

Nature's EMPORIUM | Your Neighbourhood Health Food Market™

We're So Much More Than A Grocery Store!

"Explore fresh, vibrant natural & organic whole foods, vitamins & supplements, whole body care and green living... Discover your road to good health!"



Proudly Local & Family Run!



16655 Yonge Street • Newmarket, L3X 1V6
2535 Major Mackenzie Dr. W • Vaughan, L6A 1C6

905.898.1844
905.553.5527

visit us online at
naturesemporium.com

ATTITUDE LAUNDRY DETERGENT
Sustainable Well-Being
Carcinogen Free • HE

Assorted Scents • 1.8 L

\$4.99



AMY'S ORGANIC PIZZA

Cholesterol Free

Product of USA
Selected Varieties
340/397 g

\$6.99



FILSINGER'S ORGANIC FOODS SWEET APPLE CIDER

Large 3.78 L Glass Jug

\$9.99



CENTRAL ROAST ORGANIC RAW NUTS

• Almonds
• Brazil
• Walnut

300/400 g

\$9.99



NATURE'S EMPORIUM LOCAL SPRING WATER
Refresh/Hydrate/Alkalize

12x500 ml

\$2.99



TRUFFETTES DE FRANCE ORGANIC TRUFFLES

200 g

\$5.99



ENJOY LIFE CHOCOLATE

• Mega Chunks • Mini Chips
Free of milk, peanuts, tree nut & also gluten free.

Assorted Varieties • 283 g

\$2.99



POPCIPS POTATO CHIPS

Natural Ingredients
Never Fried, Never Baked

Assorted Varieties
85 g

3/\$5



ZEVIA ALL NATURAL SODA
Zero Calories, No Sugar
No Artificial Sweeteners

Assorted Flavours
6x355 ml

\$3.99



BOULDER CANYON KETTLE COOKED POTATO CHIPS

Made with Natural Ingredients.

Assorted Flavours • 142 g

3/\$5



KIJU ORGANIC JUICE

100% Juice
No Sugar Added

Assorted Flavours
4x200 ml/1 L

3/\$5



VAN'S WAFFLES

Baked Using Natural Ingredients.
Wheat, dairy, egg, gluten & yeast free. No preservatives or cholesterol.

Made in the USA
Assorted Varieties
Frozen • 227/255 g

\$2.99



VITA COCO 100% PURE COCONUT WATER
Hydrate Naturally

1 L

\$2.99



ELCO RICE CRACKERS

• Gluten-Free
• Low Fat
• Cholesterol Free

Assorted Varieties • 100 g

\$1.99



POPCORN INDIANA GOURMET POPCORN

• Zero Trans Fat
• All Natural
• Gluten Free

Selected Varieties
226/297 g

2/\$5



TERRA DELYSSA ORGANIC EXTRA VIRGIN OLIVE OIL

1 L

\$9.99



CASCADES ULTRA FACIAL TISSUES
Recycled Fibres

130 • 2 Ply
6x130 Club Pack

\$4.99

Single 99¢



TASTY BITE 1 STEP 1 MINUTE NOODLES

All Natural

Assorted Varieties • 250 g

\$1.99

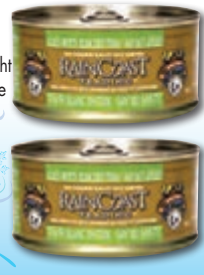


RAINCOAST TRADING ALBACORE TUNA

No Salt • White Wild Caught
BPA Free Can • Ocean Wise
100% Traceability from Boat to Can.

170 g

\$3.99



FIT ORGANIX COOKIE DOUGH

Free of Gluten, Dairy, Soy
Corn & Peanuts.
Makes 12 Cookies

Assorted Varieties
In the Refrigerated Section
335 g

2/\$10



FERNBROOK WATER

Spring • Distilled

4 L Jug

99¢



NATURE'S PATH ORGANIC INSTANT HOT CEREAL

No Preservatives
• Whole Grain

Selected Varieties
8x50 g Pouch

3/\$9.99



PACIFIC FOODS ORGANIC BROTH

Low Sodium

Assorted Varieties
946 ml/1 liter

\$2.99



PACIFIC NATURAL FOODS ORGANIC ALMOND MILK

Non-Dairy Beverage

Assorted Varieties • 946 ml

2/\$5



GREEN & BLACK'S ORGANIC CHOCOLATE BARS

Selected Varieties
100 g

\$2.99



HARMONY ORGANIC 10% HALF & HALF CREAM

1 L

\$4.99



DIMPLEMEIR BAKERY 100% ORGANIC RYE BREAD

Wheat Free, Yeast Free
No Sweeteners Added
• Flax • Whole Grain
No Salt

Selected Varieties • 454 g

\$2.99



TOUT NATUREL CLASSIC GOLDEN ORGANIC CRACKERS

227 g

2/\$5



SILK TRUE ALMOND BEVERAGE

Lactose Free
• No Cholesterol • Non GMO
Great with cereal, recipes & in a glass

Refrigerated
Assorted Varieties • 1.89 L

\$2.99



NATURE'S EMPORIUM ALMOND FLOUR/MEAL

Non-GMO

Ideal for all your baking needs.

454 g Resealable Bag

\$9.99



BULK NATURAL ALMONDS

Source of protein & dietary fibre.
Contains healthy fats
The Perfect Superfood!

\$11.00 kg

\$4.99

lb

KII NATURALS ARTISAN CRACKERS

Authentic ingredients. Zero
Trans Fat • No Cholesterol
• No Preservatives

Select Varieties • 150 g

\$3.99



WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO NORMAL FAMILY REQUIREMENTS. ILLUSTRATIONS AND PHOTOGRAPHS MAY NOT NECESSARILY REPRESENT ITEMS ON SALE. SORRY NO RAINCHECKS!



Give the Gift
of Good Health
with our Gift Cards!



Store Hours	
Monday	8:30-9:30
Tuesday	8:30-9:30
Wednesday	8:30-9:30
Thursday	8:30-9:30
Friday	8:30-9:30
Saturday	8:30-9:30
Sunday	8:30-9:30

Sale Dates:
**Friday, Nov. 21 -
Wednesday, Dec. 31**
**OPEN: Dec. 24
8:30 am - 6:00 pm**
CLOSED: Dec. 25 - 26



visit us online at naturesemporium.com





BELLY ICE CREAM

- All Natural
- No Preservatives

Assorted Varieties
500 ml

\$6.99



WOOLWICH DAIRY GOAT MOZZARELLA CHEESE

Rennet Free

190 g

\$6.99

MORNINGTON DAIRY CO-OP GOAT MILK BUTTER GOAT CHEESE

Assorted Varieties
200/250 g

GOAT MILK

1 L

10% OFF





VIJ'S VEGETARIAN CURRY MEALS

Assorted Varieties
Frozen • 300 g

\$6.99



SOPHIE'S KITCHEN VEGAN SEAFOOD ALTERNATIVES

Frozen
Assorted Varieties
113/250 g

\$5.99



GOOD KARMA FLAX DELIGHT FORTIFIED FLAX BEVERAGE

- Lactose Free
- Gluten Free
- Soy Free

Assorted Flavours
946 ml

2/\$5



STAHLBUSH ISLAND FARMS FROZEN FRUIT

Assorted Varieties
227/300 g

\$3.99



the republic of tea RAW HERBAL TEA

Organic • Antioxidants
Rich Unoxidized,
South African Rooibos

36 Caffeine Free,
Unbleached Tea Bags

\$10.99



BOB'S RED MILL PIE CRUST MIX

- Gluten Free
- Wheat Free
- Dairy Free

453 g

20% OFF



MACKELLAR FARMS ALL NATURAL SOY BEANS EDAMAME

Pod • Shelled

Frozen • 400 g
Grown in Canada

\$4.99



SCREAMIN BROTHERS DAIRY FREE FROZEN TREAT

Free of Gluten, Wheat, Milk,
Tree Nuts, Peanuts, Eggs,
Sulphites
Made with Coconut Milk

Assorted Flavors • 473 ml

\$6.99



ALEXIA FOODS OVEN FRIES

Potato Wedge Cut.
Made with Olive Oil.
All-Natural
Rosemary & Garlic
• Parmesan
with Roasted Garlic

Frozen • 425/450

2/\$5



NEW!

