

# DEBRA'S NATURAL GOURMET

# OCTOBER 2024

873 items on sale

EAT WELL BE HAPPY

Actual Veggies

## PLANT BURGERS

5 varieties

**\$5.29**

4 burgers | reg \$7.99

We know a 6-year-old whose favorite food is hot dogs who now asks for "the purple burger" by name. #Winning.



Carbonaut

## KETO BREADS

4 varieties

**\$4.99**

19 oz | reg \$7.29

Both wheat-based and gluten-free versions with shockingly low carbs, and shockingly high protein and fiber.



Mavuno Harvest

## CHOCOLATE DRY FRUIT

mango | pineapple | coconut

**\$3.49**

3 oz | reg \$4.69

These little dried mango pieces are covered with dark chocolate on one end; the other end is like the "handle."



Kettle & Fire

## HEARTY SOUPS

5 varieties

**\$5.49**

16 oz | reg \$7.99

More soup, less water from this fantastic brand. Choose from Lentil Vegetable, Italian Wedding, Chicken Noodle, etc.



Skin & Bones

## SARDINES

not skinless or boneless!

**\$2.99**

4.25 oz | reg \$3.99

If you're a "sardine person" check out these extra plump nuggets in extra virgin olive oil. Really top quality.



O.W.Y.N.

## ELITE PROTEIN

3 flavors

**\$2.99**

oz | reg \$4.69

These shakes are THICK. That's what 32 grams of protein does. 1 gram sugar, 100% plant based.



Choice

## ORGANIC TEAS

black | green | flavored

**\$3.29**

16 bags | reg \$5.19

Kate's Real Food

## ENERGY BARS

6 flavors

**\$1.99**

reg \$2.99



Familia

## SWISS MUESLI

regular | sugar-free

**\$7.99**

29 oz -- almost 2 pounds!

Elmhurst

## PLANT MILKS

almond | oat | cashew

**\$4.79**

32 oz | reg \$6.99

EVERYTHING from

## NAVITAS

cacao | goji | superfoods

save **25%**  
on 24 items



Annie's

## BUNNIES

cheddar + sweet

**\$3.99**

7 oz | save \$1.50

Roar

## ELECTROLYTE DRINKS

almost no sugar

**\$1.69**

16 oz | reg \$2.49



Epic

## ANIMAL FATS

beef tallow | lard | duck fat

**\$8.69**

11 oz | reg \$13.49



largest bulk  
selection in  
the State!

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WORK @ DEBRA'S  
HIRING KITCHEN STAFF NOW



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## EVERYTHING from HOST DEFENSE

capsules, powders

save **25%**

on 40 items



Support your everyday immunity, vitality, energy, and brain health with US-grown organic medicinal mushrooms.

## EVERYTHING from BIO OPTIMIZERS

magnesium specialists

save **25%**

on 5 items



Featuring Magnesium Breakthrough, which contains 7 forms of magnesium, plus Vitamin B6. Capsules, powder.

## EVERYTHING from SOURCE NATURALS

still family-owned

save **30%**

on 130 items



Some of the best multis we sell, lots of melatonin, a great deal on zinc, and the ever-popular Wellness Formula.

## EVERYTHING from JARROW FORMULAS

new ownership, same quality

save **25%**

on 94 items



Ultra Jarro-Dophilus 50 Billion probiotic, vitamin B-12, Bone-Up, and great formulas for brain, prostate, and blood sugar.

## EVERYTHING from COUNTRY LIFE

an A-to-Z brand

save **25%**

on 55 items



Save on Omega-3 Mood, magnesium glycinate, vegan D3 gummies, zinc, simple calcium, and many more.

## all supplements from LILY OF THE DESERT

the aloe specialists

save **20%**

on 6 items



Organic Aloe fillet to gently soothe burning, inflamed digestion. Balance stomach acidity and pH naturally.

## EVERYTHING from EVAN HEALY

organic skin care

save **20%**

on 40 items



Simple ingredients of the highest quality, in glass, sourced from family farms, women's co-ops and tribal villages.

## Dr. Bronner's LIQUID CASTILLE SOAP

recycled plastic bottles

\$14.99

32 oz



Check out regular and lower-waste "milk carton" refill bottles. Wash face, body, hair, hands; kitchens, bathrooms...

## Life Flo MAGNESIUM TOPICALS

lotion, gel, spray

save **25%**

on 7 items



Magnesium helps with sore muscles, relaxation, deeper sleep, destressing and more.

## Cookie Pal DOG TREATS

vegan

\$6.99

10 oz | save \$1



Baked in their zero-waste kitchen in Canada. Flavors include peanut butter, pumpkin & chia, banana, and more!

## Evocer DISH TABS

no scent | citrus

\$4.79

25 tabs | reg \$6.99



Also save on dish liquid and dish powder. Produced in the USA

## get ready for... HALLOWEEN!

...with spooky treat

**3 for \$13**

a dozen choices



We've lined up some fantastic bags of individually wrapped, organic and fair trade treats.

## WHAT'S NEW @ DEBRA'S?

- Halloween candies and calendars!
- True Tides haddock, cod, shrimp
- zero-sugar probiotic gummies
- Mexican cooking pastes from Loisa
- more chocolate bars from Lake Champlain, Vgan, and Tcho.
- True Tides haddock, cod, shrimp
- mushroom-shaped beeswax candles