



Locally owned

1023 Peoples Square  
Waterloo, Iowa 50702  
p. 319-235-0246  
Mail orders welcome  
Mon.: 9 a.m.-6 p.m.  
Tue.-Fri: 9 a.m.-5:30 p.m.  
Sat.: 9 a.m.-4 p.m.  
facebook.com/tnkhealth



**\$2 off**  
minimum \$20 purchase

TnK Health Food Store  
1023 Peoples Square  
Waterloo, Iowa 50702

- Vitamins, Herbs, Supplements
- Gluten-Free Foods & Products
- Frozen and Refrigerated Foods
- Natural Skin Care & Make-up
- Natural Cleaning Products
- Essential Oils

We stock thousands of products and special order hundreds more.  
**Stop by TnK for a healthier way!**

*Offer expires: 5/31/17. Not valid with other offers*

## May Specials and Newsletter

### MAY SPECIALS

**15% off ALL**  
Nordic Naturals Products

**20% off**  
Barlean's Products  
(excludes Platinum Line  
which has special introductory pricing)

**20% off ALL**  
Garden of Life RAW Probiotics

**SAVE more \$\$**  
Himalayan Rock Salt Lamps  
Only \$39.99!



### NEW Supplements!

- Barlean's emotional detox
  - Barlean's environmental detox
  - Barlean's brain optimizer
  - Life-Flo Zinc Oxide Powder, non-nano & uncoated
  - Reg'activ Cardio Wellness
  - Reg'activ Detox & Liver Health
  - Mommys Bliss Probiotic Drops
  - My Magic Mud Activated Charcoal Toothpaste, peppermint
  - Healthy Origins EpiCor
  - Terry Naturally Adaptra
  - Terry Naturally Choline with B complex
  - Terry Naturally Thyroid Care
- **COMING SOON** Garden of Life gummy multivitamins for adults, prenatal, and children.

### MOTHER'S DAY SALE ONLY

Stop by TnK during our Mother's Day Sale  
**Thursday—Saturday, May 11, 12, 13.**  
Special sales, samples, and door prizes!  
Look for that perfect gift for MOM.

**SAVE \$5.00!**  
\$15 dollar gift certificates for \$10  
(Limit 2)

**\$5.00 off ALL**  
Now Essential Oil Diffusers

**\$3.00 off ALL**  
Natural Factors AdrenaSense  
and EstroSense

**\$2.00 off ALL**  
Derma E Skin Care

**+PLUS+**

**20% off ALL**  
Multivitamins

**10% off ALL**  
Essential Oils

Wishing all you mothers  
a Happy Mother's Day!

“Mothers know  
the strength of gentleness,  
give the gift of thoughtfulness,  
and live a life of love.”

## Need help with the spring allergies?

Some of the common supplements that might be helpful with allergies:

- Vitamin C and spirulina are immune-boosting antioxidants that may reduce histamine.
- Quercetin an antioxidant often found in apples, tea, onions, and grapefruit.
- Probiotics have also been shown to be helpful by fighting harmful pathogens in the gut and supporting the immune system which may lessen the chance of an adverse response to pollen or other allergens.
- Butterbur is traditionally used for variety of health concerns including migraines, colds, cough, fever, and even pain. It was shown to be just as effective as an over-the-counter antihistamine for reducing allergy symptoms. It may be helpful in improving airflow through the nose which may be due to inhibited constriction in the airways. It is important to choose butterbur that is free of pyrrolizidine alkaloids which can damage the liver.
- Another adaptogenic herb which is generally thought of to protect the body from physical and emotional stress is astragalus which is traditionally used in Chinese medicine to benefit allergies by supporting the immune system.
- Stinging nettle has been traditionally used for thousands of years in treating allergy symptoms which may reduce sneezing, itching, and watery eyes. It may be more effective than over-the-counter allergy medications by blocking the body's natural ability to produce histamine.
- Foods that could be beneficial are pineapple, salmon, sardines, mackrell, spicy foods (such as Chili Peppers or horseradish), onions, green tea. These may be beneficial by reducing inflammation, or reducing mucus secretions.

### Menopause?

Exercise is especially important for women after menopause to decrease some of the chronic diseases, physical disability, and dementia. Skip the gym and exercise in the sunshine. That will also benefit you with a healthy dose of vitamin D. Even a walk in the park can be beneficial.



### Cell Food

Cell Food is a neat little product made up of oxygen, trace minerals, enzymes and amino acids. Just add a few drops to your water daily and notice the many things it can do for your body in getting nutrients in and toxic wastes out.

### Black seed oil

(also known as black cumin seed oil) is a remarkable and potent food that has been used for hundreds of years to support natural health in the body. Just a small amount may be beneficial to support immune health or hair and skin benefits.

### Breakfast Smoothie for Mom

*\*Ingredients available at TnK*

Blend up a breakfast smoothie for MOM

- 1 cup plain or vanilla yogurt
- 6 ice cubes
- 1 tsp. Barlean's Forti-Flax (or ground flax seeds)\*
- 1 scoop vanilla protein powder\*
- 1 tsp. natural peanut butter\*
- 1 tbsp. Barlean's Strawberry Banana Omega Swirl\*

Combine all ingredients in blender.  
Fill blender with enough water to cover ice cubes.  
Blend & enjoy!

### NOW Premium Personal Blender

- Three Speeds - Pulse, Low and High
- Compact Design is Ideal for Home or Travel
- Great for Smoothies, Protein Shakes, Baby Formula, Dressings and More
- Two BPA-Free & Dishwasher-Safe Cups & Lids
- Built-In Safety Lock
- Powerful and Durable 120V 60 Hz 300 W Motor Unit
- Designed for Home Use



“Thank you to all of you fantastic mothers out there.”