UDI'S GLUTEN FREE FROZEN PIZZA

Assorted Varieties
264 g

20% OFF



DR. PRAEGER'S VEGGIE BURGERS POTATO PANCAKES

Made without
artificial flavours
or colors.

Selected Varieties
Frozen 283/342 g

\$4.99



FARMHOUSE CULTURE RAW ORGANIC GOODNESS

Refrigerated
Assorted Varieties
454/624 g

\$8.99



MELT THE PERFECT BLEND ORGANIC BUTTERY BLEND

Dairy Free • Soy Free
Non-GMO

Rich & Creamy • Honey
368 g

\$4.99



EARTH ISLAND ORGANIC VEGENAIZE

Egg Free • Gluten Free

Selected Varieties
Refrigerated • 355 ml

15% OFF



O'DOUGH'S FROZEN BAGEL THINS

Gluten Free
100 Calorie Salba-Chia

Assorted Varieties
300 g

\$3.99



HAPPY PLANET ORGANIC SOUP

Feel Good Food

- Refrigerated
- Resealable
- BPA Pouch

Assorted Varieties
650 ml

\$4.99



DAIYA PIZZA

- Gluten Free • Vegan
- Soy Free • Dairy Free
- Lactose Free

Melts & Stretches

Assorted Varieties
Frozen • 413/471 g

\$7.99



BREMNER'S ORGANIC CHUNKS

- Mango
- Pineapple
- Banana

Frozen • 300 g

\$4.99



TOFURKY ROAST ONLY

Vegetarian

Product of USA
737 g

\$9.99



NATUR-A FRESH SOY BEVERAGE

Assorted Varieties
1.89 L

\$3.49



LA CHAUDIERE CHEESE ORGANIC

Raw Milk
Animal, Rennet Free
Lactose Free

Assorted Varieties
200 g

15% OFF



KARTHEIN'S ORGANIC SAUERKRAUT

Unpasteurized
No Vinegar
No Preservatives

Assorted Varieties
375 ml

\$4.99



LE GRAND ALL NATURAL SAUCES

No Added Sugar or
Preservatives • Gluten Free
No Cholesterol
Recipes Crafted With Care!

Assorted Varieties
Refrigerated
300 g

\$4.99



KINNIKINNICK

- GRAHAM STYLE CRUMBS
- CAKE MIX
- PANCAKE MIX

Gluten Free • Dairy Free
• Nut Free

Select Varieties
300/454 g

\$4.99



GARDEIN VEGGIE MEAT SUBSTITUTES

Beefless Slider with bun
Chick'n Slider with bun
Good Start Breakfast

2 - 4 ct.

\$4.99



SUNFLOWER KITCHEN SOUP

- Vegetarian
- Gluten Free
- No Oil Added
- Low Fat

Assorted Varieties
956 ml

\$4.99



TRIBE ORGANIC HUMMUS

Gluten Free

Assorted Varieties
227 g

15% OFF



KRINOS ALL NATURAL GREEK YOGURT

- High in Protein
- 0% MF

Assorted Varieties
500 g

\$3.99



SKOTIDAKIS GREEK YOGURT

Strained Probiotic Yogurt

Assorted Varieties
500 g

\$3.99



FROM THE ISLANDS OF FIJI FIJI WATER

Natural Spring Water

Large • 1.5 L

\$2.99



HEWITT'S ORGANIC GOAT MILK

Pasteurized

1 L Glass Bottle
plus deposit

\$3.99



NUDE FRUIT

Fresh Picked
• All Natural Frozen Fruit
No Added Sugar

Canada A
Assorted Varieties
600 g

\$5.99



NANCY'S CULTURED SOY YOGURT

- ORGANIC

Gluten Free • Live Culture
• No Added Sugar

Assorted Varieties
680 g

15% OFF



LIVE CLEAN SPA THERAPY

- Dead Sea Salts
- Polishing Body Scrub
- Body Lotion or Body Butter
- Body Wash

Selected Types
200/565 g

\$7⁹⁹

KYNK IN THE RAW AFRICAN SHEA BUTTER

Fair Trade Organic • Raw



Selected Types
90 g

\$13⁹⁹

EVERYONE BY EO HAND SANITIZERS

Spray or Gel 99.9% effective against common germs.



Selected Types
60 ml

\$2⁹⁹

BELL SHARK LIVER OIL

Nature's Amazing Oil



90 Gel Caps
500 mg

\$15⁹⁹

NATURE CLEAN LIQUID HAND SOAP

Made without synthetic ingredients



Canadian
1 Liter Refill

\$7⁹⁹

AURA CACIA SWEET ALMOND SKIN CARE OIL

Excellent for massage & general skin care. 100% Botanical Ingredients



Selected Types
118 ml

\$4⁹⁹

KOSMEA "MIRACLE DUO"

For Timeless Natural Beauty. Kit includes: Certified Organic Rose Hip Oil 10 ml. Plus Replenishing Cream 50 ml.



\$39⁹⁹

LILY OF THE DESERT ALOE HERBAL STOMACH FORMULA DETOX FORMULA

960 ml



\$19⁹⁹

SHIKAI COLOR REFLECT • SHAMPOO • CONDITIONER

With natural botanicals for brilliant shine



238 ml

\$7⁹⁹

RADIUS TOOTHBRUSHES

With premium bristles. Helps reduce enamel erosion, massages gums, bpa free, orthodontist recommended.

- Scuba
- Source
- Original



Selected Types

\$7⁹⁹

NOURISH ORGANICS BODY LOTION

Unique aloe & shea formula. Choose From:

- Fresh Fig
- Almond Vanilla
- Lavender Mint



236 ml

\$9⁹⁹

MYCHELLE WRINKLE SPOT TREATMENT

Put your wrinkles on the spot with a potent combination of fruit extracts & age defying peptides.



8 ml

\$29⁹⁹

REDMOND BATH SALT PLUS

Naturally richer in trace minerals.



510 g

\$7⁹⁹

OMEGA ALPHA ULTRA PROBIOTICS PLUS

Pysllium Free!



60 Caps

20% OFF

MILLCREEK "THE BEST OF NATURE FOR NOURISHED BEAUTY"

- SHAMPOO
- CONDITIONER



Selected Types
473 ml

\$7⁹⁹



GUELPH SOAP PURE & NATURAL SOAP

Canadian
Selected Types
90 g

4/\$5

OMEGA NUTRITION ORGANIC PUMPKIN SEED PROTEIN POWDER

600 g



\$7⁹⁹

CUISINE SOLEIL ORGANIC FLOURS • MIXES • STARCHES

Free of Allergens
• Peanuts • Nuts • Soy
Lactose • Gluten Free



Assorted Varieties
525/2 kg

15% OFF

TERRA EXOTIC VEGETABLE CHIPS

Low Sodium
• Trans Fat Free



170 g

\$3⁹⁹

DR. HAUSCHKA HOLIDAY GIFT SETS FOR THE BODY

Choose From:

- "Harmony" to Nurture & Calm
- "Freshness & Energy" to Revitalize



Selected Types

\$14⁹⁹

ECOVER GET NATURE ON YOUR SIDE DISH SOAP

100% Natural Fragrance
• Non-Toxic & Biodegradable



Assorted Varieties
739 ml

\$3⁹⁹

ERGOGENICS SPORTS ADVANCEMENT NEW ZEALAND WHEY ORIGINAL PRO SERIES

100% All Natural. No preservatives, colours, wheat, gluten, hormone & antibiotic free. Contains a full range of proteins that play a major roll in antioxidant protection. Improved liver function & red blood cell production, wound healing, growth of new muscle & the support of various immune functions.

- Vanilla • Chocolate
- Unflavoured - 910 g



\$39⁹⁹

Make Your Ideas **BRIGHT** ones!



