



Where Lower Prices  
Come Naturally



JASON  
Toothpaste  
(selected varieties)



\$5<sup>79</sup>  
4.2 oz

ACURE  
Brightening  
Facial Scrub



\$6<sup>99</sup>  
4 oz

Avalon Organics  
Shampoo  
(selected varieties)



\$8<sup>29</sup>  
11 oz

Nubian  
Heritage  
African Black  
Bar Soap



2/\$10  
5 oz

DERMA E  
Vitamin C  
Concentrated  
Serum



\$19<sup>99</sup>  
2 oz

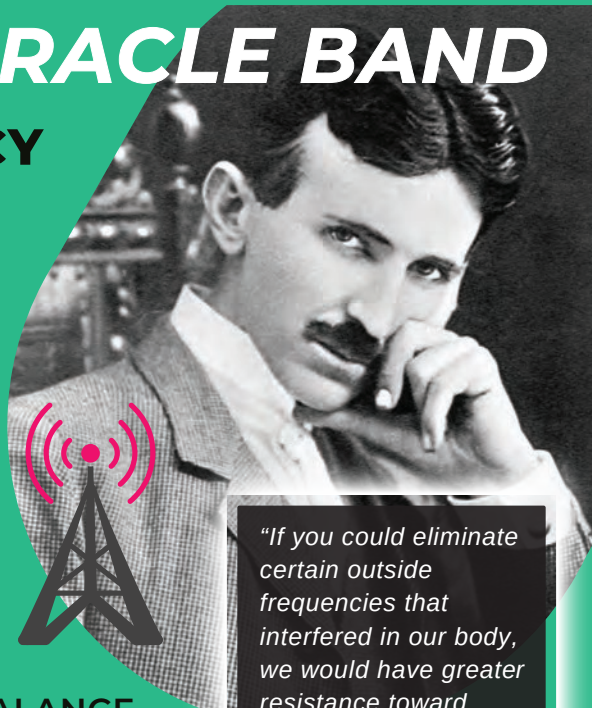
## THE NEW YOU MIRACLE BAND

CHANGE YOUR FREQUENCY  
CHANGE YOUR LIFE!

PROTECTION FROM 5G  
PAIN RELIEF THAT WORKS!



ALLEVIATES  
ARTHRITIS  
FIBROMYALGIA  
CARPAL TUNNEL  
JOINT ACHES  
BODY ACHES  
SEASICKNESS  
IMPROVES  
STRENGTH AND BALANCE



"If you could eliminate  
certain outside  
frequencies that  
interfered in our body,  
we would have greater  
resistance toward  
disease."

NIKOLA TESLA



CHECK OUT  
OUR WEBSITE

904.808.9978 • dianesnaturalmarket.com



Sept  
2023



Just Ice Tea  
Organic  
Ice Tea  
(selected varieties)

16 oz

2/\$5



Bragg  
Organic  
Apple Cider  
Vinegar  
(selected varieties)

32 oz

\$4<sup>99</sup>

KeVita  
Organic  
Sparkling  
Probiotic Drink  
(selected varieties)



\$2<sup>79</sup>  
15.2 oz

Harmless Harvest  
Organic  
Coconut  
Water  
(selected varieties)



\$4<sup>29</sup>  
16 oz



Food For Life Organic  
Ezekiel  
4:9 Bread  
(selected varieties)

24 oz

Late July  
Organic  
Tortilla  
Chips  
(selected varieties)



2/\$7  
7.4 oz

Cascadian  
Farm  
Organic  
Potatoes  
(selected varieties)



16 oz

2/\$8

Muir Glen  
Organic  
Tomatoes  
(selected varieties)



2/\$3  
14.5 oz

841 S Ponce de Leon Blvd, St Augustine, FL 32084



September 2023

Serving Up Some Super Savings

HOW TO BUILD A  
**BUDDHA BOWL**  
A BEAUTIFULLY BALANCED MEAL\*  
\* NO RULES BUT SOME ASSEMBLY REQUIRED

- 1

LEAFY GREENS

Begin with a bed of fresh or sautéed spinach, kale, arugula, chard, dandelion greens...
- 2

GRAINS

Add some fiber like rice, quinoa, soba noodles, ramen, farro, millet...
- 3

PROTEINS

Chicken, salmon, lean beef, egg, tempeh, tofu, beans, lentils, legumes, chickpeas...
- 4

