



GOOD EARTH — MARKETS —

MONTHLY DEALS APRIL



SUNWARRIOR
ACTIVE PERFORMANCE

ACTIVE NUTRITION
FOR ACTIVE PEOPLE.

30% Off Select NEW
Sunwarrior products!



25%
OFF

**Host
Defense**

Organic Reishi
Mushroom Mycelium
Powder
3.5 oz

reg \$31.95

Reishi grows throughout the world, primarily on hardwood trees. Used for more than two millennia in Asia, Reishi has been respectfully called “The Mushroom of Immortality”. It’s well known for supporting overall wellness and vitality.

\$23⁹⁵



April 2025 | Your True Natural Foods Market | Locally Owned And Operated

SUPPLEMENTS

30%
OFF

\$26²⁵

Dr. Mercola
Vitamins
D3 & K2
30 cap



reg \$37.49

30%
OFF

\$17⁴⁹

Dr. Mercola
Organic
Vitamin D3
Gummies
30 ct



reg \$24.99

30%
OFF

\$17⁴⁹

Dr. Mercola
Fermented
Black Garlic
60 cap

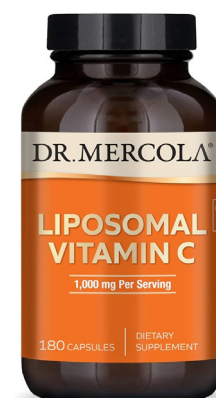


reg \$24.99

30%
OFF

\$34⁹⁹

Dr. Mercola
Liposomal
Vitamin C
1,000 mg
180 cap



reg \$49.99

20%
OFF

\$6⁷⁹

Oллоis
Arnica
Montana
30 c
80 ct



reg \$8.49

20%
OFF

\$6⁷⁹

Oллоis
Belladonna
30 c
80 ct



reg \$8.49

35%
OFF

\$11³⁵

Nature's Way
Calm Drops
Lozenges
Cherry
Flavored
24 loz



reg \$17.49

35%
OFF

\$14²⁹

Nature's Way
CalmAid
30 sgel



reg \$21.99

40%
OFF

\$17⁹⁵

Ancient Nutrition
Organic Fiber
Raspberry
Lemonade
6.5 oz



reg \$29.95

40%
OFF

\$35⁹⁵

Ancient Nutrition
Whey Protein
+ Fat Loss
Vanilla
Cinnamon
20.2 oz



reg \$59.95

40%
OFF

\$15⁰⁹

Zhou
Turmeric
Curcumin
With Ginger
90 cap



reg \$25.19

40%
OFF

\$13⁹⁹

Zhou
Berberine
With Oregon
Grape
60 cap



reg \$23.39

SUPPLEMENTS

30%
OFF

\$15⁵⁹

**Country
Life**
Maxi-Hair
Skin & Nails
60 tab



reg \$22.29

30%
OFF

\$41⁵⁹

**Country
Life**
Coenzyme
B-Complex
240 cap

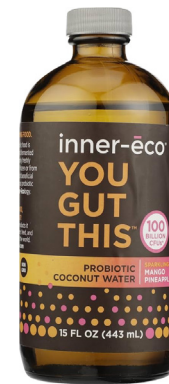


reg \$59.39

40%
OFF

\$15⁹⁹

Inner-Eco
You Gut This
Probiotic
Coconut Water
Mango
Pineapple
15 oz



reg \$26.69

30%
OFF

\$20⁹⁵

**Nordic
Naturals**
Ultimate
Omega
Lemon
60 sgel

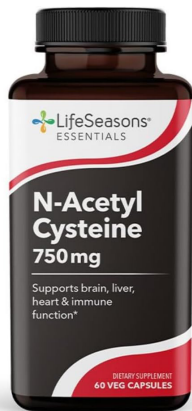


reg \$29.95

35%
OFF

9⁷⁵

**Life
Seasons**
N-Acetyl
Cysteine
750 mg
60 vcap



reg \$15.00

35%
OFF

\$20⁷⁹

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

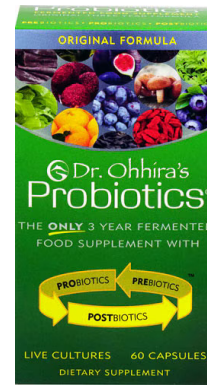


reg \$32.00

20%
OFF

\$47⁹⁵

**Dr.
Ohhira's**
Probiotics
60 cap



reg \$59.95

30%
OFF

\$15³⁹

**Vital
Planet**
Vital Lax
60 vcap



reg \$21.99

40%
OFF

\$10⁷⁹

VitaCup
Shroom Fuel
Mushroom
Drink Mix
10 ct

