

DEBRA'S
NATURAL
GOURMET
EAT WELL BE HAPPY

OCTOBER * 2017

237 ITEMS ON SALE

EVERY SINGLE THING FROM
EQUAL EXCHANGE

COFFEE, CHOCOLATE, NUTS...

20% OFF

ON OVER 30 ITEMS

Pioneering the Fair Trade movement out of Western MA for over a quarter century.



CROFTER'S
FRUIT JAMS
INCL. BIODYNAMICS!

\$2.99

10 oz | save \$2

3 organic and 3 Biodynamic varieties on sale. Biodynamic agriculture is "organic, plus" -- truly the highest standard on the globe.

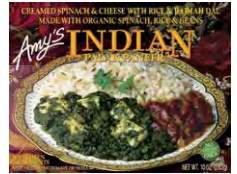


AMY'S
FROZEN MEALS
4 ASIAN FLAVORS

\$3.99

9.5-10 oz | save \$2

Rich, warm spices, without overpowering sensitive palates. Vegetarian and gluten-free. Pad Thai, Red Thai Curry, Palak Paneer & Vegetable Korma.



SMALL BATCH
**GRANOLAS &
GRANOLA BARK**

SALE!

between 28%-34% off

The granola is very good indeed. But the granola bark is wonderful! Crispy, cunchy, sweet and savory. Check out the new seasonal Pumpkin Spice.



EDEN
CANNED BEANS
12 VARIETIES

B2G1

15 oz | regular \$2.69 ea

Buy 2, Get 1 FREE on organic, BPA-free canned beans, mostly grown in the U.S. and Canada. Stock the pantry now for autumn & winter.



REBBL BEVERAGES
ELIXIRS
4 VARIETIES

\$2.99

12 oz | save \$1.80

Delicious and creamy coconut-based herbal elixirs, including Turmeric Golden Milk, Matcha Latte, Reishi Chocolate, and Ashwagandha Chai.



GARDEN OF EATIN'
SESAME BLUES

TORTILLA CHIPS

\$2.49

7.5 oz | save \$1.40



GTS
KOMBUCHA
TRILOGY & GINGERADE

\$2.99

16 oz | save \$1.20



JULIE'S
DAIRY-FREE SORBETS
3 VARIETIES

\$3.99

1 pint | save \$2.20



LOTUS FOODS
RAMEN 4-PACKS
3 GLUTEN-FREE VARIETIES

\$4.99

save \$1.30



COCONUT BLISS DAIRY-FREE
**CARAMEL-CHOCOLATE
ICE CREAM BARS**

\$4.99

3 bars | save \$1.70



MARY'S GONE CRACKERS
**ASSORTED GLUTEN-FREE
CRACKERS**

B2G1

Buy 2, Get 1; reg \$5.49



REAL PICKLES
FERMENTED VEGGIES
LOCAL COMPANY, LOCAL VEGGIES

25% OFF

"everything but the kvass"



ORGANIC VALLEY
SHREDDED CHEESES
ITALIAN, CHEDDAR, MOZZ & MEX

\$3.99

6 oz | save \$1.30



NATURE'S PATH
ECO-PAC CEREALS
5 VARIETIES... BIG BAGS!

\$6.99

26-32 oz | save \$3



2015 USA
Retailer of
the Year!

98 COMMONWEALTH AVE.
CONCORD, MA 01742
978.371.7573
WWW.DEBRASNATURALGOURMET.COM

FOLLOW US ON FACEBOOK FOR EPIC "3-DAY WEEK-END" SALES EVERY FRIDAY, SATURDAY, SUNDAY.

WE LET YOU KNOW THURSDAY NIGHT...

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NATURAL
GOURMET

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237 ITEMS ON SALE

GAIA HERBS
**MUSHROOMS &
ANTIVIRALS**

30% OFF

on 9 products

Save on new mushroom-herbal blends for immunity, vitality, stamina, and mental clarity. Plus, elderberry, olive leaf & oil of oregano caps.



NEW CHAPTER
1-A-DAY MULTIS
MEN'S & WOMEN'S

30% OFF

"regular" & age 40+

Food-grown(tm) vitamins and minerals to sit easy on the digestion. Crafted in Brattleboro, VT with organic vegetables and herbs.



NATURAL FACTORS
**LUNG, BRONCHIAL
& SINUS HEALTH**

\$9.99

45 tablets | save \$6

No need for sugary syrups. A formula that works -- for colds and allergies both. Also save on clean SeaRich omega-3 fish oil 200 ml for \$18.49.



We're proud to offer the new Castor & Pollux **Pristine** dog & cat foods, made with free-range poultry, grass-fed meat, and wild-caught fish. Check out our **everyday very low prices** on Pristine & Organix foods & treats. And this month, take an **additional 20% off** that.

JARROW FORMULAS
**ORGANIC PLANT
PROTEIN POWDER**

\$24.99

1 lb | save \$10-15 ea

Save \$10 off our already discounted regular price on these organic, smooth, nice-flavored protein powders to kickstart your morning smoothies.



DR. HAUSCHKA
FACE & BODY CARE
NOURISHING BEAUTY

20% OFF

on 42 items

Finally! This will be the only Hauschka face and bodycare sale this season. Watch for the re-launch of their makeup mid-October... it's gorgeous!



EVERYTHING FROM
EVAN HEALY
ALL SERIES

20% OFF

on 20 items

Stock up on hydrosols while you still can -- evan healy can't ship them in winter for fear of freezing! Sign up for a mini facial EH esthetician on 10/18.



HERBATINT
**ALL PERMANENT
HAIR COLORS**

\$12.79

27 colors to choose from!

With 8 organic herbal extracts to nourish and protect hair and scalp. Re-closeable bottles are great for doing touchups and mixing your perfect shade.



SHIKAI
BORAGE THERAPY
FACE & BODY CARE

25% OFF

on 5 items

Do you know how much Debra loves borage oil? Come pick up her article on it, and try out these borage oil-rich, nourishing emollients.



7TH GENERATION
GIANT BAG O' T.P.
UNBLEACHED

\$8.99

12 rolls | save \$3.50

Sorry, I guess we're not supposed to call it "toilet paper" anymore? "Bath tissue" is so much more elegant. Whatever you call it, you get 12 rolls...

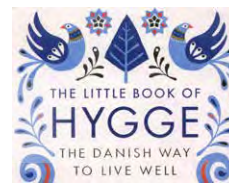


HARDCOVER BOOK
**THE LITTLE BOOK
OF HYGGE**

\$19.99

Meik Wiking

"Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness & wellbeing."



WHAT'S NEW
@
DEBRA'S?

- ready to drink butter coffee from Picnik
- lemon-thyme fabric refresher spray
- Dr. Axe multi-collagen protein powder
- Halvah Heaven chocolate-enrobed bites
- Jewels of the Forest mushroom jerky
- new water bottle designs from S'well
- organic candy corn for Halloween
- liquid drops vitamin D + K from Carlson