



# JoJo's Natural Market

Largest Selection of Nutritional Supplements in Northern Michigan

1459 S. Otsego Avenue  
Gaylord, MI 49735

989-705-8500  
www.jojosnaturalmarket.com



## TOP 6 BENEFITS OF ELK MEAT NUTRITION

Elk meat may not make a regular appearance in your family's weekly dinner rotation, but maybe it should. **HIGH IN PROTEIN**, low in fat, and jam-packed with tons of vitamins and minerals, elk meat is truly a powerhouse of nutrition.

1. High in Protein ( 23 grams)
2. Aids in Weight Loss (164 cal per 3 oz.)
3. Promotes Immune Health (great source of zinc)
4. Helps Prevent Anemia (Elk is rich in several of the vitamins and minerals for red blood cell production)
5. Boosts Brain Health (B12)
6. Strengthens bones (Elk meat is high in L-methionine, an essential amino acid that helps keep bones strong)

**Save \$1.00 off Buffalo**

Incredibly great on the grill and very good for you...

Good thru Aug. 31st



Time to grill  
some Seafood

### ORCA BAY and Wholley Seafood

Sockeye Salmon  
Tilapia Fillet  
Sword Fish  
Clams, Shrimp

**\$1.00 off**  
per package

ALL NATURAL  
GROUND ELK



Durham Ranch  
**ELK, GROUND**  
16 OZ

Great on the grill

**\$1.00 off**  
Reg. \$9.95 lb

ALL NATURAL  
GROUND VENISON



Durham Ranch  
**VENISON, GROUND**  
16 OZ

Great on the grill

**\$1.00 off**  
Reg. \$9.95

**\$5.00 off a \$50.00  
purchase**

Must present coupon

Expires 8/31/19