



Explore the Simple, Honest Goodness of Always Organic Produce,
Natural & Organic Foods, Supplements, Whole Body Care,
all waiting for you inside one of our 6 locations!



**Neal Brothers
BBQ Sauce**

350 ml
Assorted Varieties

\$2⁹⁹



**Eska
Spring Water**

24 x 500 ml

\$3⁹⁹



**Sober Carpenter
Non- Alcoholic Beer**

**Clever
Mocktails**
355 ml
Assorted Varieties

\$1⁹⁹



**Always Organic
Ketchup**

575 ml

\$4⁹⁹



**Poppi
Prebiotic Soda**

355 ml
Select Varieties

\$2⁴⁹



**8 Acres
Grass Fed Beef
Burgers**

452g
Frozen, Made Without
Gluten

\$9⁹⁹



**Neal Brothers
Tortilla Chips**

300 g
Assorted Varieties

\$3⁹⁹



**Fenwood Farms
Organic Boneless
Chicken Breast**

**\$3⁰⁰
/100 g**



**Organic
Yellow or Russet
Potatoes**

10 LB Bag
Product of Canada

\$7⁹⁹



**Green Beaver
Broad Spectrum
Mineral Sunscreen**

90 ml
Assorted Varieties

\$15⁹⁹

MADE FRESH IN HOUSE - WITH ORGANIC INGREDIENTS



Organic Eggplant
Product of Mexico

\$2⁹⁹ LB.



NATURE'S EMPORIUM
Mediterranean Quinoa Salad

Family Size
500 g

\$11⁹⁹



NATURE'S EMPORIUM
Liquid Gold Organic Cold Press Juice

473 ml

\$9⁹⁹



NATURE'S EMPORIUM
Mango Mama Superfood Protein Bowl

Made fresh to order.
14 oz.

\$12⁹⁹

ALL ORGANIC & NATURAL DELI, CHEESE & BAKERY



TARTISTRY
Butter Tarts

Made without gluten.

4 Pk. Assorted

\$13⁹⁹



MACLEAN MEATS
Clean & Lean Foods
Tuscany Turkey

Made without gluten, soy, dairy or celery extract nitrates.

Deli Served or Pre Packed

\$5⁰⁰ 100 g



BEEEMSTER
Artisan Goat Gouda Cheese

Aged 12 months, Non-GMO

\$5⁵⁰ 100 g



ILCHESTER
Imported Smoked Applewood Cheese

\$5⁰⁰ 100 g

ORGANIC 100% GRASS FED MEAT & SUSTAINABLE SEAFOOD



8 ACRES
Organic Ground Beef
Lean or Extra Lean

GAP Animal Welfare Certified

400 g Fresh

\$11⁹⁹



duBRETTON
Organic Sausages

GAP Animal Welfare Certified

400 g

\$8⁹⁹



BEVERLY CREEK
Grass Fed & Grass Finished Beef Tenderloin Medallions

Value Pack

\$7⁸⁰ 100 g



NATURE'S SUSTAINABLE SELECTIONS
Organic Norwegian or Scottish Salmon

\$6²⁰ 100 g



WELLINGTON COUNTY
Grass Fed & Grass Finished Beef Rib Eye Steaks

\$8⁴⁰ 100 g



YORKSHIRE VALLEY FARMS
Organic Bone In Chicken Thighs

Individually Quick Frozen
1 Kg Bag

\$16⁹⁹



YORKSHIRE VALLEY FARMS
Organic Chicken Wings

GAP Animal Welfare Certified
Fresh Split - Value Pack

\$1⁷⁰ 100 g



ROCK HARBOUR
Organic Raw Black Tiger Shrimp

\$12⁹⁹

ONE-STOP SHOP FOR YOUR HEALTH

✓ Everyday Savings

NATURE'S PATH Organic Waffles

Assorted Varieties
210 g



\$4⁹⁹

NATURE'S EMPORIUM Organic Peanut Butter

Smooth or Crunchy

750 g



\$8⁹⁹

CRANK COFFEE Organic Whole Bean Coffee

100% fair trade,
organic arabica
coffee beans.