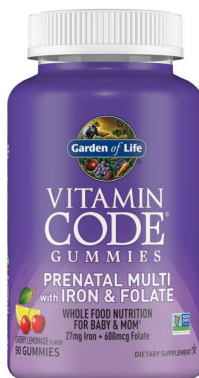


reg \$17.99

40%
OFF

\$16¹⁹

**Garden of
Life**
Vitamin Code
Gummies
Prenatal Multi
90 gummies



reg \$26.99

40%
OFF

\$14³⁹

**Garden of
Life**
Vitamin Code
Gummies
CoQ10
60 gummies



reg \$23.99

30%
OFF

\$34⁴⁹

**Irwin
Naturals**
Living Green
Liquid-Gel Multi
120 gel



reg \$49.32

DRINKS

40%
OFF

\$2⁷⁹

Slate
High Protein
Milk Shake
Select Flavors
11 oz



reg \$4.79

40%
OFF

\$5⁵⁹

L&A
Organic
100% Juice
All Beet
32 oz



reg \$9.39

40%
OFF

\$5⁵⁹

L&A
Papaya
Delight
Juice
32 oz



reg \$9.39

40%
OFF

\$7³⁹

L&A
All
Cranberry
Juice
32 oz



reg \$12.29

35%
OFF

\$2¹⁵

Riot
Organic
Energy Drink
Select Flavors
16 oz



reg \$3.29

40%
OFF

\$2²⁹

Kevita
Sparkling
Lemonade
With Prebiotics
Mango
12 oz



reg \$3.79

40%
OFF

\$2⁷⁵

Kevita
Kombucha
Bold + Smooth
Master Brew
Mango Lime
15.2 oz



reg \$4.59

40%
OFF

\$2⁷⁵

Kevita
Kombucha
Bold + Smooth
Master Brew
Ginger
15.2 oz



reg \$4.59

35%
OFF

\$4⁹⁹

Lifeway
Organic
Kefir
Low Fat
Select
Flavors
32 oz



reg \$7.79

30%
OFF

\$2⁵⁹

**Wonder
Juice**
Wonder
Melon
Watermelon
Lemon
Cayenne
8.45 oz



reg \$3.69

30%
OFF

\$2⁵⁹

**Wonder
Juice**
Wonder Beet
Beet + Cherry
8.45 oz



reg \$3.69

40%
OFF

\$3⁴⁹

**Califia
Farms**
Coconut &
Almondmilk
Blend
Toasted Coconut
48oz



reg \$5.89

GROCERY

40%
OFF

\$4⁵⁵

Dandies
Vegan
Marshmallow
Cream
6.3 oz



reg \$7.59

40%
OFF

\$8²⁹

Octonuts
Cashew Butter
Pure &
Creamy
16 oz



reg \$13.89

35%
OFF

\$4⁰⁹

Barnana
Organic
Plantain Chips
Kettle Cooked
Himalayan
Pink Salt
5 oz



reg \$6.29

35%
OFF

\$4⁸⁹

Birch Benders
Complete
Pancake &
Waffle Mix
Organic
Buttermilk
16 oz



reg \$7.49

35%
OFF

\$4⁸⁹

Birch Benders
Complete
Pancake &
Waffle Mix
Organic
Chocolate Chip
16 oz



reg \$7.49

40%
OFF

\$2⁴⁹

Darrell Lea
Soft Australian
Licorice
Original Flavor
7 oz



reg \$4.19

40%
OFF

\$3⁴⁹

Element
Crispy Rice
Minis
Sea Salt
Caramel
3 oz



reg \$5.89

35%
OFF

\$3⁸⁹

Emmy's Organics
Soft & Chewy
Coconut
Cookies
Vanilla Bean
4 oz



reg \$5.99

35%
OFF

\$2⁶⁹

gomacro
Macrobar
Select Flavors
2.3 oz



reg \$4.19

40%
OFF

\$4⁷⁹

Joolies
Fresh
Medjool
Dates
Pit Free
9 oz



reg \$7.99

45%
OFF

\$9⁸⁵

Manitoba Harvest
Hemp Hearts
Shelled Hemp
Seeds
16 oz



reg \$17.89

45%
OFF

\$6⁸⁹

Manitoba Harvest
Hemp +
Chia & Flax
7 oz



reg \$12.59

BODY CARE

40%
OFF

\$5⁹⁹

Davids
Premium
