

GOOD EARTH — MARKET —

MONTHLY DEALS JANUARY



**30%
OFF**



\$26⁵⁹

**Sunwarrior
Core
Cleanser
9.5 oz**

reg **\$37.97**

**25%
OFF**

\$29⁹⁹

**Truvani
Marine
Collagen
Unflavored
5.9 oz**

reg **\$39.99**



Promote vibrant skin, strong nails, and support the health of your hair, joints, and bones – with Marine Collagen!

SUPPLEMENTS

35%
OFF

\$24⁹⁰

**Trace
Minerals**
ZeroLyte
Salty Orange
Flavor
30 pkts



reg **\$38.10**

ZeroLyte is a sodium and electrolyte drink pack aimed at replenishing essential electrolytes lost through exercise and other daily activities to keep your body hydrated and full of energy.

40%
OFF

\$23⁹⁹

**Solaray
Magnesium
Glycinate**
350 mg
240 cap



reg **\$39.99**

Magnesium Glycinate (also known as Bisglycinate) is believed to offer superior availability of Magnesium to the body. It is intended to provide nutritive support for normal, healthy, muscle function.

40%
OFF

\$23⁹⁹

**Solaray
Vitamin
D3 + K2**
120 cap



reg **\$39.99**

Beyond its vital role in calcium absorption and bone health, Vitamin D supports immune function to help keep you feeling your best.

25%
OFF

\$13⁸⁹

**Bluebonnet
Ladies' One
Whole Food
Based Multi**
30 cap



reg **\$18.50**

Formulated with coenzyme B-vitamins, natto-sourced K2, organic veggies, plant-sourced digestive enzymes and a herbal blend for women's health.

35%
OFF

\$10⁶⁹

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



reg **\$16.49**

Nature's Way Marshmallow Root is traditionally used to soothe digestion.

35%
OFF

\$16²⁵

**Nature's
Way
Ashwagandha**
60 cap



reg **\$24.99**

Ashwagandha can help you handle the little things each day throws your way. It's an adaptogen used to help your body adapt to daily stressors.

35%
OFF

\$7⁴⁹

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



reg **\$11.49**

Nature's Way's Dandelion Root is a traditional diuretic herb.

35%
OFF

\$10³⁹

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



reg **\$15.99**

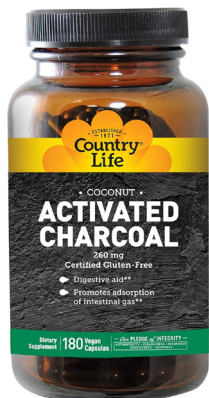
These spicy red peppers contain capsaicin, which makes them taste "hot." Nature's Way Cayenne Fruit was inspired by these traditional uses and is used to aid digestion and support circulation.

SUPPLEMENTS

35%
OFF

\$20⁹⁹

**Country
Life**
Activated
Charcoal
180 cap



reg \$32.39

Charcoal is commonly used as a digestive aid due to its absorption qualities.

35%
OFF

\$20⁴⁹

**Country
Life**
L-Lysine
500 mg
250 cap



reg \$31.59

Supports structure & function of collagen in skin tissue - also essential to its renewal, particularly in the lips and mouth region.

30%
OFF

\$23²⁹

**Irwin
Naturals**
Green Tea Fat
Metabolizer
75 gel



reg \$33.32

Green Tea Fat Metabolizer maximizes powerful thermogenic action in fast-acting Liquid Soft-Gels. For optimum results, use in conjunction with a reduced-calorie diet and exercise plan.

30%
OFF

\$23²⁹

**Irwin
Naturals**
Steel-Libido
Red
75 gel



reg \$33.32

Magnum Blood-Flow with Nitric Oxide Booster to support blood-flow for maximum male physical response.

25%
OFF

\$37⁴⁵

TruVani
Plant
Based
Protein
Matcha
22 oz



reg \$49.95

The organic culinary-grade matcha used in our Matcha Protein Powder is farmed from Kagoshima, Japan, home to the active Sakurajima volcano (one of the best regions for growing matcha).

30%
OFF

\$22³⁹

**Nordic
Naturals**
Omega-3
120 gel



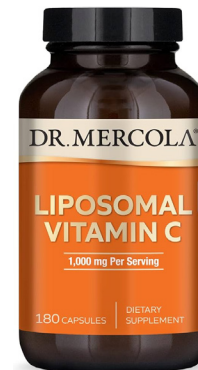
reg \$31.95

High-quality omega-3 supplements from fish oil and algae oil are an essential first step towards supporting optimal health—no matter what else you take.

