

DEAL of the WEEK
40% OFF

PARCH
POWDERED TEA ELIXIRS 65G



April 25 - May 1



SUSTAINABLE

Selva Shrimp
26/30 Prawns
340g
April 25 - May 1

15% OFF



BC Organic
Spartan Apples
\$3.99 3lb bag
April 25 - May 1

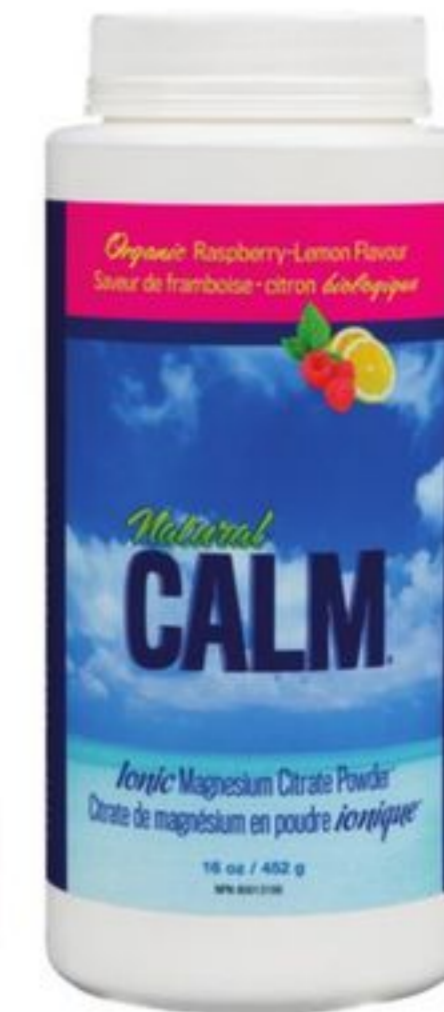
APRIL 25th - MAY 22nd MONTHLY SAVINGS



CANADIAN

Natural Factors
Coenzyme Q10
200mg
120sgel

**\$45.47
SAVE
\$14.52**



NON-GMO

Natural Calm
Magnesium Citrate