Toothpaste
Natural
Strawberry
Watermelon
5.25 oz
reg \$10.09



40%
OFF

\$5⁹⁹

Davids
Premium
Whitening
Toothpaste
Charcoal
5.25 oz
reg \$10.09



40%
OFF

\$5⁹⁹

Davids
Premium
Toothpaste
Spearmint
5.25 oz
reg \$10.09



40%
OFF

\$9⁴⁹

Desert
 Essence
100% Pure
Jojoba Oil
4 oz
reg \$15.79



40%
OFF

\$3⁶⁹

Desert
 Essence
Toothpaste Gel
for Kids
Tutti Frutti
4.7 oz
reg \$6.19



40%
OFF

\$6⁴⁹

Desert
 Essence
Mouthwash
Tea Tree Oil
Whitening Plus
Cool Mint
16 oz
reg \$10.79



40%
OFF

\$4⁹⁹

Desert
 Essence
Activated
Charcoal
Toothpaste
Fresh Mint
6.25 oz
reg \$8.29



40%
OFF

\$13⁵⁵

Desert
 Essence
100% Australian
Tea Tree Oil
2 oz
reg \$22.59



30%
OFF

\$6³⁹

The
 Humble
 Co.
Toothpaste
Tablets
Fresh Mint
60 tab
reg \$9.19



30%
OFF

\$3⁰⁹

The
 Humble
 Co.
Humble
Toothbrush
Sensitive
2 pk
reg \$4.39



30%
OFF

\$3¹⁹

The
 Humble
 Co.
Floss Picks
50 pcs
reg \$4.59



40%
OFF

\$10⁷⁹

Viori
Shampoo Bar
Hidden
Waterfall
90 g
reg \$17.99



GROCERY

40%
OFF

\$5⁷⁹

Newman's
Own
Organic Sun
Dried Raisins
15 oz



reg \$9.69

35%
OFF

\$1²⁹

Nu-Salt
Salt
Substitute
3 oz



reg \$1.99

45%
OFF

\$2¹⁵

Safe Catch
Wild Elite
Pure Tuna
3 oz ft



reg \$3.89

40%
OFF

\$3⁸⁵

St. Dalfour
Fruit Spread
Select Flavors
10 oz



reg \$6.39

40%
OFF

\$2⁴⁹

Surf
Sweets
Organic
DelishFish
Candy
2.75 oz



reg \$4.19

40%
OFF

\$4¹⁹

Surf
Sweets
Organic
Cinnamon
Bears
6 oz



reg \$6.99

35%
OFF

\$4⁹⁹

Wholesome
Organic
Light Brown
Sugar
24 oz



reg \$7.69

35%
OFF

\$5⁴⁹

Wholesome
Organic
Coconut Sugar
16 oz



reg \$8.49

30%
OFF

\$20³⁹

Molly's
Suds
Laundry
Detergent
Ocean Mist
52 oz



reg \$29.19

30%
OFF

\$12⁴⁵

Molly's
Suds
Stain
Remover
Fragrance
Free
16 oz



reg \$17.79

30%
OFF

\$13²⁹

Molly's
Suds
Oxygen
Whitener
Lemon
41.09 oz



reg \$18.99

30%
OFF

\$17⁸⁵

Molly's
Suds
Dishwasher
Pods Citrus
29.63 oz



reg \$25.49

NEW

EDLP \$2.47

Liquid Death
Iced Tea
Blueberry
Buzzsaw
19.2 oz



reg \$3.09

These psychotic cans of blueberry iced tea are dead set on using natural agave and B-vitamins to savagely murder your thirst and turn its insides into balloon animals to book gigs at children's birthday parties.

EDLP \$34.49

Bucked Up
Babe By
Bucked Up
Pre-Workout
Lavender
Lemonade
13.9 oz



reg \$49.95

All that you'd expect from a Bucked Up Pre-Workout, like sufficient doses of beta-alanine for strength, recovery, and endurance.

