



GOOD EARTH — MARKETS —

MONTHLY DEALS MARCH

35%
OFF

Garden of Life Multi +

Stress & Mood
60 cap

reg \$39.99

Dr. Formulated Multi + Stress & Mood is a convenient, once-daily multivitamin with clinically studied Ashwagandha and B vitamins to support a healthy cortisol response and a positive, calm, and relaxed mood.

\$25⁹⁹



30%
OFF

Nordic Naturals

Magnesium
Complex
90 cap

reg \$21.95

A blend of three highly absorbable forms of magnesium to support healthy heart and muscle function.

\$15³⁵



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SUPPLEMENTS

40%
OFF

\$28⁰⁹

KAL
Think
Magnesium
L-Threonate
60 tab

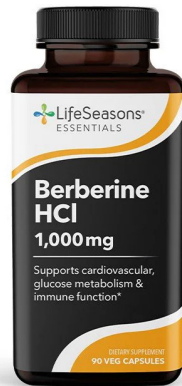


reg \$46.89

35%
OFF

\$18⁸⁵

**Life
Seasons**
Berberine HCL
1,000 mg
90 vcap

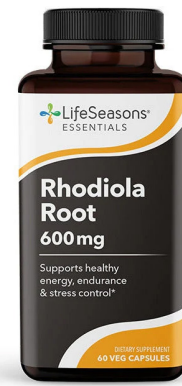


reg \$29.00

35%
OFF

\$12⁹⁹

**Life
Seasons**
Rhodiola Root
600 mg
60 vcap

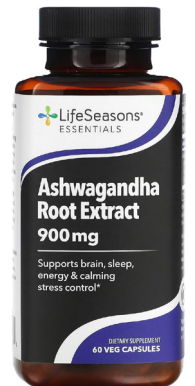


reg \$20.00

35%
OFF

\$12³⁵

**Life
Seasons**
Ashwagandha
Root Extract
900 mg
60 vcap

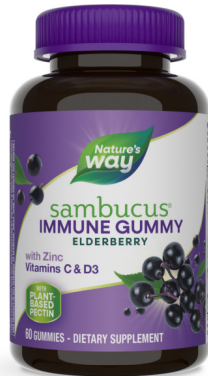


reg \$19.00

35%
OFF

\$13⁶⁵

**Nature's
Way**
Sambucus
Immune
Gummy
Elderberry
60 ct



reg \$20.99

35%
OFF

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**Nature's
Way**
Sambucus
Kids Immune
Gummy
Elderberry
60 ct



reg \$20.99

35%
OFF

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**Nature's
Way**
Sambucus
Immune
Lozenges
Elderberry
24 loz



reg \$6.49

35%
OFF

\$21⁴⁵

**Nature's
Way**
Zero Sugar
Traditional
Immune Syrup
Elderberry
8 oz

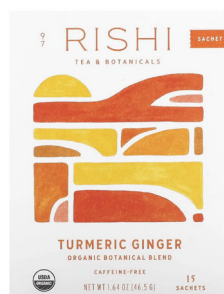


reg \$32.99

40%
OFF

\$6⁹⁹

Rishi
Organic Tea
Turmeric
Ginger
15 ct



reg \$11.69

40%
OFF

\$35⁹⁵

**Ancient
Nutrition**
Whey Protein
Vanilla
Cinnamon +
Fat Loss
20.2 oz



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40%
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**Ancient
Nutrition**
Clean Energy
Cherry
Limeade
4.4 oz



reg \$39.95

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\$1¹⁹

**Ancient
Nutrition**
Rapid
Hydration
Strawberry
Lemonade
1 pkt



reg \$1.99

SUPPLEMENTS

35%
OFF

\$25⁹⁹

Garden of Life
Dr. Formulated
Multi +
Energy Support
30 cap



reg \$39.99

35%
OFF

\$25⁹⁹

Garden of Life
Dr. Formulated
Multi +
Brain Health
30 cap



reg \$39.99

35%
OFF

\$25⁹⁹

Garden of Life
Dr. Formulated
Multi +
Metabolism
Support
30 cap



reg \$39.99

30%
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**Nordic
Naturals**
Arctic-D
Cod Liver Oil
Lemon
8 oz



