

# GOOD EARTH — MARKETS —

## MONTHLY DEALS MARCH

35%  
OFF

**\$17<sup>29</sup>**

**Irwin  
Naturals**  
5-HTP  
Extra  
60 gel



reg **\$26.65**

Central to this formulation is 5-Hydroxytryptophan (5-HTP), a naturally occurring amino acid that is the immediate precursor of Serotonin.

25%  
OFF

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

**Dr.  
Mercola**  
Fermented  
Chlorella  
450 tab



reg **\$18.75**

Fermented Chlorella with Chlorophyll is highly digestible and bioavailable due to its unique fermentation process and advanced closed tank cultivation method

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

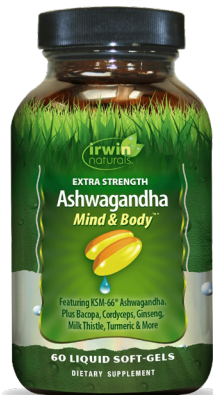


# SUPPLEMENTS

35%  
OFF

**\$20<sup>79</sup>**

**Irwin  
Naturals**  
Ashwagandha  
Extra Strength  
60 ct



reg **\$31.99**

35%  
OFF

**\$18<sup>99</sup>**

**Irwin  
Naturals**  
Maca Root and  
Ashwagandha  
75 ct

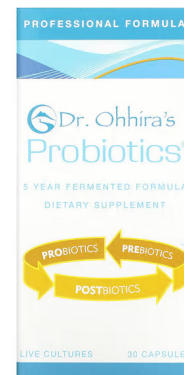


reg **\$29.32**

20%  
OFF

**\$31<sup>95</sup>**

**Dr. Ohhira's**  
Probiotics  
Professional  
Formula  
Vegetarian  
30 cap



reg **\$39.95**

35%  
OFF

**\$22<sup>45</sup>**

**Source  
Naturals**  
Theanine  
Serene  
With Relora  
120 tab



reg **\$34.50**

35%  
OFF

**\$19<sup>49</sup>**

**Life  
Seasons**  
Quercetin  
Flavonoid  
1,000 mg  
60 cap



reg **\$29.99**

35%  
OFF

**\$14<sup>95</sup>**

**Life  
Seasons**  
Lion's Mane  
Mushroom  
1,000 mg  
60 cap



reg **\$22.99**

35%  
OFF

**\$10<sup>99</sup>**

**Life  
Seasons**  
Magnesium  
Glycinate  
350 mg  
120 cap

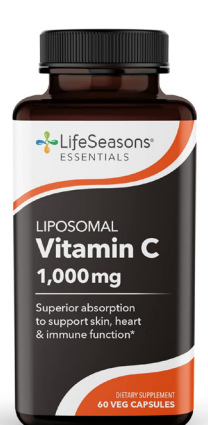


reg **\$16.99**

35%  
OFF

**\$14<sup>29</sup>**

**Life  
Seasons**  
Liposomal  
Vitamin C  
1,000 mg  
60 cap



reg **\$21.99**

40%  
OFF

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

**Rishi**  
Turmeric  
Ginger  
Tea  
15 ct



reg **\$11.69**

35%  
OFF

**\$25<sup>99</sup>**

**Truvani**  
Marine  
Collagen  
Unflavored  
5.9 oz



reg **\$39.99**

35%  
OFF

**\$31<sup>85</sup>**

**Truvani**  
Collagen  
Peptides  
Unflavored  
19.75 oz



reg **\$48.99**

35%  
OFF

**\$14<sup>70</sup>**

**Trace**  
Minerals  
PowerPak  
+ Immunity  
Lemon Berry  
8 oz



reg **\$23.10**

# SUPPLEMENTS

25%  
OFF

**\$18<sup>75</sup>**

**Dr. Mercola**  
Fermented  
Black Garlic  
60 cap

reg **\$24.99**



40%  
OFF

**\$17<sup>95</sup>**

**Ancient  
Nutrition**  
SBO Probiotics  
Gummies  
Berry  
60 ct

reg **\$29.95**



40%  
OFF

**\$11<sup>95</sup>**

**Ancient  
Nutrition**  
SBO Probiotics  
Kids  
Gummies  
Berry  
30 ct

reg **\$19.95**



30%  
OFF