EDLP \$3.75

Chobani
Yogurt Drink
Peaches &
Cream
Lactose Free
10 oz



reg \$4.69

Feel satiated with 20g of protein in Chobani® High Protein Greek Yogurt and unlock energy naturally with vitamin B12. Lactose-free, crafted with real fruit and 0g added sugar.

EDLP \$3.05

Magic Spoon
Protein Treats
Chocolate
Peanut Butter
1.4 oz



reg \$3.79

Pack 12g protein into your gym bag, work bag, and just about any bag you've got around.

Rotten
Sour Gummy
Worms
1.8 oz



reg \$4.19

4g of gut-friendly prebiotic fiber per serving to help support digestive health. Plus, with 2g protein per serving, Rotten is an all around, better for you snack.

BODY ARMOR
Flash I.V.
Strawberry Kiwi
20 oz



reg \$3.39

2,290 mg of electrolytes, Zinc Vitamins B & C, Coconut Water

Wild Carrot
Cardamom Facial
Cleanser
100 ml



reg \$16.67

Cardamom, known as the 'Queen of Spices' is one of the oldest and most revered of the spices. High in Vitamin C and manganese as well as anti-oxidants, it revitalizes the skin and assists in reducing the signs of aging.

Redmond
Re-Lyte
Hydration
Chocolate
45 serv



reg \$44.99

Indulgent and comforting, Limited Edition Chocolate Re-Lyte Hydration delivers the rich, smooth taste of chocolate with the added hydration benefits of Real Salt.

Fresh Fizz
Organic Soda
Sparkling Mint
Lemonade
12 oz

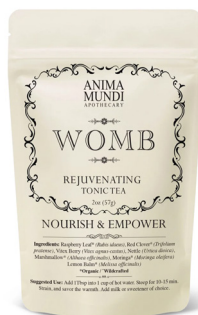
EDLP \$2.87



reg \$3.59

Fresh Fizz Lemon Mint soda will be the most refreshing soda you've ever tasted!

Anima Mundi
Womb
Rejuvenating
Tonic Tea
2 oz



reg \$21.25

An exquisite and nourishing tea that may nourish, tone and rejuvenate the womb. Composed of classic herbs that are a wellspring for hormonal regulation and support uterine health.

Mad Hippie
Ultra-Rich
Barrier Cream
2 oz



reg \$17.99

This ultra-rich hydrating cream provides head-to-toe care, powered by Hyaluronic Acid, Vegetable-Based Lanolin, Ceramides, and Prickly Pear to deeply hydrate and soothe even the driest skin.

The Froot Thief
Real Fruit
Whips
Mango
5 pks



reg \$7.29

The very best mangoes are whipped into a fun fruit spaghetti. The Froot Thief, maker of mischief and real fruit snacks.

NEW

Redmond
Smoked
Real Salt
Hickory
5.5 oz



reg \$9.79

Real Salt Organic Seasonings are packed with bold, delicious flavors and clean, organic ingredients that make every meal extra tasty... and healthy!

**Popcorn
Indiana**
Popcorn
Movie
Theater
Butter
1.5 oz



reg \$2.29

Made from real ingredients grown and popped in the USA, your at-home movie watching experience has never been better!

EDLP \$1.83

**Fresh
Farms**
Frozen Cotton
Candy Grapes
12 oz

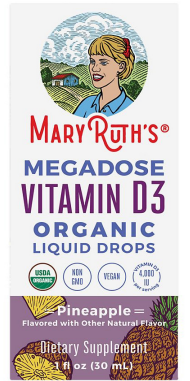


reg \$7.19

They really do taste like cotton candy, so good your taste buds will not believe it.

EDLP \$5.55

Mary Ruth's
Megadose
Vitamin D3
Organic Liquid
Drops
Pineapple
1 oz



reg \$23.99

We only create wholesome vitamins and supplements that MaryRuth herself feels great about giving to her own family.

EDLP \$19.19

Zhou
Resveratrol
60 vcap



reg \$32.09

Zhou Nutrition's Resveratrol is standardized to 50% Trans-Resveratrol to maximize the natural benefits.

