

106 WILSON ST. W. PERTH, ON  
 FOODSMITHS.COM 613.267.5409

MON-THU 8AM - 7PM  
 FRI 8AM - 8PM SAT 8AM - 6PM  
 SUNDAY 9AM - 5PM

PRICES IN EFFECT THURSDAY, NOV 21 TO  
 THURSDAY NOV 28 ONLY

UNLESS OTHERWISE STATED, WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS.  
 PRICES SUBJECT TO CHANGE WITHOUT NOTICE. IMAGES ARE REPRESENTATIONAL ONLY.  
 PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

# Foodsmiths

THE GOOD FOOD STORE

ONTARIO FRESH!



PROUDLY INDEPENDENT  
 LOCAL & CANADIAN



Don't miss our  
**2 DAY SUPER SPECIALS**  
 on page 6



SEE THIS SIGN  
 EARN 5 TIMES  
 THE REWARD  
 POINTS  
 ON SELECT ITEMS

## Local, Local, Local...

LOCALLY MADE  
 PUREST  
 GLUTEN FREE MIXES

ASSORTED

GLUTEN FREE - SANS GLUTEN



Let the Baking Begin!

SAVE!!

**10% OFF**



ONTARIO FRESH!



## Local, Local, Local...

LOCALLY MADE  
 SEED TO SAUSAGE  
 SAUCISSON  
 DRIED SALAMI

PER 100 G  
 AT OUR DELI COUNTER

AWARD WINNING  
 SALAMI IN THE  
 AUTHENTIC FRENCH  
 STYLE.



SAVE \$1

**5.99**  
 / 100 G



ONTARIO FRESH!



PREMIUM QUALITY, FRESH  
 CLEMENTINES  
 4 LB BOX

PRODUCT OF SOUTH AFRICA



SAVE \$1.21

**9.78**  
 / EACH

PREMIUM QUALITY, FRESH  
 HASS  
 AVOCADOS

PRODUCT OF MEXICO



SAVE \$1.89

**3/\$5**  
 OR \$1.88 EA

NATURALLY AMPED  
 FERMENTED  
 KRAUT &  
 KIMCHI

500 ML



SAVE \$2

**10.99**  
 / EACH



# BE A FOODSMITHS REWARDS CUSTOMER!

Foodsmiths' Customer Rewards Program makes it easy to earn and redeem points fast!

You get 1 point for every \$1 you spend!!

Receive a \$10 reward for every 500 points you earn!

**SIGNUP  
AT OUR  
CASH!**

**OR ON OUR  
WEBSITE:  
FOODSMITHS.  
COM**



**YOUR  
NEIGHBOURS  
SHOP HERE!  
★ ★ ★ ★ ★  
AND GET  
REWARDED!**



**THIS WEEK AND EVERY  
WEEK IN OUR FLYER:**

**SEE THIS SIGN AND EARN  
EXTRA REWARD POINTS  
ON SELECT ITEMS**

**GET REWARDED *FASTER* BY SHOPPING EXTRA  
POINTS DEALS IN OUR FLYER EVERY WEEK!**



**SUNRISE ORCHARDS**  
PREMIUM QUALITY  
ONTARIO GROWN  
**FRESH RUSSET APPLES**  
PRODUCT OF ONTARIO



**SAVE \$1.01**  
**2.98** / LB

CANADA  
ONTARIO FRESH!  
Foodland

TAYLOR FARMS  
**FRESH GUACAMOLE CRUNCH CHOPPED SALAD KIT**  
319 G  
PRODUCT OF USA



**EVERYDAY PRICE**  
**6.99** / EACH

Foodsmiths  
BUY THIS, EARN 5 TIMES THE REWARD POINTS  
BUY THIS EARN 35 POINTS

PREMIUM QUALITY  
**FRESH GREEN ONIONS**  
BUNCH  
PRODUCT OF MEXICO



**SAVE 40¢**  
**1.48** / EACH

PREMIUM QUALITY  
**FRESH LEMONS**  
PRODUCT OF USA



**SAVE \$1.76**  
**4/\$5**  
OR \$1.38 EACH

*Local, Local, Local...*

**MY FATHER'S GARDEN**  
PREMIUM QUALITY  
LOCALLY GROWN  
HYDROPONIC  
**FRESH LIVING LETTUCE**  
PRODUCT OF PERTH, ONTARIO  
ASSORTED



