

Santevia Water Filtration

- Removes tap water contaminants; adds healthy minerals such as calcium and magnesium
- Makes the water alkaline by mineral infusion
- Enjoy clean, mineralized, great tasting alkaline water



Mid-Day Squares

- Satisfy your afternoon cravings for chocolate
- Get that extra boost of energy



BUY 2 SAVE 98¢



Swerve Sweetener

- A delicious, carb-conscious sweetener that measures cup-for-cup with sugar
- Made from ingredients found in select fruits and starchy root vegetables
- Contains no artificial ingredients



SAVE \$3



SISU Supplements

- For skin, joint and vision health while supporting immune system wellness
- Clinical studies show Ester-C increases vitamin C level for up to 24 hours
- All SISU products on sale in-store



SAVE 20%



MS Prebiotic

- Stimulate the growth of healthy bacteria in the gut microbiome
- Improves digestion and supports regularity



\$29.99

SAVE \$10



Noble Bean Organic Tempeh

- Nutty flavoured, vegan, and gluten-free soy food full of protein
- Great meat alternative and addition to a healthy meal



\$3.99

SAVE 50¢



Dandy Blend Instant Herbal Beverage

- A herbal coffee substitute that features smoothness and texture of real coffee
- Refreshing cold and delicious hot



\$18.99

SAVE \$3



Renew Life Probiotics

- Daily multi-strain probiotic formula
- 50 billion active cultures
- 10 different strains of live bacteria
- Bonus bottles while supplies last



SAVE 15%

20% BONUS

RenewLife®

Ultimate Flora® Probiotic

Critical Care

- Helps support intestinal and gastrointestinal health
- One a day probiotic

50 Billion ACTIVE CULTURES

10 PROBIOTIC STRAINS
36 VEGETARIAN CAPSULES

RenewLife®

Ultimate Flora® Probiotic

VS for Women

- Helps support intestinal and gastrointestinal health
- One a day probiotic

50 Billion ACTIVE CULTURES

Pure Lab Vitamin B & Vegan Vitamin D3

- Vegan Vitamin D3 aids with healthy bones, teeth and muscles
- B-vitamins for energy, mood and focus
- All vitamin B products on sale in-store



NEW!

60 cap Slow Release
\$23.99

SAVE \$6

240 Vcap Vitamin D3
\$26.99

SAVE \$6



Taste & quality you can trust.
PRICES YOU WILL LOVE!



"We want you to **love our products as much as we do!** We offer a **100% satisfaction guarantee** on every item and will **price match** with local health food competitors."

* see details in store

SAVE \$6

\$23⁹⁹

2 - 50ml



- Great topical relief for muscular aches and pains, bruising and stiffness
- Fast acting, non-greasy with a fresh scent

A. Vogel Absolut Arnica Pain Relief

SAVE 20%

- Plant-based nutrition for modern day athletes and adventurers of all kinds
- All Iron Vegan products on sale in-store**

Iron Vegan Nutrition



SAVE \$5

\$24⁹⁹

60 gummies

- Taste the apple not the vinegar
- Two gelatin free gummies equals one serving of apple cider vinegar

Goli Apple Cider Vinegar Gummies



SAVE \$2

\$13⁹⁹

946ml

- Helps to soothe irritation/inflammation of the gastrointestinal tract

Health First Aloe Vera Juice



SAVE \$4

\$35⁹⁹

30ml

- Clinically proven, natural and safe way to generate your own collagen

BioSil Collagen Support



\$41⁹⁹

90 cap



SAVE \$4

\$24⁹⁹

250ml

- Sustainably sourced
- Supports cardiovascular, brain, nerve, vision, immune, joint and skin health

Carlson Lemon Cod Liver Oil



SAVE \$6

\$33⁹⁹

200ml, Regular

- Pure plant-based Omega 3 sourced from microalgae
- Promotes the maintenance of overall good health, cardiovascular health, and brain function

NutraVege Plant Based Omega-3



SAVE \$7

\$37⁹⁹

200ml, Regular with Vitamin D

SAVE \$10

\$29⁹⁹

60 cap, Fast with Turmeric

- All natural ingredients
- Pain relief improves range of motion and joint health
- Turmeric decreases inflammation

Genuine Health Joint Care

SAVE \$10

\$49⁹⁹

60 cap, Fast

- Detoxifying sustainably sourced activated charcoal

Organika Activated Charcoal



GENUINE HEALTH



SAVE \$2

\$10⁴⁹

40g, Powder

- Detoxifying sustainably sourced activated charcoal

Organika Activated Charcoal

SAVE \$2⁵⁰

\$16⁴⁹

90 Vcap



Can't find your favourite product or don't see a product on the shelves?