Powder
entire line on sale

15% OFF



ORGANIC

Pacific Foods
Organic Soups &
Plant-Based Chilis
assorted sizes
*excludes broths

15% OFF

BYOC *BULK SUNDAYS*

BRING YOUR OWN CONTAINER, FILL UP
ON BULK ON SUNDAYS AND SAVE 15%

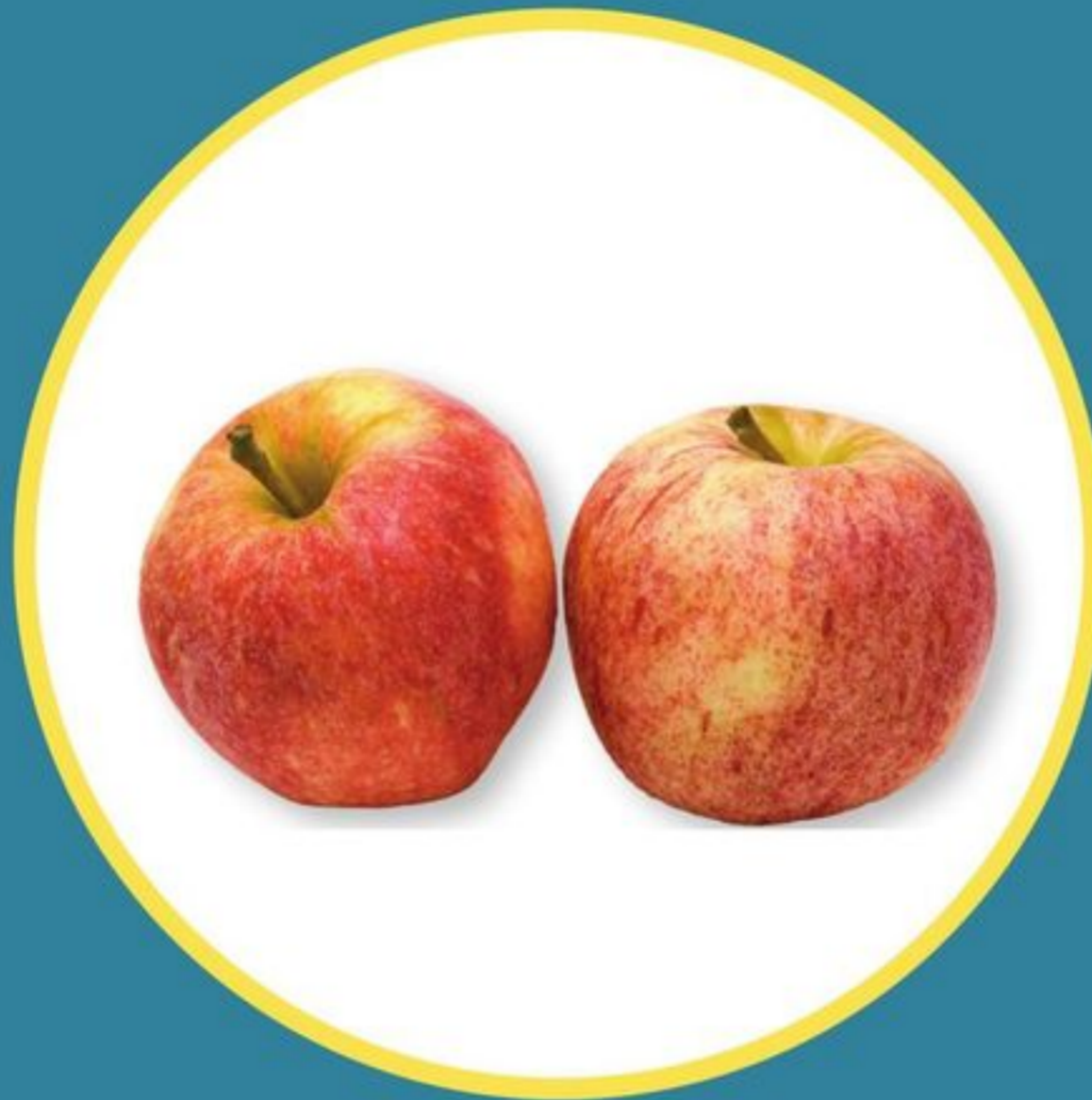
ORGANIC PRODUCE

April 25 - May 8

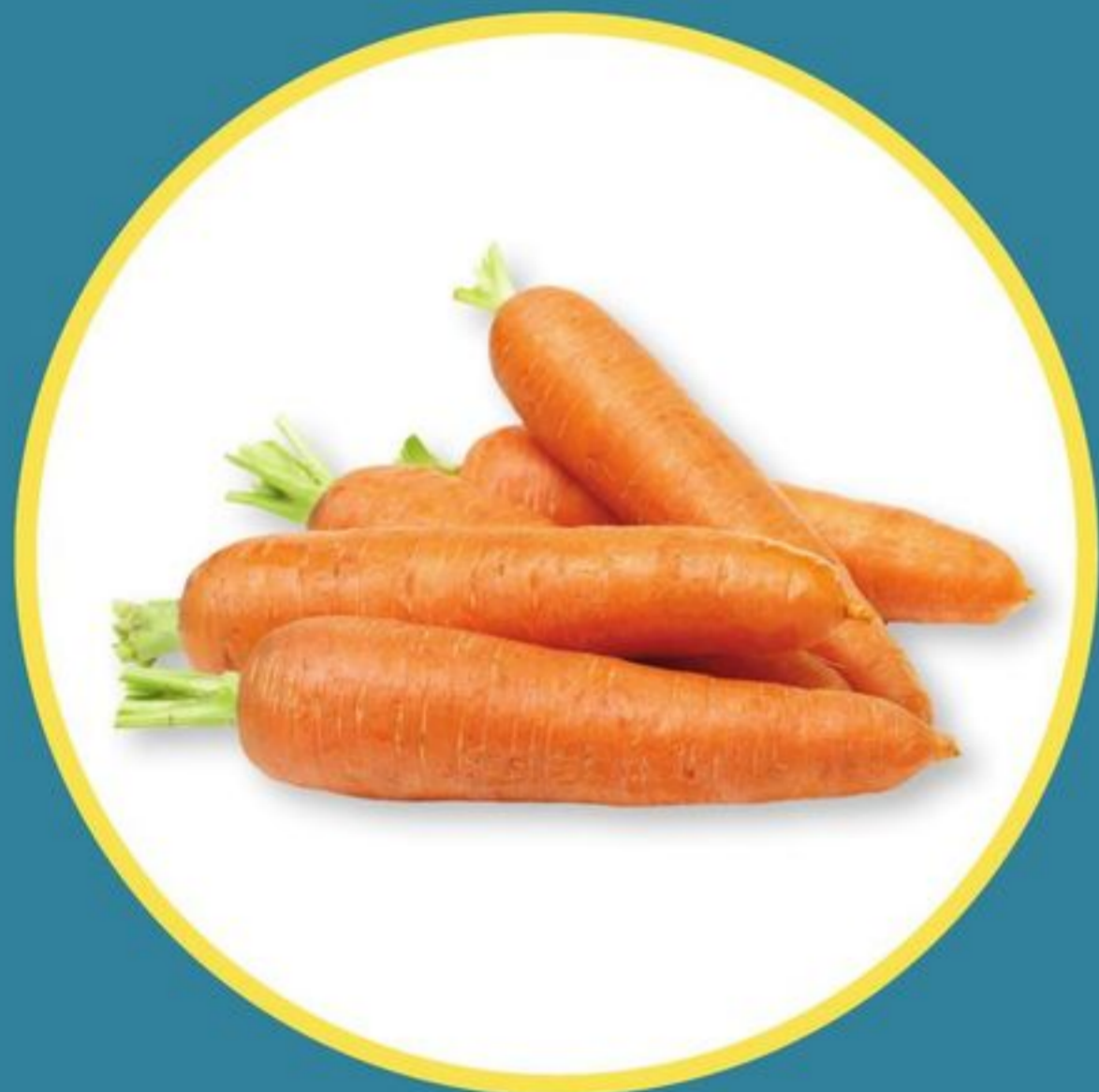
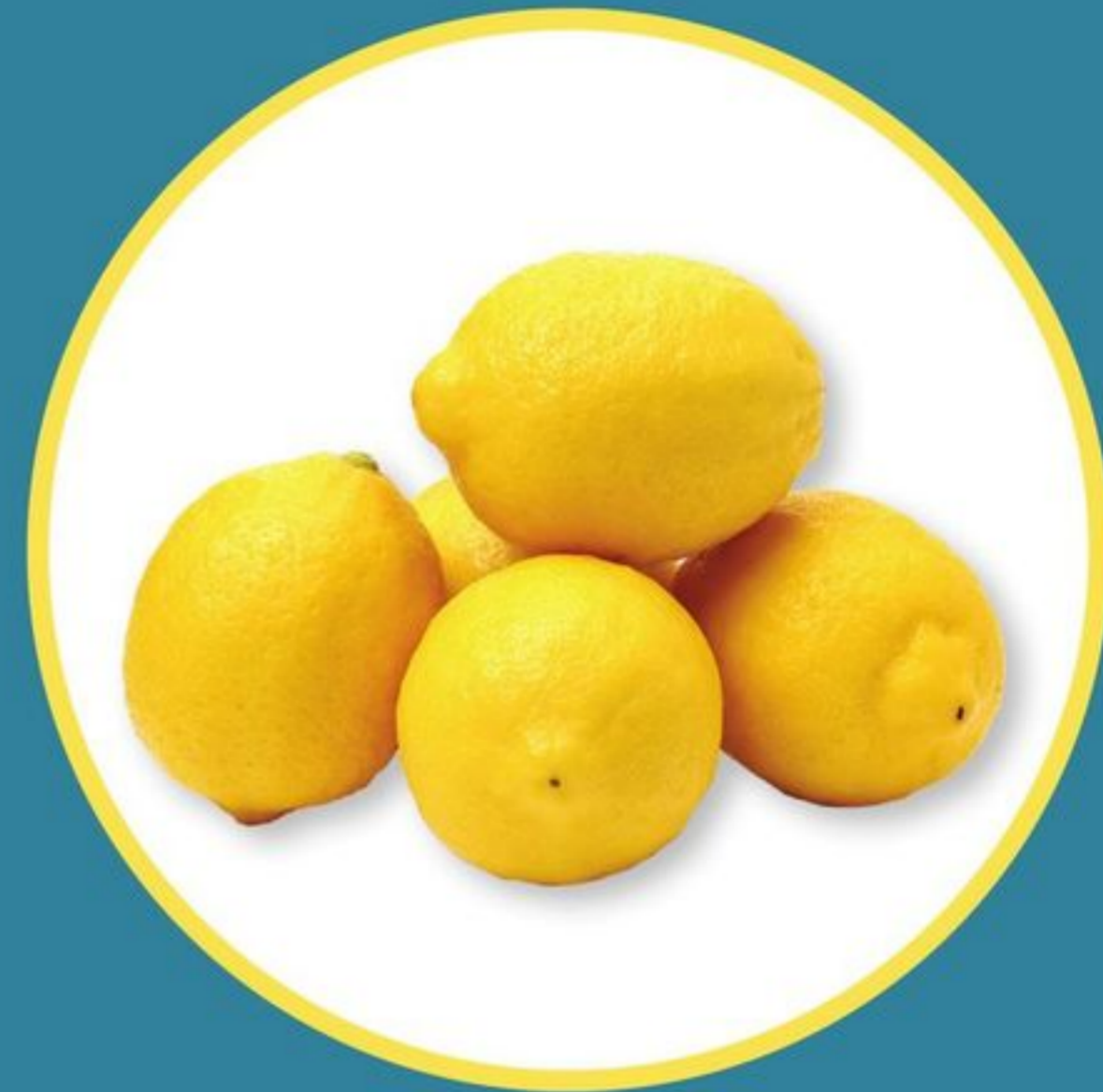
**Organic
Red Chard**
\$2.49
bunch