**\$10<sup>49</sup>**

**Nordic  
Naturals**  
Vitamin C  
Gummies  
60 ct

reg **\$14.95**

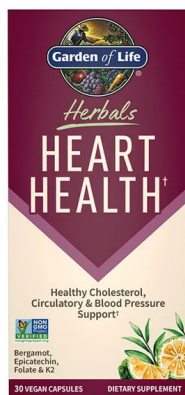


40%  
OFF

**\$23<sup>99</sup>**

**Garden of  
Life**  
Herbals  
Heart Health  
30 ct

reg **\$39.99**

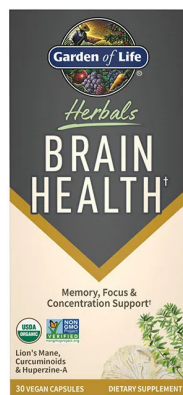


40%  
OFF

**\$28<sup>79</sup>**

**Garden of  
Life**  
Herbals  
Brain Health  
30 cap

reg **\$47.99**

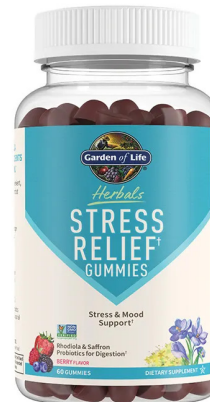


40%  
OFF

**\$19<sup>19</sup>**

**Garden of  
Life**  
Herbals  
Stress Relief  
Gummies  
60 ct

reg **\$31.99**

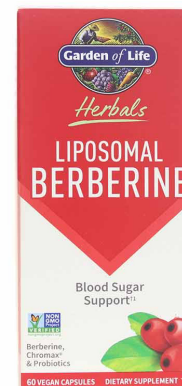


40%  
OFF

**\$23<sup>99</sup>**

**Garden of  
Life**  
Herbals  
Liposomal  
Berberine  
60 cap

reg **\$39.99**



35%  
OFF

**\$19<sup>49</sup>**

**Nature's  
Way**  
Alive Ultra  
Multivitamin  
Men's 50+  
60 ct

reg **\$29.99**



35%  
OFF

**\$19<sup>49</sup>**

**Nature's  
Way**  
Alive Ultra  
Multivitamin  
Women's 50+  
60 ct

reg **\$29.99**



35%  
OFF

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

**Zhou**  
3 Day Renew  
Digestive  
Health Reset  
27 ct

reg **\$19.99**



35%  
OFF

**\$9<sup>75</sup>**

**Zhou**  
Fast Support  
Daily Intermittent  
Fasting Support  
60 ct

reg **\$14.99**





# GROCERY

40%  
OFF

\$2<sup>39</sup>

**Amy & Brian**  
Coconut Water  
Original  
17.5 oz

reg \$3.99



30%  
OFF

\$2<sup>55</sup>

**Clearly Canadian**  
Sparkling Water  
Mountain Blackberry  
11 oz

reg \$3.59



40%  
OFF

\$3<sup>29</sup>

**TCHO**  
Holy Fudge  
Dark Chocolate  
Bar  
3 ct

reg \$5.49



40%  
OFF

\$5<sup>59</sup>

**Farmer Direct**  
All Purpose Flour  
5 lbs

reg \$9.29



40%  
OFF

\$5<sup>25</sup>

**Brooklyn Biltong**  
Air Dried Beef  
Original  
2 oz

reg \$8.69



40%  
OFF

\$2<sup>39</sup>

**Bambucha**  
Kombucha  
Select Flavors  
12 oz

reg \$3.99



40%  
OFF

\$4<sup>59</sup>

**Birch Benders**  
Buttermilk Pancake & Waffle Mix  
16 oz

reg \$7.69



40%  
OFF

\$4<sup>59</sup>

**Birch Benders**  
Chocolate Chip Pancake & Waffle Mix  
16 oz

reg \$7.69



40%  
OFF

\$1<sup>79</sup>

**Crispy Green**  
Crispy Fruit Strawberry  
.42 oz

reg \$2.99



35%  
OFF

\$5<sup>25</sup>

**Little Secrets**  
Peanut Butter Chocolate Pieces  
in Dark Chocolate  
5 oz

reg \$8.09



35%  
OFF

\$4<sup>85</sup>

**Little Secrets**  
Mini Cookie Bars  
Creamy Caramel  
3.4 oz

reg \$7.49



35%  
OFF

\$7<sup>29</sup>

**Lily's**  
Milk Chocolate Style Baking Chips  
9 oz

reg \$11.29





# GROCERY

45%  
OFF

\$13<sup>85</sup>

**Once Again**  
Organic Creamy Almond Butter  
16 oz

reg \$25.19



45%  
OFF

\$5<sup>99</sup>