Assorted Varieties
340 g



\$9⁹⁹

DUTCHMAN'S GOLD Raw Honey

Experience the natural goodness
including bee pollen, royal jelly
& beeswax.

1 Kg



\$14⁹⁹

\$2.99
Offer valid only on 135g bags

2/\$5
Offer valid only on 532 ml

ORGANIC | BIOLOGIQUE
humble
POTATO CHIPS
KETCHUP

ROAR
Organic
STRAWBERRY LEMONADE
LIMONADE DE FRAISE

SNACK OUT LOUD
humble x ROAR
ORGANIC SUMMER MASHUP

Natural one

- 100% FRUIT JUICE
- NO ADDED SUGAR
- NO PRESERVATIVES

NEW

20% OFF

ORGANIC & NATURAL FROZEN, REFRIGERATED GROCERY

✓ SENIOR'S DAY EVERY WEDNESDAY!

FORNO DE MINAS
Brazilian
Cheese Rolls
Gluten Free Snacks

Assorted Varieties
240 - 400 g



20% OFF

LITTLE NORTHERN
Gluten Free
Bread

Assorted Varieties
454-567 g



\$6⁹⁹

NOBLE BEAN
Organic Tempeh
Gluten free,
unpasteurized,
fermented soy.

Assorted Varieties
240 g



\$4⁹⁹

NORA'S
Non Dairy
Frozen Desserts

Assorted Varieties
500 ml



\$7⁹⁹

QUESAVA
Gluten Free
Frozen Appetizers

Assorted Varieties
210-425 g



15% OFF

BEYOND MOO
Gluten Free & Dairy
Free Oat Yogurt

Assorted Varieties
550 g



\$4⁹⁹

EARTH'S OWN
Dairy Free
Cream Cheese
or Sour Cream

227 g - 340 ml



15% OFF

ORGANIC MEADOW
Organic Milk
Organic, low-fat milk
from local farms.

1%, 2% or Skim Milk
2 L



\$6⁹⁹

MID-DAY SQUARES
Raw Superfood
Squares

Functional keto
chocolate bars.
Assorted Varieties
33 g



\$1⁹⁹

TONICA
Kombucha

Assorted Varieties
355 ml



2/ \$7

KARTHEIN
Organic Sauerkraut
or Kimchi

Assorted Varieties
375 ml



\$6⁹⁹

EATLOVE
Organic
Peanut Butter,
Almond Butter
or Coconut Cups

Assorted Varieties
51-52 g



2/ \$7

PANTRY ESSENTIALS

Always Organic
Apricots

550 g



\$8⁹⁹

Always Organic
Pumpkin Seeds

400 g



\$9⁹⁹

Always Organic
Cranberries

450 g



\$9⁹⁹

Always Organic
Pitted Prunes

500 g



\$11⁹⁹

ORGANIC & NATURAL GROCERY

Daily Routines Made Easier



May is Celiac Awareness Month!
Try Our Gluten Free Snacks On Sale Now!

SNYDER'S OF HANOVER
Gluten Free Pretzel Sticks
or Mini Pretzels
 A delicious alternative
 to wheat-based pretzels.

Assorted Varieties
 220 g

\$4⁹⁹



GLUTINO
Gluten Free
Cookies

Assorted Varieties
 300 g

\$9⁹⁹



GLUTENULL
Gluten Free
Cookies

Assorted Varieties
 210-320 g

15% OFF



NUTS TO YOU
Natural
Almond Butter
 Smooth or Crunchy

735 g

\$16⁹⁹



OH MY YUMMIES
Superfood Crackers

Assorted Varieties
 130 g

\$6⁹⁹



TRADITIONAL MEDICINALS
All Natural Organic
Herbal Tea

Let the power of
 plants support you.

Assorted Varieties
 16 ct.

