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## MARCH SUPER SPECIALS

SHOP ALL OF OUR SPECIALS ONLINE  
FOR DELIVERY OR PICK-UP!

EVERY-DAY LOW PRICED HEALTH FOODS | CERTIFIED ORGANIC PRODUCE | ALL NATURAL HEALTH & BEAUTY  
VITAMINS & SUPPLEMENTS | NATURAL & ORGANIC GROCERIES | QUALITY BULK FOODS | HEALTHY EATING



**SAVE \$3.74/lb**

**5.55** /lb

**BULK SALTED OR UNSALTED DRY ROASTED ALMONDS**  
Product of USA



**SAVE \$3.72/lb**

**7.77** /lb

**BULK ORGANIC MEDJOOL DATES** Product of Israel



**SAVE 52¢**

**1.77** ea

**KIND SNACK BARS** 40g



**SAVE 64¢**

**2.55** ea

**SAMAI PLANTAIN AND VEGGIE CHIPS** Select Varieties



**SAVE UP TO \$1.56**

**3.33** ea

**STAHLBUSH FROZEN VEGETABLES** Select Varieties



**SAVE 62¢**

**3.77** ea

**PATIENCE ORGANIC DRIED CRANBERRIES** Select Varieties



**SAVE \$1.20**

**3.99** ea

**RAINCOAST TRADING WILD PACIFIC SARDINES** 120g



**SAVE \$2.75**

**4.44** ea

**MARY'S ORGANIC REAL THIN CRACKERS** 142g



**SAVE \$2.75**

**4.44** ea

**MARY'S ORGANIC COOKIES** 142g



**SAVE \$1.25**

**4.44** ea

**EAT WHOLESOME ORGANIC CANNED TOMATOES** 796ml



**SAVE \$1.25**

**4.44** ea

**EAT WHOLESOME ORGANIC STRAINED TOMATOES** 680ml



**SAVE \$2.74**

**5.55** ea

**DESERT ESSENCE NATURAL TOOTHPASTE** 176g



**SAVE \$1.30**

**3.99** ea

**NOW MELATONIN 3mg** 60 Veg Caps



**SAVE \$3.94**

**15.55** ea

**GNA NATURALS MAGNESIUM BISGLYCINATE COMPLEX 205mg** 120 Veg Caps



**SAVE \$5.50**

**16.99** ea

**LAND ART MINT OR APPLE CHLOROPHYLL LIQUID** 500ml



**SAVE \$5.90**

**19.99** ea

**WHOLISTIC CoQ10 300mg** 60 Soft Gels



**SAVE \$6.67**

**22.22** ea

**A.VOGEL PROSTATE 1 30 Caps**

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ONLINE AT**  
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**STORE HOURS**  
Mon-Fri: 9:00am - 9:00pm  
Saturday: 9:00am - 6:00pm  
Sunday: 10:00am - 6:00pm

PRICES VALID FROM MARCH 1-31, 2023 AND ONLY WHILE QUANTITIES LAST. PICTURES MAY NOT BE EXACTLY AS SHOWN (WE RESERVE ALL RIGHTS AND LIMIT QUANTITIES)

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## A probiotic that can keep up with you

Pro-Biotik™ 15B contains 5 critical, therapeutic probiotic species naturally found in your body. This means your beneficial bacteria can flourish and your immune system stays strong.

Shelf-stable - no refrigeration required so you can take it with you wherever life takes you.



Jordan Bryden  
CanPrev Ambassador  
[canprev.ca](http://canprev.ca)



## Lead the pack with IronVITAL F

- Great-tasting fruit flavoured iron formula with Vitamins C+B
- Non-constipating, vegetarian formula
- 100% pure with no preservatives
- Excellent for use during pregnancy

Detoxify and Revitalize  
your liver with liquid

## Milk Thistle

- Detoxify your liver
- Improve mood
- Cholesterol support
- Chronic fatigue support

Also featuring the benefits of  
**SEA BUCKTHORN BERRY**



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original

[nakaherbs.com](http://nakaherbs.com)

Naka  
Professional

Naka  
Platinum

[nakapro.com](http://nakapro.com)

The information is intended strictly for research & educational purposes, not as a diagnostic tool or a prescription for any ailment.