20% OFF

Cerebrum's unique formula combines omega-3 DHA with Cereboost™, a powerful extract of American ginseng, to improve cognitive health.

Unleash Your **Child's Potential**



20% OFF

Norwegian Gold Kids DHA provides your child the essential omega-3 fats along with Vitamin D in a tasty, chewable capsule.

Improve concentration and increase health!

NELLIE'S LAUNDRY SODA

- Hypoallergenic & Residue Free
- Super-duper concentrated, so only one tablespoon per wash is needed, even in large loads



50 Load Powder

\$7⁹⁹

BIOVERT FRUIT & VEGGIE CLEANER

Fragrance Free
• Dye Free



715 ml

\$3⁹⁹

ENEREX PAIN X

Pain Relief From:

- Headaches
- Arthritis
- Joint & Back Pain
- Sports Injuries & More!

Proven to reduce inflammation & swelling. Safe for sensitive stomachs.



90 DR Caps

\$39⁹⁹

SPOONK ACCUPRESSURE MAT

- Improves Circulation
- Sleep
- Eases Muscle Tension



10% OFF

PASTARISO PASTATO ORGANIC MAC & CHEESE

Gluten Free
Wheat, Soy, Egg & Nut Free



Assorted Varieties
142/168 g

\$2⁹⁹



CHIMES ORGANIC GINGER CHEWS CANDY

Assorted Flavours
56/142 g

15% OFF

CHOSEN FOODS 100% PURE AVOCADO OIL

Use For Healthier Cooking & Dressings



140 ml Spray

\$7⁹⁹

BLU DOT ALL NATURAL PROTEIN TEA

Made With Organic Tea
No GMO's • Gluten Free



Assorted Varieties
473 ml

\$2⁹⁹

GURU ENERGY DRINK

Made With Natural Ingredients



Selected Varieties
250 ml

\$1⁹⁹

NATY BY NATURE BABY CARE ECO SENSITIVE WIPES

Chlorine Free
• Biodegradable
Scented • Unscented



70 Wipes

\$4⁹⁹

MAD HIPPIE VITAMIN C SERUM

Combine the Best of Mother Nature & Modern Science. Brighten, tighten & smooth the skin with a blend of antioxidants that work wonders on sun damaged aging skin. Eliminates wrinkles & discolouration.



30 ml

\$32⁹⁹

HE MEN'S MIDLIFE FORMULA

Increasing Energy
Promoting a Healthy Sex Life
Prostate Health
Urinary Symptom Relief for BPH



45 Tabs

25% OFF

MARINELLI'S
TRUE ITALIAN
PASTA SAUCE

Free From: Artificial Colours
& Flavours, Gluten &
Cholesterol
Made in Small Batches

Assorted Varieties
720 ml

\$9⁹⁹



TINKYÁDA
ORGANIC
RICE PASTA

Wheat Free • Whole Grain
Cholesterol Free
• Low Sodium
Source of Fibre • Easy to Digest

Selected Varieties
280/340 g

10% OFF



RYVITA
MULTIGRAIN
WHOLE GRAIN
CRISP BREAD
High in Fibre

FREE CANISTER
250 g

\$2⁹⁹



KIKKOMAN
PANKO
BREAD CRUMBS

227 g

2/\$5



PATEL'S
CELEBRATING
INDIAN MEALS

No Preservatives

- Gluten Free
- 100% Vegetarian

Assorted Varieties
265/280 ml

\$3.99

MAD MEXICAN
ARTISAN MADE
NACHO CHIPS

Gluten Free • All Natural
No Artificial Preservatives

250 g

\$4.99

MAD MEXICAN
SAUSA
250 G
\$6.99

TASTE OF NATURE
ORGANIC
EXOTIC BARS
Vegan • Wheat Free
Non-GMO

Assorted Varieties
40 g

3/\$5

Three bars of Taste of Nature Organic Exotic Bars are shown, each in a clear wrapper with a red and white label. The bars are filled with a variety of nuts and seeds. The labels indicate they are 'ORGANIC', 'VEGAN', 'WHEAT FREE', and 'NON-GMO'. The bars are arranged in a slightly overlapping manner.

BOTTLE GREEN
SPARKLING
BEVERAGE

- Clean Taste
- Crisp & Natural

Assorted Varieties
750 ml

\$3.99



**HONIBE
LOZENGES**
Natures Cough Drop

10 Honey Lozenges

\$4.99



WEDDERSPOON
100% RAW
MANUKA HONEY
 Active 16+

500 g

\$29⁹⁹



WILDERNESS FAMILY
COCONUT FLOUR

Contains 20% Coconut Oil
 High in Fibre & Protein
 • Low Carbohydrates
 • Gluten Free

1 kg

\$12⁹⁹



SANTEVIA
ALKALINE GRAVITY
WATER SYSTEM

BPA Free

Every drop drips slowly through the complex 8-stage system of natural filters, which cleans & infuses your water with earth derived minerals.

10% OFF



DO MATCHA
2ND HARVEST TEA
 May improve mental focus

- Clarity
- Increase Endurance
- Reduce Abdominal Fat

80 g

15% OFF





LIBRE
TEA GLASS

A health conscious glass interior & durable poly exterior that keeps tea hot & cool to touch.

Assorted Colours
9 - 14 oz.

10% OFF

KEWAZA
ENERGY BALLS

- Soy Free
- Preservative Free
- Organic
- Gluten Free
- Non GMO

Assorted Varieties
 20/57 g

\$1.99



ZIBADEL CREATIONS
ORGANIC HANDMADE
CHOCOLATE BAR
WITH MANUKA HONEY
 Organic

Assorted Varieties
 2.4 oz.

\$3.99

PRANA
ORGANIC
NUTS/TRAIL MIXES

Selected Varieties
150 g

20% OFF



MAISON ORPHEE
ORGANIC VIRGIN
COCONUT OIL

454 g

20% OFF

BLUE DIAMOND
NUT THINS
RICE & NUT
CRACKER SNACKS

Assorted Varieties
120 g

\$2.99



GIDDY YO YO
RAW HEIRLOOM
CHOCOLATE BARS

Free of gluten, nuts,
dairy, soy.

Assorted Varieties
62 g

\$4.49

**CLIF
BARS**
Oatmeal Raisin Walnut
Great Tasting.
70% **Organic**
Convenient source of
energy
for any activity.

LUNA BARS
Whole Nutrition Bar
For Women
6x48 Case
\$2⁹⁹



CLEFS DES CHAMPS
ORGANIC SPICES

Cinnamon Ground/Sticks

- Basil • Cayenne
- Ginger • Turmeric

15/40 g

\$2.99

ROLLING MEADOWS
GRASS FED DAIRY
PASTURE MILK

2% - 3.25%
2 L

\$4.99

BEANITOS
THE ORIGINAL
BEAN CHIP

Very high fibre
• Gluten Free
Non GMO

Assorted Varieties
170 g

2/\$7



**MEDITERRANEAN
GARDEN**
**ALL NATURAL
ARTISANAL
PASTA SAUCE**

Assorted Varieties
726 ml

\$3.99





PRAIRIE HARVEST
ORGANIC DURUM
SEMOLINA PASTA

Selected Varieties
454 g

\$2⁹⁹



**VAN DYK'S
BY NATURE**

**100% WILD
BLUEBERRY JUICE**

Pure, undiluted 100%
wild blueberry juice.
Not from concentrate.
No water, sugar or
preservatives added.

500 ml

\$12⁹⁹



TYRELL'S
HAND COOKED
ENGLISH
VEGETABLE CHIPS

Beetroot, Parsnips
and Carrot Crisps
with Sea Salt.

150 g

\$3.49



CHICKPEA LENTILE
UN-BREADSTICKS
UNFLATBREAD
Gluten Free • Non GMO

110/125 g

\$5.99



GIARDINO
ORGANIC PASTA
DURUM WHEAT

Select Cuts
450 g

4/\$5

Two boxes of Giardino Organic Penne pasta are shown. The boxes are yellow and blue, featuring the Giardino logo, a '100% ORGANIC' seal, and a 'NON GMO' seal. The pasta is labeled 'PENNE' and 'DURUM WHEAT'.