\$4⁹⁹



ORGANIC INDIA
Tulsi Teas

Assorted Varieties
 25 Tea Bags

\$6⁹⁹



SILK
Dairy Free
Beverages

Assorted Varieties
 946 ml

\$2⁹⁹



CHA'S ORGANICS
Turmeric Latte
Instant Mix

110 g

\$11⁹⁹



JOVIAL
Gluten Free Pasta
 Brown Rice or Cassava.

Selected Varieties
 227-340 g

15% OFF

MAISON ORPHÉE
Mustard

Assorted Varieties
 250 ml

15% OFF



SAN J
Asian Cooking
Sauces

Assorted Varieties
 296 ml

15% OFF



KING SOBA
Organic Gluten
Free Noodles
 Vegan

Assorted Varieties
 250 g

\$4⁹⁹



Always
Organic
Balsamic Vinegar

500 ml

\$3⁹⁹



SCHÄR
Gluten Free
Cookies or Crackers

Assorted Varieties
 64-210 g

15% OFF



TRUFFETTES DE FRANCE
Organic
Cocoa Truffles

150 g

\$8⁹⁹



JUSTIN'S
Mini Peanut Butter
Cups

Milk or dark chocolate
 coated.

120 g

\$8⁹⁹



BAMBOO NATURE
Eco Friendly
Diapers

Assorted Varieties

15% OFF



SOAPSTIX
Miracle Liquid
Spray

100% natural solution for
 cleaning, lubricating, removing
 stains & stopping squeaks.

10-250 ml

15% OFF



WHOLE BODY CARE

A Healthy Outside Starts From The Inside

EVANHEALY Skincare & Bodycare

A range of certified organic & holistic therapeutic products that includes luxurious whipped shea body butters, crafted to nourish & rejuvenate your skin.

Assorted Varieties

20% OFF



BATHORIUM Mineral Bath Soaks & Bath Bombs

Canada's trusted source for clean beauty bath products.

120-750 g

20% OFF



GIOVANNI New Castor Oil Infused Hair Care

Deeply hydrate dry hair for a stunning salon quality finish.

250-399 ml

20% OFF



NEW ROOTS Exotic Skin Oils

Intensely moisturizes the skin, diminishes signs of aging, & enhances skin elasticity.

15-50 ml

15% OFF

URBAN SPA Beauty & Personal Care Products

Assorted Varieties

15% OFF



EARTH MAMA ORGANICS Organic & Natural Herbal

Designed for pregnancy, postpartum, breastfeeding, & newborn care, a curated selection that offers safe personal care essentials for mom & baby.

30 ml-1L/75-227g

20% OFF



MINERAL FUSION Mineral Based Makeup

Mineral Fusion uses vegan, natural ingredients for your everyday makeup needs.

Assorted Varieties

20% OFF



HERITAGE STORE Rosewater Daily Care

Boost your skin hydration with rosewater products.

Assorted Varieties 59-237 ml

20% OFF



SUKIN Body Wash or Body Lotion

Assorted Varieties 500 ml

\$11.99



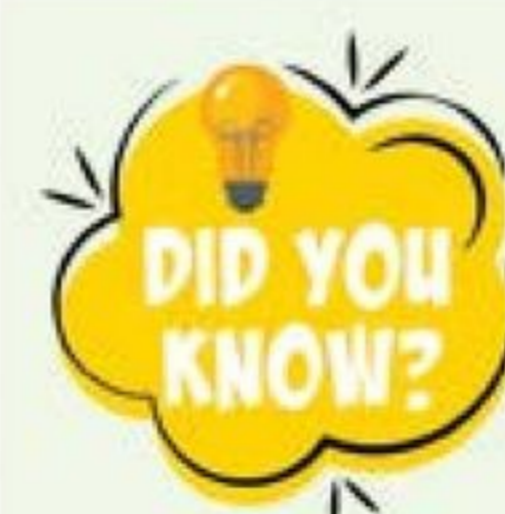
Gift With Purchase of 20 ml Sample Size of Face Cleanser or Face Moisturizer

TINTS OF NATURE Conditioning Permanent Hair Colour

Simple, healthier way to colour your hair for stunning salon-standard results.

Selected Varieties 130 ml

\$14.99



Did You Know?