25%
OFF

\$37⁴⁹

**Dr.
Mercola**
Liposomal
Vitamin C
180 cap



reg \$49.99

Liposomal Vitamin C works as a powerful antioxidant and nutrient to support immune and organ health by protecting vital elements in your body against harmful free radicals.

25%
OFF

\$18⁷⁵

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



reg \$24.99

Fermented Black Garlic contains more than 800 mg of fermented black garlic, which includes at least 1.2 mg of black garlic's most potent antioxidant – S-allyl-cysteine (SAC) for reliable potency with every serving.

GROCERY

40%
OFF

\$4⁰⁹

Petit Pot
Organic
French
Pudding
Dark
Chocolate
2 pk



reg \$6.89

40%
OFF

\$2⁹⁵

Edna's
0% Alcohol
Mojito
12 oz



reg \$4.90

40%
OFF

\$2⁴⁹

**Native
Forest**
Organic
Coconut
Milk Simple
13.5 oz



reg \$4.19

40%
OFF

\$2⁷⁵

**Native
Forest**
Organic
Coconut
Cream
Simple
13.5 oz



reg \$4.59

35%
OFF

\$1⁶⁹

Hop WTR
Sparkling
Hop Water
Select
Flavors
12 oz



reg \$2.62

40%
OFF

\$7¹⁹

**Primal
Kitchen**
Roasted
Garlic
Marinara
Sauce
24 oz



reg \$11.99

40%
OFF

\$6⁴⁹

**Primal
Kitchen**
Unsweetened
Ketchup
18.5 oz



reg \$10.89

35%
OFF

\$7⁷⁵

Yo Mama's
Tomato Sauce
Marinara
25 oz



reg \$11.89

35%
OFF

\$7⁴⁵

Sunfood
Organic
Cacao Nibs
8 oz



reg \$11.49

35%
OFF

\$8²⁹

Sunfood
Raw
Organic
Chia Seeds
1 lb



reg \$12.79

40%
OFF

\$4¹⁹

Immi
Ramen
Soup
Black Garlic
"Chicken"
2.43 oz



reg \$6.99

35%
OFF

\$19³⁹

**LA
Tourangelle**
Organic
Extra Virgin
Olive Oil
25.4 oz



reg \$29.89

GROCERY

40%
OFF

\$2⁶⁹

Bigelow
Lavender
Chamomile
Herbal Tea
18 bags



reg \$4.49

40%
OFF

\$3⁷⁹

Barnana
Organic
Plantain Chips
Himalayan
Pink Salt
5 oz



reg \$6.29

45%
OFF

\$13¹⁹

**Manitoba
Harvest**
Hemp Hearts
Shelled Hemp
Seeds
24 oz



reg \$23.99

45%
OFF

\$3⁵⁹

Ithaca
Hummus
Roasted Red
Pepper
10 oz



reg \$6.49

40%
OFF

\$2⁹⁹

Barbara's
Original
Cheese
Puffs
7 oz



reg \$4.99

40%
OFF

\$4⁵⁵

Barbara's
Peanut Butter
Puffins
Cereal
11 oz



reg \$7.59

35%
OFF

\$4⁶⁹

Justin's
Classic Peanut
Butter
16 oz



reg \$7.19

40%
OFF

\$7¹⁹

**Magic
Spoon**
Grain-Free
Cereal
Fruity
7 oz



reg \$11.99

40%
OFF

\$6⁶⁹

**Magic
Spoon**
Treats
Cereal Bars
Marshmallow
4 ct



reg \$11.19

40%
OFF

\$1³⁹

Zevia
Zero Sugar
Soda
Select
Flavors
12 oz



reg \$2.29

40%
OFF

\$1⁶⁵

Zevia
Energy
Zero Calorie
Select Flavors
12 oz



reg \$2.79

35%
OFF

\$4⁵⁵

**Mavuno
Harvest**
Organic
Cashews
Roasted With
Sea Salt
4 oz



reg \$6.99

BODY CARE

35%
OFF

\$8⁰⁹

**Hyland's
Naturals**
Organic
Baby Chest
Rub
1.76 oz



reg \$12.49

Smooth on this gentle, organic aromatic chest rub to comfort and soothe your little one, so they can feel better and you can breathe easier too.

