



GOOD EARTH — MARKETS —

MONTHLY DEALS

HAPPY NEW YEAR!

30%
OFF

\$20⁹⁹

Sunwarrior

Active Creatine
Raspberry,
Unflavored,
Lemonade,
60 serv

reg \$**29.97**



30%
OFF

\$15³⁹

Solaray
Her Life
Stages PMS
& Menstrual
24 ct

reg \$**21.99**



Powerful support for a healthy cycle and menstrual discomfort, specifically to help ease breast tenderness, plus mood and energy.

January 2024 | Your True Natural Foods Market | Locally Owned And Operated

SUPPLEMENTS

35%
OFF

\$24⁹⁰

**Trace
Minerals**
ZeroLyte
Select Flavors
30 ct

reg \$38.10



30%
OFF

\$24⁴⁹

Sunwarrior
Active Energy
Select Flavors
30 serv

reg \$34.97



45%
OFF

\$17⁸⁹

**Buried
Treasure**
ACF
Immune
Support
16.54 oz

reg \$32.59



35%
OFF

\$25⁹⁹

**Lively
Vitamin Co**
Adrenal
Boost
60 cap

reg \$39.99



30%
OFF

\$34⁹⁹

Truvani
Organic Plant
Based Protein
Powder
Chocolate,
Vanilla
20 serv

reg \$49.95



35%
OFF

\$16⁷⁵

**Source
Naturals**
Wellness
Formula
120 cap

reg \$25.75



35%
OFF

\$10⁸⁹

**Planetary
Herbals**
Mullein Lung
Complex
850 mg
90 tab

reg \$16.75



30%
OFF

\$15³⁹

Solaray
Her Life Stages
Libido
60 cap

reg \$21.99



35%
OFF

\$14⁵⁹

**Body
Health**
Perfect Amino
Electrolytes
Watermelon
5.5 oz

reg \$22.49



30%
OFF

\$27⁹⁹

**Nordic
Naturals**
Immune
Mushroom
Complex
60 ct

reg \$39.95



30%
OFF

\$18¹⁹

**Nordic
Naturals**
CoQ10
Gummies
60 ct

reg \$25.95



SUPPLEMENTS

35%
OFF

\$15⁵⁹

Garden of Life
Vitamin Code
CoQ10
Gummies
60 ct
reg **\$23.99**



35%
OFF

\$16¹⁹

Garden of Life
Vitamin Code
Vitamins D3 &
K2 Gummies
45 ct
reg **\$24.99**



35%
OFF

\$15⁵⁹

Garden of Life
Vitamin Code
Calcium &
Magnesium
Gummies
60 ct
reg **\$23.99**



35%
OFF

\$16¹⁹

Garden of Life
Vitamin Code
Kids Multi
Gummies
90 ct
reg **\$24.99**



35%
OFF

\$19⁴⁹

Life Seasons
Clinical
Immunity
Quick-Start
60 cap
reg **\$29.99**



35%
OFF

\$42³⁹

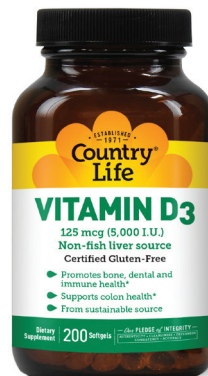
Biochem
Whey Isolate
Protein
Vanilla
1.8 lbs
reg **\$60.59**