You can revitalize your makeup look with rose water! A few spritzes of this hydrating setting spray can save the day when your makeup looks dry or overdone, helping it blend seamlessly into your skin while adding a boost of moisture.

MegaFood



Women's One Daily Over 40 Multivitamins 72 TABS



Men's One Daily Multivitamins 72 TABS



Multi for Women 55+ 60 TABS

15% OFF

ALL MEGAFOOD MULTIVITAMINS



©FoodState, Inc. 2024

SUPPLEMENT YOUR LIFE WITH PRODUCTS CRAFTED FROM REAL FOOD, ADDED NUTRIENTS AND AN OBSESSION WITH QUALITY



**Yogi Tea
Wellness Blends
Gift Box**
45 Tea Bags

\$19⁹⁹



**Nature's Emporium
Key Lime Pie
Cheesecake**

400 g
Made With Organic
Ingredients

\$13⁹⁹



**Nature's Emporium
Organic
Premium
Chocolate Bars**

80g
Assorted Varieties

\$4⁹⁹



**La Luna
Crystal Infused
Scented candles**
Assorted Varieties

**10%
off**



**Mother's Day
Tulip Bouquet**
10 Stems

\$7⁹⁹

*Selection & Colours May Vary



**Jimmy Boyd
Bio/Dynamic
Perfume**
12-200ml

**15%
off**



**Dr. Hauschka
All Natural Make Up**
Assorted Varieties

**20%
off**



**Andalou
Brightening Vit C
Face Care**
18 ml-178 ml



BONUS
1000 Roses Fresh
& Dewy 2 'n 1
Serum Gift With
Purchase 10ml

**20%
off**



**Annemarie Borlind
Premium Skin
Care**
Assorted Varieties

**15%
off**



**Leitz
Non Alcoholic Rose
Sparkling or Still**
750 ml

\$14⁹⁹



SPROUT LIVING
Epic Protein Powder

Assorted Varieties
454 g



\$29⁹⁹

OM MUSHROOM
Mushroom Powders

Assorted Varieties
54-60 g



\$13⁹⁹

NEW ROOTS
Probiotics

High-potency,
broad spectrum formulas.

Assorted Varieties
30-75 Caps



20% OFF

ALLIMAX
Stabilized Alliin
Helps prevent hay fever attacks. Protection against bug & insect bites. Allimax delivers the antibacterial, antiviral & antifungal benefits of garlic.

Assorted Varieties
30-180s



20% OFF

AERYON WELLNESS
Holistic Supplements

Highest grade, all natural, support supplements that make a difference.

10-120 Caps/87-250 g



20% OFF

Add More Superfood To Your Everyday With **PRAIRIE NATURALS Superfoods Line** Maca, Turmeric, Greens or Red

150-210 g



20% OFF

OMEGA ALPHA
1-B Ease

90 Caps

Healthy Colon Plus

350 g & 180 Caps



25% OFF

HEALTHOLOGY
Gut-FX

Helping to repair intestinal lining, reducing inflammation, & restoring gut health, all in one powerful solution.

180 g



25% OFF

AERYON
WELLNESS

Nature's EMPORIUM | Your Neighbourhood Health Food Market

NAVIGATING PERIMENOPAUSE



Join Us

For An Exclusive Discussion

with Aeryon Ashlie
Founder & CEO - Aeryon Wellness

At different points in our lives, we can experience hormonal imbalance, from puberty, PMS, perimenopause, menopause and post menopause.

Understanding how to support your body at these times is essential to feeling and looking your best.

Monday, May 6, 2024
6:30 pm - 8:00 pm
NE Newmarket
16655 Yonge Street

Wednesday, May 8, 2024
6:30 pm - 8:00 pm
NE Oakville
210 North Service Rd W

MORE INFO Visit www.naturesemporium.com/events/

NEW NORDIC
Apple Cider Gummies

60s

\$14⁹⁹



BELL LIFESTYLE
Women's Health Products

Bladder Control, Bladder & Yeast, Bladder One, PMS, Meno, Erosyn

Size

20% OFF



ORGANIKA
Pure Beauty Enhanced Collagen

Elevate your beauty routine with Canada's top collagen powder, enriched with hyaluronic acid, vitamin C, silica, & zinc for the ultimate blend.

