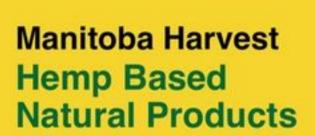


Your Neighbourhood Health Food Market



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!





Assorted Varieties



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

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



Dee Bee's Organic Superfruit **Freezie**

10 x 40 ml

Fiji **Natural**

Spring Water 1 L



Vita Coco Premium Coconut Water

Nature's Sustainable Selections

Organic Red Spring King Salmon

Organic Seedless

Watermelons

Product of USA/Mexico





100g



Organic

Classic Salads 142g Assorted Varieties

Yorkshire Valley Farms

Organic Turkey Burgers



Organic Sunset Snacking Tomatoes On The Vine

340g Product of Canada



One-Stop Shop For Your Health

Everyday Savings

Pasta

Assorted Regular Cuts 454 g



OLITALIA Organic Extra Virgin Olive Oil

1 L



Organic Chickpeas

540 ml



2/\$5



Tomato Passata

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

700 ml



7 7 7 '

Avocado Oil

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

750 ml



Always Organic

3/\$5

Basil Pesto or Sundried Tomatoes

156-212 ml



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\$299

SISU Ester C 600 mg

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

120 VCaps



\$1799

NAKA Vital Greens

A liquid boost of essential green nutrients for immune support.

500 ml



Nature's Team Picks Arnica Cream or Gel

Homeopathic medicine helps to relieve muscle & joint pain.

70-75 g



\$3499

VITAL PROTEINS Marine Collagen 10 g of collagen

per scoop.

221 g

Sports Drink
Made from clean,
quality ingredients,

\$2599

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

12x500 ml

\$2499





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



NATURE'S EMPORIUM Organic Hummus Original, Carmelized, Onion & Lemon Dill



473 ml

NATURE'S EMPORIUM Organic Game Time **Lemon Lime Cold Pressed Juice**



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



ALL ORGANIC & NATURAL DELI, CHEESE & BAKERY

250 g



& Mojo Bars

50-100 g

molly's **MOLLY'S MARKET** Single Serve

Cookies, Brownies



BLUE COLLAR Organic Sourdough Greek Pita



L'ANCÊTRE Organic Cheese 🏲 Lactose Free 325 g



MARK'S **MENNONITE MEATS Smoked Ham**

Deli Served or Pre Packaged

ORGANIC & 100% GRASS FED MEAT & SUSTAINABLE SEAFOOD

400 g

Steak

Fresh



YORKSHIRE VALLEY FARMS Organic Chicken Burgers Original or Roasted Vegetable Frozen - 678 g

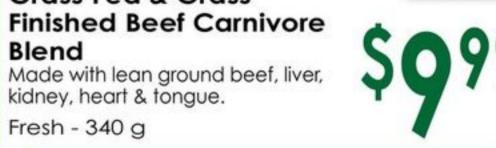


VALLEY FARMS Organic Fresh **Bone In Chicken Thighs** /100 g Fresh - 300 g **GAP Animal Welfare Certified**



GAP Animal Welfare Certified







Organic Extra Lean **Ground Pork**

Fresh - 454 g



Finished Beef Striploin



TOP GRASS Grass Fed Beef Burgers /100 g Frozen - 568 g



Lamb Kabobs Halal Certified Frozen - 450 g

ORGANIC & NATURAL FROZEN & REFRIGERATED GROCERY



daiya

PIZZA À CROÛTE À L'AIL ET FINES HERBE

daiya

daiya

GARLIC & HERB CRUST PIZZA

PIZZA À CROÛTE

À DAIL ET FINES HERBE

daiya

IIITALIAN

NUDEFRUIT Frozen Fruit

Assorted Varieties 400-600 g

SO DELICIOUS **Frozen Dessert** Indulge in creamy, cashew-based frozen treats. Dairy-free, Non-GMO & vegan-certified.

Assorted Varieties 500 ml

AMY'S KITCHEN

Assorted Varieties

Burritos

156-170 g



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



HENRY'S TEMPEH Tempeh Artisan-made with premium ingredients.

Assorted Varieties 200-250g



SNO

Dairy Free





THORNLOE **Grass Fed Butter** Locally produced in Northern Ontario.

Assorted Varieties 250 g



BRÜST Cold Brew Protein Coffee Fuel up on the go.

Assorted Varieties 330 ml



2/\$5

URBAN REMEDY

Nut Free Snacks

Assorted Varieties

28 g

Sun Squares

HEMES **Dessert Bars** Delicious creamy oat based dessert. URBAN REMEDY. **Assorted Varieties** SUNSQUARES 8888.,

3 pks or 500 ml



Prebiotic Soda

Gut friendly, low sugar

LIVELY

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9 | 10 | 5

HAPPY PLANET

Assorted Varieties 1.5 - 1.75 L



ONCE UPON A FARM Organic **Baby Food**

Assorted Varieties 85 ml



RISE Kombucha Classic or Low Sugar **Assorted Varieties**



Natures

355 ml

soda. lively **Assorted Varieties**



BULK

Nature's **Raw Almonds**

454 g



Nature's **Medjool Dates** 450 g

Nature's **Roasted Salted** Cashews

400 g



Nature's ORGANIC Salted, Roasted Pistachios in Shells

350 g



ORGANIC, NATURAL & SUSTAINABLE GROCERY

TAYLOR'S

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



Assorted Varieties 150 g

Potato Chips





300 g



GO GUMMY Low Sugar **Gummies**

Assorted Varieties 50 g



TAYLORS

TAYLORS

Rich in flavour and perfect for any occasion!

