

SUPPORT LOCAL! PARADISE HAS BEEN SPACE COAST FRIENDLY FOR 20+ YEARS.

PARADISE ACCEPTS EBT & SNAP BENEFITS*
 *Accepted at Wickham Rd and Minton Rd Locations
 *Only Available at the Minton Rd. & Wickham Rd. Store Locations

THIS MONTH IN PARADISE - JANUARY 2024

START STRONG, SHOP SMART
 NATURALLY GROWN, LOCALLY KNOWN™ Paradise
 ALL SALES GOOD THRU JAN 31ST

NATURE'S ANSWER 10% OFF SELECT ITEM

\$16.19
SAMBUCUS IMMUNE
 4 oz
 Save: \$1.80
 Reg: \$17.99

\$15.29
SAMBUCUS SUPER CONCENTRATED
 4 oz
 Save: \$1.70
 Reg: \$16.99

HOST DEFENSE 25% OFF SELECT ITEM

\$14.99
MYCOBREW MATCHA
 10 ct
 Save: \$4.96
 Reg: \$19.95

\$14.99
MYCOBREW MOCHA
 10 ct
 Save: \$4.96
 Reg: \$19.95

GROCERY

\$6.99
Lovebird Organic Grain-Free Cereal
 Varieties 7 oz
 Save: \$2.50
 Reg: \$9.49

\$3.49
Barnana Plantain Chips
 5 oz
 Save: \$2.00
 Reg: \$5.49

\$4.99
Gimme Organic Seaweed Snacks
 6/0.17 oz
 Save: \$2.00
 Reg: \$6.99

\$10.99
Orgain Organic Nutrition Shakes
 4/11 oz
 Save: \$3.00
 Reg: \$13.99



\$22.49
SAMBUCUS DAILY GUMMIES
 45 ct
 Save: \$2.50
 Reg: \$24.99

\$14.79
SAMBUCUS KIDS
 4 oz
 Save: \$1.70
 Reg: \$16.49

\$14.99
MYCOBREW COCOA
 10 ct
 Save: \$4.96
 Reg: \$19.95

\$14.99
MYCOBREW COFFEE
 10 ct
 Save: \$4.96
 Reg: \$19.95

\$2.99
From The Ground Up Select Varieties
 4-4.5 oz
 Save: \$1.50
 Reg: \$4.49

20% OFF Tasty Bite
 Select Varieties

\$7.99
Second Nature Snack Mix Varieties
 10 oz
 Save: \$2.60
 Reg: \$10.59

\$2.79
Seeds Of Change Organic Spanish Style Rice
 Varieties 8.5 oz
 Save: \$1.70
 Reg: \$4.49

ANCIENT NUTRITION 30% OFF SELECT ITEM

\$38.49
MULTI COLLAGEN ADVANCED LEAN
 25 servings
 Save: \$16.46
 Reg: \$54.95

\$38.49
MULTI COLLAGEN ADVANCED HYDRATE MIXED BERRY
 30 servings
 Save: \$16.46
 Reg: \$54.95

ANCIENT NUTRITION 30% OFF SELECT ITEM

\$17.49
GLANDULARS ONCE DAILY LIVER
 30 ct
 Save: \$7.46
 Reg: \$24.95

\$20.99
GLANDULARS ONCE DAILY ORGAN BLEND
 30 ct
 Save: \$8.96
 Reg: \$29.95

FRIDGE *Only Available at the Minton Rd. & Wickham Rd. Store Locations

\$4.99
Elmhurst Milk and Creamer Varieties
 16 - 32 oz
 Save: \$1.30 - \$2.30
 Reg: \$6.29 - \$7.29

\$4.99
Nancy's Organic Cottage Cheese
 16 oz
 Save: \$1.50
 Reg: \$6.49

FROZEN *Only Available at the Minton Rd. & Wickham Rd. Store Locations

\$9.29
Base Culture Bread Varieties
 16-22 oz
 Save: \$2.20
 Reg: \$11.49

\$5.99/\$7.99
Food For Life Select Bread Varieties
 24 oz
 Save: \$1.60 - \$1.80
 Reg: \$7.59 - \$9.79