200 g

\$29⁹⁹



BEEKEEPER'S NATURALS
Propolis Throat Sprays

Assorted Varieties
30 ml

\$11⁹⁹



20% off

On select Nature's Way Herb and Calcium & Magnesium Citrate 2:1 products.

50% off

Digestive Balance Probiotic (While supplies last)

NATURAL FAMILY CARE



Performance multi for increased energy, stamina and faster recovery



10 in 1 anti-aging solution that helps fight the effects of aging

20% OFF



Absorb more with healthy oils

ORGANIC FORMULATIONS Premium Face Care Products

Quality face care products formulated using organic ingredients, proudly manufactured in Australia.

Assorted Varieties 25-125 ml

15% OFF



DR. BRONNER'S Castile Soaps

Made of vegetable plant oils, multipurpose use, ecofriendly, reef safe & gentle on skin.

Assorted Varieties 946 ml

\$17.49



MAROMA Premium Incense 100% Natural Scents

Assorted Varieties 10 ct.

\$3.99



EVERYONE All Natural Body Soap

Made in a family-owned, zero-waste factory in California.

946 ml

\$11.99



INCREDIWEAR Ankle Braces Knee Sleeves Elbow Sleeve & More

Pain relief, fast recovery, Injury prevention. Backed by scientific research.

Assorted Varieties

10% OFF



ORGANYC Feminine Care Products

Pads, tampons, cotton rounds, intimate wash. Made with 100% organic cotton, never bleached.

Assorted Sizes & Varieties

20% OFF



BOO BAMBOO Mineral Based Sunscreen

SPF 40, fast absorbing, Non-Whitening sunscreen sprays & lotions.

50-177 g/100 ml

20% OFF



ATTITUDE Oceanly Plastic Free Beauty Performance Driven

EWG verified, vegan, cruelty & plastic free skincare.

Assorted Varieties 8.5-30 g

15% OFF



KISS MY FACE Active Life Deodorant

Lavender & fragrance free only.

70 g

\$7.99



NATURE'S EMPORIUM Epsom Salts

100% natural mineral magnesium sulphate.

1 Kg

\$7.99



Did You Know?

Epsom Salt can be the natural solution to your muscle pain. Not only does epsom salt help tense muscles, but it also helps to promote overall relaxation & stress relief.

NORDIC NATURALS

Omega-3s for the Whole Family



All Nordic Natural products 15% OFF

PROFESSIONAL & NATIONAL SUPPLEMENT BRANDS

 Invest in Your Health

ERGOGENICS Hemp Protein + Greens

A creamy protein shake, nutty & earthy, sweetened with monk fruit - free of pea, rice, soy, & artificial additives.

Assorted Varieties
720 g

\$63⁹⁹



ANCIENT NUTRITION Multi Collagen Protein

Assorted Varieties
235-480 g

20% OFF



PROGRESSIVE NUTRITIONAL Multivitamin

Excellent & comprehensive vitamin/mineral supplement for kids, men & women.

Assorted Varieties
60-120s

25% OFF



PREFERRED NUTRITION Biosil

Helps in the formation of collagen. supports hair, skin & nail health.

60-120 Liquid Gel Capsules

15% OFF



GENUINE HEALTH

20% OFF*

SELECT GENUINE HEALTH PRODUCTS



GENUINEHEALTH.COM 

HARMONIC ARTS Concentrated Mushroom Tinctures & Powders

Experience the advantages of the world's top five mushrooms by incorporating them into your coffee, tea, or preferred recipes.

100-480 g/50 ml

15% OFF



NATURE'S PLUS Animal Parade

Sugar free multivitamins for children.

Assorted Flavours
90 Chewable Tablets

\$23⁹⁹
Animal Parade Vitamins are 20% OFF



BACH Rescue Remedy

A blend of five unique Bach flower remedies that aid in managing stress, & supports you during trauma or crises.