VEGETABLES

Think the rainbow to add some color. Sweet potato, bell pepper, red onion, cucumber, radish, avocado, sprouts, broccoli, carrots, tomato, cabbage...
- 5

SAUCE

Add flavor with red pepper, tahini, tzatziki, thai, olive oil, salsa, teriyaki, balsamic vinegar, coconut curry, creamy garlic, avocado,...
- 6

TOPPINGS

Add some crunch, sweet, salty, or spicy with sesame seeds, pumpkin seeds, raisins, cashews, olives, pepper flakes, squeeze of lemon, pickled ginger, nori...
- 

The Ginger People  
Organic Pickled  
Sushi Ginger  
(selected varieties)



Organic

\$449

6.7 oz

Solaray  
High Absorption  
Magnesium  
Glycinate  
(selected varieties)



\$1399

120 vcap

Solgar  
Full Spectrum  
Curcumin  
(selected varieties)



\$1899

30 cap

Garden of Life  
Vitamin Code  
Raw Calcium  
(selected varieties)



\$2799

120 vcap

Koyo  
Ramen  
(selected varieties)



NON  
GMO

2/\$3

2 oz

Yerba Prima  
Psyllium  
Whole Husks



\$1299

12 oz

Natural Factors  
Quercetin  
500 mg  
(selected varieties)



\$1999

60 vcap

Nordic Naturals  
Algae Omega



\$2299

60 sgel

Native Forest  
Organic  
Coconut Milk  
(selected varieties)



Organic

\$349

13.5 oz

Vibrant Health  
Green  
Vibrance



\$4599

11.9 oz

 GLUTEN  
FREE



\$399

7-8 oz

Miracle Noodle  
Plant Based  
Noodles

Mrs. Meyer's Clean Day  
Liquid Dish Soap  
(selected varieties)



\$379

16 oz

San - J  
Organic Tamari  
Soy Sauce  
(selected varieties)



Organic

\$449

10 oz

 NON  
GMO



\$199

11.5 oz

Mori-Nu  
Silken Tofu  
(selected varieties)

Lotus Foods  
Rice Ramen  
(selected varieties)



GLUTEN  
FREE

\$169

2.8 oz

Better Life  
All Purpose  
Cleaner  
(selected varieties)



\$499

32 oz

CADIA.

Sustainably  
Farmed Ingredients  
at Sustainable Prices

everyday



Plus hundreds of other Super Deals at 30% or MORE off of our Every Day Low Prices





**LOVE OF LOCAL**

Look for the Love Local tag  
Buy local to join us in showing our  
small, local businesses some love

<div><p><b>\$5<sup>49</sup></b> 6 ct</p><p><b>Zevia</b> Zero Calorie Soda (selected varieties)</p></div>	<div><p><b>\$8<sup>49</sup></b> 16.9 oz</p><p><b>California Olive Ranch</b> Extra Virgin Olive Oil (selected varieties)</p></div>	<div><p><b>\$7<sup>99</sup></b> 12 oz</p><p><b>Primal Kitchen</b> Mayo with Avocado Oil (selected varieties)</p></div>	<div><p><b>\$3<sup>49</sup></b> 5.5 oz</p><p><b>Garden of Eatin'</b> Taco Shells (selected varieties)</p></div>
<div><p><b>\$2<sup>29</sup></b> 1.5 lt</p><p><b>Essentia</b> Alkaline Water</p></div>	<div><p><b>\$4<sup>49</sup></b> 70 ct</p><p><b>SweetLeaf</b> Stevia Sweetener Packets (selected varieties)</p></div>	<div><p><b>2/\$4</b> 4.4 oz</p><p><b>Wild Planet</b> Wild Sardines (selected varieties)</p></div>	<div><p><b>\$3<sup>79</sup></b> 10 oz</p><p><b>St. Dalfour</b> French Fruit Spread (selected varieties)</p></div>
<div><p><b>2/\$6</b> 12 oz</p><p><b>Goldthread</b> Plant Based Tonic (selected varieties)</p></div>	<div><p><b>\$5<sup>49</sup></b> 3.64 oz</p><p><b>Simply Organic</b> Organic Garlic Powder (other selected varieties on sale as marked)</p></div>	<div><p><b>\$3<sup>29</sup></b> 16.9 oz</p><p><b>Califia Farms</b> Better Half Creamer (selected varieties)</p></div>	<div><p><b>\$5<sup>29</sup></b> 6.75 oz</p><p><b>Outer Aisle</b> Gourmet Cauliflower Sandwich Thins</p></div>
<div><p><b>\$6<sup>49</sup></b> 32 oz</p><p><b>Lakewood</b> Organic Pure Pineapple Juice (selected varieties)</p></div>	<div><p><b>\$1<sup>59</sup></b> 1 lt</p><p><b>Eternal</b> Naturally Alkaline Spring Water</p></div>	<div><p><b>\$1<sup>79</sup></b> 32 oz</p><p><b>evamor</b> Natural Alkaline Artesian Water</p></div>	<div><p><b>\$4<sup>79</sup></b> 8 oz</p><p><b>Rumiano</b> Organic Cheese</p></div>
<div><p><b>\$4<sup>79</sup></b> 8 oz</p><p><b>Organic Valley</b> Organic Raw Cheese (selected varieties)</p></div>	<div><p><b>\$3<sup>79</sup></b> 7.8 oz</p><p><b>Daiya</b> Dairy-Free Slices (selected varieties)</p></div>	<div><p><b>\$4<sup>29</sup></b> 1 lt</p><p><b>Vita Coco</b> Coconut Water (selected varieties)</p></div>	<div><p><b>\$2<sup>99</sup></b> 16 oz</p><p><b>GT's Organic</b> Kombucha (selected varieties)</p></div>
<div><p><b>\$5<sup>49</sup></b> 8 oz</p><p><b>Miso Master</b> Organic White Miso</p></div>	<div><p><b>\$6<sup>29</sup></b> 25 oz</p><p><b>Bubbies</b> Sauerkraut (selected varieties)</p></div>	<div><p><b>\$5<sup>79</sup></b> 14 oz</p><p><b>Tofurky</b> Plant-Based Original Sausage</p></div>	