reg \$31.95

25%
OFF

\$18⁷⁵

**Dr.
Mercola**
Organic
Complete
Probiotics
Gummies
30 ct

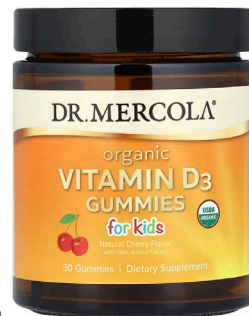


reg \$24.99

25%
OFF

\$13⁹⁹

**Dr.
Mercola**
Organic
Vitamin D3
Gummies
For Kids
30 ct



reg \$18.75

25%
OFF

\$18⁷⁵

**Dr.
Mercola**
Organic
Vitamin D3
Gummies
30 ct



reg \$24.99

25%
OFF

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**Dr.
Mercola**
Vitamins
D3 & K2
30 cap



reg \$37.49

30%
OFF

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**Irwin
Naturals**
Testosterone
UP
60 sgel



reg \$42.65

30%
OFF

\$19⁵⁹

**Irwin
Naturals**
Immuno
Shield
100 sgel



reg \$27.99

30%
OFF

\$20⁴⁹

**Irwin
Naturals**
Brain Awake
60 sgel



reg \$29.32

30%
OFF

\$26⁰⁹

**Irwin
Naturals**
Sunny Mood
with 5-HTP
80 sgel



reg \$37.32

DRINKS

40%
OFF

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Moss
Sea Moss
Beverage
Select Flavor
12 oz

reg \$4.59



40%
OFF

\$2¹⁹

Amy & Brian
Coconut Water
Original
17.5 oz

reg \$3.69



30%
OFF

\$4⁷⁵

Valley Isle
Kombucha
Twilight
16 oz

reg \$6.79



30%
OFF

\$4²⁹

Lifeway
Kefir
Lowfat
Select Flavors
32 oz

reg \$6.19



30%
OFF

\$2⁴⁹

Brew Dr.
Kombucha
Crisp Apple
14 oz

reg \$3.59



30%
OFF

\$2⁴⁹

Brew Dr.
Kombucha
Clear Mind
14 oz

reg \$3.59



30%
OFF

\$2⁴⁹

Brew Dr.
Kombucha
Mountain
Ginger
14 oz

reg \$3.59



45%
OFF

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Daytrip
Daytrip
Prebiotic Soda
Select Flavors
12 oz

reg \$3.29



35%
OFF

\$1⁴⁹

Zevia
Zero Sugar
Soda
Select Flavors
12 oz

reg \$2.29



35%
OFF

\$1⁶⁹

Zevia
Zero Sugar
Sweetened
Black Tea
Select Flavors
12 oz

reg \$2.59



35%
OFF

\$1⁷⁹

Zevia
Zero Sugar
Energy Drink
Select Flavors
12 oz

reg \$2.79



35%
OFF

\$1⁶⁹

Zevia
Zero Sugar
Sweetened
Green Tea
Select Flavors
12 oz

reg \$2.59



GROCERY

30%
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\$5³⁹

Nancy's
Probiotic
Non Fat
Yogurt
Plain
32 oz



reg \$7.69

30%
OFF

\$4⁹⁹

Nancy's
Probiotic
Cottage
Cheese
Whole Milk
16 oz



reg \$7.19

30%
OFF

\$1⁷⁹

**Forager
Project**
Cashew &
Coconut Yogurt
Select Flavors
5.3 oz



reg \$2.59

40%
OFF

\$5⁵⁹

**Farmer
Direct**
Baker's Patent
All-Purpose
Flour
5 lbs



reg \$9.29

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Tasty Bite
Organic
Jasmine Rice
8.8 oz