30%
OFF

\$17⁴⁹

Country Life
Vitamin D3
200 gel
reg **\$24.99**



35%
OFF

\$28⁹⁹

Flora
Organic
Flax Oil
32 oz
reg **\$44.69**



35%
OFF

\$5³⁹

Lily of The Desert
Aloe Vera
Juice
16 oz
reg **\$7.69**



35%
OFF

\$24²⁵

Irwin
Naturals
Testosterone-
Extra Fat Burner
60 ct
reg **\$37.32**



30%
OFF

\$5⁹⁵

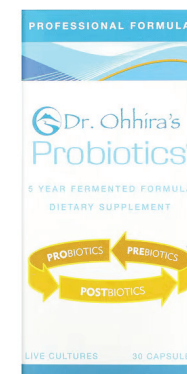
Ollois
Belladonna
30 c
reg **\$8.49**



20%
OFF

\$31⁹⁵

Dr. Ohhira's
Probiotics
Professional
Formula
Vegetarian
30 cap
reg **\$39.95**



GROCERY

45%
OFF

\$1⁶⁵

Chomps
Beef Stick
Jalapeno
1.5 oz

reg \$2.99



35%
OFF

\$5⁰⁹

Elmhurst
Milked
Almonds
32 oz

reg \$7.89



40%
OFF

\$5³⁹

Eville
Smoothie
Cubes
Select
Flavors
10.58 oz

reg \$8.99



35%
OFF

\$3⁰⁹

Evo Hemp
Hemp Bar
Select Flavors
1.7 oz

reg \$4.79



35%
OFF

\$2⁴⁵

Guru
Organic
Energy Drink
Yerba Mate
12 oz

reg \$3.79



35%
OFF

\$3⁹⁹

**La
Tourangelle**
All Purpose
Baking Spray
5 oz

reg \$6.19



35%
OFF

\$7⁴⁹

Sunfood
Organic
Cacao
Powder
8 oz

reg \$11.49



35%
OFF

\$7⁴⁹

Sunfood
Organic
Cacao Nibs
8 oz

reg \$11.49



40%
OFF

\$4⁰⁹

Petit Pot
French
Dessert
Dark
Chocolate
8 oz

reg \$6.89



30%
OFF

\$5⁶⁵

Ithaca
Fire
Roasted
Salsa Mild
14 oz

reg \$8.09



35%
OFF

\$1³⁵

Verb
Caffeinated
Energy Bar
Select Flavors
1.92 oz

reg \$2.05



45%
OFF

\$4⁰⁹

Immi
Black Garlic
"Chicken"
Ramen
2.43 oz

reg \$7.49



GROCERY

20%
OFF

\$2³⁹

Kowa
Mood Boost
Sparkling
Tonic Straw-
berry Yuzu
12 oz
reg \$2.99



40%
OFF

\$5¹⁵

**Primal
Kitchen**
Ketchup
Organic &
Unsweetened
11.3 oz
reg \$8.59



30%
OFF

\$6¹⁹

Bragg
Organic
Apple Cider
Vinegar
32 oz
reg \$8.89



35%
OFF

\$5⁵⁹

**Earth's
Promise**
Organic Long
Grain White
Rice
2 lbs
reg \$8.59



35%
OFF

\$5⁰⁹

Quorn
Meatless
ChiQin
Nuggets
10.6 oz
reg \$7.89



45%
OFF

\$3¹⁵

**from the
ground up**
Cauliflower
Crackers
Sea Salt
4 oz
reg \$5.69



40%
OFF

\$4⁹⁹

Bare
Organic
Apple Chips
Cinnamon
3 oz
reg \$8.39



30%
OFF

\$7³⁹

Barney
Almond
Butter
Smooth
16 oz
reg \$10.59



45%
OFF

\$6⁵⁹

**Magic
Spoon**
Fruity
7 oz
reg \$11.99



45%
OFF

\$2⁹⁹

**Made
Good**
Crispy
Squares
Vanilla
4.68 oz
reg \$5.49



30%
OFF

\$7¹⁵

**One
Degree**
Organic
Sprouted
Quick Oats
24 oz
reg \$10.19



35%
OFF

\$2⁸⁹

**Smart
Sweets**
Peach
Rings
1.8 oz
reg \$4.49



NATURE'S WAY HERBS

35%
OFF

\$16²⁵

**Nature's
Way**
Ashwagandha
60 cap

reg **\$24.99**



35%
OFF

\$13⁶⁵

**Nature's
Way**
Echinacea
180 cap

reg **\$20.99**



