20 minutes during the event. If you hear "sloshing" in your stomach, skip the next interval of water. After the event, drink 2 cups for each pound lost. Hydrate frequently the following day. It may take up to 36 hours to completely rehydrate. Don't over hydrate prior to an event. Drinking two gallons of water, pre-race, will provide no benefit to your performance.

## Carbohydrates

Carbohydrates are essential to proper function of the brain, spinal cord, nerves, and muscles. Carbs are converted to glucose to fuel the body. Once the cells have enough glucose, the excess is stored as glycogen. Once the storage areas of the body are filled up with their

fair share of glycogen, it is then sent to the liver and converted to triglycerides and eventually stored as fat. This is why it is important to consume enough, and the right types of carbohydrates to meet your energy needs, but not too many.

Great sources of proper carbohydrates are brown rice, corn or rice pasta, fruits, vegetables, beans, oats, millet, quinoa, and root vegetables. Not great sources are sugar, wheat, white rice, and fruits juices. The reason these items are not ideal sources is because they raise insulin levels too quickly. That can provide a very quick burst of energy, but also a very quick crash! Gluten products can be a major enemy to an endurance athlete. Gluten causes excess mucus, which affects breathing and lung function, and digestive issues. Two problems a runner definitely doesn't want to experience during an event.

## Protein

Protein is not a great source of fuel, but is essential in building muscle mass. Most people get enough protein in their diets, so consuming the right amount of protein is important. Great sources of protein are nuts, seeds, beans, rice milk, almond milk, hemp milk (all unsweetened), eggs, and gluten free grains.

If you are a meat eater, lean cuts of meat can be a great source of protein. The problem is that most meat products are loaded with additional chemicals and steroids. Eat organic meats and limit intake to 2-3 times a week.

Although dairy is also a great source of protein, like meat, it might be loaded with steroids, chemicals, hormones, and antibiotics. So again, if you do consume dairy, make it organic. Like gluten, dairy causes excess mucous production, so it may be advisable to eliminate it all together.

## Fats

Everyone is familiar with the phrase, "good fats vs. bad fats." But what does it mean exactly? The best sources of fats are non-processed and plant based. Avoid hydrogenated oils, anything with trans fat and most vegetable oils. Oils high in Omega 6 fatty acids can increase inflammation, slow healing, and pain. Examples of oils high in Omega 6 are peanut, safflower, corn, and soy oils.

Good sources of fat are raw nuts and nut butters, olive oil, ground flax seeds, flax oil, avocados, chlorella, spirulina and krill oil.

## Caloric and Nutrient Recommendations

For an endurance athlete, that trains and races on a regular basis, it is recommended that you consume 2625 calories a day (approx. 15 calories per pound of body weight). The breakdown is 1050 calories of carbohydrates, 1050 calories of protein, and 525 calories of fat.

If you are a very active athlete, but don't routinely participate in endurance events, the recommended amounts would be slightly less. If you are a moderately active athlete, the amounts would be even less. To determine the correct recommendations for you, based on your body weight and level of activity, consult with a doctor or nutritionist. For healthy recipes, get my book, **Eating Right For The Health Of It!**

*Dr. Joe Esposito is a chiropractor, nutritionist, the author of "Eating Right For The Health Of It!," the syndicated radio show host of HEALTH TALK ATLANTA and the director of Health Plus Wellness Center. He is committed to making healthy living commonplace. If you would like more information or would like to speak to him personally, call 770-427-7387. You can also check out Dr. Joe's website [www.DrJoeEsposito.com](http://www.DrJoeEsposito.com). Mention Life Grocery when you call and get your private consultation with the doctor at NO CHARGE!*

# Egg-cellent Eggs

By Susan Esposito, DC, DACNB, FACFN, FABES

Another easter-egg coloring and hunting season has come and gone, reviving my focus on one of my favorite ovoid delicacies.

Although the fear of consuming fats that arose in full force in the 1990's sent many an egg-lover far afield from these poultry produced delights, current views have shifted and eggs have once again fallen in favor as a healthy and beneficial snack or an addition to any meal. It would stand to reason with the assistance of hind vision, that these products of nature would be more highly nutrition packed and certainly more tasty than the carton full of chemicals that were sold as egg substitutes last century.

If you have high cholesterol issues, you may want to take pause, due to the high levels of cholesterol present in these yummy yolks, however a recent Health Diaries' article states "10 Health Benefits of Eggs," which I have listed below:

1. An egg a day may prevent macular degeneration due to the carotenoid content.
2. Carotenoid contains lutein and zeaxanthin, both help lower the risk of developing cataracts.
3. One egg contains 6 grams of high-quality protein and all nine essential amino acids.
4. According to a Harvard School of Public Health study, there is no significant link between egg consumption and heart disease. In fact, according to one study, regular consumption of eggs may help prevent blood clots, strokes, and heart attacks.
5. One egg yolk has about 300 micrograms of choline, a nutrient that helps regulate the brain, nervous system and cardiovascular system.

6. Despite the hoopla of eggs being high in fat, it is the right kind of fat. One egg contains just 5 grams of fat and only 1.5 grams of that is saturated fat.
7. New research shows that moderate consumption of eggs does not have a negative impact on cholesterol. In fact, recent studies have shown that regular consumption of two eggs per day does not affect a person's lipid profile and may, in fact, improve it. Research suggests that it is saturated fat that raises cholesterol rather than dietary cholesterol.
8. Eggs are one of the only foods that contain naturally occurring vitamin D.
9. Eggs may prevent breast cancer. In one study, women who consumed at least six eggs per week lowered their risk of breast cancer by 44%.
10. Eggs promote healthy hair and nails because of their high sulphur content and wide array of vitamins and minerals.

What I like about hard-boiled eggs are that they are naturally high in protein. You need protein to build muscle mass, but it also helps repair all tissues in your body and provides structure for cellular walls. One large hard-boiled egg provides more than 6 grams of protein and provides nearly 80 calories.

I like to grab a hard boiled egg as a quick convenient snack or toss one on top of my salad. I used to hesitate to include them in my diet regime, because many times I found it a chore to peel off the shell without the rest of the egg coming with it. In solution to this problem, however, I have learned this simple hard boiled egg trick. Now, I don't have to worry about the shell getting

stuck to the egg and quickly becoming a crumbly mess. All you have to do is add a 1/2 tablespoon of baking soda to the water when you are boiling the eggs.

This works because one of the determining factors in the peel-ability of a hard boiled egg is the egg's pH—the higher (less acidic) the pH, the easier it is to peel. Baking soda has a high pH, so it's alkaline nature makes for the perfect egg-boiling partner.

Now, to make the egg nearly effortless to peel, transfer them to an ice bath and allow them to sit for a while (45 mins or so). Due to the porous nature of egg-shells the cold water will seep in and help to separate the shell from the egg.

Hard boiled eggs can be stored in the fridge for days. Some great condiments to use for your hard boiled eggs are sea salt, pepper, hot sauce, apple cider vinegar, and/or mustard. Adding relish and celery to egg salad provides additional crunch and a spicy zing. Enjoy some egg-cellent eggs!

#### References:

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*Dr. Susan Esposito is a chiropractic functional neurologist and nutritionist, currently practicing in the Life Neurology Center at Life University.*



**Life Grocery & Cafe**  
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