NEW SUN
COOKIES
Organic
Low Cholesterol
• Low Sodium

Assorted Varieties
225 g

\$3.99

NEW SUN
cookies
Originals
Organic
Low Cholesterol
Low Sodium

NEW SUN
cookies
Originals
Organic
Low Cholesterol
Low Sodium

NEW SUN
cookies
Originals
Organic
Low Cholesterol
Low Sodium

SNACK 21
100% TREATS
Dogs • Cats

Selected Varieties

25% OFF



CRUMPS'
DOG TREATS

No Additives
No Preservatives
No Artificial Colours

*Ontario Grown
Assorted Varieties
65/330 g*

25% OFF



BIOLOGIC VET
SKIN & COAT
 Senior • Slim • Vites Sport

400 g

\$19.99

TEECCINO
HERBAL COFFEE
ALTERNATIVE
 Organic Ingredients.
 Naturally Caffeine Free.
 All Purpose Grind

Product of USA
 Assorted Flavours
 225 g

\$7.99



ZING
NUTRITION BAR
 Created by nutritionists
 No gluten, dairy, soy
 or GMO's

Assorted Varieties
 50 g

2/\$5



MADHAVA
ORGANIC
AGAVE NECTAR
FLAVORED
SWEETENERS

333 g

\$5.99



NAVITAS NATURALS
SUPER FOOD
MIXES
ORGANIC
 Maca Powder • Goji Berries
 Acai Powder • Chia Seeds
 Raw Cacao Powder
 • Beans • Nibs

113/454 g

10% OFF



CUISINE CAMINO
 • **COCOA POWDER**
ORGANIC • **FAIR TRADE**
 • **HOT CHOCOLATE**
INSTANT MIX

Assorted Varieties
 224/336 g

\$6.99



FOUR O'CLOCK
ORGANIC TEA
 Fair Trade
 Whole Tea Leaves

Assorted Varieties
 15 Pyramid Tea Bag

\$6.99



GIMME
ORGANIC ROASTED
SEAWEED SNACKS
 Non-GMO • Gluten Free
 • Vegan

Assorted Varieties • 5 g

4/\$5



SIMPLY SPROUTED
WAY BETTER
SNACKS

Assorted Varieties
 156 g

\$3.99



CHEECHA PUFFS
AIR PUFFED
POTATO SNACKS
 • Gluten Free
 • Cholesterol Free
 Dairy Free

Assorted Varieties
 70 g

\$2.99



MEDITERRANEAN
SNACKS
BAKED LENTIL CHIPS
 Gluten Free
 Great for dipping, topping
 & snacking

Assorted Varieties
 128 g

\$3.49



FEEDING CHANGE
YOUNG THAI
COCONUT WATER
 Organic

Frozen • 345 ml

15% OFF



XYLA
SWEET WITHOUT
THE GUILT
 Looks, Tastes, Cooks &
 Bakes
 Just Like Sugar!
 Diabetic Safe

454 g

\$7.99



R.W. GARCIA
CRACKERS
 Gluten Free • Non GMO

Assorted Varieties
 113 g

2/\$5

BEGLEY'S & BILL'S
ALL NATURAL
SODA POP
 Assorted Flavours
 355 ml

\$2.49



JOHN W.M. MACY'S
CHEESE CRISPS
OR STICKS
 Assorted Varieties
 113/127 g

\$3.99

WASA
CRISP BREAD
 • Made with whole grains for
 healthy snacking.
 • Low in saturated fat
 Assorted Varieties • 275/310g

\$2.99



ANGIE'S
KETTLE CORN
POPCORN
 Gluten Free • Vegan
 • No Trans Fat
 No High Fructose Corn
 Syrup

128/198 g

\$3.49

ANGIE'S HOLIDAY DRIZZLE
 SELECTED VARIETIES
 128 G
\$3.99



NAMASTE FOODS
WAFFLE & PANCAKE
MIX
 Free of gluten, soy, corn,
 potato, peanuts, tree nuts,
 dairy, wheat, casein

595 g

\$6.99



MACKIE'S
OF SCOTLAND
POTATO CRISPS
 Naturally grown & Seasoned

Assorted Varieties
 150 g

2/\$5



WILD PLANET
WILD ALBACORE
TUNA
 100% Pole & Troll Caught
 Solid White • Low Sodium
 • Skipjack

142 g

\$4.99



ONE DEGREE
ORGANIC "VEGANIC"
 • SEEDS • BEANS
 • SPROUTED FLOUR & GRAINS
 • SPROUTED BREAD
 Crops are grown without animal
 byproducts. Their grains, seeds
 & legumes can be tracked
 all the way back to the field
 where they were grown.

Assorted Varieties
 454 g/1.81 kg

15% OFF



POPCORNERS
THE NEW SHAPE
OF POPPED
CORN CHIPS
 Gluten Free • Air Popped

Assorted Varieties
 142 g

3/\$5



ONLY OATS
OATS
 Pure Whole Grain,
 Steel Cut, Quick Oat
 Flour, Wheat Free

Large 1 kg Bag

\$7.99



XO BAKING CO.
ALL NATURAL
 • **GLUTEN FREE**
BAKING MIXES
 Non GMO

Assorted Varieties
 39/521 g

10% OFF



NUTS TO YOU
MYSTERY BUTTER
ALMOND CASHEW

Smooth • 500 g

\$9.99



CROFTER'S
ORGANIC
PREMIUM SPREAD

Selected Varieties
 235 ml

\$3.99



WHOLESOME
SWEETENERS
ORGANIC SUGAR
 Perfect for Sprinkling,
 Beverages & Baking

454 g

\$3.99



THE GINGER
PEOPLE
GINGER CANDY
 All Natural
 Gluten Free
 Made with Fresh Ginger
 Stimulating & Delicious

Assorted Varieties
 31/128 g

20% OFF



UNCLE LEE'S
TEA
ORGANIC
 Green • White

Selected Varieties
 100 Tea Bags
 150 g

15% OFF



MR. SPICE
ORGANIC SAUCES
 Gluten Free & Sodium Free

Assorted Varieties
 298 g

\$4.99



BLAIR'S
FEEL ALIVE
 • **HOT SAUCES**
 • **POTATO CHIPS**

Assorted Varieties
 142/425 g

10% OFF



PARTNERS
BLUE STAR FARMS
ORGANIC CRACKERS

Assorted Varieties
 142 g

\$3.99



MONOGRANO
FELICETTI
ORGANIC PASTA
 Selezione
 Farro • Kamut

Assorted Cuts
 500 g

\$5.99



KNUDSEN
SPRITZERS
 Carbonated
 Flavoured Beverage

Assorted Flavours
 4 pack x 311 ml case

\$3.99



MIGHTY LEAF
TEA
 Organic, Artisan Whole
 Leaf Pouches.
 Herbal Infusion, Caffeine
 Free

15 Biodegradable Bags

\$9.99



VICKY'S
ARTISAN BAKERY
 All Natural Flatbread
 • Slim Crisps

120/150 g

\$4.99



ST. GEORGE
ORGANIC BREAD
 Artisan • Sugar Free

Selected Varieties
 420 g

\$2.99



SOLAR RAW
ULTIMATE KALE CHIPS
 Grown on a Canadian
 family farm.
 Facility powered by solar
 energy.
 Raw • Vegan
 Organic • Gluten Free

100 g

\$5.99





**THE ORGANIMALS
ORGANIC
SOFT DRINKS**

With a Low Glycemic Index.
Without Granulated Sugar.

