

DEBRA'S
NATURAL
GOURMET

EAT WELL BE HAPPY

March 2023
417 items on sale

BELA OLHAO SARDINES
4 varieties
\$2.49
4.25 oz | reg \$3.89

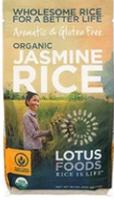
Sardines are a legit wild superfood -- omega-3s, protein, minerals. Mash them on toast with some capers.

DE LA CALLE TEPACHE
4 organic, probiotic flavors
\$2.29
reg \$3.29 | 12 oz

Think of these as "Mexican Kombucha" -- traditional fermented drinks made from pineapple. Crisp + Refreshing.

EVERYTHING FROM SPECTRUM
oils, vinegars, mayo
save 20%
on 36 items

Every home that actually COOKS should have 3-4 oils for variety. Try super-healthy raw sesame oil on grains.

LOTUS FOODS PACKAGED RICES
15 + 30 oz
save 20%
on 9 varieties

Lotus is a fantastic company. For decades, they've taken indigenous issues, crop diversity & water scarcity seriously.

SIETE NOTBURGER & NOTCHICKEN
\$5.99-\$6.99
reg \$8.49 - \$11.19

Darn good for meatless patties! Lots of protein (and flavor). Easy to cook. Not too carby, and of course no GMOs.

SANTA CRUZ SENSIBLE SIPPERS
lower-sugar kid juices
\$3.99
32 oz | reg \$5.99

100% organic juice, but still 25% less sugar. How? They supplement the fruits with low-sugar zucchini juice!

CHOICE TEAS ORGANIC TEAS
green, black, oolong
\$3.19
16 bags | reg \$5.19


KOYO ORGANIC RAMENS
9 flavors
4 for \$5
reg \$1.49


MARY'S G/F CRACKERS
6 flavors
\$3.99
reg \$5.59 - \$6.39


EVERYTHING FROM ALDEN'S ICE CREAM
pints, tubs, novelties
save 20%
on dozens!


UNCLE MATT'S PURE CITRUS JUICES
4 varieties
\$6.49
59 oz | reg \$7.99


ELMHURST PLANT MILKS
5 varieties
\$4.99
32 oz | reg \$6.99


HOPE HUMMUS
3 flavors
\$4.49
15 oz | reg \$6.49


BONAFIDE ORGANIC BROTHS
chicken | vegetable
\$3.99
32 oz | reg \$5.99


NANCY'S COTTAGE CHEESE
organic low fat
\$4.49
16 oz | reg \$5.99


Refillery is
open
RIGHT NOW!

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CONCORD, MA 01742
978.371.7573
WWW.DEBRASNATURALGOURMET.COM

WORK @ DEBRA'S
HIRING KITCHEN STAFF NOW

DEBRA'S
NATURAL
GOURMET

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VIBRANT HEALTH

GREEN VIBRANCE

superfood powder

save **25%**

on 5 sizes

Could this be the single healthiest-for-everyone thing we sell in the entire store? Greens, probiotics + more.



GARDEN OF LIFE

"DR. FORMULATED"

probiotics + omegas

save **25%**

on 15 items

a wide selection of probiotics in the fridge and on the shelf, plus fish and vegan omegas.



RENEW LIFE

PROBIOTICS

in the fridge

save **20%**

on 5 items

Probiotics for men, women... Gut health, urinary tract health, digestion, regularity, and immunity.



EVERYTHING FROM

CV SCIENCES

lab-tested CBD

save **30%**

on 10 items

New Sleep gummies are earning raves for the combination of CBD + herbs. Check out Relief pain formula with PEA.



EVERYTHING FROM

SOLGAR VITAMINS

minerals, vitamins + more

save **20%**

on 26 items

Calcium and magnesium citrate in tablets and tasty liquid. Vitamin B12, and some new ones, too.



EVERYTHING FROM

YERBA PRIMA

fiber and more

save **20%**

on 8 items

Fiber may not be "cutting edge"... but it keeps you regular, curbs appetite, and reduces heart disease risk factors.



organic, locally roasted, fair trade
MIND, BODY & SOUL BLEND

\$9.99 / Lb

Our friends over at Equal Exchange in Western MA kind of invented Fair Trade, about 30 years ago. This month, they're helping us offer this amazing deal on their smoothest blend. Also hot by the cup!

EVERYTHING FROM

ANNEMARIE BORLIND

for all skin types

save **20%**

on 40 items

Made in the Black Forest of Germany from extracts from certified organic farms; 100% vegetarian.



EVERYTHING FROM

ANDALOU

affordable natural beauty

save **20%**

on 54 items

Including "1,000 Roses" products that soothe and hydrate delicate skin. Also includes Men's, body lotions, sham-



DR. HAUSCHKA

SKINCARE + COSMETICS

organic + biodynamic ingredients

save **20%**

on 85 items

While supplies last, spend \$100 or more and receive a limited edition Lavender Sandalwood Calming Body Wash!



ALL TOPICALS FROM

BOIRON

homeopathic

save **25%**

on 20 items

A staple in every medicine cabinet. Take care of skin irritations and other skin conditions. Don't forget the arnica!



WHAT'S
NEW
@ DEBRA'S?

- Indoor/outdoor solar lanterns for yard & garden from Allsop.
- Ukraine-style borscht in glass jars
- Healthy Truth organic protein bars
- organic Easter chocolates from VT
- Solar Roast coffees
- lovely versatile coconut amino sauces
- shower and sink filters from Enviro