Plus hundreds of other Super Deals at **30% or MORE** off of our Every Day Low Prices



September 2023

Serving Up Some Super Savings

Theo  
Organic Chocolate Bar  
(selected varieties)



\$2<sup>79</sup>  
3 oz



UNREAL  
Chocolate  
Bar



\$4<sup>29</sup>  
3.4 oz

GT's  
Organic  
Coconut  
Yogurt  
(selected varieties)



\$4<sup>79</sup>  
8 oz

Arrowhead Mills  
Organic  
Cereal Flakes  
(selected varieties)



\$4<sup>79</sup>  
10-12 oz

Cascadian Farm Organic  
Organic  
Cereal  
(selected varieties)



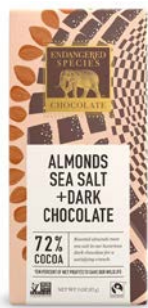
2/<sup>\$</sup>7  
8.6 - 14 oz

GoodPop  
Frozen Pops  
(selected varieties)



\$3<sup>99</sup>  
10 - 14 oz

Endangered  
Species  
Chocolate Bar  
(selected varieties)



\$2<sup>79</sup>  
3 oz

Chocolove  
Chocolate Bar  
(selected varieties)



\$2<sup>29</sup>  
3.2 oz

Mount Hagen  
Organic  
Instant Coffee  
(selected varieties)



\$8<sup>99</sup>  
3.53 oz

Kettle  
Potato  
Chips  
(selected varieties)



2/<sup>\$</sup>6  
5 oz



\$8<sup>29</sup>  
48 oz

Alden's  
Organic  
Ice Cream  
(selected varieties)

Cosmic Bliss  
Organic  
Dairy-Free  
Frozen Dessert  
(selected varieties)



\$5<sup>79</sup>  
14 oz

Newman's Own  
Fig Newmans  
(selected varieties)



\$3<sup>79</sup>  
10 oz

Clif Bar  
Energy Bar  
(selected varieties)



\$1<sup>29</sup>  
2.4 oz



\$1<sup>19</sup>  
.44 oz

PUR  
Gum  
(selected varieties)



\$1<sup>59</sup>  
1.4 oz

KIND  
Nut Bar  
(selected varieties)

Panda  
Licorice  
(selected varieties)



\$2<sup>79</sup>  
7 oz



5/<sup>\$</sup>5  
1.6 oz

Larabar  
Fruit & Nut Bar  
(seted varieties)

Everyday  
Low Prices  
You will  
Love



Plus hundreds of other Super Deals at 30% or MORE off of our Every Day Low Prices