Assorted Flavours
250 ml

4/\$5

ELEVATE ME
INSTANT OATMEAL
Made with elevate energy
bar.
Crumble • Wheat Free

Assorted Varieties
60 g Cups

\$2.99



BEANFIELD'S
BEAN & RICE CHIPS
 Gluten Free • Non GMO

Assorted Varieties
 156 g

\$3.49

HEY SHUGA!
ORGANIC
CANE SUGAR SYRUP

Gluten Free • Vegan
• Non-GMO

Assorted Varieties
355 ml

\$7.99



**ANITA'S
ORGANIC MILL
SROUTED WHOLE
GRAIN FLOUR**

Kamut • Spelt • Wheat

1 kg

\$6⁹⁹

ONE COFFEE
ORGANIC
SINGLE SERVE
COFFEE
90% Biodegradable

12 Cups

\$7.99



BRAGG
APPLE CIDER
VINEGAR

Raw • Unfiltered
 • With the Mother Enzyme

473 ml

\$2.99



KIND
HEALTH GRAINS
CLUSTERS GRANOLA
Whole Grain • Non GMO
Gluten Free

Assorted Varieties
312 g

\$6⁹⁹


GEROLSTEINER
CARBONATED NATURAL
MINERAL WATER
Low Sodium

Product of Germany
750 ml Glass Bottle

3/\$5



THIRSTY BUDDHA
ALL NATURAL
COCONUT WATER

Hydration & Replenishment
Non GMO • Zero Fat
BPA Free Can

Assorted Varieties
520 ml

3/\$5



**WOLFGANG PUCK'S
ORGANIC SOUP**

*Product of the USA
Assorted Varieties
398 ml*

\$2.99



WURZELKRAFT SUPERFOOD MINERAL SUPPLEMENT

Exclusive Blend of 100 Vital

Plant Seeds • Gluten Free

• Vegetarian, High Mineral &

Trace Element Content.

Wildcrafted & organic as available,
no pesticides, GMO's or artificial
ingredients.

• Add to Smoothies, Cereals,
Salads & More!

Made In Germany

2 x 10/330 g

**10%
OFF**

KING ISLAND
100% PURE
COCONUT WATER
• MILK
 Natural Hydration

3 x 250 ml

\$2.99

A GOOD PORTION
FLAVOURED
PISTACHIOS

Assorted Varieties
 250 g

\$6.99

ALTER ECO
CHOCOLATE BARS
 Fairly Traded
 • Organically Grown

Assorted Varieties
 80 g

\$3.99

ALTER ECO
VELVET VELOURS
 52% Cacao
 DARK CHOCOLATE

ALTER ECO
VELVET VELOURS
 52% Cacao
 MILK CHOCOLATE

ALTER ECO
 MADE IN THE USA

**ANNIE CHUN'S
SEAWEED SNAX**

*Roasted
Assorted Varieties
10 g*

\$1.99

**ANNIE'S
HOMEGROWN
BUNNIES
BAKED SNACK
CRACKERS**

- Original
- White Cheddar
- Extra Cheesy

213 g

\$3.99

Three boxes of Annie's Baked Snack Crackers are displayed. The top box is red with a yellow bunny logo and the text 'Annie's Baked Snacks Original Cheddar Bunnies'. The middle box is white with a yellow bunny logo and the text 'Annie's Baked Snacks White Cheddar Bunnies'. The bottom box is red with a yellow bunny logo and the text 'Annie's Baked Snacks Extra Cheesy Bunnies'. All boxes feature the Annie's logo and the text 'Annie's Homestyle Baking' and 'No Artificial Flavors or Preservatives'.

BARE FRUIT
ORGANIC

Apple Chips

- Fruit Chunks
- Bake Dried
- Gluten Free
- No Preservatives.
- No Added Sugar
- 100% Fruit

Assorted Varieties
 63 g

\$2⁹⁹



G.H. CRETORS
POPPED CORN
All Natural • Gluten Free
Since 1885
Chicago Mix • Kettle Corn
Cheese Corn • Caramel
Corn

184/257 g

\$2.99



EDWARD & SONS
BAKED RICE SNAPS
 Gluten Free
Assorted Varieties
 100 g

\$3.99

ENDANGERED SPECIES
DARK CHOCOLATE BARS
Vegan • Non GMO

Assorted Varieties
85 g

\$3⁹⁹



THE ORIGINAL
SEASNAX
100% All Natural
Premium Roasted
Seaweed Snack
Non-GMO • No MSG
No Sugar

Grab & Go • 5 g

3/\$5





EMILE NOËL
CRISPBREADS
Organic • Gluten Free

Assorted Varieties
100 g

\$3.99



FRONTERA
GUACAMOLE MIX
Handmade in small batches
from fresh, all natural
ingredients.

127 g

\$2.99



KRAVE
JERKY

Good source of protein.
No Nitrates • Low Fat

Assorted Varieties

\$5.99

GP8
SPORT WATER
Improved Performance
Advance Hydration

710 ml

\$1.99

Two clear plastic bottles of GP8 Sport Water are shown against a light blue background. The bottle on the left is labeled '710 ml' and the one on the right is labeled '1.5 L'. Both bottles have black caps and a label with the 'GP8' logo and 'SPORT WATER' text. To the left of the bottles, there are stylized snowflake graphics and the text 'GP8 SPORT WATER Improved Performance Advance Hydration'. At the bottom left, the price '\$1.99' is displayed in large, bold red font.

**FOOD SHOULD
TASTE GOOD**

TORTILLA CHIPS

All Natural
"It's a Cracker Tool"

Assorted Varieties
198 g

\$2.99



NATURE'S BAKERY
FIG BARS
Made with natural ingredients. Free Cholesterol. Free Dairy Free Non GMO

Assorted Varieties
56 g

99¢



**SAN-J
ORGANIC
SOY SAUCE
MARINADES**

No Artificial Preservatives
or MSG Added

*Product of USA
Assorted Varieties
296/592 ml*

**15%
OFF**



ALPHA GOURMET
MCT COCONUT
SALAD OIL
With Camelina Omega-3 Oil

500 ml

\$19.99



PAMELA'S
BAKING & PANCAKE
MIX
 Wheat Free & Gluten Free

1.18 kg Bag

\$19.99



NATUR-A
ALMOND BEVERAGE

Fortified • No Soy
 • No Carrageenan
 Non-GMO • Gluten Free

Assorted Varieties
 946 ml

3/\$5

NEW LOOK & TASTE

Original

Fortified almond beverage

60 mg Vitamin E

Original

Fortified almond beverage

60 mg Vitamin E

Original

RESIPROCATÉ
100% ARABICA BEAN
100%
ORGANIC COFFEE
Whole Bean • Ground

400/454 g

\$14.99



SO NICE
BARISTA BLEND
 Specialty blend for the art of coffee

SO NICE
BARISTA BLEND
 Specialty blend for the art of coffee

ISOLA BIO
VEGAN BEVERAGES
 Organic • Gluten Free

Selected Varieties
 1 L

15% OFF

SEABUCKTHORN SOOTHING SALVES
Choose From:

- Berry Essence
- Eczema
- Muscle & Joint
- Diaper Rash
- Stretch Marks
- Heal to Toe

Selected Types
110 g

\$11.99



SURYA BRASIL HENNA CREAM
With vegetable extracts, conditions, moisturizes & revitalizes the hair, formulated with a botanical complex of 15 herbs & fruits.

Selected Types
70 ml

\$13.99



GODDESS GARDEN ORGANICS SUNNY BODY NATURAL SUNSCREEN FOR THE FAMILY
SPF 30
Powerful protection without the chemicals. Sheer, biodegradable, cruelty-free, reef safe, Non-GMO

177 ml

\$19.99



I AM PURE BY MONIKA SCHNARRELL NIGHT CREAM
Stimulates collagen production with a 4-Peptide Complex. Provides maximum hydration with argan oil, algae extract & hyaluronic acid.

60 ml

\$29.99



SIBU BEAUTY SEABUCKTHORN BODY CREAM
Hydrates, softens & rejuvenates. Powered naturally by Seabuckthorn. Meadowfoam, shea butter & aloe. Made with 100% natural ingredients.

177 ml

\$13.99



ONE WITH NATURE DEAD SEA MINERAL BATH SALTS
Soothes, refreshes & energizes the skin. Relaxes the body. Sloughs dead skin. Improves texture of the skin.