**Once Again**  
Organic Creamy Peanut Butter  
16 oz

reg \$10.89



40%  
OFF

\$3<sup>79</sup>

**St. Dalfour**  
Fruit Spread Blueberry  
10 oz

reg \$6.39



45%  
OFF

\$2<sup>19</sup>

**Oomph**  
Mini Chews Green Apple  
1.8 oz

reg \$3.99



40%  
OFF

\$5<sup>45</sup>

**Miss Jones**  
Frosting Vanilla  
11.29 oz

reg \$9.09



40%  
OFF

\$5<sup>69</sup>

**Miss Jones**  
Organic Baking Mix Brownie  
14.67 oz

reg \$9.49



40%  
OFF

\$5<sup>69</sup>

**Miss Jones**  
Organic Baking Mix Chocolate Cake  
15.87 oz

reg \$9.49

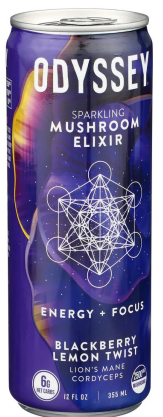


35%  
OFF

\$2<sup>85</sup>

**Odyssey**  
Mushroom Elixir  
Select Flavors  
12 oz

reg \$4.39

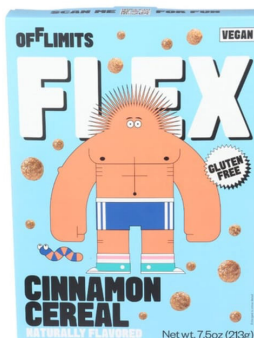


45%  
OFF

\$5<sup>95</sup>

**Off Limits**  
Flex Cinnamon Cereal  
7.5 oz

reg \$10.79



35%  
OFF

\$3<sup>99</sup>

**Lifeway**  
Kefir  
Select Flavors  
32 oz

reg \$6.19



40%  
OFF

\$5<sup>09</sup>

**Arrowhead Mills**  
Buttermilk Pancake & Waffle Mix  
22 oz

reg \$8.49



40%  
OFF

\$2<sup>29</sup>

**Protein Poppers**  
Chips  
Select Flavors  
1 oz

reg \$3.79





# BODY CARE

35%  
OFF

\$6<sup>55</sup>

**David's**  
Premium  
Toothpaste  
Peppermint  
5.25 oz

reg \$10.09



35%  
OFF

\$6<sup>55</sup>

**David's**  
Premium  
Toothpaste  
Strawberry  
Watermelon  
5.25 oz

reg \$10.09



35%  
OFF

\$2<sup>25</sup>

**One With  
Nature**  
Muscle Soak  
Eucalyptus  
2.5 oz

reg \$3.49



35%  
OFF

\$3<sup>39</sup>

**Lily of the  
Desert**  
Aloe Vera  
Gelly  
4 oz

reg \$5.19



35%  
OFF

\$12<sup>59</sup>

**Acure**  
The Essentials  
Organic  
Moroccan  
Argan Oil  
1 oz

reg \$19.39



35%  
OFF

\$9<sup>95</sup>

**Acure**  
Incredibly Clear  
Charcoal  
Lemonade  
Facial Scrub  
4 oz

reg \$15.29



35%  
OFF

\$7<sup>99</sup>

**Acure**  
Brightening  
Facial  
Scrub  
4 oz

reg \$12.29



35%  
OFF

\$9<sup>95</sup>

**Acure**  
Radically  
Rejuvenating  
Facial  
Scrub  
4 oz

reg \$15.29



45%  
OFF

\$4<sup>95</sup>

**Lumineux**  
Kids  
Toothpaste  
Strawberry  
3.75 oz

reg \$3.75



45%  
OFF

\$6<sup>59</sup>

**Lumineux**  
Whitening  
Mouthwash  
16 oz

reg \$11.99



35%  
OFF

\$3<sup>89</sup>

**One With  
Nature**  
Soap Bar  
Blackberry  
Pear  
7 oz

reg \$5.99



40%  
OFF

\$7<sup>29</sup>

**Tea Tree  
Therapy**  
Tea Tree Oil  
1 oz

reg \$12.19





# DRINK YOUR GREENS

**Clean  
Simple  
Eats**  
Peachy  
Greens Mix  
30 serv

reg **\$39.99**

Loaded with 20 different fruits, vegetables, grasses, and seaweeds to promote healthy digestion, support your gut microbiome, and decrease bloating.