**BC Organic
Spartan Apples**
\$3.99
3lb bag



**Organic
Lemons**
\$5.49
2lb bag



**Organic
Carrots**
\$3.99
2lb bag



**BC Organic
Cabbage**
\$1.49/lb
\$3.28/kg



**Organic
Cauliflower**
\$2.99/lb
\$6.58/kg



Top Grass Cattle Co
Grassfed Frozen
Beef Burger
568g

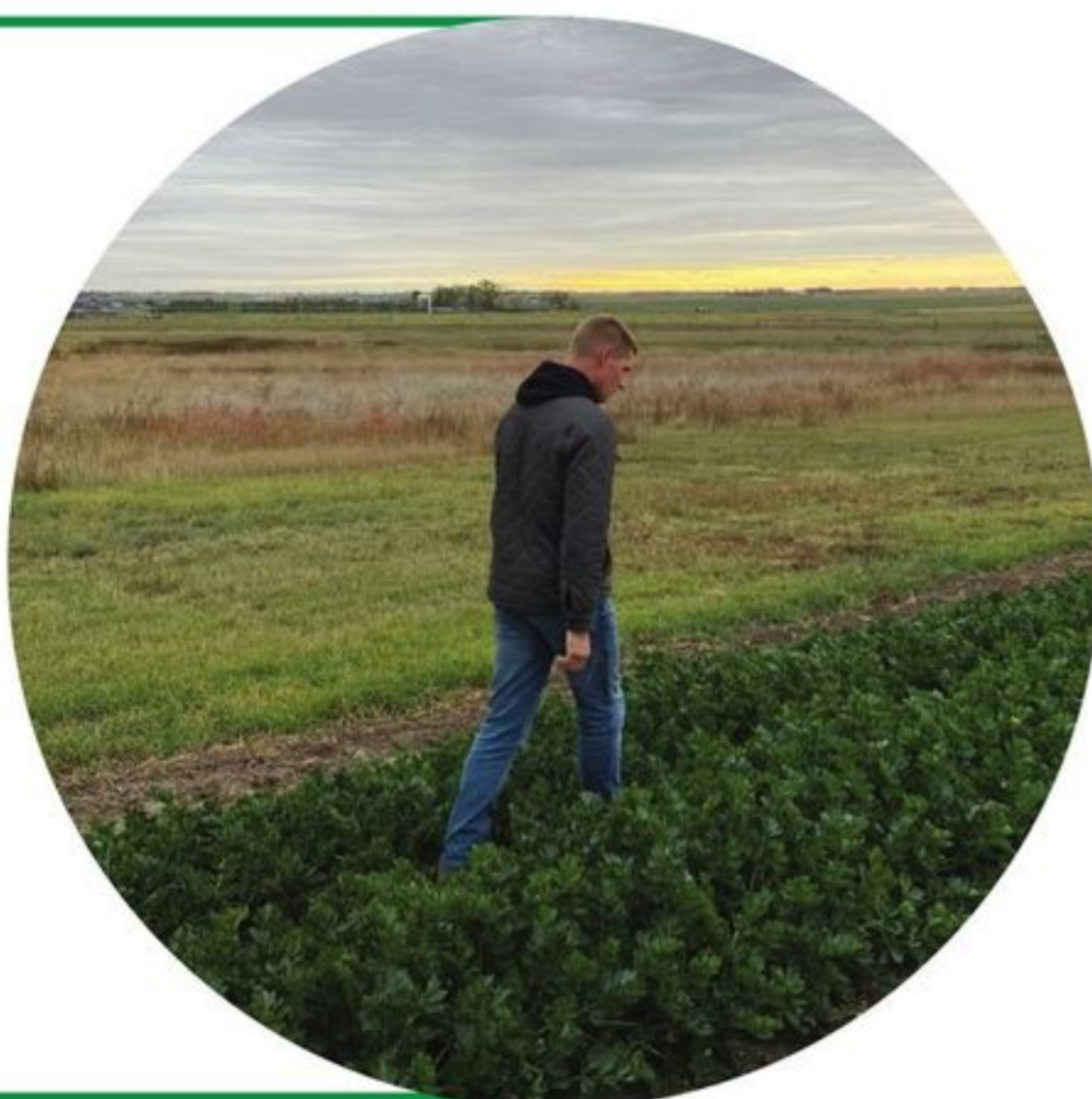


Odd Sausage
Pork Sausage
500g



Winter's Turkey
Fresh Turkey Sausage
380g

learn more about
**AMIABLE
ORGANICS**
here



**TOMATO
FENNEL
BEAN SALAD**
recipe here



ROSSDOWN

Farms & Natural Foods

**THE HIGHEST
QUALITY CHICKEN**
AT UNBEATABLE PRICES!

ROSSDOWN.COM

FRESH
WHOLE CHICKEN

WAS:
\$1.15/100g

New!
EVERYDAY
LOW PRICE:
\$0.99/100g




**RAISED
WITHOUT
ANTIBIOTICS**


**ANIMAL
WELFARE
CERTIFIED**


**100%
VEGETARIAN
FED**



Santevia
At Home
Filtration
System
entire line on sale



10%
OFF

ORGANIC

Pacific Foods
Organic Soups &
Plant-Based Chilis
assorted sizes
*excludes broths



15%
OFF

GLUTEN
FREE

Lesser Evil
Popcorn &
Power Curls
assorted sizes



15%
OFF

Attitude
Household &
Body Care
Products
entire line on sale



20%
OFF

NUT
FREE

Enjoy Life
Chocolate
Chips
assorted sizes



15%
OFF

GLUTEN
FREE

Pamela's
Baking Mixes
assorted sizes



15%
OFF



Chosen Foods
& Bragg

DRESSINGS,