35%
OFF

\$8⁷⁹

**Hyland's
Naturals**
Baby Eczema
Lotion
5 oz



reg \$13.49

This lightweight lotion, made with Colloidal Oatmeal and other skin comforting organic ingredients, delivers moisture to soothe the dryness and flakiness eczema can bring.

35%
OFF

\$10⁹⁹

**Hyland's
Naturals**
Organic All
Purpose Balm
4 oz



reg \$16.99

Multipurpose soothing and nourishing balm for dry or sensitive skin.

35%
OFF

\$8⁰⁹

**Hyland's
Naturals**
Organic
Calming
Balm
1.76 oz



reg \$12.49

Made with Organic Lavender Oil, Organic Eucalyptus Oil and Organic Bergamot Fruit Oil.

35%
OFF

\$14⁵⁹

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



reg \$22.49

Brittanie's Thyme Vitamin C Serum is formulated with a concentration of 20% to provide maximum anti-aging benefits and protection from environmental damage.

35%
OFF

\$5⁶⁵

**Brittanie's
Thyme**
Olive Oil
Hand Soap
Bergamot
Lime



reg \$8.69

Brittanie's Thyme Olive Oil Hand Soaps are made with pure essential oils and botanical ingredients that will effectively wash away germs while promoting skin healing and hydration.

35%
OFF

\$10²⁵

**Desert
Essence**
Jojoba Oil
4 oz



reg \$15.79

Grown under the hot desert sun, the nut-like Jojoba seed yields a clear, golden oil that penetrates and moisturizes skin without clogging pores.

35%
OFF

\$14⁶⁹

**Desert
Essence**
100%
Australian
Tea Tree
Oil
2 oz



reg \$22.59

A powerful essential oil from the arid plains of eastern Australia, where it has long been prized for its cleansing and clarifying properties.

SUPPLEMENTS

35%
OFF

\$12⁷⁹

Sunfood
Organic
Matcha
Powder
4 oz



reg \$19.69

Matcha Powder is a unique type of tea made from whole green tea leaves. Doesn't contain any additives.

35%
OFF

\$5⁰⁹

Sunfood
Organic
Black
Seeds
4 oz



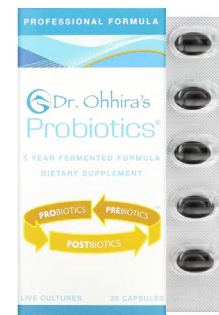
reg \$7.89

Certified Organic and non-GMO. These high quality seeds are grown in only two places in the world - India and Egypt.

20%
OFF

\$31⁹⁵

Dr. Ohhira's
Professional
Formula
Probiotics
30 cap



reg \$39.95

Dr. Ohhira's Probiotics Professional Formula differs from the Original Formula (3 year formula) by being naturally fermented for an additional 2 years in an anaerobic environment to increase its robust biogenic medium, further supporting gut health and colonic pH.

30%
OFF

\$25⁸⁹

Flora
Udo's Choice
Udo's Oil
3-6-9 Blend
17 oz



reg \$36.99

Udo's Oil Omega 3-6-9 Blend is a foundational oil that provides the omega-3 and omega-6 essential fatty acids (EFAs) the body needs but cannot make on its own.

30%
OFF

\$5⁹⁵

Olois
Arnica
Montana
200 ck
80 ct



reg \$8.49

Traditionally used for pain from muscle trauma, bruises, stiffness, and muscle soreness

30%
OFF

\$6⁶⁵

Olois
Belladonna
30c
80 ct



reg \$9.49

May help alleviate fever, headache, and inflammation

40%
OFF

\$19¹⁹

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



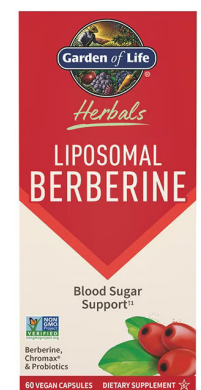
reg \$31.99

These yummy gummies contain 100mg of the adaptogen rhodiola—which has been shown to provide resistance to stress response.