**Amazing  
Grass**  
Green  
Superfood  
Original  
8.5 oz

reg **\$39.99**

**SUPPORTS IMMUNITY AND GUT HEALTH:**  
Packed with 2 full servings of wholesome fruits, vegetables, vitamins & minerals in every scoop, our Greens Blend ensures you are getting the right amount of nutrients to support overall health and immunity.



**Vibrant  
Health**  
Green Vibrance  
Original  
11.92 oz

reg **\$62.00**

Your daily plant-powered elixir. Meticulously formulated with probiotics, antioxidants, adaptogens, and ingredients that support immunity, our blend is rooted in scientific research.

EDLP **\$55.79**



**Jocko  
Greens**  
Pineapple  
Coconut  
8 oz

reg **\$49.99**

Jocko Greens delivers all the nutrients you need with delicious taste. For better gut health, immune support, and easier digestion, Jocko Greens packs in over 20 organic superfoods, functional adaptogens, and probiotics.

EDLP **\$43.99**



**Sunwarrior**  
Protein +  
Greens  
Chocolate  
1.67 lbs

reg **\$47.97**

Plant yourself in the center of nutrition! Support your muscles with clean protein and alkalize your cells with greens to fuel your body through your busiest days. It's high quality, clean energy, and optimal sustenance all in one scoop.

EDLP **\$40.77**



**Sunwarrior**  
Organic Ormus  
Supergreens  
Mint  
225 g

reg **\$33.97**

**POWERFUL SUPERGREENS:** Loaded with alfalfa, moringa, barley, oat, and wheat grasses, plus trace minerals and chlorophyll.

EDLP **\$28.87**



**40%  
OFF**

**\$29<sup>99</sup>**

**Garden of  
Life**  
Organic  
Sport Greens  
Apple Berry  
30 serv

reg **\$49.99**



**40%  
OFF**

**\$29<sup>99</sup>**

**Garden of  
Life**  
Organic  
Sport Greens  
Original  
30 serv

reg **\$49.99**

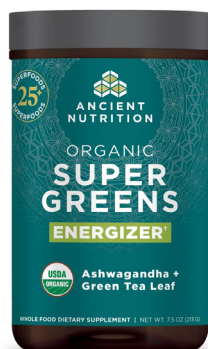


**40%  
OFF**

**\$26<sup>95</sup>**

**Ancient  
Nutrition**  
Organic  
Super Greens  
Energizer  
7.5 oz

reg **\$44.95**



**40%  
OFF**

**\$35<sup>95</sup>**

**Ancient  
Nutrition**  
Organic  
Super Greens  
Multivitamin  
7.5 oz

reg **\$59.95**



**40%  
OFF**

**\$35<sup>95</sup>**

**Ancient  
Nutrition**  
Organic  
Super Greens  
+ Collagen  
7.5 oz

reg **\$59.95**



**40%  
OFF**

**\$26<sup>95</sup>**

**Ancient  
Nutrition**  
Organic  
Super Greens  
Alkalize & Detox  
7.5 oz

reg **\$44.95**





# NEW

## OLLY Sleep Gummies 50 ct



reg **\$19.73**

An expertly blended formula of melatonin, L-theanine and botanicals like Chamomile, Passionflower & Lemon Balm to help soothe and relax.

## OLLY Goodbye Stress Gummies 42 ct



reg **\$19.29**

Stress relief gummies work fast to help counter bad vibes, with a boost of what your body needs to help you keep your cool.

## OLLY Laser Focus Gummies 36 ct



reg **\$19.75**

Get in the zone. These trusty little side-kicks enhance your thinking power and help you to stay on task.

## Best Naturals Liquid Chlorophyll 2 oz



reg **\$16.65**

Chlorophyll Liquid helps to support the healthy energizing, alkalization, healthy oxygenation, and strengthening of cells.

## Mary Ruth's Organic Sea Moss Liquid Drops 1 oz

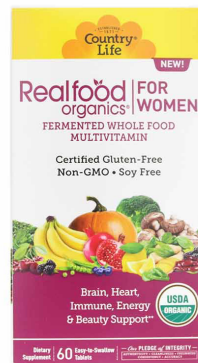


EDLP **\$11.59**

reg **\$14.49**

Support your gut health with Irish Moss (Chondrus crispus), which may act as a prebiotic for your digestive system.

## Country Life RealFood Organics Multivitamin for Women 60 ct



reg **\$49.99**

RealFood Organics For Women, is a multivitamin made from a broad-spectrum blend of fermented organic whole food offering a variety of nutrients and healthy polyphenols that support overall good health and supply dietary requirements that only Mother Nature can provide.