SAUCES & OILS

NON-
GMO

assorted sizes

15%
OFF



Hornby Organic
Organic
Snack Bars
80g Only

SAVE \$.50

\$2.99



Maison Orphee
CulinarGy Oils
assorted sizes

20%
OFF



Mary's Organic Crackers
Line Drive
assorted sizes

20%
OFF



San-J
Tamari Splash
Sauces
296ml

SAVE \$1.50

\$9.99



Siete
Grain-Free Tortilla Chips
& Taco Shells
142-156g

15%
OFF



Hagensborg
Truffle Pig Bars
40g

SAVE \$.60

\$2.99



Seasnax
Seaweed Snacks
assorted sizes

20%
OFF



Made Good
Line Drive
assorted sizes

15%
OFF



Kaslo Sourdough Pasta
Sourdough Pasta
454g

10%
OFF

GROCERY

NON-GMO

Tree Island Fruit & Greek Yogurt
325-350g



15% OFF

PLANT BASED

Hodo Artisan Tofu Products
227-284g



15% OFF

GLUTEN FREE

Little Northern Bakehouse Seed & Grain, Millet & Chia, Cinnamon & Raisin Loaves
454-482g



15% OFF

ORGANIC

Karthein's Fermented Vegetables & Kimchi 375-750ml



15% OFF

PLANT BASED

Earth's Own Fresh Oat Beverage 1.75L



15% OFF

SUSTAINABLE

Harmless Harvest Coconut Water, Beverages & Smoothies



20% OFF

Smartbite Rice Cakes & Crispbreads
75g-120g



20% OFF

TRY COMMUNITY NATURAL FOODS DELIVERY & CURBSIDE PICK UP TODAY

LEARN MORE

AVALON™
A LOCAL TRADITION SINCE 1906

CERTIFIED ORGANIC. VERIFIED DELICIOUS.