40%
OFF

\$23⁹⁹

**Garden
of Life**
Liposomal
Berberine
60 cap



reg \$39.99

Liposomal Berberine is a comprehensive blood glucose support formula with clinically studied ingredients including Berberine, a powerful plant compound that supports already healthy blood sugar and cholesterol levels.

NEW

Suja Organic

Protein
Vanilla
Cinnamon
16g
12 oz

reg \$6.79

EDLP \$5.45



Suja Organic Vanilla Cinnamon Protein Shake provides foundational nutrition, one sip at a time, with powerhouse whole foods, functional ingredients, essential vitamins, minerals and macro-nutrients.

Lesser Evil Moonions Hyperspace Hot Onion

6 oz

reg \$5.49

EDLP \$4.39



Temperatures in the stratosphere are rising with this satisfyingly sizzling snack, tumbled with clean avocado oil, sprinkled with sea salt, and tossed in a blend of zesty spices, like organic red bell pepper, jalapeño pepper, garlic, and onion.

Lesser Evil Moonions Intergalactic Onion

6 oz

reg \$5.49

EDLP \$4.39



There's a new onion-flavored, ring-shaped snack in the galaxy, and it's bringing all the deliciously clean ingredients with it.

Guru Good Energy Focus Fruit Punch

12 oz

reg \$3.79

EDLP \$2.99



Awaken your taste buds with a fruity flavour blast that propel your mental focus to new heights with a clean buzz that packs a punch.

Magic Spoon High-Protein Cereal Bars Double Chocolate

4-1.4 oz

reg \$11.19

Sale \$6.69



Made with almond butter, cocoa powder & whey protein

Magic Spoon High-Protein Cereal Bars Blueberry Muffin

4-1.4 oz

reg \$11.19

Sale \$6.69



Made with almond butter, freeze dried blueberries & whey protein

Pretzelized Snacks Pretzel Crackers Cheddar

6.5 oz

reg \$5.19



These Cheddar Pretzel Crackers are made with real, robust, bold cheddar for a reimagined spin on a tried-and-true classic.

Mixhers Prenatal + Berry Pomegranate

15 sticks

reg \$30.00

Sale \$24.99



Moms do it all. So should your prenatal. Support baby's development and mom's well-being in one delicious drink.

Youtheory High Potency Multi GLP-1 Support

90 cap

reg \$53.99



Youtheory High-Potency GLP-1 Support Multi is doctor-formulated to help address nutrient deficiencies common during weight loss.

Youtheory Protein GLP-1 Support Vanilla

17.1 oz

reg \$45.99



GLP-1 Support Muscle Guard Protein is a doctor-formulated protein powder providing 20 grams of grass-fed whey protein per serving.

Chobani 20g Protein Vanilla Zero Added Sugar

6.7 oz

reg \$3.79

EDLP \$3.05



A high protein, 0 grams of added sugar yogurt that meets many health and nutrition goals.

Talenti Gelato Coffee Chocolate Chip

1 pt

reg \$8.79

EDLP \$6.77



Be careful, indulging in such a rich and delicious flavor could turn you into a coffee gelato snob.

NEW

Blume
Superfood
Latte Blend
Reishi Hot
Cacao
4.4 oz



reg \$27.19

Satisfy your sweet tooth with this low sugar, grown-up hot chocolate made with reishi mushroom, used for centuries to soothe stress. Low Caffeine & Low Sugar.

Blume
Superfood
Latte Blend
Matcha
Coconut
3.5 oz



reg \$27.19

Not just pretty lattes - 25 servings of organic superfoods in every pouch. Energize without the crash with our #1 best-selling Superfood Latte Blend.

Blume
SuperBelly
Gut-Building
Hydration
Powder
Lemon Ginger
2.1 oz



reg \$2.28

A delicious juicy refresher that gently hydrates while supporting your gut with probiotics, prebiotics and superfoods.

Now
Soothing Rose
Facial
Cleansing Oil
4 oz



reg \$16.99

Cleanse and balance skin's natural oils while gently removing makeup, dirt and impurities with this light-weight, rose-scented cleansing oil.

Vibrant Health
U.T.
Vibrance
D-Mannose
5,000 mg
10 pkts

EDLP \$29.19



reg \$35.00

D-mannose is a type of sugar that is believed to interact with the urinary tract. Some suggest it may have a role in supporting urinary tract health by interfacing with certain bacteria.

