



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!



Manitoba Harvest
Hemp Based
Natural Products

25% off
Assorted Varieties

Enter to Win



Win A \$300
Nature's Emporium Gift Card!
Enter To Win In-Store.

**One prize per location.
See in-store for complete details.



Eat Well, Live Better!



Dee Bee's
Organic
Superfruit
Freezie
10 x 40 ml

\$4⁹⁹



Fiji
Natural
Spring Water
1 L

2/\$5



Vita Coco
Premium
Coconut
Water
1 L

\$2⁹⁹

**Nature's Sustainable
Selections**
Organic Red Spring
King Salmon
Fresh



\$5⁵⁰
/100g

**Organic Seedless
Watermelons**
Product of USA/Mexico



\$9⁹⁹

**Organic
Classic Salads**
142g
Assorted Varieties



\$3⁹⁹

**Yorkshire Valley
Farms**
Organic Turkey
Burgers
400g
Frozen



\$3⁹⁹

**Organic Sunset Snacking
Tomatoes On The Vine**
340g
Product of Canada



\$3⁹⁹

**Summer
Time**

PRICES IN EFFECT FROM MAY 23rd TO JUNE 12th, 2024

One-Stop Shop For Your Health

 **Everyday Savings**

FELICETTI Durum Wheat Pasta

Assorted Regular Cuts
454 g

2/\$5



OLITALIA Organic Extra Virgin Olive Oil

1 L

\$19⁹⁹



PERFECT CHEF Organic Chickpeas

540 ml

3/\$5



**Always
Organic**
Natura's

Tomato Passata

Pure & simple: 100% organic, strained tomatoes that are free of any additives.

700 ml

\$2⁹⁹



CHOSEN FOODS Avocado Oil

Naturally refined, delicious & always made from avocados that are ripened to perfection.

750 ml

\$17⁹⁹



**Always
Organic**
Natura's

Basil Pesto or Sundried Tomatoes

156-212 ml

\$4⁹⁹



SISU Ester C 600 mg

Ester-C is a less-acidic Vitamin C that is gentle on the digestive system.

120 VCaps

\$25⁹⁹



NAKA Vital Greens

A liquid boost of essential green nutrients for immune support.

500 ml

\$34⁹⁹



BOIRON Arnica Cream or Gel

Homeopathic medicine helps to relieve muscle & joint pain.

70-75 g

\$12⁹⁹



BIOSTEEL Sports Drink

Made from clean, quality ingredients, with 5 essential electrolytes, & no artificial flavours & preservatives.

12x500 ml

\$24⁹⁹



VITAL PROTEINS Marine Collagen

10 g of collagen per scoop.

221 g

\$42⁹⁹



NATURAL FACTORS B12 Methylcobalamin

Sublingual quick dissolve tablets 1000 mcg.

210 Tablets Bonus Bottle

\$12⁹⁹



MADE FRESH IN HOUSE - WITH ORGANIC INGREDIENTS



NATURE'S EMPORIUM
Artisan Turkey Focaccia
 Deli Served **\$11.99**



NATURE'S EMPORIUM
Organic Hummus
 Original, Carmelized, Onion & Lemon Dill
 250 g **\$6.99**



NATURE'S EMPORIUM
Organic Game Time Lemon Lime Cold Pressed Juice
 473 ml **\$9.99**



NATURE'S WELLNESS BAR
Post Workout Smoothie
 Choose your protein and milk or non-dairy alternative.
 16 oz. Medium **\$9.99**

ALL ORGANIC & NATURAL DELI, CHEESE & BAKERY



MOLLY'S MARKET
Single Serve Cookies, Brownies & Mojo Bars
 50-100 g **\$4.99**



BLUE COLLAR
Organic Sourdough Greek Pita
 400 g **\$6.49**



L'ANCÊTRE
Organic Cheese
 Lactose Free
 325 g **\$12.99**



MARK'S MENNONITE MEATS
Smoked Ham
 Deli Served or Pre Packaged
\$4.20 /100 g

ORGANIC & 100% GRASS FED MEAT & SUSTAINABLE SEAFOOD



YORKSHIRE VALLEY FARMS
Organic Chicken Burgers
 Original or Roasted Vegetable
 Frozen - 678 g **\$19.99**