GROCERY *Only Available at the Minton Rd. & Wickham Rd. Store Locations

\$4.49
Siete Tortilla Chips Varieties
 5 oz
 Save: \$1.80
 Reg: \$6.29

FROZEN/FRIG *Only Available at the Minton Rd. & Wickham Rd. Store Locations

25% OFF Strong Roots
Hash Brown or Fries
 13.2 - 20 oz

\$6.99
Abbot's Butcher Meal Varieties
 10 oz
 Save: \$2.00
 Reg: \$8.99

\$38.49
MULTI COLLAGEN ADVANCED CLEANSE & DETOX
 36 servings
 Save: \$16.46
 Reg: \$54.95

\$38.49
MULTI COLLAGEN ADVANCED HYDRATE LEMON LIME
 30 servings
 Save: \$16.46
 Reg: \$54.95

\$24.49
GLANDULARS ONCE DAILY MALE PERFORMANCE
 30 ct
 Save: \$10.46
 Reg: \$34.95

\$24.49
GLANDULARS ONCE DAILY WOMEN'S VITALITY
 30 ct
 Save: \$10.46
 Reg: \$34.95

\$7.99
Kite Hill Almond Based Ricotta Cheese
 8 oz
 Save: \$2.50
 Reg: \$10.49

\$3.29
221 B.C. Kombucha Organic Kombucha Varieties
 16 oz
 Save: \$1.00
 Reg: \$4.29

\$4.49
Hilary's Veggie Burgers
 10 - 11 oz
 Save: \$1.30
 Reg: \$5.79

\$7.49
Konscious Plant Based Sushi & Poke Bowls
 7.4 - 10.3 oz
 Save: \$1.80
 Reg: \$9.29

2/\$5
GoMacro Organic Vegan Macrobars
 2-2.3 oz
 Save: \$1.00
 Reg: \$3.59

\$11.49
Against The Grain Gluten-Free Pizza Varieties
 22.4 - 24 oz
 Save: \$3.30
 Reg: \$14.79

\$6.79
Amy's Organic Meal Bowl Varieties
 Save: \$1.80
 Reg: \$8.59

LEARN THE SECRETS TO YOUR BEST HEALTH

30-Min, Personalized Blood Examination

LEARN TIPS FOR:

- Improved Digestion
- Optimal Nutrition
- Healthy Weight

COST \$60

WELLNESS, DELIVERED

Get your essential vitamins and supplements sent to your doorstep

CALL US TODAY
321-729-8311

FREE SHIPPING ON ORDERS OVER \$75

\$3.99
Laird Superfood Creamer Varieties
 16 oz
 Save: \$1.30
 Reg: \$5.29

\$4.29
Remedy Organic Wellness Shakes
 12 oz
 Save: \$1.00
 Reg: \$5.29

\$5.99
Little Northern Bakehouse Bread and Bagel
 All Varieties

\$5.79
One Degree Organic Vegan Breads
 Various
 Save: \$1.00
 Reg: \$6.79

\$1.99
Roar Organic Hydration Drinks
 18 oz
 Save: \$0.60
 Reg: \$2.59

\$1.99
Saint James Organic Black or Green Teas
 16.9 oz
 Save: \$1.00
 Reg: \$2.99

\$4.49
Lifeway Farmer Cheese
 16 oz
 Save: \$1.10
 Reg: \$5.59

\$1.99
Aqua ViTea Kombucha Varieties
 12 oz
 Save: \$0.90
 Reg: \$2.89

\$1.00 OFF
Califia Select Milk and Creamer Varieties

20% OFF
Woodstock Frozen Organic Fruit Varieties

20% OFF
Primal Kitchen All Varieties

20% OFF
Field Day Select Varieties

\$2.99
Beetology Organic Beet Juices
 8.45 oz
 Save: \$0.50
 Reg: \$3.49

\$9.49
Bellwether Farms Plain Sheep Milk Yogurt
 24 oz
 Save: \$3.00
 Reg: \$12.49

We're Social: [f](#) [@](#) /paradisehealthandnutrition

Learn More @ ParadiseHealthDirect.tflmag.com

SUPPORT LOCAL! PARADISE HAS BEEN SPACE COAST FRIENDLY FOR 20+ YEARS.

