

Prices Good: November 1-30, 2018



Wholly Wholesome
9" Pie Shells
2 Pack

\$5.99

Reg \$6.99

Pre-made pie crusts make pies easy! Choose a traditional, organic crust or gluten-free.



Silk
Almond Creamer
Pumpkin Spice
32 OZ

\$3.79

Reg \$4.99

Tis the season to start your morning with a splash of holiday pumpkin spice in your coffee! Non-dairy.



Woodstock
Organic Cranberry
Sauce
14 OZ

\$3.99

Reg \$4.99

You can't have Thanksgiving without the cranberry sauce!



Lundberg
Wild Blend
Rice
1 LB

\$3.49

Reg \$4.99

Fragrant Wehani and exotic Wild Rice offer up beauty, delicious nutty flavor and delightful texture.



Tofurky
Vegetarian Feast
Holiday
3.5 LB

\$29.99

Reg \$35.59

Have a bird-free feast, but with all the flavor and trimmings you've always enjoyed.



Simply Organic
Organic Pumpkin
Spice
1.94 OZ

\$4.99

Reg \$6.29

Enhances the flavor of pies and other holiday desserts, organically.



Immaculate Baking
Organic
Crescent Rolls
8 OZ

\$2.99

Reg \$4.99

First all natural crescent rolls, light, flaky and delicious. Each canister bakes 8 rolls.



Farmer's Market
Organic Pumpkin
15 OZ

\$2.79

Reg \$3.29

Make your holiday desserts with 100% pure organic pumpkin!



Arrowhead Mills
Organic Stuffing
Savory Herb
10 OZ

\$3.49

Reg \$5.99

This is a delicious, flavorful organic stuffing mix that blends perfectly with your turkey and all the sides!



**Don't forget to Pre-order
your Organic Turkey!**

Sizes will vary

\$2.99

per Pound

Quantities will be limited, so give us a call or drop by the store to reserve a turkey for your holiday meal!



Birch Benders
Organic Pancake
& Waffle Mix
Classic

16 OZ
\$3.49
Reg \$4.99



Naturally delicious pancake and waffle mix you can make by just adding water.

Coombs
Organic Maple
Syrup

12 OZ
\$9.79
Reg \$11.99



Great tasting organically harvested Grade A, dark amber maple syrup.

Vital Farms
Pasture-Raised
Butter
Unsalted

8 OZ
\$3.79
Reg \$5.99



Use this high quality butter for all your recipes or melt it on a piece of toast.

Horizon
Organic Heavy
Whipping Cream

16 OZ
\$4.29
Reg \$5.99



Whips beautifully or adds an organic touch to soups, baked goods or any of your favorite recipes.

Lifeway Kefir
Organic Kefir
Low Fat

32 OZ
\$4.79
Reg \$5.49



Certified organic, 12 probiotic cultures, high in protein and calcium. Blueberry, Plain or Strawberry.

Immaculate Baking
Organic
Cinnamon Rolls

17.5 OZ
\$3.99
Reg \$6.49



First organic cinnamon rolls complete with delicious all natural vanilla icing.

L & A Juice
Blueberry Cranberry
Delight Juice

32 OZ
\$3.29
Reg \$3.99



Refreshing fruit juice with no added sugar, sweeteners or colors. No preservatives, just 100% pure juice!

Third Coast Coffee
Organic Coffee
in Bulk

\$11.99
per lb.



Buy as little or as much as you want! We have 8 choices of organic bulk coffee, including decaf.

Enjoy Life
Chocolate Chips
Gluten-Free

10 OZ
\$4.99
Reg \$5.95



Rich, smooth and crave-able, this dairy, nut and soy free premium quality chocolate will make cookies taste great.

Wholesome Sweeteners
Organic Honey

16 OZ
\$6.99
Reg \$10.79



Honey as it should be...

Wholesome Sweeteners
Organic Sugar
Unrefined, Milled

1 LB
\$2.99
Reg \$4.49



As sweetly close to nature as possible.

Horizon
Organic
Egg Nog

32 OZ
\$4.79
Reg \$5.99



Made from wholesome organic milk and real organic eggs with a hint of organic nutmeg.

Woodstock
Butternut
Squash

10 OZ
\$2.29
Reg \$2.99



Mix this with steamed kale, dried cranberries, toasted pine nuts and a drizzle of olive oil.

Lundberg
Organic Risotto

5.9 OZ
\$2.49
Reg \$3.39



Choose from Wild Porcini Mushroom, Butternut Squash, Alfredo or Florentine.

Spectrum Naturals
Organic Extra Virgin
Olive Oil

33.8 OZ
\$11.99
Reg \$19.99



A special blend of Mediterranean varieties makes this a full-bodied olive oil.

Modern Products
Spike Seasoning
Original Magic

3 OZ
\$1.99



All natural, all purpose seasoning. Sprinkle on eggs, pasta, chicken or steak for added flavor.

Pacific
Organic
Turkey Broth

32 OZ
\$3.99
Reg \$5.99



Makes a great soup base. Just add your leftover turkey cuttings and some veggies!

Imagine Foods
Organic
Turkey Gravy

13.5 OZ
\$2.29
Reg \$3.99



This rich and smooth gravy is bursting with real roasted turkey flavor.