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40%
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\$3³⁵

Tasty Bite
Protein Bowl
Indian Style
8.8 oz



reg \$5.59

40%
OFF

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Tasty Bite
Rice Bowl
Vegetable
Biryani
7 oz



reg \$5.79

45%
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**Dessert
Pepper**
Tequila Salsa
Medium Burn
16 oz



reg \$6.99

45%
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\$3⁴⁹

**Kettle
Brand**
Air Fried
Potato Chips
Jalapeno
6.5 oz



reg \$6.39

45%
OFF

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**Kettle
Brand**
Air Fried
Potato Chips
Himalayan
Salt
4.5 oz



reg \$4.89

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Like Air
Puffcorn
White
Cheddar
4 oz



reg \$4.89

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**Mom's
Best**
Cereal
Select
Flavors
17.5-24 oz



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BODY CARE

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Lumineux
Whitening
Toothpaste
3.75 oz



reg \$10.69

30%
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Lumineux
Whitening
Strips
14 ct



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Lumineux
Kids Toothpaste
Strawberry
3.75 oz



reg \$8.99

30%
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Lumineux
Clean & Fresh
Mouthwash
16 oz



reg \$11.99

30%
OFF

\$8³⁹

Lumineux
Whitening
Mouthwash
16 oz



reg \$11.99

30%
OFF

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Humphrey's
Witch Hazel
Organic Mist
Sooth & Clarify
With Rose
3.3 oz



reg \$5.99

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Humphrey's
Witch Hazel
Nourishing
Cleansing Pads
Calm &
Condition With
Aloe
60 pads



reg \$11.99

30%
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Humphrey's
Witch Hazel
Hydrating Toner
With Rose &
Hyaluronic Acid
8 oz



reg \$11.99

30%
OFF

\$8³⁹

Humphrey's
Witch Hazel
Nourishing
Toner
With Aloe &
Vitamin E
8 oz



reg \$11.99

35%
OFF

\$5⁴⁹

Ecos
Plant
Powered
Hand Soap
Refill
Free & Clear
32 oz



reg \$8.49

35%
OFF

\$4⁰⁹

Ecos
Plant
Powered
Hand Soap
Refill
Lemongrass
17 oz



reg \$6.29

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Ecos
Plant
Powered
Hand Soap Refill
Orange Blossom
32 oz



reg \$8.49

TREATS

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Unreal
Milk
Chocolates
1.3 oz



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Unreal
Milk Chocolate
Covered
Pretzels
3.5 oz



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Unreal
Dark
Chocolate
Almond
Butter Cups
3.2 oz



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40%
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\$3²⁹

TCHO
Holy Fudge
2.5 oz



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OFF

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**Crispy
Green**
100% Freeze-
Dried Apples
4 pkts



reg \$11.49

40%
OFF

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**Crispy
Green**
100% Freeze-
Dried Mango
4 pkts



reg \$11.49

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Dandies
All Natural
Mini Vanilla
Marshmallows
20 oz



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45%
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**Heavenly
Organics**
Honey Patties
Mint Chocolate
4.66 oz



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**Newman's
Own**
Newman-O's
Vanilla
13 oz



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**Newman's
Own**
Family Recipe
Cookies
Chocolate
Chip
7 oz



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**Peaceful
Fruits**
100% Fruit
Stickers
Raspberry &
Mango
5 sheets



reg \$4.49

45%
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**Peaceful
Fruits**
100% Fruit
Tape
Sour Cherry
4 feet



reg \$4.49

NEW

Nature's Way Calm Drops Lozenges Cherry Flavored 6 loz



reg \$5.99

Stress is everywhere: at the office, at home, on TV, and on your phone. Reduce stress and calm your mind when you need it most with Nature's Way Calm Drops.

Joyride Cherry Berry Ropes 3.5 oz



reg \$6.29

Satisfy your sugar craving with low sugar Cherry Berry Ropes, rebelliously crafted without artificial colors or shady ingredients.