## First Honey Manuka Bandages 12 ct



reg **\$10.29**

Specially designed to treat minor cuts and scrapes for the whole family.

## H Factor Hydrogen Infused Water 11 oz



EDLP **\$2.79**

reg **\$3.39**

When we infuse hydrogen gas into water, active hydrogen molecules are free and accessible to our body. Think of it like a plus one... we've invited an extra guest (H2) to the party (H2O)!

## Zevia Energy Drink Watermelon Zero Sugar 12 oz



EDLP **\$2.29**

reg **\$2.69**

Slice into the taste of Summer with Watermelon Energy! The sweet essence of watermelon comes to life in this lightly fizzy, fully refreshing burst of clean energy. Naturally sweetened with zero sugar and 120 mg of caffeine in every can.

## Equal Exchange Organic Maple Cocoa 12 oz



reg **\$10.79**

This delightful hot cocoa features organic maple sugar from the Northwoods of Canada to make this a sweet, cozy cup with just the right touch of cold weather comfort.

## Humble Potato Chips Smokey BBQ 5 oz



EDLP **\$4.69**

reg **\$5.29**

A rich smokey BBQ experience created using the perfect blend of spices and natural smoke flavors.

## Seven Sundays Protein Oats Wild Berry 16 oz



reg **\$10.79**

Make yourself a bowl of delicious, subtly sweet protein oatmeal thanks to freshly tapped maple syrup from the Northwoods of Minnesota.



# NEW

## Anima Mundi Soma Elixir 2 oz

reg \$24.89



Soma Elixir is composed of seven double extracted adaptogenic mushrooms, extracted with Schisandra berries and Rose petals to increase bioavailability and resilience.

## Olipop Tonic Sparkling Banana Cream 12 oz

reg \$2.99



A flavor unlike any other Olipop, this surprisingly delightful soda melds creamy vanilla and sweet banana together for a taste best described as banana cream pie in a can.

## Magic Spoon Grain-Free Cereal Frosted 7 oz

reg \$11.19



Sweet, subtle and smooth with hints of vanilla and marshmallow, your new favorite simple cereal with 4g net carbs, 13g complete protein, 140 calories, and no artificial ingredients.

## Magic Spoon Grain-Free Cereal Chocolate Chip Cookie 7 oz

reg \$11.19



Ditch the oven and grab a box (or four) of Chocolate Chip Cookie!

## Tony's Lil' Bits S'mores 60 cap

reg \$6.19



Ready for s'more snackable Tony's chocolate? Get your s'mores fix with our fluffy marshmallow and graham cracker bits, smothered in 100% traceable milk chocolate for a campfire-worthy treat.

## Once Upon A Farm Yogurt Coconut Mixed Berry

reg \$3.89



This velvety smooth organic coconut milk yogurt alternative has added probiotics and is sweetened only with real fruit to nourish and delight the next generation of yogurt lovers—even our friends who are dairy-free. From baby food to big kid snack, it's a yogurt they'll crave forever!

## Mary Ruth's Hair Care Liposomal 14 pk

reg \$24.36



Support hair health with Biotin, an essential nutrient that supports healthy hair growth, and Selenium that supports skin health and cellular integrity.

## Fungies Lion's Mane Mushroom Gummies 60 ct

reg \$19.95



Brainpower in a Bite: Elevate your mental performance with our Lion's Mane Gummies, a perfect blend of nature's finest ingredients.

## Just Ingredients Whole Food Vitamin C Complex 45 ct

reg \$29.99



Carefully crafted from Acerola Cherry, Camu Camu, and Amla Berry. With 120mg of Vitamin C per serving to foster immune resilience, collagen maintenance, and deliver powerful antioxidant effects.

## Just Ingredients Probiotic Complex Elderberry Lemonade 30 serv

reg \$39.99



Contains a 3-in-1 blend of pre, pro & post-biotics. All three biotics work in tandem to help: reduce inflammation, improve digestive health, strengthen the gut lining along with many other benefits!

## King Floyds Orange Digestive Bitters 2 oz

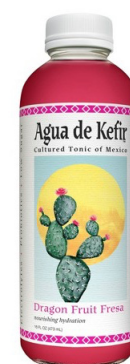
reg \$16.35



Digestive bitters have been used for centuries to help relive digestive issues. They're traditionally consumed just before or after meals to help aid in the digestion process and are thought to help soothe upset stomachs and relieve gas, bloating, and occasional heartburn.

