

*The* **good apple**  
NATURAL MARKET  
"Good Food Naturally!"

- *Monthly Messenger*

Visit [www.thegoodapple.com](http://www.thegoodapple.com) for our Online Catalog



Nutrition for Optimal Wellness®

**35%  
Savings**



Product number  
**P37098**

**Melatonin** RETAIL \$12.99  
**3 Mg** SIZE 180 Caps

**\$8.44**

**Bonus Buy**

Research indicates that Melatonin may be associated with the regulation of sleep/wake cycles. Melatonin is a potent antioxidant that defends against free radicals and helps to support glutathione activity in the neural tissue.



Nutrition for Optimal Wellness®

**35%  
Savings**



Product number  
**P54070**

**Vitamin D3** RETAIL \$16.99  
**1000 Iu** SIZE 360 Vcaps

**\$11.04**

**Bonus Buy**

NOW Vitamin D-1000 softgels supply recommended levels of this key vitamin in a highly-absorbable liquid softgel form. Vitamin D is normally obtained from the diet or produced by the skin from the ultraviolet energy of the sun. However, it is not abundant in food. As more people avoid sun exposure, Vitamin D supplementation becomes even more necessary to ensure that your body receives an adequate supply.



Nutrition for Optimal Wellness®

**25%  
Savings**



Product number  
**P58137**

**Garcinia**  
**1000 Mg**

**\$19.49**

**Healthy Buy**

Garcinia Cambogia Extract may assist with the maintenance of healthy glucose levels, boost the metabolism and support weight management.