Joyride Sour Watermelon Wedges 3.5 oz



reg \$6.29

Plant-based candy that's better for you with big flavor, unbelievable ingredients, and waaaaay less sugar. no junk, just amazing taste.

Youtheory B12B6 Gummies Raspberry Flavor 60 gummies



reg \$16.39

Daily vitamins for brain and energy support packed into a low-sugar gummy.

Smart Sweets Cinnamon Bears 1.8 oz



reg \$4.49

Smartly-sweetened with high quality ingredients: allulose & a touch of stevia

Sunday Night Dark Chocolate Premium Sauce 10 oz



reg \$9.49

Sunday Night Food's sauces are made with the same core ingredients found in thousands of desserts so they can become the heart of any sweet treat.

Gomacro Macrobar Salted Caramel + Chocolate Chips 9.2 oz



reg \$14.59

An organic mix of smooth almond butter and coconut milk blended with the warmth of maple sugar creates the classic gooey caramel taste you treasure in this plant-based protein bar with 10 grams of protein.

EDLP \$11.67

Just Ingredients Creatine+ 30 serv



reg \$29.99

Whether you're an athlete aiming to boost strength, muscle mass, and endurance, someone concerned about age-related muscle loss and strength decline, or seeking improvements in brain function or sleep quality, Creatine+ can help you.

Cascadian Farms Gluten Free Cereal Mini Cookies 'n' Crema 10.7 oz



reg \$9.49

Each bowl of these wholesome, miniature cereal puffs is made with whole grain and bursting with cookies 'n' crema taste that your whole family can enjoy.

Cascadian Farms Gluten Free Cereal Mini Fruitfuls 11.1 oz



reg \$9.49

Each bowl of these gluten free, miniature cereal puffs is made with whole grain and bursting with fruity flavor that your whole family can enjoy. A serving provides 18g of whole grain and has no artificial flavors or colors from artificial sources.

Supernatural Sprinkles Rainbow Pop! 3 oz



reg \$9.19

Unlike "normal" nonpareils, our blend features mega-and-mini dots, plus white sugar strands, resulting in a blend with more oomph and zsa zsa than anything else out there.

Supernatural Sprinkles Rainbow Crunchies 3 oz



reg \$9.19

These sweet and tiny bites with a subtle crunch are a sprinkle experience not to be missed.

NEW

Herb to Body Soursop Living Bitters 16 oz



reg \$27.79

Soursop has been used for centuries in traditional wellness practices, and we've carefully crafted our bitters to preserve its natural potency.

EDLP \$39.99

NutraBio Quiet Mind 60 cap



reg \$49.99

Calm your mind and reclaim your day with NutraBio Quiet Mind, a comprehensive stress and anxiety support supplement designed to help you find balance in a chaotic world.

YumEarth Organic Sour Littles 5 oz



reg \$7.89

New Sour Littles are sure to make you smile (or pucker up) with every bite! The allergy-friendly and artificial dye-free twist on a classic candy combines three fruity flavors: strawberry, lemon and blue raspberry.

EDLP \$19.19

Mary Ruth's Organic D3 + B12 Gummies Strawberry 60 gummies



reg \$23.99

Made from Wild-Crafted Lichen and Methylcobalamin, Bioactive B12.

Clean Simple Eats Super Collagen Mix Sour Watermelon 13 oz



reg \$34.99

Formulated with 100% grass-fed, hydrolyzed collagen types I, II & III and a clean ingredient list with zero artificial colors and dyes.

Clean Simple Eats Collagen + Beauty Blend Peach Mango 14.4 oz



reg \$34.99

CSE Clean Collagen Peptides Blend is formulated with 11 grams of high-quality grass-fed bovine collagen and chicken collagen in each serving to help you look and feel good.

Jonny Pops Minis Neapolitan 12 oz



reg \$8.79

Made with real fruit and cream with nothing artificial.