## GT's Kombucha Agua de Kefir Dragon Fruit Fresca 16 oz

reg \$4.89



Traditionally given to promote strength and stamina, this kidney and adrenal tonic is still used throughout the world to promote healthy oxygenation and natural energy levels, as well as healthy kidney and liver function.

# WHAT IS MATCHA?

By Rachael Link, MS, RD

Matcha is a concentrated powdered form of green tea that has been used for centuries in China and Japan. In fact, the term “matcha” and its pronunciation (maa-chuh) are derived from Japanese words meaning “ground” and “tea.” Matcha is made from the leaves of the tea plant *Camellia sinensis*, an evergreen shrub of the Theaceae family. All tea comes from this plant, but the variations in color and taste are the result of differences in processing. The tea plants that are specifically grown and used to make matcha are typically shaded for two weeks to increase chlorophyll levels before the leaves are picked. After harvest, the green tea leaves are steamed, dried and ground into a fine powder. Unlike other types of tea, matcha contains the entire tea leaves, providing a more concentrated source of nutrients. It also has a strong, distinct flavor, which many compare to spinach or wheat grass.

The secret behind matcha tea’s super strength is found in its polyphenol compounds called catechins, which are a type of antioxidant found in superfoods like green tea, cocoa and apples. Valued for being more catechin-dense than most foods, the health benefits of matcha tea generally arrive for those who regularly drink it. Potential benefits range from improved heart health to lower blood sugar levels, increased weight loss and beyond.

## **BENEFITS EXERCISE PERFORMANCE**

Clinical tests suggest that matcha green tea can help speed up muscle recovery in athletes whose focus is high-intensity workouts, like burst training. It has also been shown to reverse cellular damage caused by oxidative stress, which could help prevent damage to the muscles and tissues.

## **BEST FOOD SOURCE OF DISEASE-FIGHTING CATECHINS**

According to a paper published by Harvard Medical School, green tea is one of the best food sources of a group of antioxidants known as catechins. Catechins are thought to be even more powerful than both vitamins C and E in stopping oxidative damage to the cells. Antioxidants like catechins play a key role in health and disease

## **HIGH LEVELS OF L-THEANINE FOR AN ALERT CALM**

Matcha is said to induce a feeling of “alert calm,” thanks to the powerful combination of L-theanine and caffeine. L-theanine is an amino acid found naturally in teas from the *Camellia sinensis* plant. By drinking matcha green tea, you can increase levels of L-theanine and promote alpha waves, which lead to a state of relaxed alertness. L-theanine also helps to increase levels of dopamine and GABA (gamma-aminobutyric acid) in the brain, which could benefit conditions like anxiety. Due to the conditions in which it is grown, it’s estimated that matcha tea may contain up to five times as much L-theanine as regular green tea.

## **DETOXIFIES THE BODY**

Matcha’s rich green color is the result of its high chlorophyll levels. Chlorophyll is a type of plant pigment responsible for the absorption of light in the process of photosynthesis, which creates energy. The fact that matcha is carefully shade-grown makes it significantly richer in chlorophyll compared to other teas.

## **HOW TO MAKE**

The most straightforward and common way to use matcha powder is to make tea, but matcha tea is traditionally made in a very unique and specific fashion.

Directions can vary, but here is one easy method for how to prepare matcha tea properly:

Fill kettle with fresh, filtered water and heat to just short of boiling.

Fill matcha bowl or cup with hot water and pour out (to warm the bowl/cup).

Add 1 teaspoon of matcha powder to bowl or cup.

Add 2 ounces of nearly boiled water.

Whisk (ideally with a bamboo brush or tea whisk) water and powder briskly for a minute or two until it looks thick and frothy with tiny bubbles.

Add 3 to 4 more ounces of water.



# HEALTH BENEFITS OF GREEN TEA

By Christine Fiorentino

## MAY REDUCE INFLAMMATION

Inflammation is your body's natural reaction against injury and infection. While short-term inflammation is a normal part of life, prolonged inflammation can become chronic and accumulate throughout the body, potentially leading to a slew of health problems, such as heart disease, high blood pressure, diabetes and cancer. Luckily, sipping on that cup of warm green tea may help contribute to the management of inflammation. Green tea has an excellent antioxidant profile. It is rich in polyphenols, which contribute additional antioxidant and anti-inflammatory properties. A 2022 study performed on 40 participants at Ohio State University found that green tea extract lowered blood sugar and decreased gut inflammation and permeability in both healthy people and people with metabolic syndrome.

