

GOOD N NATURAL



HOT DEALS



THIS SUMMER

YOUR TRUSTED HEALTH STORE

JUNE 2-16, 2024



MAY 2-16

ON SALE!



SALUS FLORADIX & FLORAVIT IRON FORMULA

Optimize iron levels to prevent deficiency, improve energy and health.

10% OFF all Floradix & Floravit
Sale Price: \$23.39 - \$50.39

SAVE NOW



CANPREV COLLAGEN

Discover the power of Collagen with this premium Canadian-made brand.

15% OFF CanPrev Collagen
Sale Price: \$27.19 - \$33.99

HOT BUY



SISU ESTER-C SUPREME

Get relief from seasonal allergies with this great daily Vitamin C formula.

10% OFF
Sale Price: \$42.29-\$64.79

SALE!



REGENERLIFE OMEGA 3

High potency Omega-3 to support brain health, mood & healthy aging.

10% Off
Sale Price: \$32.39-\$53.99

ON SALE!



ULTIMATE MEN'S HEALTH

Support men's health with the Ultimate men's line.

10% OFF Entire Line
Sale Price: \$22.49-\$58.49

BUY NOW



GARDEN OF LIFE ALL-IN-ONE NUTRITIONAL SHAKE

Fuel your body with essential nutrients with this all-in-one plant-based shake!

Sale Price: \$52.99
Regular Price: \$62.99

VISIT US! 116 PARK RD W
STEINBACH, MB
SHOP WITH US 24/7 ONLINE!
GOODNNATURAL.CA



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EXPERIENCE THE VALUE

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Have you tried our peanut butter?
Locally-sourced peanuts, freshly ground in-house!
ONLY ONE INGREDIENT: PEANUTS!

ALL ON SALE NOW!

LINE SALE!



PLATINUM NATURALS MULTIVITAMINS

Unlock your full potential! From teens to 60+ we have the perfect Multivitamins for YOU!
10% OFF All Platinum Multis

Sale Price: \$25.19 - \$47.69

LOW PRICE!



INNOTECH CARDIOFLEX

Manitoba's TOP supplement for cardiovascular support.

Sale Price: \$40.00
Regular Price: \$44.99

SALE!



RENEW LIFE PROBIOTICS

Support digestive flora with our large selection of Renew Life Probiotics.

\$5 OFF Renew Life Probiotics!
Sale Price: \$14.99 - \$64.99

BUY NOW!



LIVING ALCHEMY HERBALS

Living Alchemy offers a range of certified organic, fermented herbs to help manage daily stress levels.

10% OFF LA Fermented Herbs
Sale Price: \$30.59 - \$59.39

SALE NOW!



PROGRESSIVE VEGGREENS

Harnessing nature's finest green superfoods for essential nutrients in a convenient and potent dose.

\$5.00 OFF VegGreens
Sale Price: \$34.99 - \$61.99

HOT BUY!



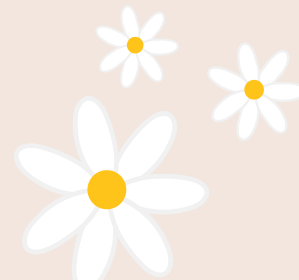
NATURES WAY CALCIUM & MAGNESIUM 2:1 500ML

Bone-boosting formula enhanced with collagen. Available in 2 delicious flavours!

Sale Price: \$28.00
Regular Price: \$29.99

SHOP THESE DEALS JUNE 2-16, 2024

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SHOP ONLINE WITH US!
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WE WANT TO HELP YOU THRIVE.

GOOD N NATURAL

IN-STORE ONLY COUPONS
SHOP THESE AMAZING PRODUCTS!

June 2 - 16, 2024

*MUST BRING IN OR MENTION COUPON TO RECEIVE DISCOUNT.



NATURAL CALM

\$3.00 OFF

Enjoy Natural Calm Magnesium Gummies in Orange and Raspberry-Lemon flavours for a delicious and relaxing way to get your daily dose of magnesium.



ROUTINE. BODY CREAM

\$3.00 OFF

Nourish and moisturize your skin with this all-natural ingredient formula. Enjoy \$3.00 off ALL Routine. Body Creams for a limited time only!



