



**SUKIN**  
**Body Care**  
Assorted sizes  
and varieties

**40% off**

In-store prices reflect discount. No additional discount at register.



**NOW**  
**Pure Essential**  
**Oils and Kits**  
Assorted sizes  
and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**ACURE**  
**Body Care**  
Assorted sizes  
and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



**AURA CACIA**  
**100% Pure**  
**Essential Oils**  
Assorted sizes  
and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**SHIKAI**  
**Lotion or**  
**Shower Gel**  
Assorted sizes  
and varieties

**35% off**

In-store prices reflect discount. No additional discount at register.



**BORLIND**  
**Skin Care**  
Assorted sizes  
and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



**PRANAROM**  
**100% Pure**  
**Essential Oils**  
Assorted sizes  
and varieties

**20% off**

In-store prices reflect discount. No additional discount at register.



**DR. BRONNER'S**  
**Organic Coconut**  
**Oil**

14 oz  
Reg. \$11.99

**\$8<sup>69</sup>**



RAVEN'S BREW  
**Organic Coffee**  
**Bulk and Packaged**  
Assorted sizes  
and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



ENDANGERED  
SPECIES  
**Oat Milk**  
**Chocolate Bar**  
3 oz  
Assorted varieties  
Reg. \$3.69

**\$2<sup>69</sup>**



THE REPUBLIC OF  
TEA  
**Holiday Tea**  
Assorted sizes  
and varieties

**15% off**

In-store prices reflect discount. No additional discount at register.



LILY'S SWEETS  
**Baking Chips**  
9 oz  
Assorted varieties  
Reg. \$8.69

**\$6<sup>29</sup>**



FELICETTI  
**Organic Pasta**  
16 oz  
Assorted varieties  
Reg. \$3.29

**\$2<sup>29</sup>**



FRONT PORCH  
**Pecans**  
4 oz  
Reg. \$6.99

**\$5<sup>39</sup>**



HOPE FOODS  
**Cashew & Almond Dip**  
8 oz  
Assorted varieties  
Reg. \$5.55

**\$3<sup>99</sup>**



NANCY'S  
**Sour Cream**  
**and Cream**  
**Cheese**  
8 oz  
Assorted varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



BOIRON  
**Oscilloccinum**  
30 pack  
Reg. \$34.99

**\$24<sup>99</sup>**



DR. MERCOLA  
**Supplements**  
Assorted sizes  
and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



ENZYMEDICA  
**Supplements**  
Assorted sizes  
and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.



THRESHOLD  
**Wellness Formula  
and Old Indian  
Wild Cherry Bark  
Syrup**  
Assorted sizes  
and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



YERBA PRIMA  
**Supplements**  
Assorted sizes  
and varieties

**30% off**

In-store prices reflect discount. No additional discount at register.



CARLSON  
**Vitamin D  
Supplements**  
Assorted sizes  
and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.

**WellBetX® Berberine**  
**For blood sugar and beyond!**  
Supports gut, immune, cardiovascular,  
and liver health

**ON SALE NOW!**  
WellBetX & PGX® Products

\*WellBetX Berberine 500 mg 60 vcap ranks #1 selling Berberine based on unit sales, Herbal Singles category, US Natural Channel, SPINS data 52-week period ending 4/19/2020.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



#1 SELLING BERBERINE!

natural  
Factors



TERRY NATURALLY  
**Supplements**  
Assorted sizes  
and varieties

**20% off**

In-store prices reflect discount. No additional discount at register.