## SUPPORTS BRAIN FUNCTION

According to the American Heart Association, "Studies show tea consumption, along with a heart-healthy diet, may improve some brain function." L-theanine, an amino acid in green tea, has been found to help improve brain function by strengthening memory and reducing anxiety. One 2012 study in Neuropharmacology revealed that "people who took 100 milligrams of L-theanine made fewer errors in an attention task than those in the placebo group. Drinking 50 mg of caffeine or combining the L-theanine and caffeine also improved people's focus."

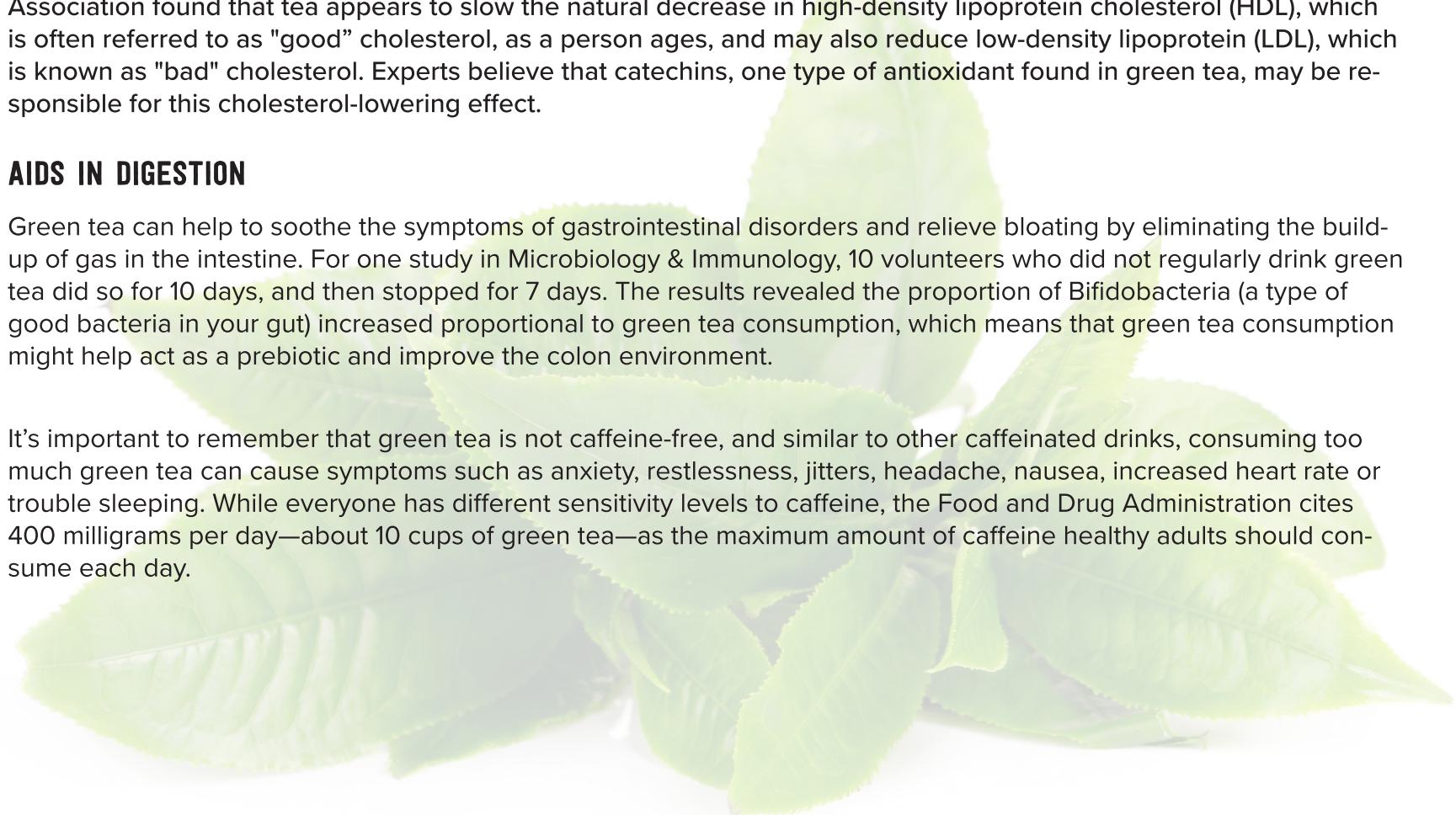
## MIGHT IMPROVE BLOOD SUGAR AND CHOLESTEROL LEVELS

Green tea may help defend against heart disease by supporting healthy cholesterol. Studies also show that green tea may reduce blood sugar levels and help prevent type 2 diabetes. A 2018 study in the Journal of the American Heart Association found that tea appears to slow the natural decrease in high-density lipoprotein cholesterol (HDL), which is often referred to as "good" cholesterol, as a person ages, and may also reduce low-density lipoprotein (LDL), which is known as "bad" cholesterol. Experts believe that catechins, one type of antioxidant found in green tea, may be responsible for this cholesterol-lowering effect.