AERYON WELLNESS

\$2.00 OFF

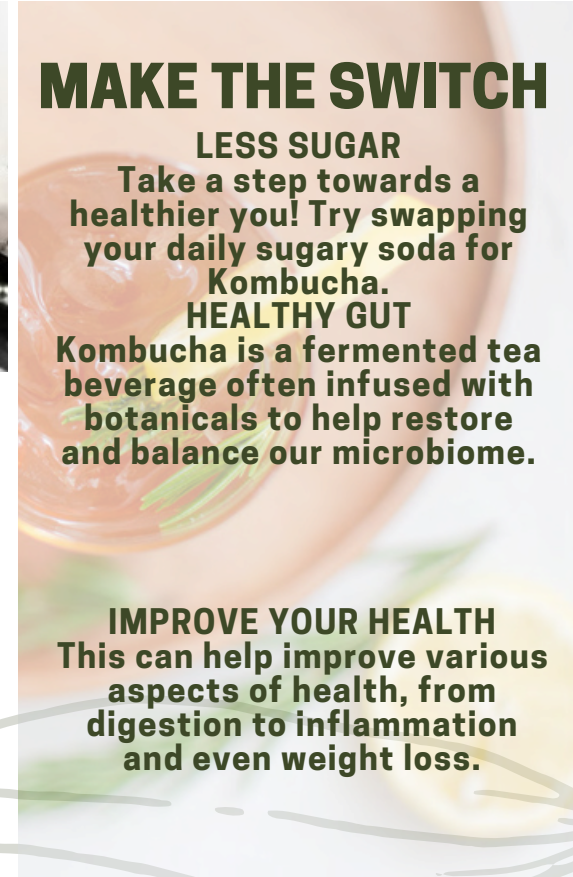
With highly studied and proven ingredients to support women's wellness. Enjoy \$2.00 on ALL products within the Aeryon Wellness line.



TREAT YOUR TEACHER.

THOUGHTFUL. LOCAL. CONVENIENT!
LET US HELP YOU CURATE THE PERFECT GIFT!

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MAKE THE SWITCH

LESS SUGAR

Take a step towards a healthier you! Try swapping your daily sugary soda for Kombucha.

HEALTHY GUT

Kombucha is a fermented tea beverage often infused with botanicals to help restore and balance our microbiome.

IMPROVE YOUR HEALTH

This can help improve various aspects of health, from digestion to inflammation and even weight loss.

Wolseley Kombucha

Available On Tap at GNN!

Did you know that you can enjoy your favorite seasonal flavour of locally made Wolseley Kombucha on-tap in our store? This refreshing beverage is made with 95% organic ingredients, ensuring that you can feel good about sipping it on a hot summer day.

Understanding the Role of Sunscreen

Sunscreen helps protect the skin by absorbing, reflecting, or scattering sunlight. It also protects against UVA and UVB rays, which are responsible for aging the skin and causing skin cancer, respectively. Even when it's not sunny, daily sunscreen use can significantly reduce the cumulative effects of UV exposure, including health risks and cosmetic concerns such as wrinkles and sunspots.

Benefits of Non-Nano Zinc Oxide in Sunscreen

Zinc oxide is a mineral that provides broad-spectrum protection against UVA and UVB rays. The "non-nano" part of non-nano zinc sunscreen refers to the size of the zinc oxide particles. Non-nano zinc oxide particles are larger than 100 nanometers, so they cannot penetrate the skin's surface. This size aspect is crucial for several reasons:

- 1. Safety:** Since non-nano zinc oxide remains on the skin's surface, it's less likely to be absorbed into the bloodstream, thus potentially reducing the risk of systemic exposure and side effects.
- 2. Protection:** Non-nano zinc oxide forms a physical barrier on the skin, reflecting and scattering UV radiation. Unlike chemical sunscreens, which absorb UV light and sometimes release heat, non-nano zinc oxide provides a protective layer that blocks UV rays.
- 3. Suitable for Sensitive Skin:** As a physical sunscreen, non-nano zinc oxide is often better tolerated by people with sensitive skin. Compared to chemical UV filters, it's less likely to cause irritation or allergic reactions.
- 4. Environmental Impact:** Research suggests that nanoparticles can harm marine life. Non-nano zinc oxide is considered more "reef-safe", as it is less likely to degrade coral reefs compared to some chemical UV filters and nanosized particles.



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FREE SHIPPING ON ORDERS OVER \$79!

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