## Energize Revitalize Detoxify



- Ginseng to help energize
- Chlorophyll to detoxify & deodorize
- Nutrients and botanicals help with digestion
- Superfood Complex to aid pH balance & help stop cravings
- Take just one liquid tablespoon a day!

## VEGAN COLLAGEN BOOSTER!

Discover Europe's #1 supplement for healthy hair, smoother skin & stronger nails

Accept NO artificial imitations - insist on the  
**100% PURE World Famous Original!**





Manuka honey is a superfood with an array of health benefits. Supercharge your wellness routine with Wedderspoon, the best-tasting, genuine Manuka honey.



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**SAVE \$1<sup>50</sup>**

**4<sup>99</sup>** ea

**NUTS TO YOU ORGANIC PUMPKIN SEED BUTTER 250g**



**SAVE \$1<sup>92</sup>**

**6<sup>77</sup>** ea

**NUTS TO YOU ORGANIC SESAME TAHINI BUTTER 500g**



**SAVE \$2<sup>74</sup>**

**5<sup>55</sup>** ea

**SMART SWEETS LOW SUGAR JOLLY GEMS OR LOLLIPOPS 70g**



**SAVE \$2<sup>20</sup>**

**6<sup>49</sup>** ea

**SUNFLOWER KITCHEN SOUPS 956ml**



**SAVE \$2<sup>70</sup>**

**7<sup>49</sup>** ea

**SUNFLOWER KITCHEN ORGANIC CHILIS 956ml**



**SAVE UP TO \$2<sup>70</sup>**

**9<sup>99</sup>** ea

**NATURE'S PATH ORGANIC ECO PAC CEREAL Assorted Varieties**



**SAVE \$2<sup>08</sup>**

**11<sup>11</sup>** ea

**NATURE'S PATH ORGANIC ECO PAC GRANOLA 750g**



**SAVE \$12<sup>00</sup>**

**19<sup>99</sup>** ea

**ACROPOLIS EXTRA VIRGIN OLIVE OIL 1L**



**SAVE \$3<sup>74</sup>**

**5<sup>55</sup>** ea

**AURA CACIA ORGANIC PEPPERMINT OR ROSEMARY ESSENTIAL OIL 7.4ml**



**SAVE \$3<sup>92</sup>**

**7<sup>77</sup>** ea

**AURA CACIA ORGANIC COCONUT OIL 177g**



**SAVE \$8<sup>77</sup>**

**12<sup>22</sup>** ea

**AURA CACIA ORGANIC JOJOBA OIL 118ml**



**SAVE \$7<sup>55</sup>**

**24<sup>44</sup>** ea

**NORDIC NATURALS LEMON LIQUID OMEGA-3 237ml**



**SAVE \$8<sup>34</sup>**

**25<sup>55</sup>** ea

**NORDIC NATURALS ULTIMATE OMEGA 60 Soft Gels**



**SAVE \$2<sup>92</sup>**

**27<sup>77</sup>** ea

**BELL BLADDER & YEAST INFECTION 60 Veg Caps**



**SAVE \$3<sup>61</sup>**

**28<sup>88</sup>** ea

**BELL CHOLESTEROL CONTROL 30 Veg Caps**



**SAVE \$12<sup>55</sup>**

**44<sup>44</sup>** ea

**VEGA ALL-IN-ONE PLANT-BASED PROTEIN POWDER Assorted Varieties**

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WomenSense® – the Trusted Choice of Health Professionals™



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- ✓ No energy
- ✓ Lack of sleep

## ThyroSense®

- ✓ Weight gain
- ✓ Tired
- ✓ Thinning hair

## EstroSense®

- ✓ Painful periods
- ✓ Hormonal acne
- ✓ PMS

## MenoSense®

- ✓ Hot flashes
- ✓ Night sweats
- ✓ Irritability