20 ml Spray/Drops

\$14⁹⁹



CLEFS DES CHAMPS Women's Health Herbal Tincture

Helps to support reproductive health, balancing hormones, easing natural menstrual cramp, & alleviating menopause symptoms.

Assorted Varieties
50 ml

20% OFF



ENER-C

Ener-c contains all natural, nothing artificial & non-gmo certified ingredients. We are proudly Canadian & manufactured.

30 Pack

\$13⁹⁹



SUBI

Super Juice

The easiest way to get 100% of your daily serving of vegetables.

6.6-280 g

20% OFF



SURO Elderberry Syrup For Adults & Kids

Fight cough, sore throat & cold and flu symptoms with Suro.

Assorted Varieties
118 ml

\$12⁹⁹



JASON Body Wash

Assorted Varieties
887 ml

\$11⁹⁹



DIGESTIVE HEALTH

sure can be a tall order this time of year.

Summer BBQs. Ballpark hotdogs. Camping and S'mores. It's time to indulge a little.

But, sometimes it can catch up to you.

Take control of your digestive health with our herbal blend we call Canadian Bitters®.



- Soothing relief of digestive disturbances.
- Helps reduce sugar cravings.
- Optimizes nutrient absorption.

Learn more:



stfrancisherbfarm.com



A.Vogel

Stay cool & *confident*

Nature's Team Picks

Venaforce® Gel

- Relieves varicose veins
- Heavy, swollen, tired legs
- Varicose veins
- Painful varicose veins, haemorrhoids

MenoForce

- Menstrual discomfort
- Hot flashes, night sweats
- Equivocant menstrual
- Problèmes de règles; sueurs nocturnes

20% OFF

CLINICALLY PROVEN

avogel.ca

f o t



Redefining beauty

from the inside out

20% OFF
267 g powder

Five different collagen types in one for total body health benefits

Available in **unflavoured**; easily stirs into tea and coffee



TOTAL BODY MULTI COLLAGEN PROTEIN
Types I, II, III, V, X
ANTI-AGING, MUSCLE & JOINT SUPPORT
30 DAYS TO REDUCE DEEP WRINKLES
UNFLAVOURED
24 Servings / 267 g

isura
VERIFIED CLEAN | TESTED NON-GMO

MOMS WILL RECEIVE 50% OFF Magnesium Bisglycinate with purchase of TBC Multi.



NATIONAL CELIAC ASSOCIATION APPROVED

GLUTEN FREE




SYNERZINC **TOTAL DEFENSE** **GREENS & REDS**

15% OFF
ON ALL GLUTEN FREE ATP LAB PRODUCTS

atplab

LEAD THE PACK WITH IRON VITAL F



\$36.99
500ML

- Great-tasting fruit flavoured iron formula with Vitamins C+B
- Non-constipating, vegetarian formula
- Excellent for use during pregnancy

WRINKLE RESISTANCE



\$44.99
425G

- Ease joint pain & inflammation
- Helps support bone density
- Supports healthy skin, hair & nails

SHELF STABLE
16 STRAINS



\$42.99
35 CAPS

- Supports digestive health
- Fights irritable bowel syndrome
- Aids in weight management
- Supports the immune system
- Added L-Glutamine to remedy leaky gut

Supports the immune system

- Supports cardiovascular health
- Supports eye health
- Supports cognitive function
- Supports mood balance



\$37.99
120 CAPS



Save on spring wellness.

20%
OFF

Rejuvenating formulas to help strengthen,
soothe and support healthy minds and bodies.



SAVE
BIG

Now
Open

TORONTO & OAKVILLE

NEWMARKET | MAPLE |
WOODBRIDGE | BURLINGTON

natureemporium.com/locations



Proudly Local & Family Run SINCE 1993!

Follow us on Instagram
@NaturesCanada
For Flash Sales & More!



PRICES IN EFFECT FROM MAY 2nd TO MAY 22nd, 2024

*We reserve the right to limit quantities. Products may not appear exactly as depicted. Sorry, no rain-checks.