Selected Types
907 g

\$13.99



LOTUS AROMA BATH & BODY WASH
Highest concentration of 100% pure essential oils & undiluted botanical essences.

Selected Types
360 ml

\$14.99



EARTH MAMMA ANGEL BABY
Zero toxin herbal products that support the common discomforts of the entire process of birth, from pregnancy through labour, postpartum, recovery, breast feeding & baby care.

Selected Types
60 ml/ 1 Litre

25% OFF



EVERYDAY SHEA CERTIFIED FAIR TRADE HANDCRAFTED & UNREFINED

- Shampoo & Conditioner
- Body Lotion
- Body Wash

950 ml

\$9.99



TOP NUTRITIONALS MORINGA OLEIFERA
A natural energy booster & beneficial in the maintenance of overall health

300 g Powder
90 Caps

15% OFF



PENNY LANE ORGANICS SKIN CARE
Vegan • Vegetarian
• Chemical Free
• Gluten Free
Made with only natural preservatives
Local Business

Selected Types
30/250 ml

20% OFF



KISS MY FACE "OLIVE" THE SEASON OLIVE OIL 3 PACK SOAP
For 100% Moisturizing Fragrance Free

3 x 115 g

\$3.99



Serenity2000™ It's Magnetic!
Now 25% OFF
Magnetic Gifts of Wellness

Magnetic Therapy
Pleasing to the eye and beneficial for the body



ANDALOU NATURALS "GET STARTED" KITS FOR TRIAL OR TRAVEL
Choose From:

- Age Defying
- Brightening
- Clarifying
- Dry/Sensitive

\$13.99



DESERT ESSENCE BODY LOTIONS
Introducing Island Mango & Italian Lemon
Vegan & Gluten Free

237 ml

\$6.99



BUTTER LONDON "CUT UP COLLECTION" NAIL SET
Deconstruct your lacquer with glittering overcoats that transform your lacquer. Raw textures infuse your favourite looks with a roughed-up modern edge.

3 x 6 ml

\$19.99



IT'S MORE THAN A BLENDER IT'S A VITAMIX TURBO BLEND TWO SPEED
Turbo Blend VS

10% OFF



ST. FRANCIS COCONUT OIL LIQUID
For all your cooking & baking needs.

500 ml

20% OFF



ANCIENT HARVEST QUINOA PASTA
Organic • Gluten Free

Assorted Varieties
185/340 g

25% OFF



PARTY-TIZERS DIPPIN' CHIPS TORTILLA CHIPS
Gluten Free • Non GMO

Assorted Varieties
142 g

\$3.49



PURE BLUE BEVERAGE
Made in Small Batches

Assorted Flavours
1.36 L

\$3.49



R.W. KNUDSEN SPARKLING CRISP APPLE CIDER
It's 100% Juice & 100% Celebrating!

750 ml

\$3.99



NEXT ORGANICS DRIED FRUITS • NUTS • GINGER • COCONUT
Coated With Dark Chocolate

Assorted Varieties
113 g

\$6.99



SIMPLY 7 CHIPS
Quinoa • Lentil • Hummus
40% Less Fat Than Potato Chips
Non-GMO • Gluten Free

Assorted Varieties
99/142 g

\$2.99



BULK ORGANIC RAW CASHEWS

\$13.00
lb \$28.66 kg

BULK ORGANIC RAW BRAZIL NUTS

\$7.99
lb \$17.62 kg



BULK ORGANIC RAW WALNUT HALVES

\$13.00
lb \$28.66 kg

BULK ORGANIC RAW PEPITAS

\$7.99
lb \$17.62 kg



BULK NATURAL ALMONDS
Source of protein & dietary fibre. Contains healthy fats
The Perfect Superfood!

\$4.99
lb \$11.00 kg

BULK ORGANIC QUINOA
White
Product of Bolivia

\$7.99
lb \$17.62 kg



BARD VALLEY ORGANIC MEDJOOL DATES

Product of USA
454 g

\$8.99



THEOBROMA CHOCOLAT
Gluten Free
Made from pure, natural cacao, using organic ingredients.

Selected Varieties
Long Bar • 35 g

\$1.99



ORASTA ORGANIC • SUNDRIED FIGS • WHOLE RAW CASHEWS

250 g

\$5.99



THE LODGE CAST IRON COOKWARE SEASONED STEEL

Large Variety Available

10% OFF

GREAT GIFT GIVING



CHEEKY BEE CANDLE COMPANY 100% PURE BEESWAX CANDLES
Candles • Tapers • Drip • Tealite

Assorted Varieties

GREAT GIFT GIVING



SWEETS FROM THE EARTH VEGAN & NUTFREE CUPCAKES

\$9.99 PACK OF 4 OR \$2.99 EA.
BAKERY SERVED
ALL SWEETS OF THE EARTH CUPCAKES ARE BAKED IN A NUT FREE FACILITY



DAN-D ORGANIC CHESTNUTS
• No Cholesterol
• No Trans Fat

Ready To Eat
100 g

\$1.99



TRU JOY SWEETS CANDY CANES ORGANIC
Corn Syrup Free
No Artificial Colours or Flavours.

10 Peppermint Candy Canes

\$4.99

SAFE SWEETS ORGANIC GUMMY GLUTEN FREE • 78 G 2/\$5



CRISPY GREEN 100% FREEZE-DRIED FRUIT
Gluten Free
• No Sugar Added

Convenient 6 Pack Bags

\$7.99



Nature's EMPORIUM | Your Neighbourhood Health Food Market

SAD – Seasonal Affective Disorder

or “winter blues”, is a mood issue related to short, dark winter days. Some people use ultraviolet light sources or supplementary vitamin D to improve mood in winter months, but there are many nutritional ways to remain positive! B vitamins support mood and nerves, and certain amino acids are considered stress busters. Stress is also relieved with a good night’s sleep and supplements like melatonin and magnesium citrate may help.



HUGE SAVINGS, GREAT PRODUCTS

SAMe 200 mg

Without the side effects of prescription antidepressants
Support for arthritic disorders

Stress B Formula

Supports nervous system
Helps you get a more sound sleep
Promotes proper brain function

Melatonin 3 mg

Improves sleep quality and duration, reducing daytime fatigue
Helps with insomnia caused by age-related declines in melatonin in the elderly

Vitamin D3 1000 IU

Stimulates the body to absorb calcium
Aids in the development and maintenance of bones and teeth
Also available in liquid format

12⁹⁹
180 softgels



19⁹⁹
90 enteric coated tablets



11⁹⁹
90 tablets



4⁹⁹
90 sublingual tablets



STRESS & SLEEP SUPPORT



6⁹⁹
90 sublingual tablets

B12 Methylcobalamin

Fast-acting, biologically active form of B12
Promotes a healthy cardiovascular system

100% Natural GABA

Fast-acting relief for nervousness and acute stress
Promotes relaxation and rest

Magnesium Citrate

Relaxes muscles and calms nerves
Mix with warm water for a great-tasting drink
Available in Tropical fruit and Berry flavours

Serenity Formula

Adrenal exhaustion resulting from chronic stress
Mild depression
Mood/anxiety disorders

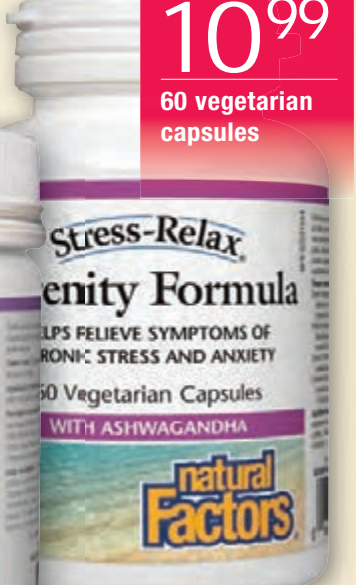
16⁹⁹
60 chewable tablets



14⁹⁹
250 g powder



10⁹⁹
60 vegetarian capsules



17⁹⁹
60 enteric coated caplets



17⁹⁹
60 vegetarian capsules



5-HTP 100 mg

Helps improve mood
Helps prevent migraines

L-Theanine 125 mg

Reduces stress
Promotes relaxation without drowsiness

natural Factors



Eat Local. Buy Local.
Naturally!