## AIDS IN DIGESTION

Green tea can help to soothe the symptoms of gastrointestinal disorders and relieve bloating by eliminating the build-up of gas in the intestine. For one study in Microbiology & Immunology, 10 volunteers who did not regularly drink green tea did so for 10 days, and then stopped for 7 days. The results revealed the proportion of Bifidobacteria (a type of good bacteria in your gut) increased proportional to green tea consumption, which means that green tea consumption might help act as a prebiotic and improve the colon environment.

It's important to remember that green tea is not caffeine-free, and similar to other caffeinated drinks, consuming too much green tea can cause symptoms such as anxiety, restlessness, jitters, headache, nausea, increased heart rate or trouble sleeping. While everyone has different sensitivity levels to caffeine, the Food and Drug Administration cites 400 milligrams per day—about 10 cups of green tea—as the maximum amount of caffeine healthy adults should consume each day.



# SPRING CLEANING

40%  
OFF

\$9<sup>79</sup>

**Better  
Life**  
Dishwasher  
Gel  
60 load

reg \$16.29



GREASE-KICKING FORMULA - This ultra-concentrated dishwasher soap powers through stubborn stains and stuck-on food for dazzlingly clean dishes, glasses, and utensils.

40%  
OFF

\$6<sup>99</sup>

**Better  
Life**  
Granite  
and Stone  
Cleaner  
16 oz

reg \$11.69



Spray and wipe with a cloth. Stare at the sparkle awhile. With biodegradable ingredients that are gentle on the planet, you can feel good about bringing this product home.

40%  
OFF

\$9<sup>79</sup>

**Better  
Life**  
Floor Cleaner  
Citrus Mint  
32 oz

reg \$16.29



Dirt-Destroying! Freshen up your hardwoods, Ale, marble, bamboo, vinyl, laminate and other sealed floors for a brilliant shine!

40%  
OFF

\$8<sup>99</sup>

**Better  
Life**  
Toilet Bowl  
Cleaner  
24 oz

reg \$15.09



Plant-Based Cleaning Agents: Made with ingredients that are gentle on the planet, you can feel good about bringing this product home.

40%  
OFF

\$8<sup>99</sup>

**Better  
Life**  
Tub & Tile  
Cleaner  
32 oz

reg \$15.09



BETTER LIFE Naturally Bathroom-Brightening Tub & Tile Cleaner dissolves soap scum, rust, and hard water stains without any fumes or funny fragrances.

30%  
OFF

\$6<sup>79</sup>

**Better  
Life**  
Dish Soap  
Lemon Mint  
22 oz

reg \$11.39



GREASE-KICKING FORMULA - This powerful dish soap liquid is designed to clean even your toughest, greasiest messes in the kitchen. Removes grease, grime and food residue.

40%  
OFF

\$21<sup>35</sup>

**Nellie's**  
Lamby Wool  
Dryerballs  
4 ct

reg \$35.59



Searching for a natural alternative to toxic dryer sheets? Look no further! With wool straight through to the core, our Dryerballs act as a soft, silent, natural fabric softener that lift and separate clothes, cutting down on both static and drying time.

40%  
OFF

\$18<sup>65</sup>

**Nellie's**  
Laundry Soda  
100 loads

reg \$31.09



Made with only four ingredients, Laundry Soda is a highly concentrated formula that dissolves quickly in cold or hot water and is septic safe. Most importantly, it rinses completely clear, leaving your skin and the environment as spotless as your clothes.

Save time and order online at [www.goodearthmarkets.com](http://www.goodearthmarkets.com) | Free in-store pickup and local delivery on orders of \$150 or more!

Prices valid 03/1/2024-03/31/2024. Subject to availability. No rainchecks. Prices subject to change without notice. We reserve the right to correct

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

[WWW.GOODEARTHMARKETS.COM](http://WWW.GOODEARTHMARKETS.COM)