



Tea Time
Win a Free Tea Sample! The first 50 readers to email usa@hampsteadtea.com with their name and mailing address will win a free sample of Hampstead Jasmine Green and Black Saffron Tea.

HAMPSTEAD TEALONDON Organic Fair Trade English Breakfast blends black teas from North India to create a punchy and full-bodied brew. Leaves are harvested from the Makaibari tea estate in India's Darjeeling province, the world's first certified biodynamic estate, where 66% of the acreage is undisturbed rainforest, and tea grows in harmony with the area's natural ecological system. Brew with freshly boiled water and infuse for up to three minutes. Add a dash of milk if you prefer, as the Brits do.



Taste of the Tropics

You'll go crazy for Kelapo **VIRGIN COCONUT OIL**. Organic, Fair Trade–certified, and vegetarian, this oil can be used as a delicious and healthful alternative to butter in cooking and recipes. Coconut oil contains healthful plant-based saturated fats, including lauric acid, which is rich in antioxidants and can help combat signs of aging

and may even help protect against heart disease, cancer, and cognitive decline. Visit kelapo.com for delicious recipes like Pumpkin Spice Cake and Smoked Pear Grilled Cheese.



The Multi That Melts

Can't swallow pills? Rich Vitamins **ALTERNAVITES MULTIVITAMINS & MINERALS** come in a convenient and delicious crystal form that quickly melts in your mouth to deliver 23 essential vitamins and minerals. No need to add water to this delicious, sugar-free, berry-flavored formula. Plus, it's free from artificial colors, flavors, and preservatives.

The gourmet milk you can drink every day.

- Easier to digest alternative for people with cow and/or soy milk sensitivity
- All natural and gluten free
- No preservatives or growth hormones (BGH-rBST)
- Substitute in any recipe calling for cow milk to enjoy it's sweet, creamy flavor!

800-891-GOAT (4628) www.meyenberg.com

MEYENBERG
 GOAT MILK PRODUCTS®

At leading grocery and natural food stores nationwide.



Delicious goat milk butter & award winning goat cheese, too! Quality goat milk since 1934.