GOODEARTH MARKETS-MONTHLY DEALS JULY





Primal Kitchen Organic Unsweetened Ketchup 18.5 °^z reg **\$10.89**

Savor the classic tomato taste of Unsweetened Ketchup in an easy-to-use, squeezable bottle. With real, delicious ingredients like organic California-grown tomatoes, it's your new main squeeze for breakfast, lunch, and family dinner nights.



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

SUPPLEMENTS



SUPPLEMENTS



DRINKS



DRINKS



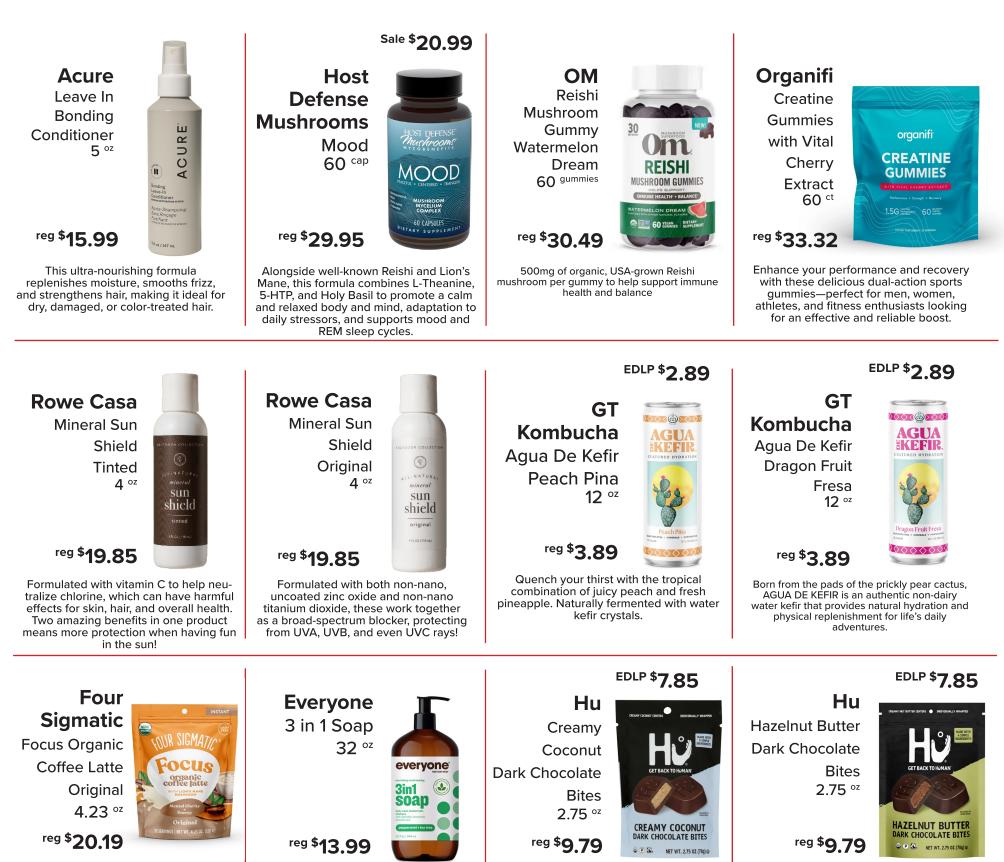
GROCERY



BODY



NEW



A refreshing tingle of invigorating

peppermint with the zing of tea tree oil to

awaken your senses

Enhanced focus, sustained energy without jitters, and a mood-boosting coffee experience you'll love.

Rich Hu dark chocolate filled with creamy centers in one indulgent, individually wrapped Bite. Simple never tasted this good. Rich Hu dark chocolate filled with creamy

centers in one indulgent, individually

wrapped Bite. Simple never tasted this good.







Transparent Labs 100% Grass-Fed Whev Protein Isolate has become a pantry staple among health-conscious consumers who want a quality source of protein for supporting muscle growth, recovery, and overall health.



TL Whey Protein Isolate is sourced from grass-fed cattle, raised humanely and without the use of growth hormones or hormonal agents, and contains absolutely no artificial sweeteners, food dyes, or fillers.

moisture for all-day hydration from your

fingers to your toes.

Four Sigmatic INSTANT Focus SIGMAT Instant Organic Coffee 20 serv reg \$20.19

Organic instant coffee powered by lion's mane and chaga mushrooms. See results in as little as 7 days with a focus that tastes unbelievably delicious.

potassium-packed electrolytes and

antioxidants.