Amy's Snack Mac & Cheese 6 oz



reg \$7.59

Amy's our original Mac & Cheese is wrapped in a perfectly-baked crust for a bite-sized snack.

Just Ingredients Iron Complex 60 cap



reg \$29.99

Just Ingredients Iron Complex contains Ferrochel®, a chelated form of iron that promotes gentle digestion and optimal absorption.

Just Ingredients Probiotic Complex For Kids Fruit Punch 30 ct



reg \$39.99

3-in-1 pre, pro, and postbiotic blend with lower kombucha content than our Probiotic Complex, in a fruity, kid-friendly flavor!

Just Ingredients Protein Powder Matcha Mint Casein Free 30 serv



reg \$59.99

Matcha Mint Protein Powder is an all-natural blend made with four premium protein sources, offering a smooth, refreshing flavor without artificial sweeteners or sugar alcohols.

Just Ingredients Glutathione Complex 30 serv



reg \$45.99

Liposomal Glutathione can boost antioxidant levels and provide immune support; S-Acetyl-L-Glutathione and CoreBiome® can help increase glutathione levels.

Nettle Benefits

By Dr. Josh Axe, DC, DNM, CN

1. Enlarged prostate and urinary issues

Benign prostatic hyperplasia (BPH) symptoms are caused by an enlarged prostate gland pressing on the urethra. BPH sufferers experience varying levels of increased urges to urinate, incomplete emptying of the bladder, painful urination, post urination dripping and reduced urinary flow. A testosterone-induced BPH study on rats demonstrated that stinging nettle may be as effective at treating this condition as finasteride, the medication commonly used to treat BPH.

Doctors are still not entirely sure why stinging nettle alleviates some of these symptoms, but many clinical studies infer that it contains chemicals that affect the hormones that cause BPH. When taken, it also directly affects prostate cells. Stinging nettle root extract has also been shown to slow or stop the spread of prostate cancer cells.

It's usually used in combination with saw palmetto and other herbs. The root of the plant is primarily used in connection with urinary issues, including lower urinary tract infections.

Stinging nettle is used as a successful general diuretic and can help urine flow as well. It's also used in home remedies for bladder infections.

2. Osteoarthritis and joint pain

Arthritis sufferers often experience joint pain, typically in the hands, knees, hips and spine. Nettle works alongside nonsteroidal anti-inflammatory drugs (NSAIDs) to allow patients to decrease their NSAID use. Because prolonged use of NSAIDs can cause a number of serious side effects, this is an ideal pairing.

Studies also indicate that applying nettle leaf topically at the site of pain decreases joint pain and can treat arthritis. When taken orally, nettle helps provide relief. Another study published in the Journal of Rheumatology shows stinging nettle's anti-inflammatory power against other autoimmune diseases like rheumatoid arthritis.

3. Hay fever

Histamine production in the body creates the adverse reactions related to allergies. Allergies cause uncomfortable congestion, sneezing, itching and more.

Stinging nettle's anti-inflammatory qualities affect a number of key receptors and enzymes in allergic reactions, preventing hay fever symptoms if taken when they first appear. The leaves of the plant contain histamine, which may seem counterproductive in allergy treatment, but there is history of using histamines to treat severe allergic reactions.

There is also evidence that in severe reactions, low plasma histamine levels (as opposed to high levels) are present. Another global study from the National College of Naturopathic Medicine found that stinging nettle use for allergy relief was rated higher than placebos in a 98-person, randomized, double-blind study.

4. Blood pressure

High blood pressure is a common affliction, as nearly 50 percent of U.S. adults have it. It can lead to heart disease and strokes.

Traditionally used for high blood pressure, stinging nettle has been more recently studied to see if it can indeed help lower blood pressure. Nitric oxide is a vasodilator, and stinging nettle may help stimulate nitric oxide and help relax blood vessels.

Stinging nettle also has compounds that may operate as calcium channel blockers, which can reduce the force of one's contractions and help the heart relax.