ORGANIC 650G YOGURT & BUTTER
10% OFF



High Vibe Health
**Slow Simmered
Bone Broth**
710ml



**15%
OFF**



Respect the Technique
Red Miso Bacon
300g
* Calgary only



\$12.79

Infused
Mediterranean
**Locally-Made
Falafel &
Hummus**
assorted sizes



**15%
OFF**



Maxi Foods
**Locally Made
Tortilla Chips**
220g



**15%
OFF**



\$13.49

Community Naturals
Marinated Steak Salad
336g

GRAB AND GO



**\$5.09
/100g**

Old Country Sausage Shoppe
Bison Pepperoni Sticks
assorted



**TUSCAN SHRIMP
WITH ORZO**
One Pot Meal
recipe here

Community Naturals
**Organic Raw California
Almonds**



Community Naturals
**Organic Roasted Salted
Pumpkin Seeds**



Community Naturals
**Organic Forbidden Black
Rice**



Community Naturals
**Organic White Jasmine
Rice**



Community Naturals
**Organic Sesame Spelt
Sticks**



Community Naturals
Organic Wild Rice Sticks



learn more
about Lotus
Foods Organic
Jasmine Rice
here



HEALTH & BODY CARE



CANADIAN

Natural Factors
Coenzyme Q10
200mg
120sgel

\$45.47

SAVE \$14.52



NON-GMO

Natural Calm
Magnesium
Citrate Powder
entire line on sale

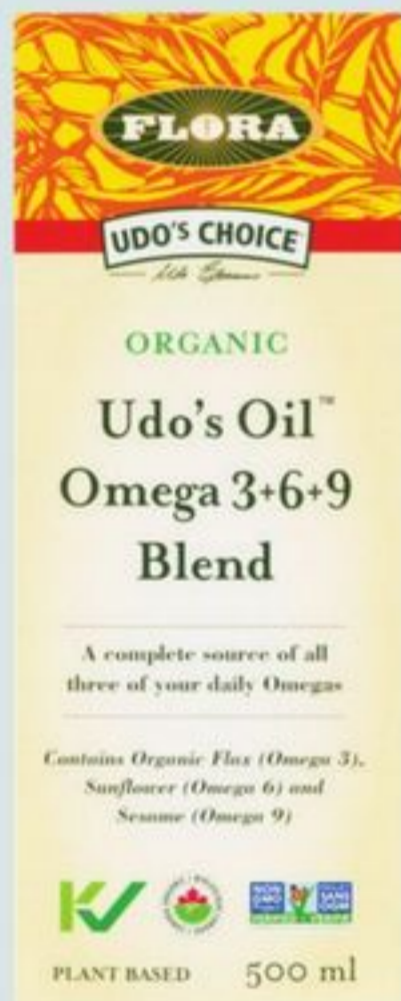
15%
OFF



NON-GMO

NOW
Nutritional
Supplements
select products

15%
OFF



NON-GMO

Flora
Udo's Oil Omega
3-6-9 Blend
500ml

\$30.99

SAVE \$5



CANADIAN

CanPrev
Magnesium
Bis-Glycinate
200 Gentle
120vcap

\$22.39

SAVE \$6.60



LOVE LOCAL

New Earth Organics
Liver Life 5
Mushroom Blend
entire line on sale

10%
OFF

NATURAL FACTORS
FLYER SALE
MAY 3-31, 2024

AVAILABLE IN-STORE AND ONLINE*

*Not all products featured in flyer are available in all retail locations





Botanica
Perfect Protein
assorted

15%
OFF



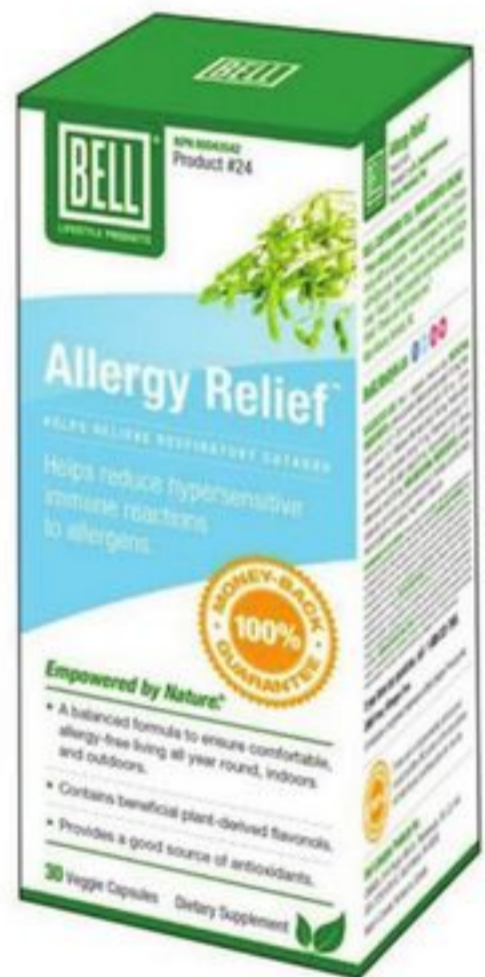
Bulletproof
Supplements
entire line on sale

15%
OFF



Carlson
Omega 3 Fish Oils
assorted

15%
OFF



Bell
Allergy Relief
entire line on sale

15%
OFF



New Roots
Simply Spirulina
assorted

15%
OFF



Prairie Naturals
Superfoods
select products

15%
OFF



Aeryon Wellnes
Women's
Supplements
assorted

15%
OFF



Andalou
Facial & Body Care
Products
assorted

20%
OFF



Heritage Store
Facial & Body Care
Products
assorted

15%
OFF



**ON SALE
IN STORE & ONLINE**

Since 1997, it's been our mission at Enerex to create a distinctive class of Nutritional Supplements, offering the highest level of efficacy without compromising on any step in the creation of our products.