Jarrow Formulas
Magnesium
Taurate
90 cap



reg \$26.99

Jarrow Formulas Magnesium Taurate is a highly bioavailable form of magnesium. Magnesium is an essential mineral that supports cardiovascular function and healthy bone density.

Mary Ruth's
Megadose
Vitamin C
Liposomal
7.8 oz

EDLP \$19.59



reg \$24.49

Receive All the Benefits of This Essential Vitamin, in Liposomal Form for Enhanced Absorption. If you're interested in megadosing Vitamin C, try this liposomal-encapsulated vitamin C!

Tejava
Organic
Origins
Hojicha
Green Tea
1 lt

EDLP \$3.35



reg \$4.19

Tejava Origins™ Hojicha Green Tea is an authentic roasted green tea, brewed with leaves from Kagoshima, Japan, a region noted for its mineral-rich volcanic soils.

Irwin Naturals
Female
Balance
60 gel



reg \$39.99

Navigate your perimenopausal transition with confidence using our expertly crafted formula, designed to support women during this transformative phase.

Irwin Naturals
Healthy Brain
ALA &
BacoMind
60 gel



reg \$39.99

Introducing PQQ Healthy Brain ALA & BacoMind, a revolutionary formula designed to optimize your brain health and boost mental performance!

Irwin Naturals
Shatvari-Rose
Mind & Body
For Women
60 gel



reg \$29.32

What is Shatvari? Shatvari (Asparagus racemosus), also known as the "Queen of Herbs," is a highly valued botanical rooted in the ancient Ayurvedic Tradition of India where it is used as a "Rasayana" or rejuvenating tonic for women.

Coconut Cult
Probiotic
Coconut
Yogurt
Harvest
Strawberry
8 oz

EDLP \$9.39



reg \$11.79

Every jar of Coconut Cult is packed with billions of super-live probiotics.

BENEFITS OF CREATINE

1. Helps With Protein Synthesis

Creatine helps with protein synthesis, which increased growth of lean muscle mass. Creatine also increases body weight due to muscles filling with more water. Some research found that one week of taking creatine supplements increased body mass by about 0.9–2.2 kilograms (2.0–4.6 pounds).

2. Improves Strength and Performance

Studies indicate that creatine improved strength and power output. Creatine storage capacity in our muscles is limited, but it increases as muscle mass increases. Supplementation has the ability to regenerate ATP stores faster during intense physical activity, helping sustain effort and prevent fatigue.

In addition, creatine helps maximize performance during high-intensity interval training (HIIT). Studies find that it improved work performed during sets of maximal effort muscle contractions, single-effort sprint performance and during repetitive sprint performance.

3. May Help Muscle Recovery

A 2021 study indicates that creatine may help improve muscle recovery and recovery from exercise, such as maximizing results from strength training.

Creatine may also potentially reduce fatigue.

4. Boosts Brain Health

Creatine also offers neuroprotective properties, which may help protect the brain. Additionally, cognitive enhancement — such as improved alertness, concentration and attention — was also observed.

Creatine may help reduce severity of depression symptoms, according to animal studies and small pilot studies in humans.

5. May Improve Heart Health

Another creatine study shows that it may offer cardioprotective properties, as it may help protect the heart and blood vessels. It has also been shown to support increased endurance and anaerobic cardiovascular capacity.

6. May Improve Bone Density

Creatine potentially helps improve bone density when combined with resistance training.

PERFECT AMINO

How Are Protein Sources So Different?

IT'S ALL IN THE RATIO OF THE ESSENTIAL AMINO ACIDS

Every plant or animal has its own specific essential amino acid needs in different amounts. And this is no different for the human body.

So what we get from these different sources isn't necessarily the ratio and amounts that we need, as each source has a different amount and ratio to give.

For example, whey, pea and soy proteins are only 16%-18% essential amino acids in the correct ratio one to another that the human body can use to make new protein and collagen. The rest are non-essential amino acids that aren't used or "extra" essential amino acids that couldn't be paired.

This means that only 18% of whey is actually used to make new protein... The rest is converted to sugar. This excess sugar, if it can't be immediately used, then triggers fat storage.

Now, some people will say that if you only have some of the EAAs then these will be mixed with other EAAs from other sources. This isn't true for one main reason: Your body can't store amino acids for later use. It can store fat. It can store sugars in the form of glycogen. But has no way to store amino acids.