RETAIL \$25.99  
SIZE 120 Tab



Nutrition for Optimal Wellness

35% Savings

**Tea Tree Oil**

**\$5.84**

Bonus Buy



RETAIL \$8.99  
SIZE 1 Fl oz

Product number  
**P38924**



Nutrition for Optimal Wellness

35% Savings

**Eucalyptus Oil**

**\$3.89**

Bonus Buy



RETAIL \$5.99  
SIZE 1 Fl oz

Product number  
**P35551**



Nutrition for Optimal Wellness

35% Savings

**Omega-3 1000 Mg**

**\$10.39**

Bonus Buy



RETAIL \$15.99  
SIZE 200 Sgels

Product number  
**P33762**



Nutrition for Optimal Wellness

35% Savings

**Lemon Oil**

**\$4.22**

Bonus Buy



RETAIL \$6.49  
SIZE 1 Oz

Product number  
**P35534**

35% Savings



Nutrition for Optimal Wellness

**Organic Red Yeast Rice**

**\$18.84**

Bonus Buy



RETAIL \$28.99  
SIZE 120 Vcaps

Product number  
**P39619**



Nutrition for Optimal Wellness

35% Savings

**Glucosamine Condritan Msm**

**\$28.59**

Bonus Buy



RETAIL \$43.99  
SIZE 180 Caps

Product number  
**P39393**



Nutrition for Optimal Wellness

25% Savings

**Magnesium 400 Mg**

**\$13.49**

Healthy Buy



RETAIL \$17.99  
SIZE 180 Caps

Product number  
**P37585**



Nutrition for Optimal Wellness

25% Savings

**Virgin Coconut Oil**

**\$11.24**

Healthy Buy



RETAIL \$14.99  
SIZE 120 Sgel

Product number  
**P51857**



40% Savings

Green Superfood

\$26.99

Super Buy



Product number P53715

RETAIL \$44.99 SIZE 240 Grams



40% Savings

Green Superfood

\$26.99

Super Buy



Product number P53716

RETAIL \$44.99 SIZE 240 Vcaps



40% Savings

Green Superfood

\$48.59

Super Buy



Product number P56872

RETAIL \$80.99 SIZE 481 Grams



40% Savings

Green Superfood Chocolate

\$26.99

Super Buy



Product number P56251

RETAIL \$44.99 SIZE 285 Gram

40% Savings

Green Superfood Chocolate

\$48.59

Super Buy



RETAIL \$80.99 SIZE 570 Gram

Product number P56873



40% Savings

Green Superfood Apple

\$26.99

Super Buy



Product number P56868

RETAIL \$44.99 SIZE 224 Grams



40% Savings

Green Superfood Alkalinizing & Detox

\$26.99

Super Buy



Product number P56870

RETAIL \$44.99 SIZE 285 Grams



40% Savings

Green Superfood Energizer

\$26.99

Super Buy



Product number P56871

RETAIL \$44.99 SIZE 285 Grams



Nutrition for Optimal Wellness

35% Savings

**Clove Oil**

**\$4.54**

Bonus Buy



RETAIL \$6.99  
SIZE 1 Fl oz

Product number  
**P50509**



Nutrition for Optimal Wellness

35% Savings

**Vitamin D-3 5000 Iu**

**\$8.44**

Bonus Buy



RETAIL \$12.99  
SIZE 120 Sgel

Product number  
**P54260**



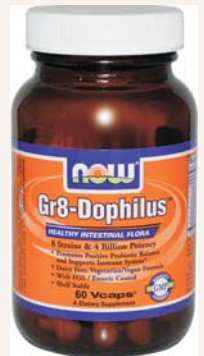
Nutrition for Optimal Wellness

25% Savings

**Gr8 Dophilus**

**\$13.49**

Healthy Buy



RETAIL \$17.99  
SIZE 60 Vcaps

Product number  
**P50244**



Nutrition for Optimal Wellness

35% Savings

**Methyl B-12 1000 Mgl**

**\$7.79**

Bonus Buy



RETAIL \$11.99  
SIZE 100 Loz

Product number  
**P36380**

35% Savings

**Vitamin K-2 100 Mcg**

**\$9.74**

Bonus Buy



RETAIL \$14.99  
SIZE 100 Vcaps

Product number  
**P52224**



Nutrition for Optimal Wellness



Nutrition for Optimal Wellness

35% Savings

**B-12 Liquid B Complex**

**\$6.49**

Bonus Buy



RETAIL \$9.99  
SIZE 2 Fl oz

Product number  
**P39307**



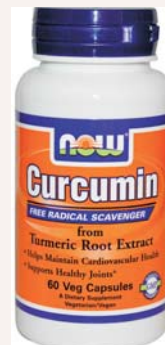
Nutrition for Optimal Wellness

25% Savings

**Curcumin Tumeric Root Extract**

**\$20.99**

Healthy Buy



RETAIL \$27.99  
SIZE 60 Vcaps

Product number  
**P38398**



Nutrition for Optimal Wellness

25% Savings

**Plant Protein**

**\$26.24**

Healthy Buy



RETAIL \$34.99  
SIZE 2 Lbs

Product number  
**P57735**



**Allergy Sinus**

**20% Savings**



**\$8.31**

Healthy Buy

Product number  
**P50888**

RETAIL \$10.39  
SIZE 60 Tab



**Oil of Oregano**

**25% Savings**



**\$8.77**

Healthy Buy

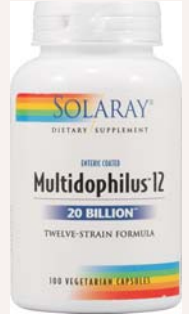
Product number  
**P51370**

RETAIL \$11.69  
SIZE 60 Caps



**Multidophilus 12**

**25% Savings**



**\$25.19**

Healthy Buy

Product number  
**P39028**

RETAIL \$33.59  
SIZE 100 Vcaps



**Leg Cramps**

**20% Savings**



**\$8.31**

Healthy Buy

Product number  
**P50986**

RETAIL \$10.39  
SIZE 60 Tabs

**20% Savings**



**NerveFix**



**\$27.43**

Healthy Buy

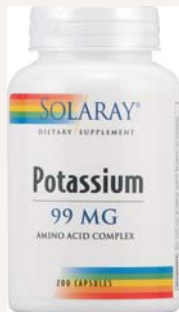
RETAIL \$34.29  
SIZE 60 Caps