**Once Upon
A Farm**
Smart Wheels
Organic
Toddler
Soft-Baked
Bar
5 ct



reg \$7.99

Made with real fruit and veggie and fueled with 100% whole grain oats. They snack like a soft-baked cookie—but with no added sugar. It's a win for both kids and parents!

Shroomi
Juice Shot
Focus
Lion's Mane
Mushroom
2 oz



reg \$4.49

Brain Boosting Lion's Mane, Chaga, and Reishi Mushrooms

Shroomi
Juice Shot
Energy
Cordyceps
Mushroom
2 oz



reg \$4.49

Energy Boosting Cordyceps, Chaga, and Reishi Mushrooms

Fond
Regenerative
Beef Tallow
Turmeric &
Black Pepper
14 oz



reg \$23.29

Welcome to the next item in your nourishing pantry. Tallow is a time-honored, nutrient-dense animal fat that's been used for centuries for its flavor and culinary versatility.

Waterboy
Weekend
Recovery
Electrolyte
Drink Mix
Blue Raspberry
12 ct



reg \$12.95

Waterboy weekend recovery is made specifically to help adults, and includes L-theanine, ginger and vitamins to help you bounce back faster.

Solaray
Vital Extracts
Saffron
30 cap



reg \$24.99

Made with clinically studied Affron (R) Saffron, a saffron extract that uses a proprietary process to ensure the highest quality, our Vital Extracts Saffron supplement is designed to help support a positive mood.

Zhou
Spirulina
Powder
6 oz



reg \$34.09

Sourced from a remote spirulina farm in Southeastern California, clean air and mineral-rich water yield premium spirulina.

Best Foods to Enjoy During Allergy Season:

By Kathleen McCoy, BS

The foods to avoid list may feel overwhelming, but fortunately, there are great-tasting foods that help relieve your symptoms while strengthening your immune system, including:

- Raw local honey
- Hot and spicy foods
- Bone broth
- Probiotic-rich foods
- Pineapple
- Apple cider vinegar
- Fresh, organic vegetables
- Grass-fed meats
- Free-range poultry
- Wild-caught fish

Raw local honey is at the top of this list for good reason. In a randomized, controlled study published in the International Archives of Allergy and Immunology, patients who consumed honey had significantly better control of their allergies compared to those on conventional allergy medications.

Local honey works to relieve symptoms because it contains local pollen that causes your allergies and helps the immune system deal with it better. A couple of tablespoons each day can relieve your itchy, watery eyes, runny nose and the general symptoms of hay fever.

If you are battling excessive mucus, heat things up by eating hot, spicy foods. Hot, spicy foods help thin the mucus and allow it to be more easily expressed.

Try adding garlic, onion, ginger, cinnamon and cayenne pepper to your recipes.

Bone broth from chicken, beef or lamb helps ease respiratory problems and expel excess nasal mucus. It also helps reduce inflammation.

Probiotic-rich foods support a healthy gut, improve digestion, increase energy levels and so much more. Probiotic foods to eat during allergy season include:

- Kefir
- Sauerkraut or kimchi
- Kombucha
- Natto
- Yogurt
- Raw cheese

The enzyme bromelain found in pineapple, in addition to high levels of vitamins B, C and other essential nutrients, can help reduce your reaction to allergens. Be sure to eat the core of fresh, ripe pineapples, as it has the highest concentration of the essential nutrients you need during allergy season.

Apple cider vinegar (ACV) supports a healthy gut and helps break up mucus and support lymphatic drainage. Three times per day, mix one tablespoon of ACV with one tablespoon of fresh-squeezed lemon juice and a half-tablespoon of local raw honey, and drink it.

Fresh, organic vegetables — including Swiss chard, which is high in quercetin, cabbage, beets, carrots and yams — can help you fight allergic reactions. Choose vegetables that are dark green, yellow or orange for the best nutrient density during allergy season.

The Health Benefits of Fennel Seeds

By Sunwarrior

What Are Fennel Seeds and How Are They Used?

Fennel seeds come from the fennel plant (*Foeniculum vulgare*), a member of the carrot family. These small, greenish-brown seeds have a distinct licorice-like flavor and are commonly used in cooking, herbal teas, and natural remedies. They can be chewed raw, brewed into tea, or added to dishes for both flavor and health benefits.

Nutritional Value of Fennel Seeds: What Makes Them So Beneficial?