More human studies are required before further recommendations are made, but animal studies also indicate that stinging nettle can reduce blood pressure levels while at the same time help the heart mount an antioxidant defense.

5. Bleeding

Certain products containing stinging nettle have shown that, when applied to the skin, it can reduce bleeding during surgery. The product, called Ankaferd blood stopper, is made up of alpinia, licorice root, thyme, common grape vine and stinging nettle, and has also shown evidence of reducing bleeding after dental surgery.

6. Eczema

Eczema is a dry, itchy rash that can last on sufferers for a very long time. Because of stinging nettle's antihistamine and anti-inflammatory qualities, it can be a natural treatment for eczema, as the Penn State University College of Medicine study referenced above notes. Sufferers can use a combination of nettle taken orally to tackle the eczema internally, as well as a cream to provide relief from the rash's itch and redness.

St. Patrick's Day Recipe

GREEN PANCAKES (ALL-NATURAL!)

YIELD: 5 SERVINGS

Yields about 10 pancakes and will serve 5 (2 pancakes each).

These Green Pancakes are incredibly delicious and colored naturally! Pureed baby spinach is mixed into the batter yielding bright and naturally green pancakes! Serve with softened salted butter and pure maple syrup.

INGREDIENTS:

1 cup unbleached all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon fine salt, sea salt or pink himalayan
3 ounces baby spinach, or about 1½ cups (packed)
3/4 cup whole buttermilk (cultured), not low fat
1 tablespoon sugar
1 teaspoon vanilla extract
1 large egg

INSTRUCTIONS:

In a mixing bowl, measure and add the unbleached all-purpose flour, baking powder, baking soda and fine salt. Whisk to incorporate and set off to the side.

In a blender add the baby spinach, buttermilk, sugar, vanilla extract and egg. Blend until smooth.

Pour the buttermilk mixture in with the dry ingredients. Use a rubber spatula to mix until combined. Some lumps are fine.

Lightly spray a griddle with ghee oil spray (or nonstick spray of choice or use a little butter if desired) and preheat to 250°. You will want a lower temperature to cook these slowly to avoid overly browning the pancakes, doing this keep them bright green.

Measure 1/4 cup of batter per pancake and pour onto your prepared griddle. Let cook for a few minutes until the top looks set and the bottom is very lightly golden.

Carefully flip and cook another 1 to 2 minutes. Repeat with remaining batter.

Serve with softened salted butter and real maple syrup.



HERB PHARM

25%
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Herb Pharm
Organic
Ashwagandha
1 oz

reg \$17.98



Calming Ayurvedic adaptogen traditionally used to promote a balanced response to stress.

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Herb Pharm
Organic
Super
Echinacea
1 oz

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Foundational immune support to help you stay well all year round.

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Herb Pharm
Soothing
Throat Spray
1 oz

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Relief of minor throat irritation. Supports healthy function of the immune system.

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Herb Pharm
Kava
1 oz

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Promotes peaceful relaxation, reduces stress and frustration.

25%
OFF

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Herb Pharm
Daily
Immune
Builder
1 oz

reg \$17.98



Herbs like Echinacea Purpurea, Astragalus, Reishi, Schisandra and Prickly Ash Bark have a long history in traditional herbal medicine and are ideal for a daily regimen during immune season.

25%
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Herb Pharm
Liver Health
1 oz

reg \$17.98



Liver Health features Milk Thistle extract prepared from the dried whole seed of Certified Organic Silybum Marianum plants.

25%
OFF

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Herb Pharm
Organic
Shatavari
1 oz

reg \$17.98



Traditional support for the female reproductive system.

25%
OFF

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Herb Pharm
Organic
Holy Basil
1 oz

reg \$17.98



Holy Basil is a revitalizing Ayurvedic herb traditionally used to support calm, focused energy and a balanced response to stress.

Prices valid 3/01/2025-3/31/2025. Subject to availability. No rainchecks. Prices subject to change without notice. We reserve the right to correct errors.

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