35%
OFF

\$10⁶⁹

**Nature's
Way**
Marshmallow
Root
100 cap

reg **\$16.49**



35%
OFF

\$14⁵⁹

**Nature's
Way**
Ginger Root
240 cap

reg **\$22.49**



35%
OFF

\$7⁴⁹

**Nature's
Way**
Dandelion
Root
100 cap

reg **\$11.49**



35%
OFF

\$10³⁹

**Nature's
Way**
Cayenne
Fruit
180 cap

reg **\$15.99**



35%
OFF

\$9⁰⁹

**Nature's
Way**
Beet Root
100 cap

reg **\$13.99**



35%
OFF

\$7⁷⁹

**Nature's
Way**
Slippery Elm
Bark
100 cap

reg **\$11.99**



35%
OFF

\$10⁹⁹

**Nature's
Way**
Fenugreek
Seed
180 cap

reg **\$16.99**



35%
OFF

\$9³⁹

**Nature's
Way**
Kidney
Bladder
100 cap

reg **\$14.49**

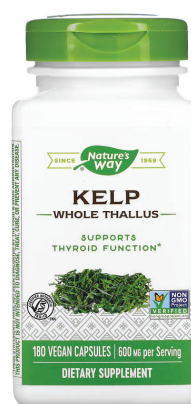


35%
OFF

\$10³⁹

**Nature's
Way**
Kelp
180 cap

reg **\$15.99**

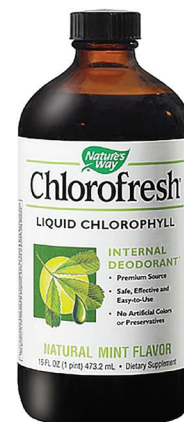


35%
OFF

\$9³⁹

**Nature's
Way**
Chlorofresh
Liquid
Chlorophyll Mint
16 oz

reg **\$14.49**



BODY CARE

40%
OFF

\$8³⁹

Hume
After Rain
Deodorant
2 oz

reg **\$13.99**

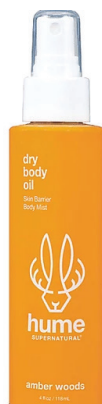


40%
OFF

\$14⁹⁹

Hume
Dry Body Oil
Amber Woods
4 oz

reg **\$24.99**



40%
OFF

\$13⁴⁹

**Brittanie's
Thyme**
Vitamin C
Serum
1 oz

reg **\$22.49**



40%
OFF

\$12⁷⁹

**Brittanie's
Thyme**
Citrus Facial
Cleanser
4 oz

reg **\$21.29**



40%
OFF

\$6⁶⁹

**Seaweed
Bath Co.**
Hydrate
Body Wash
Eucalyptus
Peppermint
12 oz
reg **\$11.19**



40%
OFF

\$9⁰⁹

**Seaweed
Bath Co.**
Bubbling
Muscle Soak
Tea Tree
Lavender
12 oz
reg **\$15.19**



40%
OFF

\$9⁰⁹

**Seaweed
Bath Co.**
Calm
Body Cream
Vetiver
Geranium
6 oz
reg **\$15.19**



40%
OFF

\$9⁰⁹

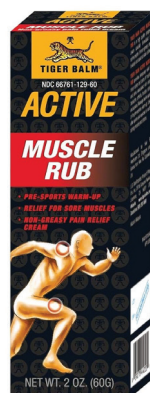
**Seaweed
Bath Co.**
Melt-in
Water Lotion
Blue Tansy
4 oz
reg **\$15.19**



40%
OFF

\$4⁵⁹

Tiger Balm
Active
Muscle
Rub
2 oz
reg **\$7.65**



40%
OFF

\$4⁸⁵

Tiger Balm
Pain Relieving
Patch
5 ct
reg **\$8.09**



40%
OFF

\$12⁶⁵

Tiger Balm
Ultra Strength
Pain Relieving
Ointment
1.7 oz
reg **\$21.09**



40%
OFF

\$5²⁹

Tiger Balm
Pain Relieving
Ointment
Red Extra
Strength
0.63 oz
reg **\$8.79**



NEW

Everyone

Deep
Conditioner
Coconut +
Lemon
8 oz



reg \$15.35

Strawberry Seed Oil, Apricot Kernel Oil, Sambucus Nigra Seed Oil, Raspberry Seed Oil, and Shea Butter all work to moisturize and soothe the hair.

Everyone

Power Rinse
Peppermint +
Tea Tree
8 oz



reg \$14.29

Designed to replace shampoo for when hair needs extra clarifying from life's daily grind - from sweating, swimming or everyday environmental exposures such as hard water.