Fennel seeds are rich in essential nutrients, making them a powerhouse of health benefits. They contain:

Fiber – Supports digestion and regulates bowel movements.

Vitamins A, C, and B-complex – Boosts immunity and skin health.

Minerals like calcium, magnesium, iron, and potassium – Essential for bone health and blood pressure regulation.

Antioxidants – Protects against oxidative stress and inflammation.

How Fennel Seeds Can Aid in Weight Loss

Fennel seeds' benefits include their role in weight management. They act as a natural appetite suppressant, helping you feel full for longer. Their fiber content aids digestion and prevents overeating. Drinking fennel seed-infused water can also boost metabolism and help flush out toxins.

Fennel Seeds for Better Digestion: Natural Relief for Bloating and Gas

Fennel seeds have carminative properties, meaning they help reduce gas and bloating. The essential oils in fennel seeds, such as anethole and fenchone, relax the digestive tract muscles, easing discomfort. Many people chew fennel seeds after meals to aid digestion.

How to Incorporate Fennel Seeds into Your Daily Diet

Add them to tea or warm water.

Use them as a seasoning in dishes.

Try them in salads like fennel micro green salad.

Blend them into soups like creamy vegan fennel soup.

Enjoy them in sweet treats like homemade fennel fig chocolates.

Fennel Seeds for Skin Health: Benefits and Uses

Rich in antioxidants and anti-inflammatory properties, fennel seeds help combat acne, reduce skin irritation, and promote a natural glow. Consuming fennel seed water daily or applying fennel-infused water to the skin can improve overall complexion.

Can Fennel Seeds Help Regulate Hormones?

Yes, fennel seeds contain phytoestrogens, which mimic estrogen and help regulate hormonal imbalances. They are especially beneficial for women experiencing menstrual irregularities, PMS symptoms, or menopause.

How Fennel Seeds Support Immune Health

Packed with antioxidants, vitamin C, omega-3, probiotics and active amino acid, fennel seeds strengthen the immune system, helping fight infections and reducing inflammation. Including them in your diet can improve overall immune response.

EARTH FRIENDLY HOME

40%
OFF

\$5³⁵

Caboo
Tree Free
Paper
Towels
2 ct

reg \$8.89



TREE FREE, ECO-FRIENDLY paper towels made from sustainably grown viscose from bamboo, a fast growing grass, giving you a sustainable, natural alternative to traditional tree based kitchen paper towels.

40%
OFF

\$8⁴⁵

Caboo
Tree Free TP
9 ct

reg \$14.09



Bamboo is one of the fastest growing, least needy grasses on the planet. Bamboo uses a fraction of the water to grow and produce. And, bamboo does not require chemical pesticides or herbicides to grow and thrive.

30%
OFF

\$5⁹⁵

if you care
Parchment
Baking Paper
70 sq ft

reg \$8.49



Made from unbleached totally chlorine-free (TCF) greaseproof paper.

30%
OFF

\$3⁴⁹

if you care
Organic
Unbleached
Cheesecloth
2 sq yd

reg \$4.99



If You Care Cheesecloth is made with GOTS Certified Organic unbleached cotton. It is ideal for cooking, basting, straining and more.

30%
OFF

\$6²⁹

if you care
Unbleached
Wax Paper
75 sq ft

reg \$8.99



Other waxed paper products are coated with paraffin wax which is made from non-renewable petroleum resources. Using If You Care Unbleached Waxed Paper will help reduce the use of petroleum products and the amount of pollution in our environment.

30%
OFF

\$3⁸⁹

if you care
Coffee Filters
No. 2
100 ct

reg \$5.59



They will not affect the taste of your coffee and will reduce the amount of pollution in our environment because like all If You Care paper products, these coffee filters are totally chlorine-free, so they do not release chlorine or chlorine derivatives into our lakes, rivers and streams.

30%
OFF

\$4⁹⁹

if you care
Paper Snack
and Sandwich
Bags
48 ct

reg \$7.19



If You Care Snack and Sandwich Bags are greaseproof, and provide a natural barrier making the bags ideal for nuts, potato chips, cookies, and sandwiches that use butter, mayonnaise or oil.

40%
OFF

\$21³⁵

Nellies
Lamby
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.

Prices valid 4/1/2025-4/31/2025 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

WWW.GOODEARTHMARKETS.COM