HOT HONEY

MIEL ÉPICÉ



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



AMINO SNACKS Amino Balls

Assorted Varieties 40 g



49TH PARALLEL Organic **Coffee Beans**

HONEY

MIEL

Assorted Varieties 340 g



TWO BEARS Oat Barista

946 ml



KOZLIK'S

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

Assorted Varieties 250 ml

FEVER-TREE

Natural Mixers

preservatives.

4x200 ml

Assorted Varieties

Crafted from natural

sweeteners, flavours or

ingredients without artificial

Premium



HEARTBEAT Hot Sauce

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

Assorted Varieties 177 ml

GUAYAKI

Organic



Always

Barbecue Sauce 350 ml



FRUIT D'OR **Cranberry Juice** Made from pure, unsweetened cranberries. Non-GMO & free from added sweeteners & preservatives.



JUST JUICE 100% Pure Juices No sugar added.

Selected Varieties 1 L

เบราวันเด JUSTIJUICE JUSTJUICE **CLEARLY CANADIAN Sparkling Water**

Assorted Varieties 325 ml



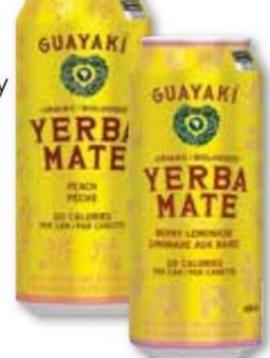
GINGER

TON

Yerba Mate 458 ml FEVER-TREE

Non-sparkling energy drinks. **Assorted Varieties**





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

ORGANIC, NATURAL & SUSTAINABLE GROCERY





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





SKINNY POP Popcorn

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

Assorted Varieties 125-150g



SNACK FACTORY Pretzel Chips Thin pretzel chips

Assorted Varieties 200 g



NAIRN'S **Oat Cookies** & Crackers

Selected Varieties 200-250 g

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

Assorted Varieties 224-336 g



SMARTBITE Fit Figure or Fit 'n Light **Organic Snacks**

Certified vegan, gluten-free & non-GMO.

74-140 g

Assorted Varieties





EARTH'S OWN Dairy Free Almond Beverages

Assorted Varieties 946 ml



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

Assorted Varieties 280-300 g



nairn's organic out crackers

Always

Gluten Free Oats Rolled or Quick

700 g



ECOMAX Dish Soap

Assorted Varieties 740 ml



ASPEN CLEAN All Natural Cleaning Products

Effective cleaning without harmful chemicals or odors, but gentle enough for your family.

Assorted Varieties 650 ml



SIMPLY BAMBU **Toilet Paper Environmentally-friendly** bamboo toilet paper.

24 Rolls = 2 Ply

SIMPLY BAMBU **Paper Towel**

6 Rolls



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

WHOLE BODY CARE

Love Your Skin Naturally

IGNITE YOUR

METABOLISM!

Combine the best-absorbed Berberine on the market,

LEAN FIT Whey Protein, **Isolate Whey Protein** or Plant Protein

Assorted Varieties 715-916 g



Recovery 3.0 concentration & enhanced joint health.

120 Vegan Capsules

PURICA



Vision

25% OFF

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

150-500 ml/30s

20% FF

BELL LIFESTYLE Prostate Formula, **Eroxil or Blood Sugar**

30-120 Capsules or 120 g



Alchemy.

Kidsi

Kids

0-9

0-9

25% FF

LIVING ALCHEMY Defense - Immune Support

Powerful blend of kefir and kombucha, that helps to fight infection & yeast overgrowth.

60s

HOMEOCAN Kids 0-9 **All Allergies**

Helps alleviate allergy symptoms such as sneezing, nasal congestion, teary eyes, throat & skin irritation.

25 ml



PLATINUM Total Vision Care

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

30-60s

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

250 mg - 120 V Caps

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

30-120 Veggie Caps



ANDALOU

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

44-340 ml



Assorted Varieties 113 ml alba" #40.

LIVRELIEF **Pain Relief Cream** Penetrates deep through the skin to the muscle to provide

ALBA BOTANICA

Sunscreen

Broad Spectrum

Assorted Varieties 50-100 g

targeted relief.



Provita Berberine TPGS, with the metabolism-igniting power of Provita Metabolix. Control

Blood

Sugar

Reduce Cravings

Increase Insulin Sensitivity

Lose Weight Fast

provita-nutrition.ca



spator

spatom

NEW ROOTS Pure Collagen+ **Joint Recovery**

20%

OFF

454 g



alba"

Berberine TPGS

METABOLIC

SPATONE Liquid Iron Supplements

1 Month Supply Original Only

THE HONEST CO. Diapers

Assorted Varieties



DREAM WATER

Sleep Shots Helps you wake up feeling rested & rejuvenated.

4x74 ml



Dream' Water