YORKSHIRE VALLEY FARMS
Organic Fresh Bone In Chicken Thighs
 GAP Animal Welfare Certified
\$2.20 /100 g



8 ACRES
Grass Fed Beef Hot Dogs
 GAP Animal Welfare Certified
 Fresh - 300 g **\$9.99**



HERITAGE CATTLE CO.
Grass Fed & Grass Finished Beef Carnivore Blend
 Made with lean ground beef, liver, kidney, heart & tongue.
 Fresh - 340 g **\$9.99**



duBRETON
Organic Extra Lean Ground Pork
 Fresh - 454 g **\$9.99**



WELLINGTON COUNTY
Grass Fed & Grass Finished Beef Striploin Steak
 Fresh **\$8.50** /100 g



TOP GRASS
Grass Fed Beef Burgers
 Frozen - 568 g **\$15.99**



LAM
Lamb Kabobs
 Halal Certified
 Frozen - 450 g **\$17.99**

ORGANIC & NATURAL FROZEN & REFRIGERATED GROCERY

✓ SENIORS DAY EVERY WEDNESDAY

NUDEFRUIT Frozen Fruit

Assorted Varieties
400-600 g



\$6⁹⁹

SO DELICIOUS Frozen Dessert

Indulge in creamy, cashew-based frozen treats. Dairy-free, Non-GMO & vegan-certified.

Assorted Varieties
500 ml



\$7⁹⁹

HENRY'S TEMPEH Tempeh

Artisan-made with premium ingredients.

Assorted Varieties
200-250g



\$5⁹⁹

AMY'S KITCHEN Burritos

Assorted Varieties
156-170 g



\$4⁴⁹

DAIYA Frozen Dairy Free Pizza or Flatbreads

Indulge in mouthwatering gluten-free or vegetable crusts topped with crispy crust, gooey dairy-free cheese, and perfect toppings.

Assorted Varieties
322-550 g



\$9⁹⁹

URBAN REMEDY Sun Squares

Nut Free Snacks

Assorted Varieties
28 g



2/\$5

SNO Dairy Free Dessert Bars

Delicious creamy oat based dessert.

Assorted Varieties
3 pks or 500 ml



\$7⁹⁹

THORNLOE Grass Fed Butter

Locally produced in Northern Ontario.

Assorted Varieties
250 g



\$6⁹⁹

BRÜST Cold Brew Protein Coffee

Fuel up on the go.

Assorted Varieties
330 ml



\$2⁹⁹

ONCE UPON A FARM Organic Baby Food

Assorted Varieties
85 ml



2/\$5

RISE Kombucha

Classic or Low Sugar

Assorted Varieties
1 L



\$8⁹⁹

LIVELY Prebiotic Soda

Gut friendly, low sugar soda.

Assorted Varieties
355 ml



\$2⁹⁹

HAPPY PLANET Juice & Lemonade

Assorted Varieties
1.5 - 1.75 L



10% OFF

BULK

Nature's Emporium Raw Almonds

454 g



\$8⁹⁹

Nature's Emporium Medjool Dates

450 g



\$14⁹⁹

Nature's Emporium Roasted Salted Cashews

400 g



\$14⁹⁹

Nature's Emporium Salted, Roasted Pistachios in Shells

350 g



\$15⁹⁹

ORGANIC, NATURAL & SUSTAINABLE GROCERY

A Healthy Outside Starts From The Inside

SIETE Grain Free Tortilla Chips or Churro Cinnamon Strips

Certified non-GMO & made with avocado oil.