Harvested and packed within hours to maximize their flavour, aroma, and nutrients. Each of our vine ripened Ontario Natural organic canned tomato varieties is packed in cans lined with Bisphenol A-free (BPA-free) materials.

2 for
\$5



2 for
\$3

BLACK RIVER

Black River sources its fruit from Ontario and Quebec and presses locally, ensuring the highest quality juice available. No added sugar or preservatives, just pure juice!

Save
up to
\$5

100% Quebec Blueberry Juice - \$7.99, regular \$12.99 (946ml)
100% Ontario Cranberry Juice - \$5.99, regular \$8.99 (946ml)
100% Ontario Black Cherry Juice - \$3.99, regular \$5.99 (946ml)
100% Ontario Tart Cherry Juice - \$4.99, regular \$6.99 (946ml)



OWNED & OPERATED BY
Ontario Natural Food Co-op

WILD OCEAN
• COHO SALMON
• ALBACORE TUNA
• PACIFIC SABLEFISH
• PACIFIC HALIBUT
Sustainable • Fair Trade

Frozen • 227 g

15%
OFF



L'ANCÊTRE
ORGANIC CHEESE
Emmental • Marble
• Mozzarella

Selected Varieties
200 g

10%
OFF



MOLLY B'S
GLUTEN FREE KITCHEN

• Waffle n' Pancake Mix
• Crepe Mix
• Cake & Muffin Mix
• Pie Crust Mix
• Bread Flour Blend

500 g

20%
OFF



JUDE'S
MIRACLE CLOTH
For: Streak Free • Spot Free
• Lint Free
Windows, Mirrors, Stainless
Steel & Much More
Eco-Friendly. Never Use
Chemicals Again

\$3.99



HEALTH VALLEY
ORGANIC
ALL NATURAL FRUIT
No Sugar Added.
• Whole Strawberries
• Wild Blueberries
• Raspberries
• Mixed Berries

Frozen • 300 g

\$3.99



BUFALA
YOGURT
Natural European Flavour
6% - 7% M.F.

Assorted Varieties
500 g

\$5.99



ANTIPASTOS KITCHEN
FROZEN PASTA
& ENTREES
Gluten Free

Assorted Varieties
700/800 g

10%
OFF



10%
OFF

GO VEGGIE!
THE MELTY, STRETCHY
CHEESE FREE CHOICE
Lactose Free • Dairy Free

Assorted Varieties
113/227 g

10%
OFF



IAN'S
WHEAT FREE
• BREADED PRODUCTS
CHICKEN & FISH
• ALPHATOTS
POTATOES
Gluten-Free

Assorted Varieties
96/337 g

10%
OFF



BUCHA
SPARKLING
KOMBUCHA TEA
Organic

Refrigerated
Assorted Varieties
473 ml

\$3.99



SEVEN
LIFE'S PERFECT DRINK
Still Spring Water
PH level for perfect drinking
water.
Sourced at the edge of the
Canadian Shield

750 ml Glass

\$3.99



BANDITOS
TORTILLA CHIPS
All Natural
• Gluten Free

Assorted Varieties
312 g

\$3.49



CASCADES
ENVIRO
PAPER TOWELS

6 Pack Jumbo

\$4.99



QUANTUM HEALTH
THERA ZINC
ELDERBERRY LOZENGES
Immune Boosting Formula
SPRAY
With Echinacea & Elderberry
• Boosts Immune
• Soothes Throat

60 Lozenges • 120 ml

25%
OFF



TERRY NATURALLY
CURAMIN
Stop Pain Now
Joint Product

60 Caps

\$29.99



BOGO
BUY ONE GET ONE FREE
Buy any **greens+**
30 day serving and
receive a free trial pack of
FAST joint care+ - FREE!

HOMEOCAN
KIDS 0 - 9
HOMEOPATHIC
MEDICINE SYRUPS
Calm • Cough & Cold
• Throat Ease

100/250 ml

15%
OFF



KARLENE'S
SEA-LICIOUS
EPA+DHA • Omega-3
Contains Asta-Guard

Assorted Flavours
500 ml

\$34.99



MEDELYS
SUPREME COLLAGEN
For Healthy Joints &
Pain Treatment.

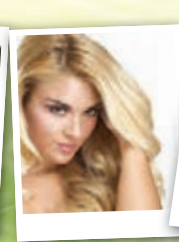
500 ml

\$47.99



Let your **Natural** beauty blossom

Promotes Healthy Skin, Hair and Nails



Beautiful healthy hair, smoother skin, stronger nails and much more!

\$15.99
75 Caps

\$24.99
500 ml

Fight the Flu Season..

Naturally

A powerful combination of natural ingredients



\$21.88
60 Veggie Caps



Recommended as a food supplement

NEW!

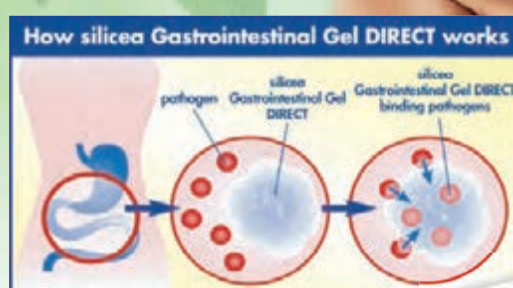
Super Sale Price
\$28.99
500 ml

Organic Whole Fruit Sea buckthorn

- The content of vitamin C in sea buckthorn is higher than the one of lemon, rosehip or orange
- May help during and following a treatment of antibiotics
- Suitable for people with gastro-intestinal complaints and impaired gut flora



Soothe your Stomach



Silicea Gastro Gel

- Helps to relieve gastrointestinal symptoms such as abdominal pain, diarrhea and heartburn
- Helps with issues such as bloating, flatulence and nausea
- Contains a high bonding capacity for pathogens

Super Sale Price
\$20.99
15 x 15 ml



STAY STRONG FORTIFY YOUR BONES

SAVE
25%



Current research shows that osteoporosis is a "silent threat", affecting both genders at any age without symptoms until a fracture occurs. Innovite Health is the leader in science-backed health products. The suite of INNO-CAL-MAG® Complex formulas are ground-breaking innovations that transform aging bones.

WHY INNO-CAL-MAG?

- **Most absorbable:**
 - **Multi-sourced calcium:** Optimized for best penetration across the largest spectrum of bodily requirements.
 - **Super charged co-factor support:** Boosts calcium absorption. Includes maximum Vitamin D3 levels; and the only natural anti-foaming free Vitamin K2
- **Liquid filled soft-gels:** Patented liquid suspension with omega-6 essential fatty acids allow for easier digestion and absorption than tablets.
- **The only 100% natural bone health formula.** Non-GMO. Soy-free. Dairy-free. Gluten-free.

Try our INNO-VITE Health suite of INNO-CAL-MAG® Complexes. Stay strong. Feel the difference.



innoviteHEALTH
Restore. Repair. Reclaim.

Sign up for our informative newsletter
www.innovitehealth.com

Follow us for more info and savings
facebook.com/InnoviteHealth
twitter.com/InnoviteCanada

Also try...



NEW

**VEGAN D3
VITAMIN D3 SPRAY**

\$19.99

THE SUNSHINE VITAMIN MIST

- **Easy to use:** First vegan Vitamin D3 SPRAY available in Canada
- **Great for all:** Ideal for children, adults & seniors
- **All natural vegan source:** NonGMO, free from dairy, wheat, soy and corn.