Amino acids will stay in the blood stream for only about 2-3 hours before being converted to sugar if they can't be paired with other essential amino acids.

This means two things: 1) We're not getting nearly as much actual protein as we think, and 2) We also have a large source of hidden sugars in our diet - not very helpful when trying to get lean and healthy.

PerfectAmino is pure Essential Amino Acids and nothing else. It is 100% vegan, Non-GMO, Gluten-Free, Sugar-Free, Soy-Free and Dairy-Free.

It has no fillers, coatings or additives, just the essential amino acids in a form that is 99% utilized to build new protein and collagen for muscle, skin, hair, bones, nerves, endocrine function, ligaments and tendons. And, as it's 99% utilized, this means almost no calories.

In fact, one serving of PerfectAmino is equivalent to 30 grams of protein from whey. But instead of the 120 calories that comes along with it... with PerfectAmino, you get 2. This makes it perfect for preventing muscle loss during Intermittent fasting as it can be taken before a workout without breaking a fast.

It is literally the cleanest, most utilized, protein source there is.

It's also in a form that is fully absorbed into the blood stream in an average of 23 minutes. So, if taken 20-30 minutes before a workout, it will be present in the bloodstream and able to help repair micro-tears in the muscle as they occur, improving energy and endurance as well as much faster recoveries and lean gains.

FEATURED PRODUCTS

35%
OFF

\$16²⁵

Life Seasons
Clinical Immunity
Elderberry
Gummy
75 gummies

reg \$24.99



You can finally take gummies seriously with Clinical Immunity Elderberry Gummies. From the first bite, you'll know the difference—these delicious gummies taste like real elderberries, because they're made with real elderberries!

35%
OFF

\$19⁴⁹

Life Seasons
Clinical Immunity
Daily Boost
60 cap

reg \$29.99



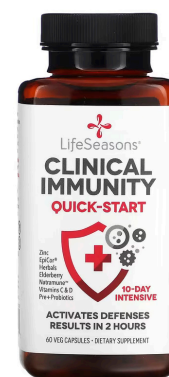
Immune Supporting Results: Resist immune challenges by keeping your immune cells always alert and active with LifeSeasons Clinical Immunity Daily Boost formula.

35%
OFF

\$19⁴⁹

Life Seasons
Clinical Immunity
Quick-Start
60 cap

reg \$29.99



500 mg EpiCor®, 500 mg Natramune™ and 1000 mg Pure-Way-C™ with extra support elderberry, herbs, prebiotics, probiotics, vitamin D and zinc

35%
OFF

\$22⁰⁹

Life Seasons
Immuni-T
90 cap

reg \$33.99



Take Immuni-T before exposure to situations that might make you vulnerable to illness when traveling, during cold and flu season, or at the first signs of your body feeling run down.

40%
OFF

\$23⁹⁵

Ancient Nutrition
Clean Energy
Select Flavors
4.3 oz

reg \$39.95



Formula is packed with ancient and clinically studied superfoods to promote alertness and focus, support cognitive and physical performance.

40%
OFF

\$32⁹⁵

Ancient Nutrition
Whey Protein
Milk
Chocolate
22.8 oz

reg \$54.95



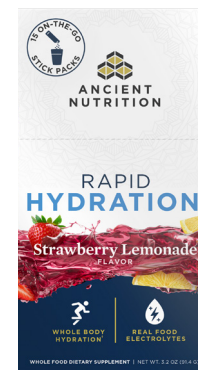
With 23 grams of protein per scoop, Whey Protein is an easy-to-digest, delicious way to hit your protein goals – so you can stay active, get stronger and recover faster every day.

40%
OFF

\$17⁸⁵

Ancient Nutrition
Rapid Hydration
Select
Flavors
15 pkts

reg \$30.00



Proper hydration is essential for so many bodily functions: regulating temperature, supporting digestion, nerve and muscle function, and maintaining healthy skin.

40%
OFF

\$19⁶⁸

Ancient Nutrition
Super Greens
Select Flavors
16 pkt

reg \$32.96



25 organic greens, fruits, herbs, mushrooms and probiotics in every serving of the new Organic SuperGreens formula.

Prices Valid 1/2/2025-1/31/25. Subject to availability. No rainchecks. Prices subject to change without notice. We reserve the right to correct errors.

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

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