Assorted Varieties
142 g

\$5.99



TAYLOR'S Potato Chips

Assorted Varieties
150 g

\$3.99



Always Organic Tortilla Chips

300 g

\$4.99



GO GUMMY Low Sugar Gummies

Assorted Varieties
50 g

2/\$7



World BEE DAY

Celebrate World Bee Day with the irresistible taste of Dutchman's Gold Honey.

Rich in flavour and perfect for any occasion!



Dutchman's Gold Honey

Assorted Varieties
375 g-1 Kg

15% off

CLIF Energy Bars

Fuel your body with clean, healthy snacks.

Assorted Varieties
68 g

\$1.99



AMINO SNACKS Amino Balls

Assorted Varieties
40 g

2/\$7



49TH PARALLEL Organic Coffee Beans

Assorted Varieties
340 g

\$14.99



TWO BEARS Oat Barista

946 ml

\$2.99



KOZLIK'S Canadian Mustard

Premium Canadian mustard that is non-GMO & gluten free, made with 100% locally sourced ingredients.

Assorted Varieties
250 ml

\$4.99



HEARTBEAT Hot Sauce

Crafted from pure fermented peppers without any added water, thickeners, or chemicals.

Assorted Varieties
177 ml

\$9.99



Always Organic Barbecue Sauce

350 ml

\$4.99



FRUIT D'OR Cranberry Juice

Made from pure, unsweetened cranberries. Non-GMO & free from added sweeteners & preservatives.

1 L

\$6.99



FEVER-TREE Premium Natural Mixers

Crafted from natural ingredients without artificial sweeteners, flavours or preservatives.

Assorted Varieties
4x200 ml

\$5.99



GUAYAKI Organic Yerba Mate

Non-sparkling energy drinks.

Assorted Varieties
458 ml

\$2.99



JUST JUICE 100% Pure Juices

No sugar added.

Selected Varieties
1 L

15% OFF



CLEARLY CANADIAN Sparkling Water

Assorted Varieties
325 ml

2/\$5





MADE GOOD Organic Crackers Morning Bars or Granola Bars

Gluten free & school safe snacks that are free from most common allergens & contain vegetable extract.

Assorted Varieties
5-6 pk-100/142 g

\$2⁹⁹



CAMPFIRE TRADITIONS:

Ingredients To Build The Perfect S'more



Schär
Gluten Free Honeygrams

190-228 g



\$5⁴⁹



Dandies
Vegan Marshmallows

Assorted Varieties
280-283 g



\$5⁹⁹

Nature's Emporium Organic Premium Chocolate Bars

Assorted Varieties
80 g



\$4⁹⁹



SKINNY POP Popcorn
Guilt-free snacking made without artificial ingredients. Non-GMO & gluten free.

Assorted Varieties
125-150g

\$3⁹⁹



SNACK FACTORY Pretzel Chips
Thin pretzel chips

Assorted Varieties
200 g

\$3⁹⁹



NAIRN'S Oat Cookies & Crackers

Selected Varieties
200-250 g

\$3⁹⁹



CAMINO Organic Chocolate Chips, Cocoa Powder or Hot Chocolate
High quality & fair trade.

Assorted Varieties
224-336 g

15% OFF



SMARTBITE Fit Figure or Fit 'n Light Organic Snacks
Certified vegan, gluten-free & non-GMO.

Assorted Varieties
74-140 g

20% OFF



EARTH'S OWN Dairy Free Almond Beverages

Assorted Varieties
946 ml

\$3⁹⁹



LA FOURMI Grand Granola
Granola cereal roasted with Quebec honey & organic maple syrup.

Assorted Varieties
280-300 g

\$4⁹⁹



Always Organic Gluten Free Oats
Rolled or Quick

700 g

\$6⁹⁹



ECOMAX Dish Soap
Assorted Varieties
740 ml

\$3⁹⁹



ASPEN CLEAN All Natural Cleaning Products
Effective cleaning without harmful chemicals or odors, but gentle enough for your family.