SERRAPEPTASE

Natural, fast and effective pain & inflammation relief

- ✓ Improves circulation, reduces swelling and speeds healing
- ✓ Beneficial for joint pain, arthritis, carpal tunnel syndrome and sports injuries affecting ligaments and tendons
- ✓ Helps to clear congestion, sinusitis, and break down mucous and scar tissue



GREENS ORIGINAL

Organic, cold-pressed, nutrient rich and easy to digest greens juice powder

- ✓ Natural source of vitamins, minerals, antioxidants, enzymes & phytonutrients
- ✓ Includes added probiotics for enhanced gut health
- ✓ Supports detoxification, increases energy, mental clarity & immunity
- ✓ No sweeteners added, fresh clean green taste



SATISFACTION

Formulation of traditional and Ayurvedic botanicals and vitamins to increase libido and enhance sexual performance in men

- ✓ Enhances skin sensitivity and blood flow to intensify orgasms
- ✓ Improves circulation improving arousal and erectile dysfunction
- ✓ Contains zinc & saw palmetto to help maintain prostate health
- ✓ Does not contain any caffeine or stimulants



BLACK SEED OIL

Organic, cold-pressed & third party tested Black Seed Oil from Mediterranean Nigella Sativa seeds

- ✓ Modulates the immune system and may decrease both asthmatic and seasonal allergy symptoms
- ✓ Nourishing and healing for inflammatory skin conditions
- ✓ Guaranteed natural Thymoquinone content of 2.0-2.65%
- ✓ Gluten-free, vegan, and source of omega 3, 6 & 9



Spring Cleanse with Healthology

15% OFF

IN STORE &
ONLINE



- **GUT-FX** is the ultimate formula to repair your intestinal tract lining, heal inflammation, and support healthy gut flora
- Repairs leaky gut syndrome and other intestinal ailments
- Contains Probiotics



- **LIV-GREAT** provides the liver with daily support by boosting its detox capacity, helping protect it from damage
- Supports both Phase 1 and Phase 2 liver detoxification




- **LUNG-FX** works by supporting the lungs' natural defense systems
- It contains expectorants to help break down mucous, promotes detoxification to protect the lungs from damage caused by pollutants and toxins



- **GO-LAX** provides a gentle, effective solution for occasional constipation
- It works to hydrate and soften the stool, promote peristalsis, soothe the gut lining, and promotes bowel movements



- **INFLAMMA-MEND** Targets inflammation by reducing pain and swelling throughout the body
- It increases the production of anti-inflammatory mediators, and helps prevent the production of pro-inflammatory cells

 **Made in Canada**

HEALTHOLOGY
BUILDING A HEALTHIER YOU

it's BBQ time

We know the farmers and have toured the facilities.
Animal welfare is paramount.
Animals get to be animals, with room to roam.
All of our meat, dairy and eggs are antibiotic and hormone free.
Organic options, where possible.
Our grass fed beef is Alberta-raised; grass fed on free range pasture free of pesticides and insecticides; and handled with care.



Store Hours:
Monday-Saturday 9am-9pm
Sunday 9am-7pm

10th Ave Market & Cafe
1304 10th Ave SW,
CGY

Chinook Market
202 61st Ave SW,
CGY

Crowfoot Market
850 Crowfoot Cres. NW,
CGY

Strathcona Market
7914 104 St NW,
EDM



COMMUNITY
natural foods
nourishing our community since 1977

shop.communitynaturalfoods.com

Sign up in-store for a free myCNF membership

Flyer pricing reflects member pricing. Non-members
add 10% to all sale prices

We reserve the right to limit purchases to retail quantities. Not all items may be available at all stores. Items advertised may not be exactly as illustrated. Prices do not include tax, deposit, environmental handling charges or levies.