



# Have a Heart Healthy Month at Brighter Day!

*Start with good organic food,  
add supplements as needed.*

**Sales February 1-28 – Page 1**



## 30% Off MSRP Multis & Cal-Mag

- ▲ Core Daily Men's & Women's
- ▲ Max for Men & Women
- ▲ Cal-Mag Combinations & More



*Seriously Organic®*

## All Products on Sale! 20% Off MSRP



*Pure and Great Tasting Omega Oils*

## 25% Off MSRP

All Ultimate Omegas  
EPA & EPA Extra ... & More



## 30% Off MSRP

- Q-Absorb • QH-Absorb
- CoQ10 & More

## Brenda Watson's Vital Flora

## 10% Off Everyday

INTRODUCING...  
VITAL FLORA 60/60



- 60 Billion Live Cultures ■ 60 Unique Strains ■ 7 Prebiotics
- Delay Release for Absorption

**You're invited Feb 18th!**  
**Extra 10% Off Products**

At Lecture with *Digestive Diva*, Brenda Watson, at 7 p.m. – The Sentient Bean



## 25-40% Off MSRP 50+ Products on Sale

- CoQ10 • Ubiquinol • BioSil
- Whole Earth & Sea Products • All WomenSense • Oil of Oregano • All PGX
- All CurcuminRich • Berberine • Celery Sd • Olive Lf • Ginger Chew
- RX Omega-3 • Wild Alaska Salmon
- Quercetin EMIQ • Quercetin w Bioflavanoids • GarlicRich Extra w/Reishi
- Calmbiotic • Pharma Gaba • Tranquil Sleep • Suntheanine & More



Let's Talk About Beets & Health

# It's February ...

## And Our Thoughts Turn to Love, Heart Health & Lots of Chocolate!

Shop Brighter Day Natural Foods Supplement Sales – Page 2



**Libido Support Products from Irwin Naturals' 30% Off MSRP**



Read Dr. Michael Murray's article on "beeting" high blood pressure on his website...

<https://doctormurray.com/how-to-beet-high-blood-pressure/>

**NORDIC NATURALS** 

Pure and Great Tasting Omega Oils

**Support Heart Health! 25% Off MSRP**

- Ultimate Omegas • EPA Lemon • EPA Xtra & More



**25% Off MSRP**

Women's Products to Support Balance & Intimacy



**Enjoy! Chocolove Bars 20% Off SRP**



Do you know the importance of nitric oxide in heart & brain health?

Arugula, other leafy greens & beets are more important than you think!

[drmercola.com](http://drmercola.com)



**Organic Red Beet Crystals 30% Off MSRP**



- Dissolves easily
- Pleasant Taste
- Supports muscles & cardio health during exercise



**Cardio & General Health Support**

**25-35% Off MSRP**

- Blood Pressure Response • Krill Oil • Ultra Beta Sitosterol
- Turmeric with Bioperine • Black Cumin • Life Force Multis
- Serrapeptase • Nattokinase
- Tongkat Ali • Horny Goat Weed



**25% Off MSRP**

- Long Jack Power Max
- Red Rocket • Liver Clenz
- Colon Clenz • AlkaMax



Listen to Dr. Aviva Romm discuss medical gender bias and how it affects the health of women.

<https://avivaromm.com/medical-gender-bias/>



- Arjuna Cardio Comfort
- Ashwagandha • Cinnamon
- Forskolii • Hawthorn FS • Holy Basil • Maca • Pine Bark Ext
- Rhodiola • All Triphala



Try Delicious Golden Milk this Winter!

## More February Sales from

## Brighter Day Natural Foods

*Supplements – Page 3*

*Serving Savannah since 1978!*

### Europharma

**20% Off MSRP:**



**CuraMed  
All Sizes**

<https://www.terrytalksnutrition.com>

### Organic Medicinal Mushrooms



**25% Off MSRP**

#### Caps, Extracts & Powders

- MyCommunity • Stamets 7
- Turkey Tail • Agarikon

#### Sprays

Sprays: Citrus, Cinnamon, Licorice Rt, Peppermint, Winter Mist

#### Primordial Chocolate

- Dark Mint • Purely Dark
- Peruvian Pink Salt • Salted Maca Crunch



**20% Off MSRP**

## LifeExtension

Foundation for Longer Life®

**25% Off MSRP:**

- Male Vascular Support
- Super Omega-3
- FloraAssist Heart Health

*"Vitamin and Supplements Rooted in Science"*



**20% Off MSRP**

- ◆ Floradix ◆ FloraVital
- ◆ Udo's Probiotics





Beautiful Black Elderberry!

# Last of Winter Wellness Big Sales

## Brighter Day Natural Foods – Page 4

### While Supplies Last

## Gaia Elderberry Syrups

# 30% Off MSRP



# 40% Off MSRP

## Sambu, SambuGuard & Sleep

- Wild-Grown Elderberry & Elder Flowers
- Original European Black Haschberg Variety • Full Spectrum Concentrates/Extracts



## Selected Sambucus & Umcka

# 25% Off MSRP

Stock up while they last!



## Solaray & Friends Immunity

# 30-40% Off MSRP

- Solaray:** ▲ 6 Vitamin C Products on Sale  
 ▲ Monolaurin ▲ All Microbiome Probiotics  
 ▲ All Org. Fermented Mushrooms ▲ All Cranactins  
 ▲ All Garlics ▲ L-Lysine 1000  
 ▲ Moringa ▲ Berberine ▲ Echinacea

- Heritage Store:** ▲ Black Seed Oil  
 ▲ Castor Oil & Packs

- Honey Gardens** ▲ Elderberry Immune Boost Drink 10 oz.  
 ▲ Elderberry Syrup 4 oz. ▲ Sambucus Juice

- Zand:** ▲ Immune Fast ▲ Elderberry Gummies  
 ▲ Orange Vitamin C Gummies  
 ▲ All Lozenges -All Sizes

# 30% Off MSRP

## Boiron Fall & Winter Products





Add Heaven Mountain Goji Berries to herbal tea.

# Back to Basics: "Food is the Best Medicine."

Brighter Day Natural Foods  
1102 Bull Street  
[www.brighterdayfoods.com](http://www.brighterdayfoods.com)



## Eat Miso Soup and Bone Broth Often

**Miso** is a fermented soy paste that is delicious added to soups and stews. Plus it's good for you. **Bone broth** is quite popular because it's so tasty and high in nutritional value. You'll want to make a big batch to freeze! Later you can drink as is, or add to soups, stews and sauces.



## Herbs and Spices Boost Flavor and Nutrition

Scientists are discovering that Grandma was right - herbs and spices have their own medicinal value. Tradition says thyme honey is good for coughs, fennel seeds for digestion and fenugreek for increasing mother's milk.



## Organic Red Beet Crystals

*An easy way to add beets!*

- Dissolves easily in any liquid
- Pleasant Taste
- Supports muscle performance & cardiovascular health during exercise.



## Yes, We Have Moringa!



AMAZING HERBS

## Discover Black Seed Bulk • Oils • Capsules



## Eat Fermented Foods Daily

They encourage friendly bacteria in your gut, create beneficial enzymes (helpful in digestion) and preserve nutrients in food.

## Learn How to Do Fermenting!

Join our mailing list so that you will know about the next DIY workshops at Brighter Day  
[www.brighterdayfoods.com](http://www.brighterdayfoods.com)