Everyone

Shiny Hair Oil
Coconut +
Lemon
2 oz



reg \$15.35

Helps tame flyaways & frizz without leaving a greasy residue behind. Made with jojoba, avocado & meadow foam oils.

Everyone

Super
Scalp Scrub
Peppermint +
Tea Tree
8 oz



reg \$15.35

All hair types need proper exfoliation of the scalp. The sugary texture gently lifts away build-up, while promoting healthy circulation and cell turn of the scalp.

Genexa

Kids' Sleepology
60 ct



reg \$14.49

Sleepology helps promote natural, restorative sleep so you can wake up feeling refreshed. FREE OF MELATONIN: Safe and non-habit forming sleep aid without melatonin or potentially harmful inactive ingredients.

Trace

Minerals
Men's Multi
Gummy
Orange Mango
Coconut
60 ct



reg \$22.99

Made with men in mind, our Mens Multi Gummies offer 20 essential vitamins and minerals, including Vitamins A, B, C, D, E, folate, biotin, iodine, zinc, selenium, chromium, choline, and more.

Trace

Minerals
Women's Multi
Gummy Berry
Lemonade
60 ct



reg \$22.99

Made especially for women, our Womens Multi Gummies offer 20 essential vitamins and minerals, including Vitamins A, B, C, D, E, folate, biotin, iodine, zinc, selenium, chromium, choline, and more.

Trace

Minerals
Kid's Multi
Gummy
Orange
25 serv



reg \$20.99

Children's Multi Gummies offer over 20 essential vitamins and minerals, including Vitamins A, B, C, D, E, folate, biotin, iodine, zinc, selenium, chromium, choline, and more.

Luseta

Cherry Blossom
Body Wash
33.8 oz



reg \$48.95

Luseta Cherry Blossom Body Wash is formulated to softly cleanse your skin. This body wash is enriched with Prunus Speciosa Flower Extract, a potent antioxidant, to help protect the skin barrier and leave your skin feeling nourished.

Max Sweets

Max Vegan
Mini Chips Dark
Chocolate
5 oz



reg \$5.99

You will love these delicious vegan dark chocolate chips that are keto and diabetic friendly with no soy, corn, or dairy.

Max Sweets

Max Vegan
Mallow Burnt
Caramel
2.5 oz



reg \$5.99

These snackworthy vegan marshmallows are packed with nutrition! Enjoy these sugar free vegan mallows in your cup of coffee, hot chocolate, as a snack, and in baking.

Kite Hill

Dairy Free
Cream
Cheese
Strawberry
8 oz



reg \$9.75

Enjoy the fresh taste of real strawberries blended into Kite Hill's dairy-free cream cheese spread. Kite Hill was founded by an artisan chef, and you can tell with every delicious bite.

NEW

EDLP \$19.99

Type Zero
Clean Alpha
GPC
90 cap



reg \$24.99

Alpha GPC, or Alpha-glycerophosphocholine, is a choline-containing phospholipid that is widely known as the highest bio-available form of choline, making it one of the most effective nootropics available.

EDLP \$29.99

Type Zero
Amino Burn
Pina Colada
16 oz



reg \$34.95

Amino Burn was crafted to be the cleanest, most effective recovery + pre-workout weight loss drink on the market.

EDLP \$3.79

Chobani
Greek Yogurt
Mixed Berry
7 oz



reg \$4.79

Blueberry tender, blackberry tart, raspberry sweet and seedful. Three bold berry flavors come together in a drinkable Chobani® Greek Yogurt to bring out the brilliance in each other.

Clean Cause
Yerba Mate
Blueberry
15.5 oz



reg \$3.55

Perfectly sweet and simple - no artificial sweeteners or preservatives, just the natural juiciness of blueberries sweetened only with organic cane sugar.

Clean Cause
Yerba Mate
Lemonade &
Tea
15.5 oz



reg \$3.55

With 160mg of caffeine and no artificial sweeteners, this isn't your average sweet tea drink - it's better!

EDLP \$42.99

Black Market
Defy
Peach Rings
40 serv



reg \$59.99

Use DEFY to reach unequalled levels of energy, while peaking your vascularity and performance for a workout you've always wanted. 1 scoop if you're new, 2 scoops for professionals.