2 Ask a team member about a special order or email us at Purchasing@kardishfoods.com to suggest we carry it!

Quality products, great prices
and professional staff

**Kardish
specials!**
Sale ends April 30, 2021



For a good night's *sleep*
and support for
daily stress

 <p>19⁹⁹ SAVE \$5.00 60 chew tabs</p> <p>Tranquil Sleep</p> <ul style="list-style-type: none"> • Helps you fall asleep, stay asleep, and wake up refreshed • Chewable tablets with a great-tasting tropical fruit flavour 	 <p>21⁹⁹ SAVE \$3.00 60 chew tabs</p> <p>100% Natural GABA</p> <ul style="list-style-type: none"> • Fast-acting relief for nervousness and acute stress • Promotes relaxation and res 	 <p>14⁹⁹ SAVE \$2.00 60 vcaps</p> <p>Serenity Formula</p> <ul style="list-style-type: none"> • Helps relieve symptoms of chronic stress and anxiety • Strengthens the adrenals and improves nerve function 	
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Feeling better together

15% OFF



CanPrev
Magnesium Bis-Glycinate 300 Ultra Gentle

CanPrev
Zinc Bis-Glycinate 25

CanPrev
D₃ & K₂

Satisfaction *Guaranteed.* If you don't like it, bring it back.

*See in-store for details.

Committed to natural, non-GMO, local, specialty diets and sustainable food systems.

Endangered Species Chocolate Bars

2 for \$8

85g

BUY 2 SAVE \$1.98



Karthein's Organic Sauerkraut

\$9.99

750ml

SAVE \$1.50

All Karthein's Organic products on sale in-store



Daiya Pizza & Cheezy Mac

\$9.49

444-492g, Pizza

SAVE \$1.50



\$5.49

300g, Cheezy Mac

SAVE 80¢

*Select pizza varieties



Le Grand Plant Based Yogurt

3 for \$5

113g

BUY 3 SAVE \$2.47



NEW!

PUR Gum and Mints

\$3.99

55pc, Gum

SAVE \$1

All Pur products on sale in-store



2 for \$4

20 Mints

BUY 2 SAVE 89¢

Blue Diamond Almond Breeze

2 for \$4

946ml

BUY 2 SAVE \$2.98



Gardein Meat Alternative

2 for \$9

390g

BUY 2 SAVE \$2.98



Love Good Fats Bars and Shakes

2 for \$4

39-40g

BUY 2 SAVE \$1.98

KETO



\$29.99

400g

SAVE \$5

Better than Noodles Konjac Pasta

3 for \$12

385g

BUY 3 SAVE \$2.97



Entire line on sale in-store

KETO

Thayers Witch Hazel

- Cleanse, tone, moisturize with witch hazel and aloe vera
- Balances pH, which helps maintain skin's healthy protective layer, halting growth of acne-causing bacteria



355ml \$13.99

SAVE \$2

Nature Clean Household Products

Naturally-derived, hypo-allergenic, and biodegradable household products, including laundry care, dish care, and personal care



SAVE 15%

Nuts to You Organic Tahini and Sunflower Butter

\$8.49

500g, Tahini

SAVE \$1.50

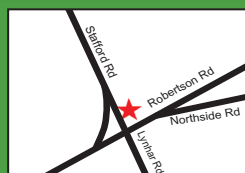
\$6.99

500g, Sunflower

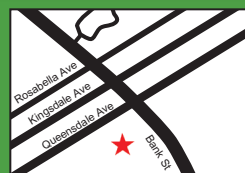
SAVE \$1



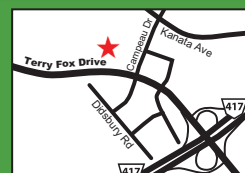
BARRHAVEN
3101 STRANDHERD DRIVE



BELLS CORNERS
1831 ROBERTSON ROAD



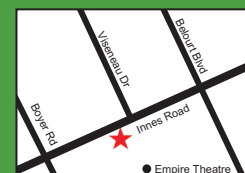
BLOSSOM PARK
2950 BANK STREET



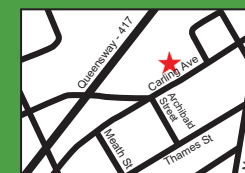
KANATA
499 TERRY FOX DRIVE
SIGNATURE CENTRE



MERIVALE
1701 MERIVALE ROAD



ORLEANS
3712 INNES ROAD



WESTGATE MALL
1309 CARLING AVENUE

613-224-1414
kardish.com



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