Brain Juice Tigara Classic Tea 12 oz RAINJUICE reg \$6.29

This powerful blend includes vitamins C, B5, B6 & B12, organic acerola, acai berry, L-tyrosine, blueberry, alpha-GPC, L-theanine, acetyl-Lcarnitine & natural green tea. Caffeine for clean brain energy without the jitters or the crash.



soy, gluten, and sugar. Support uncompromised strength and recovery. Contains 95mg caffeine per serving.

reg \$59.99

Hydrating Drinks For Summer

By Joe Boland

1. Water: The ultimate hydrating drink, water is calorie-free, easily accessible and essential for every bodily function. It helps regulate body temperature, supports digestion and keeps your skin healthy.

The gold standard for hydration, water also helps transport nutrients throughout the body and rightfully tops the list of hydrating drinks.

2. Coconut water: Rich in electrolytes like potassium, sodium and magnesium, coconut water is a natural hydrator that helps replenish lost fluids and minerals, making it an excellent post-workout drink.

3. Herbal teas (caffeine-free): Herbal teas, such as chamomile or peppermint, are hydrating and soothing. They can help with digestion, reduce stress and provide a gentle flavor without the risk of dehydration from caffeine.

Caffeine-free and available in many flavors, chamomile, peppermint and ginger teas are popular hydrating options.

4. Aloe vera juice: Aloe vera juice is known for its hydrating and anti-inflammatory properties. It's also beneficial for digestive health and skin hydration.

5. Infused water: Adding fruits, herbs or vegetables to your water can enhance the flavor and provide additional nutrients, like vitamins and antioxidants, making hydration more enjoyable.

Adding slices of lemon, cucumber or berries to water provides a hint of flavor and extra nutrients.

6. Electrolyte drinks: Electrolyte drinks, such as pickle juice and healthy, low-sugar sports drinks, help replenish essential minerals like sodium and potassium, which are lost through sweat. They are ideal for intense physical activity or hot weather.

7. Watermelon juice: Watermelon is about 92% water, making its juice highly hydrating. It's also rich in vitamins A and C. It also contains antioxidants and anti-inflammatory compounds.

8. Cucumber water: Cucumbers have a high water content and are a good source of vitamins and minerals. Cucumber water is refreshing, hydrating and supports skin health. It also contains antioxidants and anti-inflammatory compounds.

9. Buttermilk: A traditional drink in many cultures, buttermilk is hydrating and provides probiotics, calcium and vitamins. It's also low in fat and aids digestion.

10. Coconut milk: While slightly richer than coconut water, coconut milk still provides hydration along with healthy fats, electrolytes and vitamins.

11. Pomegranate juice: Pomegranate juice is hydrating and packed with antioxidants, vitamins and anti-inflammatory properties, supporting heart health and reducing oxidative stress.

12. Milk: Milk provides hydration along with essential nutrients, like calcium, protein, carbohydrates, electrolytes and vitamin D. It's especially effective for rehydration after exercise.

13. Orange juice: High in vitamin C and natural sugars, orange juice is hydrating and boosts your immune system. It's best consumed in moderation due to its sugar content.

14. Chia seed water: Chia seeds absorb water and expand, turning water into a hydrating and fiber-rich drink that also provides omega-3 fatty acids and antioxidants. They also slowly release water, providing sustained hydration.

15. Coconut kefir: A probiotic-rich drink, coconut kefir supports gut health while providing hydration and essential nutrients.

16. Mint water: Mint water is not only refreshing, but also aids digestion and helps in maintaining fresh breath. It's an excellent way to hydrate with a hint of flavor.

17. Berry smoothies: Smoothies made with berries and water or coconut water provide hydration along with antioxidants, vitamins and fiber, supporting overall health.

18. Celery juice: Celery is 95% water, making its juice highly hydrating. Celery juice is also rich in vitamins A, C and K and minerals like potassium.

19. Lemon water: Adding lemon to water boosts vitamin C intake and enhances flavor, making it easier to stay hydrated. It also aids digestion and supports detoxification.

20. Hibiscus tea: Hibiscus tea is a refreshing and hydrating drink rich in antioxidants. It has been shown to support heart health and may help lower blood pressure.

24. Beet juice: Beet juice is hydrating and packed with nitrates, which support blood flow and cardiovascular health. It's also rich in vitamins and antioxidants.

29. Yogurt smoothies: Yogurt-based smoothies provide hydration along with probiotics, protein and calcium. They are great for gut health and offer a creamy, satisfying texture.

FROZEN TREATS





reg \$8.79

Organic water pops are made with purified water and organic cane sugar, and are all vegan, organic, and contain no artificial dyes.



^{reg \$}8.69

Organic water pops are made with purified water and organic cane sugar, and are all vegan, organic, and contain no artificial dyes.



^{reg \$}8.69

Organic water pops are made with purified water and organic cane sugar, and are all vegan, organic, and contain no artificial dyes.





reg **\$7.69**

4-2.06 oz

Capturing the flavor of freshly-picked, ripe strawberries makes this a timeless treat.

Prices valid 7/01/2025-7/31/2025. Subject to availability. No rainchecks. Prices subject to change without notice. We reserve the right to correct errors.

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