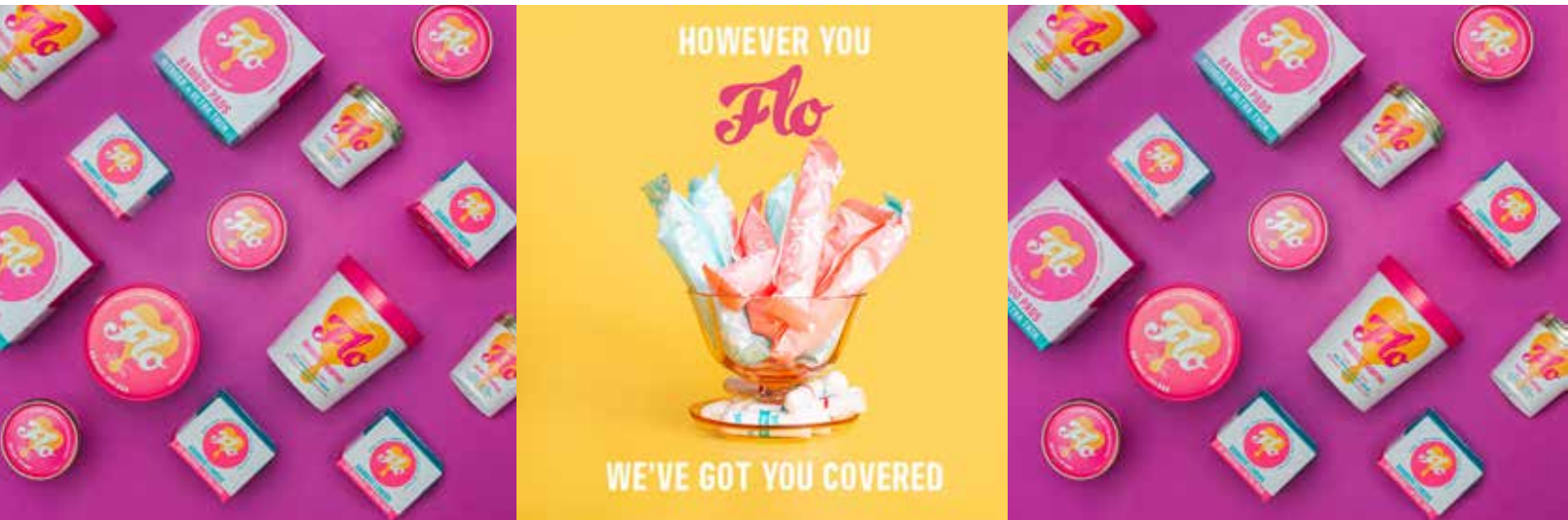
# Welcome to a life in Flo!

by FLO

Call us high-maintenance, but we believe that what we put in our bodies should be as natural as possible and not horrible for the planet.

We also prefer our products like our partners: straight-talking and reliable. And if we can give back to our community at the same time?

## Flo-tastic.



At FLO, we're all about keeping it 100%: 100% organic cotton tampons and organically-grown bamboo pads, 100% BPA-free, silky-smooth applicator and biodegradable pad wrappers, 100% committed to supporting girls' health, education and economic empowerment.

FLO tampons are made from 100% organic biodegradable cotton, with silky-smooth BPA-free recyclable plastic applicators and nothing else. Our bamboo pads are made from plant-material like corn fiber and bamboo, with biodegradable plant-based wrappers.

Unlike traditional feminine care, FLO products have no nasties like chlorine or dioxin bleaches, rayon or viscose fiber that can shed and stick inside you (this is a thing!), and no fragrances, dyes or allergens of any kind.

Each FLO pack helps you give back. 5% of our profits go to girls in need through brilliant charities like Orchid Project. Your purchase also lets us provide free menstrual products to UK asylum centers and food banks via UK organizations like Bloody Good Period and Red Box Project. Finally, all our products are certified vegan & cruelty-free by The Vegetarian Society and PETA.

We're FLO, and this period, we've got you. 100%!

FLO  
**Feminine Products**  
Assorted sizes and varieties

**25% off**

In-store prices reflect discount. No additional discount at register.

