

# DEBRA'S NATURAL GOURMET

EAT WELL BE HAPPY

# FEBRUARY 2023

466 items

## EVERYTHING FROM NATURAL FACTORS

Canada's premier brand

save **30%**  
on 80 items



Perennial faves for congestion & cough, mood, sleep, etc. Minerals, vitamins + herbs. No double-discount on EDLPS...

## GARDEN OF LIFE RAW PROBIOTICS

in the fridge

save **20%**  
on 7 items



Some of the broadest-spectrum probiotics, to colonize all the ecologic niches in the gut. Total health.

## WYLD HEMP / CBD GUMMIES

fruit flavors

save **20%**  
on 7 items



25 mg per gummy is enough to feel it, not overdo it. Relax, sleep, take the edge off pain.

## HOST DEFENSE STAMETS-7

mushrooms for total health

save **20%**

powder + capsules



Mushroom pioneer Paul Stamets' original 7-mushroom blend for total body health, organically grown in the USA.

## NORDIC NATURALS VITAMIN D GUMMIES

immunity for kids + more

save **25%**  
on 6 items



400 mg, 1,000 mg, and 2,500 mg per gummy. They all taste good. In the kid section, but fine for adults.

## FLORA IRON + HERBS

the classic

save **20%**  
on 3 items



Iron that's gentle, well-absorbing, and non-constipating. Used by generations of pregnant women -- and the rest of us!



organic, locally roasted, in bulk  
**AT DEBRA'S REFILLERY**

save **20%**

on all chocolate covered goodness! Almonds, raisins, sweet dark dried cherries, and new chocolate-coated banana bits!

## Shikai ORIGINAL BORAGE

lotion

\$10<sup>49</sup>

reg \$14.49 | 8 oz



Also save on nourishing borage Advanced Lotion, Hand Cream, and Foot Cream. Unscented, gluten-free.

## MINERAL FUSION COSMETICS

includes nail polish

save **20%**  
on 143 items



Check out their gorgeous new makeup palettes! EWG-certified clean make-up that is 100% vegan.

## ACURE FACE, BODY & HAIR

recycled

save **20%**  
reg \$1.49-\$9.49



No parabens or formaldehyde. Check out the C Serum, Ultra Hydrating Shampoo, Brightening Day & Night Cream.

## CASTOR & POLLUX RAWHIDE

dog chew

save **20%**  
on 4 items



Made with USA beef. A tasty treat that cleans teeth + gums! Please supervise your dog while they chew this rawhide.

## WHAT'S NEW @ DEBRA'S?

- ORCHARD HILL BREADWORKS!!!
- Valicenti Organico NH-made raviolis
- the return of Seitenbacher veggie broth
- Lake Champlain Valentines chocolates
- date-sweetened granolas from Alter Eco
- organic Italian pestos from BioOrto
- Coccojune coconut yogurt pouches
- sprouting seeds from Hudson Valley