EDLP \$42.95

Bucked Up
Woke AF
Buck Berry
30 serv



reg \$59.95

Loaded with three different stimulants - Caffeine (333mg), Dendrobium, and Synephrine - this trifecta of power will give you long lasting energy, unparalleled pumps, and monk-like focus.

EDLP \$34.49

Bucked Up
Preworkout
Buck Berry
30 serv



reg \$49.95

A fusion of Strawberry and Raspberry, Buck Berry is undoubtedly the sweetest way to secure your GAINZ.

EDLP \$41.99

Gold Naturals
Salve
Muscle +
Joint
2 oz



reg \$46.99

Suffer from aches and pains in your joints or muscles? Our Muscle + Joint Salve is packed with full spectrum hemp extract and CBG and formulated with other essential oils and botanicals for targeted relief.

Serenity Kids
A2 Whole
Milk Toddler
Formula
12.7 oz



reg \$39.99

EASY TO DIGEST NUTRIENT RICH FORMULA: Our A2 Whole Milk Toddler Formula is crafted with ingredients we are proud of like organic whole milk, A2 protein, nutrient-rich fats, high-quality carbs, DHA, ARA, HMOs, nucleotides, and superior vitamin sources.

EDLP \$43.99

Jocko
Pre Workout
Blue
Raspberry
30 serv



reg \$49.99

Get your mind and body dialed in with high-stim Jocko Pre-Workout. Made with fully-dosed, clinically-studied ingredients, our formula supports explosive energy (200mg of caffeine),

Herb Pharm
Lung
Expectorant
1 oz



reg \$16.98

Herb Pharm's Lung Expectorant features Elecampane extract prepared from the root of Inula helenium plants. It also includes Lobelia extract made from the fresh aerial parts and seed of Lobelia inflata plants.

CASTOR OIL

By Jillian Levy, CHHC
January 30, 2023

Research studies have found that castor oil contains therapeutic components including fatty acids, flavonoids, phenolic compounds, amino acids, terpenoids and phytosterols. These various compounds give the oil the following properties and potential health benefits:

Anti-diabetic
Anti-inflammatory
Antimicrobial
Antioxidant
Hepatoprotective (ability to prevent damage to the liver)
Free radical scavenging
Wound-healing

Compounds found in castor can help stabilize the texture and consistency of products, which is why castor oil is used in so many cosmetics, hair and skincare treatments.

Reports show that this oil can be safely taken internally. When swallowed, it's hydrolyzed in the small intestine by pancreatic enzymes, leading to the release of glycerol and ricinoleic acid, along with other beneficial metabolites.

BENEFITS

1. IMPROVES IMMUNE FUNCTION

One of the major reasons castor oil has strong immune-enhancing effects is because it supports the body's lymphatic system. The most significant role of the lymphatic system, which is spread throughout the whole body in small tubular structures, is that it absorbs and removes excess fluids, proteins and waste materials from our cells.

2. BOOSTS CIRCULATION

A healthy lymphatic system and proper blood flow go hand in hand. When the lymphatic system fails (or edema develops, which is the retention of fluid and toxins), it's much more likely someone will have circulatory issues.

This is due to the fact that the lymphatic circulatory system works directly with the cardiovascular circulatory system to keep blood and lymphatic fluid levels in an optimal balance.

3. MOISTURIZES SKIN AND BOOSTS WOUND HEALING

Castor oil is completely natural and free of synthetic chemicals (as long as you use pure 100 percent pure oil, of course), yet it's rich in skin-boosting ingredients like fatty acids. Applying this oil to dry or irritated skin can help to discourage dryness and keep it well moisturized, since it prevents water loss.

4. HELPS DRY, IRRITATED, SUN-BURNT OR ACNE-PRONE SKIN

As a natural antibacterial agent, castor oil works similarly to coconut oil for boosting skin health. It also makes a great general skin moisturizer and anti-inflammatory blemish treatment.

5. HELPS TO ENCOURAGE STRONG, SHINY HAIR

What does castor oil do for your hair? Just like coconut oil benefits your hair, using castor oil may help your hair grow faster, thicker, stronger and shinier.