# This holiday, give the gift that keeps on giving!

At BOTA™, we use only nature's best botanicals in our skincare line. We believe everyone deserves high-quality skincare products that are safe yet effective. All BOTA™ skincare products are made with non-GMO plant oils and extracts carefully selected for their verifiable skin benefits. BOTA™ plant-based skincare products are kinder to your skin, better for the environment, and powered by the many potential skin benefits of hemp-derived CBD.

Cannabidiol (CBD) is one of the 113+ compounds found in the hemp plant. CBD is a non-intoxicating cannabinoid that has the ability to act on cannabinoid receptors that are part of your Endocannabinoid System (ECS). Plant cannabinoids, also known as phytocannabinoids, bind with this system, which helps regulate certain vital functions of the body, including sleep, appetite, immune, pleasure, pain, inflammation, and more.

In many ways, CBD-infused skincare products work just like any other CBD product, the tinctures, gummies, or softgels you might already be using. With plant-based CBD skincare, the CBD is delivered directly to your skin's surface, helping to influence its health and appearance.

Within our natural ingredients list, you'll find plant oils that deliver a wide range of essential nutrients while protecting your skin from moisture loss. You'll also find plant extracts shown to brighten a dull complexion, nourish skin's natural barrier, and boost hydration levels.

As awareness of the many potential consequences of using skincare products packed with potentially harmful chemicals

increases, so does the demand for healthier, skin-friendly alternatives. With BOTA™ CBD skincare products, you'll have a one-stop-shop to naturally perfect your skin and your skincare routine. Each product is safe for all skin types, sulfate-free, paraben-free, cruelty-free and vegan.



Just like our ingredients, a daily routine with BOTA™ is simple yet effective. Here's how you can create a morning and night skincare routine with BOTA™ CBD infused, plant-based products:

## Morning Routine:

- 1: Cleanser: Use your favorite natural cleanser!
- 2: Tone: BOTA™ Balancing Protective Skin Toner
- 3: Moisturize: BOTA™ Age-Defying Daily Face Lotion
- 4: Body: BOTA™ Nourishing All-Day Body Lotion

## Nightly Routine:

- 1: Cleanser: Apply your favorite natural cleanser!
- 2: Serum: BOTA™ Age-Defying Hyaluronic Acid Serum
- 3: Eyes: BOTA™ Balancing Daily Eye Serum
- 4: Moisturize: BOTA™ Age-Defying Night Cream
- 5: Body: BOTA™ Ultra-Rich Satin Body Crème

By adopting a natural skincare routine, you can reduce your exposure to hundreds of potentially detrimental chemicals, have less risk of irritation, and enjoy peace of mind knowing you're protecting your skin and the environment.

**BOTA  
CBD Skincare**  
Assorted sizes  
and varieties

**15%  
off**

In-store prices reflect discount. No additional discount at register.

# Treats from



## Andes Gifts

Warm, wooly and wonderful, knitwear from **Andes Gifts** is always a hit! Contributing indigenous artisans benefit from Fair Trade standards and ethical sustainable employment throughout rural communities in Peru and Bolivia. Not only will you feel good in these gorgeous handmade creations, you can feel good about them!



## Maggie's Organics

Soft, warm, durable and cozy, they'll never want to take off **Maggie's Organics** socks! What better gift for a Pacific Northwest winter than a pair of these toasty creations? Cotton is one of the most pesticide-laden crops on earth so Maggie's insists on organically grown cotton for their clothing and butter-soft Marino wool. The company follows Fair Trade principles and proudly produces all of their luxurious socks in the USA.

## Creative Children's Books

**Good Night Monster** is your child's very own nighttime guardian, a friend for building confidence at bedtime! Get to know Monster and read about its evening adventures in the playful storybook. When it's time for bed, tuck Monster in with your child for added comfort. Or pose Monster under the bed, near a closet, or anywhere your child wants a trusted lookout to help them feel safe while they sleep.



**And Then** is a collection of 20 beginnings. What will the endings look like? It's up to you. Each of the cards in this box has a tantalizing start to a story you and your child will want to finish. After the 'And then'... it's up to you to decide what happens next!