RAW VITALITY
RAW • ORGANIC
MINI BROWNIES
 Sugar Free • Lactose Free
 Soy Free • Gluten Free
 • Vegan

150 g

\$5⁹⁹



THEO
ORGANIC
FAIR TRADE
CHOCOLATE BAR
 Non GMO

Assorted Varieties
 85 g

\$3⁴⁹



SNACK FACTORY
PRETZEL CHIPS
 Assorted Varieties
 170 g

\$2⁹⁹



RICE SELECT
ORGANIC RICE
 Non GMO
 Selected Varieties
 1 Kg

\$9⁹⁹



NOVA SCOTIA
FISHERMAN
XTREME SKIN CARE
 With Powerful Nova Scotia
 Sea Kelp.
 Naturally Moisturizing
 Hand & Body Cream/Lotion

Selected Varieties
 100/375 ml

20% OFF



ITALIAN VOLCANO
100% ORGANIC
LEMON JUICE
 Contains the juice of 40
 organic lemons

1 L

\$7⁹⁹



EVERLAND
ORGANIC
WHOLE PITTED
DATES

908 g

\$4⁹⁹



EVERLAND
ORGANIC
COCONUT WATER

350 ml

\$1⁹⁹



EARTH'S CHOICE
COCONUT MILK
 Our sustainable coconut
 plantation is located in the
 heart of the Thai countryside.
 Organically grown coconuts.
 A little taste of tropical
 paradise to add to your
 favourite curries, sauces and
 desserts.

2/\$5 400 ml

\$1¹⁹ 160 ml



KICKING HORSE
COFFEE
 Organic • Fair Trade
 Whole Bean

340 g

\$11⁹⁹



KICKING HORSE
GROUND COFFEE
 Assorted Varieties
 284 g

\$9⁹⁹



LA TOURANGELLE
100% ORGANIC
EXTRA VIRGIN
OLIVE OIL

750 ml

\$9⁹⁹



LESLEY STOWE'S
RAINCOAST CRISPS
CRACKERS

Assorted Varieties
 150 g

\$5⁴⁹



NEAL BROTHERS
KETTLE CHIPS

Assorted Varieties
 142 g

\$1⁹⁹



PENOTTI
ORGANIC SPREAD

350 g

\$7⁹⁹



JUICE MATTERS
COLD PRESSED
JUICE
 Grab-n-go solution to
 provide wholesome
 nutrition on the run.

Assorted Varieties
 473 ml

\$7⁹⁹



FORNO DE MINAS
BRAZILEAN
CHEESE ROLL
 Gluten Free
 All Natural Trans Fat Free

Frozen • 400 g

\$4⁹⁹



QUE PASA
TORTILLA CHIPS
 Organic

Assorted Varieties
 454 g

\$3⁹⁹



SPATONE
100% NATURAL
LIQUID IRON
SUPPLEMENT

BUY ONE 28 - ONE A DAY
GET ONE 14 - ONE A DAY
FREE



LAUNDRY TARTS
LAUNDRY DETERGENT
 HE Friendly
 Vegan • Cloth Diaper Safe
 Eco Friendly

Made in Canada
 Assorted Scents
 45/90 Loads

\$9⁹⁹

3 Steps to Beautiful Skin, Hair & Nails



Buy any 2 Lorna skin products and get
 Beautiful Skin Begins Within FREE
 (a \$16.95 value) while quantities last.

hormonehelp.com



GRANDMA'S GARDEN
ALL NATURAL
HOMEMADE
LAUNDRY SOAP
 The Eco Friendly alternative
 to the commercial chemicals
 found in typical laundry
 detergents.

HE up to 37 Loads
 1.5 L

\$7⁹⁹



NOVA FORME
PHYTOPRO-V
PURE ORGANIC
PROTEIN
 • Rebuild Muscle
 • Enhance Recovery
 • Excellent Digestability
 • 100% Vegetable Protein Source

30 Servings

20% OFF



ABSORB SCIENCE
PAIN 45+
 Natural pain relief &
 anti-inflammatory
 Chronic & Acute

30 Veg Caps

\$17⁹⁹



ABSORB SCIENCE
VIAGREAT-SX
 Enhance sexual performance
 & maximize pleasure.
 For Men

40 Veg Caps

\$34⁹⁹



ABSORB SCIENCE
BIO-REGROW
 Hair follicle stimulating
 formula with proven results.
 For Women & Men

60 Veg Caps

\$34⁹⁹



15% OFF

How delicious? The letters OMG are right there in the name.

Fish oil is rich in Omega-3. But the taste and texture leave a little to be desired. Okay, a lot. The solution? Creamy, fruit-flavoured, easy to digest Omegalicious.

Botanica



GABRIEL
COSMETICS
 100% natural, pressed mineral cosmetics.
 Designed to bring out your natural beauty &
 revitalize the skin.
 USDA Certified Organic
 Certified Gluten Free &
 100% Vegan.

20% OFF



MegaFood
 Fresh From Farm To Tablet™

WE'RE BESTIES WITH FARMERS
 'CAUSE YOU DON'T BUY 500,000 LBS.
 OF PRODUCE FROM STRANGERS.

20% OFF
 MegaFood
 One Daily
 Whole Food
 Multi-Vitamins

YOU'LL LIKE THE WAY REAL FEELS.
 Supplements made lovingly with real food,
 for real energy and health.
 What you do with that energy
 and health is up to you.



NATURTINT
PERMANENT
HAIR COLOUR
 Natural plant-based
 ingredients provide vibrant,
 long lasting colour. Covers
 gray in one application.

170 ml

2/\$25



HERBION
LOZENGES
 Sugar Free

10 Lozenges


\$1⁹⁹



MOUNT ZEN
TARTARY
BUCKWHEAT TEA
 Organic • Gluten Free
 Lowers Cholesterol
 Helps Manage Diabetes
 Promotes Heart Health
 Supports Weight Loss
 Lowers High Blood Pressure

96 g

\$9⁹⁹



FREE BOOK!

JOY OF THE MOUNTAIN
OIL OF OREGANO
 • NEW Vegetarian Capsules!
 • Fights off colds, flus & their symptoms
 • Proven performance ingredients
 • Get a copy of "Your Guide
 to Oil of Oregano" with any size bottle
FREE Book With Purchase
 (one per customer)



LÄRABAR
FRUIT & NUT
ENERGY BAR
ALT
FRUIT & NUT BAR
 Gluten Free • Dairy Free
 • Non-GMO • Kosher
 • Vegan

Assorted Varieties
 45/55 g

\$1⁹⁹



BONUS BOTTLE TIME AGAIN!



Ester-C® 600 mg

A patented form of vitamin C with advanced immune support that is gentle on the stomach. Ester-C® 600mg capsules are enhanced with 100mg citrus bioflavonoids for improved absorption.

\$19.99
150 veg caps • **BONUS SIZE**



Ester-C® 1000 mg

High-potency tablets providing 1000 mg of Ester-C®, enhanced with quercetin, a citrus-free, powerful antioxidant with anti-histamine properties.

\$24.99
150 tablets • **BONUS SIZE**



Ester-C® Supreme

Citrus-free formula enhanced with quercetin, a powerful antioxidant, bioflavonoids from berries, and immune-boosting Larch arabinogalactan.

\$24.99
150 veg caps • **BONUS SIZE**



Ester-C® 500 mg

High-potency, chewable tablets that are naturally sweetened and available in three natural flavours: citrus punch, orange, and wildberry.

\$13.99
90 tablets • Chewables



Kids Cold & Flu Rescue

Specifically formulated to fight cold and flu symptoms in children and provide fast and effective relief without the side effects of over-the-counter drugs. Great-tasting, naturally-flavoured, easy-to-take chewables.

\$9.99
60 tablets • berry flavour



Cold & Flu Rescue

A unique combination of four powerful ingredients, Ester-C®, andrographis, N-acetyl-L-cysteine, and echinacea, each of them proven in human research to lessen the severity and duration of cold and flu symptoms, without side effects.

\$18.99
60 veg caps



NAC 600 mg

High-potency N-acetyl-L-cysteine boosts the immune system and has antiviral and mucolytic properties, reducing symptoms of cold and flu, including chest and sinus congestion.

\$19.99
120 veg caps



L-Lysine 500 mg

Delivers a high dose of this essential amino acid to help reduce and prevent the outbreak of cold sores.

\$9.99
90 veg caps