

TOP 10 FOR 2021

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Each year the Co-op's Wellness Department puts together a favorites list for the new year. These products are hand selected by our wellness staff and represent go-to products for both co-op staff and customers. Best wishes from the Wellness Department for a healthy and safe 2021.

1 GAIA HERBS BLACK ELDERBERRY SYRUP

listed in no particular order

Elderberry syrup has historically been used for immune health, especially during the winter months. Gaia's syrup is an elderberry concentrate that provides a meaningful, potent dose, with each teaspoon providing the equivalent of 14 grams of fresh elderberries. We like that it's made from organic elderberries and is low in sugar.



2 WILD CARROT VANILLA BEAN SKIN CREAM

A skin care medley of chocolate, vanilla, and rich skin butters that smells heavenly! This richly moisturizing concentrated blend contains cocoa butter, shea butter, and sea buckthorn oil, and absorbs readily into the skin. Wild Carrot is a small Oregon company with an ethos of caring and respect for the land and planet. This translates into using organic ingredients and glass packaging that can be recycled.

A best seller!



3 ORGANIC INDIA ASHWAGANDHA

Organic India Ashwagandha: Sometimes called 'Indian Ginseng', ashwagandha has been used for centuries as a botanical source for energy and vitality. Being an adaptogenic herb, it provides a healthy response to physical, emotional, and environmental stress. This is one of the Co-op's top selling supplements.



4 BOODA ORGANICS BOODA BUTTER

This buttery moisturizer gets my skin through the dry Iowa winters! An all in one moisturizing butter that contains only 5 simple ingredients, including cocoa and shea butters for long lasting moisture. Use it on skin, hair, lips, cuticles, and more.

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5



TRACE MINERALS POWER PAKS



MAD HIPPIE FACIAL CLEANSER

Power paks are flavored electrolyte packets that contain 1,200mg of Vitamin C, plus vitamins and minerals, including the essential electrolytes potassium, calcium, and magnesium. What makes them stand out from other brands is the low sugar, no caffeine, and no artificial colors or flavors. These little packs really are powerful, and are great for pre and post workouts, to combat dehydration, and to fight fatigue. Just add a packet to your water bottle.

Mad Hippie skin care is one of the newest additions to the Wellness facial care section, and has developed a loyal customer following in a short time. The cream cleanser checks all the boxes: clean ingredients, doesn't dry out sensitive skin, gentle formula with bioactives that provide antioxidants and skin rejuvenating properties. Oh, and its subtle orchid scent is so refreshing!

7

GARDEN OF LIFE CBD INTENSIVE RECOVERY LOTION



A high potency CBD lotion that provides 800 mg of CBD in a THC-free formula. A good choice when you are looking for a non-greasy, effective, and concentrated option.

8



CARLSON MELATONIN GUMMIES

Carlson offers you an easy and tasty form of melatonin in a 2.5 mg gummy. These delicious strawberry gummies are vegetarian and low in sugar.



NORDIC NATURALS IMMUNE DAILY DEFENSE

Nordic has come up with a convenient product that combines four of the most popular immune supporting ingredients: Elderberry, Vitamin C, Vitamin D3, and zinc. These powerful nutrients provide antioxidant support for a healthy response to immune stressors. Can be used on a daily basis.



MOON VALLEY LOTION BARS

Lotion in a bar - it doesn't get any more convenient than that! These wonder bars glide right over dry, cracked skin to hydrate and soften. Simple, clean ingredients provide day long hydration. In two scents, lavender and lemon vanilla.