THREE LOCATIONS SERVING THE GREATER SPACE COAST AREA

1150 Malabar Rd SE #113 Palm Bay, FL 32907 321-729-8311
 6300 N. Wickham Rd #132 Melbourne, FL 32940 321-242-6040
 4270 Minton Rd #112 West Melbourne, FL 32904 321-722-1440

STORE HOURS:
 Monday - Saturday
 9:00 am - 7:00 pm

NATURALLY GROWN, LOCALLY KNOWN™



FRESHLY PREPARED, 100% ORGANIC FRUIT SMOOTHIES & POWER BOWLS NOW AVAILABLE AT OUR WICKHAM ROAD AND MINTON ROAD STORE LOCATIONS

GARDEN OF LIFE **30% OFF EVERY DAY**

SAVE ON THE ENTIRE LINE, ALL THE TIME!

SOLGAR **20% OFF EVERY DAY**

Since 1947
THE GOLD STANDARD IN VITAMINS.

SAVE ON THE ENTIRE LINE, ALL THE TIME!

NATURAL FACTORS **30% OFF LINE DRIVE**

20% OFF EVERYDAY + ADDITIONAL 10% OFF THIS MONTH

NEW CHAPTER **40% OFF EVERY DAY**

SAVE ON THE ENTIRE LINE, ALL THE TIME!

BLUEBONNET **20% OFF EVERY DAY**

THE POWER INSIDE

SAVE ON THE ENTIRE LINE, ALL THE TIME!

NORDIC NATURALS **25% OFF LINE DRIVE**

20% OFF EVERYDAY + ADDITIONAL 5% OFF THIS MONTH

MEGAFOOD **20% OFF LINE DRIVE**

Fresh From Farm To Tablet™

10% OFF EVERYDAY + ADDITIONAL 10% OFF THIS MONTH

JARROW **25% OFF LINE DRIVE**

20% OFF EVERYDAY + ADDITIONAL 5% OFF THIS MONTH

TRUE GRACE **20% OFF LINE DRIVE**

10% OFF EVERYDAY + ADDITIONAL 10% OFF THIS MONTH

N. AMERICAN HERB **30% OFF LINE DRIVE**

20% OFF EVERYDAY + ADDITIONAL 10% OFF THIS MONTH

VITAL PLANET **20% OFF SELECT ITEM**

NATURAL DIGEST

SALE ON SHELF STABLE PROBIOTICS

TRUVANI **20% OFF SELECT ITEM**

\$39.99
20 servings
Save: \$9.96
Reg: \$49.95

RIDGECREST **25% OFF LINE DRIVE**

HERBALS

20% OFF EVERYDAY + ADDITIONAL 5% OFF THIS MONTH

COUNTRY LIFE/BIOCHEM **25% OFF LINE DRIVE**

20% OFF EVERYDAY + ADDITIONAL 5% OFF THIS MONTH

OATMEAL BREAKFAST BOWL

INGREDIENTS:

- 2 cups water
- 1 cup old fashioned rolled oats
- ½ tsp cinnamon
- ¼ tsp salt
- 1 tsp vanilla extract
- 1/3 cup unsweetened almond milk
- 1-2 tbsp maple syrup (for sweetness)

TOPPINGS:

- Almond Butter
- Unsweetened Coconut Chips
- Almonds
- Chia Seeds
- Fruit of Choice

INSTRUCTION:

In a saucepan, bring water to boil. Reduce heat to simmer and stir in oats, cinnamon and salt. Cook, stirring until oats are thick and creamy, about 10 min. Turn off heat and stir in vanilla, milk and maple syrup. Top with desired toppings. Enjoy!

SOLARAY **30% OFF LINE DRIVE**

20% OFF EVERYDAY + ADDITIONAL 10% OFF THIS MONTH

SOVEREIGN SILVER **20% OFF LINE DRIVE**

10% OFF EVERYDAY + ADDITIONAL 10% OFF THIS MONTH