Field Roast
Celebration
Roast

1 LB
\$6.59
Reg \$7.99



The vegetarian Celebration Roast is perfect for family feasts, holiday gatherings or a simple dinner for two.

Daiya
Gluten-Free
Pizza

17.4 OZ
\$6.99
Reg \$9.99



Delicious dairy-free, gluten-free pizza! Choose from Fire Roasted Vegetable or Cheese Lovers.

Acure
Mega Moisture
Shampoo or
Conditioner
 Argan Oil & Pumpkin
 12 OZ

\$6.99
 Reg \$9.99



Bring intense moisture to hair that needs some love. Organic, pumpkin seed and argan oils leave nothing behind but shine.

Andalou Naturals
1000 Roses Skin
Care On Sale!
 Sensitive
 5.5 OZ

20% OFF!



1,000 Roses series is formulated for normal, dry or sensitive skin types. Choose from cleansers, creams, masks, oils and serums.

Thayers
Body Bar
 with Witch Hazel
 5 OZ

\$3.49
 Reg \$3.99



A natural soap bar that cleanses and moisturizes with aloe vera. Choose Citrus, Peppermint or Rose Petal.

Himalayan Chandra
Neti Stik

\$3.49
 Reg 5.19



This compact aromatherapy inhaler fits easily into your pocket or purse for quick relief. Contains an essential oil blend of peppermint, eucalyptus, menthol and lavender.

Acure
Dry Shampoo
 All Hair Types
 1.7 OZ

\$6.99
 Reg \$9.99



Easy to use, fastacting, dry shampoo that absorbs oil and removes grime without water! Convenient and effective!

Light Mountain
Organic Henna Hair
Color & Conditioner
 All Colors!
 4 OZ

\$4.99
 Reg \$6.99



Botanical hair color that's safe to use. No harsh chemicals. Great results!

One With Nature
Bath Salts
 2.5 OZ

\$1.99
 Reg \$3.49



Dead Sea mineral salts assist in the healing of Dermatitis, Eczema, Psoriasis and other skin conditions.

Himalayan Chandra
Aroma Neti Wash+
 2 OZ

\$10.99
 Reg \$15.69



Soothes and moisturizes nasal passages with aromatic essential oils. A great boost to your neti pot salt.



Earthy Spa
Hand Soap
 17 OZ

\$3.49
 Reg \$5.99



Elevate life. Elevate living. Effectively cleans soiled hands with a luxurious blend of bio-based plant-derived, nontoxic ingredients, from Mother Earth herself.

Yerba Prima
Tampico
Skin Brush

\$8.49
 Reg \$11.95



Revitalizes and cleanses the skin, made with a long handle and natural bristle brush.

NORDIC[®] 
NATURALS

ALL Nordic Products:

25% OFF!

Nordic is a top of the line Fish Oil company with a variety of potencies & combinations.

Bluebonnet
Targeted Choice
Liver Detox
60 Caps

\$29.99
Reg \$39.99



Non-gmo hepatic support with dandelion, ginger, milk thistle, green tea, NAC and turmeric.

Nature's Plus
Ultra-Zyme
90 tablets

\$15.99
Reg \$18.99



Even with the healthiest diet, there can be no transfer of nutrients to your body's cells unless food in the digestive tract is broken down properly. That requires the action of enzymes.

Hyland's
Homeopathic
Sleep Aid
Calms Forte
100 TABS

\$7.99
Reg \$12.99



Provides safe, natural relief for occasional sleeplessness, stress and restless sleep.

American Health
Ester-C 500
With Citrus
Bioflavonoids
120 CAPS

\$12.99
Reg \$18.99



A unique gentle, buffered form of vitamin C.

Nature's Plus
Animal Parade
Tummy Zyme
90 Animals

\$18.99
Reg \$22.99



A great tasting chewable with Active Enzymes, Whole Foods and Probiotics for better digestion.

American Health
Original Papaya
Enzyme
Chewable
250 Tabs

\$6.49
Reg \$10.99



Keep this on hand for all of your dinner party guests to help with easier digestion. Naturally flavored with the ripest freeze dried papaya.

Yerba Prima
Daily Fiber
Caps
180 CAPS

\$9.49
Reg \$14.49



Essential for proper digestion and supporting heart health.

Bluebonnet
Stress
B-Complex
100 Veg Caps

\$19.99
Reg \$26.49



Complete spectrum of high potency B vitamins plus pure Vitamin C from ascorbic acid.

Jarrow Formulas
GABA Soothe
30 caps

\$18.99
Reg \$23.95



Clinically studied ingredients to support mental focus and promote relaxation.

Similasan
Eye Drops
.33 OZ

\$8.99
Reg \$14.65



Similasan's active response formulas stimulate the eyes natural ability to relieve dry and allergy eyes.



ALL Barlean's products:

20% OFF!

Choose from Fish oil, flax oil, CBD oil, green powders, etc.

For  **Goodness** sake
natural food store

1306 Common Street
New Braunfels, TX 78130
830-606-1900
Mon-Sat 9am-6:30pm

Full Service Juice Bar Featuring Fresh Organic Juices and Smoothies, Cappuccinos, Lattes, Organic Coffee and Tea

Top Quality Vitamin and Herbal Supplements • Natural Body Care • Aromatherapy • Lead-Free Candles • Gifts & Books

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, CURE OR TREAT ANY DISEASE. SOME ITEMS MAY NOT BE AVAILABLE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.