Assorted Varieties
650 ml

\$8⁹⁹



SIMPLY BAMBU Toilet Paper
Environmentally-friendly bamboo toilet paper.

24 Rolls = 2 Ply

\$16⁹⁹



SIMPLY BAMBU Paper Towel

6 Rolls

\$9⁹⁹



WHOLE BODY CARE

 Love Your Skin Naturally

LEAN FIT
Whey Protein,
Isolate Whey Protein
or Plant Protein

Assorted Varieties
715-916 g



25% OFF

NATURE'S WAY
Nutra Vege
Plant Based
Omega-3
Pure & potent,
plant-based Omega-3
formula.

150-500 ml/30s



20% OFF

PURICA
Recovery 3.0
Rapid Inflammation relief,
stress reduction, increased
concentration &
enhanced joint health.

120 Vegan Capsules



\$48⁹⁹

PLATINUM
Total Vision Care
Enhance your vision &
protect against macular
degeneration with potent
antioxidants like lutein
esters & zeaxanthin.

30-60s



20% OFF

BELL LIFESTYLE
Prostate Formula,
Eroxil or Blood Sugar

30-120 Capsules or 120 g



25% OFF

LIVING ALCHEMY
Defense - Immune
Support
Powerful blend of kefir
and kombucha, that
helps to fight infection
& yeast overgrowth.

60s



15% OFF

PURE LAB VITAMINS
Calcium
Hydroxyapatite
Essential bone
support with optimal
absorption.

250 mg - 120 V Caps



\$25⁹⁹

VITALITY
Power Iron+Organic
Spirulina or Daily Iron+
Organic Spirulina

30-120 Veggie Caps



15% OFF

HOMEOCAN
Kids 0-9
All Allergies
Helps alleviate allergy
symptoms such as
sneezing, nasal congestion,
teary eyes, throat & skin
irritation.

25 ml



\$9⁹⁹

ANDALOU
1000 Roses
Colour Care
Hair Care
Shampoo, conditioner
or hair mask

44-340 ml



20% OFF

NEW ROOTS
Pure Collagen+
Joint Recovery

454 g



25% OFF

ALBA BOTANICA
Broad Spectrum
Sunscreen

Assorted Varieties
113 ml



\$10⁹⁹

SPATONE
Liquid Iron
Supplements

1 Month Supply
Original Only



\$23⁹⁹

THE HONEST CO.
Diapers

Assorted Varieties



15% OFF

LIVRELIEF
Pain Relief Cream
Penetrates deep
through the skin to
the muscle to provide
targeted relief.

Assorted Varieties
50-100 g



20% OFF

DREAM WATER
Sleep Shots
Helps you wake
up feeling rested &
rejuvenated.

4x74 ml



\$7⁹⁹

IGNITE YOUR METABOLISM!

Combine the best-absorbed Berberine on the market, Provita Berberine TPGS, with the metabolism-igniting power of Provita Metabolix.

Control Blood Sugar

Increase Insulin Sensitivity

Reduce Cravings

Lose Weight Fast

provita-nutrition.ca

You deserve nothing less than



20% off

extrAORdinary.



The best version of yourself starts with a

Calm Mind & Better Sleep

A.Vogel

Special \$19.99

A.Vogel's GoodNight!

NEW!

is formulated to support your **full sleep cycle**:

- ✓ Calm the mind to fall asleep with ease
- ✓ Improve sleep quality
- ✓ Wake-up refreshed
- ✓ Non-habit forming



avogel.ca
f i y

Sleep well, rise to your potential!

GENUINE HEALTH

20% OFF*

SELECT GENUINE HEALTH PRODUCTS



Safe, gentle and effective remedies for kids.

Homeopathic tinctures formulated to trigger the body's natural system of healing.

orange NATURALS KIDS

15% OFF



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TORONTO & OAKVILLE

NEWMARKET | MAPLE | WOODBRIDGE | BURLINGTON

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