**Maybe** is a story about all the possibilities ahead of a child. It's for who they are right now and it's for all the magical, unbounded potential they hold inside. A plush pig companion is available separately to accompany your little one on their big adventures! With its beautiful visual storytelling and timeless message, *Maybe* is an inspiring story for kids of all ages.



## Boody Wear

The folks at **Boody** really know what they're doing! Their eco-friendly under and active wear is woven from some of the strongest, most comfortable and sustainable organic bamboo yarn on the planet. The name might make

you chuckle, but they take their 'Four Pillars of Boody' seriously: Quality, Sustainability, Ethics and Giving Back. For the month of December, Boody active wear is 15% off. Come in and see our selection at Marlene's and get your Boody on!



**BOODY**  
**Active Wear**  
Assorted varieties

# 15% off

In-store prices reflect discount. No additional discount at register.

# Mercantile

## Cards, Calendars and Journals

Have you heard that the lost art of letter writing is being revived? Join the trend, support the US Postal Service and share some positive vibes by sending a hand written card this season! We have beautiful options to choose from including images from local artists like Tom Haseltine. Check out our selection!

Time marches on, and we can all use an inspirational way to track the days. Wall calendars are as popular as ever and our selection travels all over the globe... and into outer space! We bet you can find a collection of images for yourself or that unique individual on your list that delight, fascinate and educate.

For the scribblers, the dreamers, the sketchers and the poets check out our gorgeous selection of journals! We have a tremendous variety of styles and sizes to choose from that inspire creativity and empower expression. And as 2020 draws to a close, haven't we all had some incredible things to reflect upon this year?

## Milkbarn

Organic cotton and bamboo with the sweetest patterns, Milkbarn creations for babies and toddlers are made from the cleanest, quality materials made to be super comfy and to stick around awhile. Their juicy and whimsical watercolor-style patterns feature surprise animals like hedgehogs, foxes and wooly mammoths. You may also see alligators, chickens, elephants in tutus, artichokes and potted plants! The many moms of Marlene's who are delighted to both give and receive them say that Milkbarn makes beautiful beginnings!



## Gorgeous Incense and Clean-burning Candles!

**Shoyeido** incense is considered the highest quality, most natural incense available on Earth. In the early 18th century, Rokubei Moritsune Hata began incorporating incense-making techniques he learned as an employee of Kyoto's Imperial Palace. Twelve generations later, the Hata family continue to create an amazing array of fragrances with compressed resins (and no stick!). You can find Shoyeido and other fine quality incenses from local companies like **Alchemia**, **Imagine** and **Shemayim** at both Marlene's locations.

Who doesn't appreciate a beautiful, long burning candle to cozy up these winter nights? From stocking stuffer votives to full-sized pillars, we have some gorgeous options! And you needn't worry about paraffin or toxic additives, Marlene's only stocks clean-burning beeswax or plant-based waxes from sources like soy and coconut. **Big Dipper** candles are infused with essential oils and come in a rainbow of colors! Honey Beeswax and Sunbeam provide classic, 100% golden beeswax candles that

burn slowly and evenly and emit a gentle, honey scent. **Himalayan Candles** and **Paddywax** are other popular brands to look for and come in decorative reusable containers! Stop by to see all of our wonderful options.



## Singing Bowls and Jewelry

Fill their silent nights with the pure tones of a traditional Tibetan Singing Bowl. Marlene's stocks a variety of bowl sizes and strikers to accompany them. A beautiful way to begin and conclude a meditation or conduct a relaxing concert of chimes!

Marlene's has an ever-changing rotation of gorgeous, handmade jewelry. Local and Fair Trade artisans contribute to our collection of unique pieces. We also have an endearing new line of crystal pet charms that clip securely on your best friend's collar! Visit us to see what's currently available and put some sparkle in your loved one's life.