Product number  
**P50009**



**Potassium 99 Mg**

**25% Savings**



**\$10.34**

Healthy Buy

Product number  
**P51391**

RETAIL \$13.79  
SIZE 200 Caps



**Rutin**

**25% Savings**



**\$4.79**

Healthy Buy

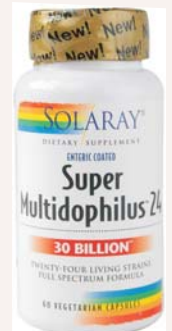
Product number  
**P53754**

RETAIL \$6.39  
SIZE 60 tabs



**Multidophilus 24**

**25% Savings**



**\$21.14**

Healthy Buy

Product number  
**P57161**

RETAIL \$28.19  
SIZE 60 Vcaps



**20% Savings**

**Healthy Knees & Joints**

**\$31.96**

**Bonus Buy**



Product number  
**P58138**

RETAIL \$39.99  
SIZE 60 Tab

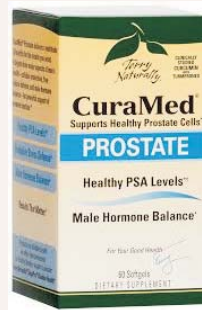


**20% Savings**

**Curamed Prostate**

**\$39.96**

**Bonus Buy**



Product number  
**P58139**

RETAIL \$49.95  
SIZE 60 Tab



**20% Savings**

**Terrific ZZZZ**

**\$21.56**

**Bonus Buy**



Product number  
**P58140**

RETAIL \$26.95  
SIZE 30 Tab

**Curamin Headache**



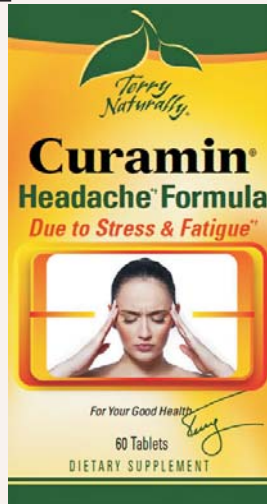
**20% Savings**

**\$35.96**

**Bonus Buy**

RETAIL \$44.99  
SIZE 60 Tabs

Product number  
**P58144**



Curamin Headache Relief combines the successful ingredients from the trusted, award-winning Curamin with additional nutrients for targeted, safe, and effective relief to help you feel great again.

- Stress
- Headaches†
- Fatigue

It is estimated that up to 80% of Americans deal with occasional headaches due to stress or fatigue. Demanding jobs, hectic schedules, and long hours at a computer can contribute to the stress of everyday life. Now, those occasional headaches have met their match!



**20% Savings**

**Curamin Stop Pain**

**\$31.16**

**Bonus Buy**



Product number  
**P58141**

RETAIL \$38.95  
SIZE 60 Tab

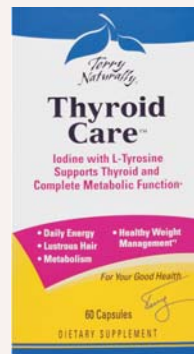


**20% Savings**

**Thyroid Care**

**\$28.76**

**Bonus Buy**



Product number  
**P58142**

RETAIL \$35.95  
SIZE 120 Tab



**20% Savings**

**Sucontral**

**\$28.76**

**Bonus Buy**



Product number  
**P58143**

RETAIL \$35.95  
SIZE 60 Caps

This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat cure, or prevent any disease.



**25% Savings**

**Liquid Omega 3**

**\$22.49**

Healthy Buy



Product number  
**P51255**

RETAIL \$29.99  
SIZE 16 Fl oz



**25% Savings**

**Milk Thistle Standardizes**

**\$23.24**

Healthy Buy



Product number  
**P55947**

RETAIL \$30.99  
SIZE 120 Vcaps



**25% Savings**

**Oil Of Oregano**

**\$11.99**

Healthy Buy



Product number  
**P40549**

RETAIL \$15.99  
SIZE 90 Sgels

**Eyebright**

**\$8.24**

Healthy Buy

RETAIL \$10.99  
SIZE 90 Vcaps

Product number  
**P50787**



Eyebright herb (*Euphrasia officinalis*) has been traditionally used for promoting eye health. Nature's Answer capsules feature the highest quality of organic, responsibly wildcrafted or cultivated herbs, which maintain the naturally-occurring constituents found in the plant. They are carefully selected and finely milled (micronized), allowing faster absorption by the body; Manufactured to cGMP (current Good Manufacturing Practices) standards; Free of synthetic ingredients.

**25% Savings**



**25% Savings**

**Alfalfa**

**\$15.74**

Healthy Buy



Product number  
**P50824**

RETAIL \$20.99  
SIZE 2 Fl oz



**25% Savings**

**Milk Thistle Standardized**

**\$12.74**

Healthy Buy



Product number  
**P57416**

RETAIL \$16.99  
SIZE 60 Vcaps



**30% Savings**

**Sambucus**

**\$19.59**

Bonus Buy



Product number  
**P52354**

RETAIL \$27.99  
SIZE 8 Fl oz



20% Savings

Arnica Cream

\$10.23

Healthy Buy



Product number P53553

RETAIL \$12.79 SIZE 4 Oz



20% Savings

Allergy Relief

\$8.31

Healthy Buy



Product number P50887

RETAIL \$10.39 SIZE 60 Tab



25% Savings

Continance

\$24.22

Healthy Buy



Product number P35848

RETAIL \$32.29 SIZE 60 Caps

EACH COUPON MAY ONLY BE REDEEMED ONCE

SPEND AT LEAST \$10 - YOU MAY USE UP TO 2 COUPONS
SPEND AT LEAST \$20 - YOU MAY USE UP TO 4 COUPONS
SPEND AT LEAST \$30 OR MORE - YOU MAY USE ALL 6 COUPONS!
COUPONS MAY ONLY BE USED ONCE AND CANNOT BE DOUBLED

Grid of 6 coupons for free products: Chili Powder Fiesta, Peppermint, Cinnamon Powder, Garlic Powder, Ginger Root Powder, and Chopped Onion. Each coupon includes product name, quantity (1 oz), value, and coupon number.