CASTOR OIL

Castor oil can be used in several ways: orally (taken by mouth), applied topically on the skin, applied to the hair, or massaged into the skin in the form of a castor oil pack.

Remember, any oil you ingest or consume (and even the kinds you apply directly to your skin) should really be of the highest quality to ensure safety and effectiveness.

Ideally look for a reputable brand of cold-pressed, pure, organic castor oil.

TO MAKE YOUR OWN CASTOR OIL PACK:

Some people believe that the most effective use of castor oil is castor oil packs or poultices. These might be able to help increase topical absorption through the skin's pores.

You can make your own easily, or purchase a pre-made kit.

To make your own pack you'll need a bottle of castor oil and a soft piece of fabric, such as flannel.

To make your own pack, saturate a piece of flannel and place it over your abdomen or other painful areas. It takes approximately 3–4 ounces of castor oil to make one pack the size of a washcloth or small hand towel.

Wrap castor oil cloth around any painful area. Cover the oiled cloth with another hand towel or a plastic wrap to prevent oil getting on clothes or furniture.

You may want to also apply heat to support absorption.

Let the pack sit for one hour or more.

You can also massage the oil into any area where soothing is desired.

Here are some of the most common types of castor oils you may find in stores:

COLD-PRESSED CASTOR OIL — This type is produced by cold-pressing the castor bean seeds to extract their natural oil content. This results in a high quality product that is recommended for internal use. You may also want to check that the oil is pesticide-free, paraben-free, phthalate-free and free of artificial color or fragrances.

YELLOW CASTOR OIL — This type is made from the castor bean, usually through pressing with no heat involved, although some manufacturers use chemicals in their processing. Generally speaking, the lighter color the oil is, the “purer” the product is.

JAMAICAN BLACK CASTOR OIL — This oil is developed by first roasting the castor beans, which results in a dark color (and burnt smell). This is the method that is traditionally used in Jamaica. Ash found in this type results in a higher pH (alkaline) product that is believed to have more clarifying properties that may help open pores.

NEW ANCIENT NUTRITION!

40%
OFF

\$32⁹⁵

**Ancient
Nutrition**
Multi Collagen
Advanced Lean
15.9 oz



reg **\$54.95**

Reduces body fat
percentage & supports a
healthy, lean body
composition.

40%
OFF

\$32⁹⁵

**Ancient
Nutrition**
Multi Collagen
Advanced
Detox
14.6 oz



reg **\$54.95**

Supports healthy liver
function & promotes healthy
detoxification.

40%
OFF

\$32⁹⁵

**Ancient
Nutrition**
Multi Collagen
Advanced
Hydrate
16.9 oz



reg **\$54.95**

Real hydration from real
foods like Spanish Cave Salt.

40%
OFF

\$32⁹⁵

**Ancient
Nutrition**
Multi Collagen
Advanced
Muscle
90 ct



reg **\$54.95**

Promotes muscle size,
endurance, and overall body
strength

40%
OFF

\$14⁹⁵

**Ancient
Nutrition**
Once Daily
Liver
30 ct



reg **\$24.95**

Supports healthy liver
function.

40%
OFF

\$17⁹⁵

**Ancient
Nutrition**
Once Daily
Organs Blend
30 ct



reg **\$29.95**

Grassfed Bovine Liver,
Grassfed Ovine Liver, Grassfed
Bovine Heart, Grassfed Bovine
Kidney, Grassfed Bovine
Adrenal, Grassfed Bovine
Pancreas

40%
OFF

\$20⁹⁵

**Ancient
Nutrition**
Once Daily
Women's
Vitality
30 ct



reg **\$34.95**

Supports healthy liver function
and women's vitality.

40%
OFF

\$20⁹⁵

**Ancient
Nutrition**
Once Daily
Male
Performance
30 ct



reg **\$34.95**

Supports healthy liver function
and men's vitality.

Save time and order online at www.goodearthmarkets.com- Free in-store pickup and local delivery on orders of \$150 or more

SPANISH FORK • OREM • AMERICAN FORK • SANDY • RIVERDALE • LAYTON • PARK CITY

WWW.GOODEARTHMARKETS.COM