**SAVE \$1.01**  
**2.98** / EACH

CANADA  
ONTARIO FRESH!  
Foodland  
GO LOCAL

*Local, Local, Local...*

**FAIRWEATHER FARMS**  
PREMIUM QUALITY  
LOCALLY GROWN  
CERTIFIED ORGANIC  
**FRESH ORGANIC ACORN SQUASH**  
PRODUCT OF MANOTICK, ONTARIO



**SAVE 61¢**  
**1.88** / LB

CANADA  
ONTARIO FRESH!  
Foodland  
ORGANIC  
GO LOCAL



# THIS WEEK'S GARDEN FRESH PRODUCE **TOP PICKS**

PREMIUM QUALITY  
CERTIFIED ORGANIC  
**ORGANIC BOILED  
BEETS**  
500 G  
PRODUCT OF FRANCE



**EVERYDAY PRICE**

**5.99**  
/ EACH

PREMIUM QUALITY  
ONTARIO GROWN  
**FRESH GERBERA  
DAISIES  
BOUQUET**  
PRODUCT OF USA



**SAVE \$3.98**  
**2/\$16**  
OR \$8.88 EACH

**SUNSPROUT**  
PREMIUM QUALITY  
ONTARIO GROWN  
**FRESH  
ALFALFA  
SPROUTS**  
100 G  
PRODUCT OF ONTARIO



**SAVE \$1.98**  
**2/\$7**  
OR \$3.88 EACH

PREMIUM QUALITY  
CERTIFIED ORGANIC  
**FRESH ORGANIC  
RED GRAPEFRUIT**  
PRODUCT OF USA



**SAVE 61¢**  
**2.88**  
/ EACH

PREMIUM QUALITY  
CANADA # 1  
**CHESTNUTS**  
230 G  
PRODUCT OF ITALY



**SAVE \$1.51**  
**4.48**  
/ EACH

PREMIUM QUALITY  
**FRESH JALAPENO  
HOT PEPPERS**  
PRODUCT OF USA



**SAVE \$1.51**  
**3.98**  
/ LB

**COOKSTOWN GREENS**  
PREMIUM QUALITY  
ONTARIO GROWN  
CERTIFIED ORGANIC  
**FRESH ORGANIC  
PEA SHOOTS**  
100 G  
PRODUCT OF ESSA, ONTARIO



**SAVE \$1.11**  
**5.88**  
/ EACH



# THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY  
**FRESH MANDARINS**  
PRODUCT OF CHILE



SAVE \$1.01

**4<sup>98</sup>**  
/ LB

PREMIUM QUALITY  
**FRESH POMEGRANATE**  
PRODUCT OF USA



SAVE \$1.11

**4<sup>88</sup>**  
/ EACH

PREMIUM QUALITY  
**FRESH BROCCOLINI**  
BUNCH  
PRODUCT OF USA



SAVE \$1.11

**3<sup>88</sup>**  
/ EACH

## FRESH IN STOCK...

PREMIUM QUALITY  
**FRESH**

**RED OR WHITE  
4.5" POINSETTIA**

PRODUCT OF ONTARIO



EVERYDAY PRICE

**6<sup>99</sup>**  
/ EACH

PREMIUM QUALITY  
**FRESH**

**RED  
6" POINSETTIA**

PRODUCT OF ONTARIO



EVERYDAY PRICE

**9<sup>99</sup>**  
/ EACH

PREMIUM QUALITY  
**FRESH**

**CLEMENTINES**

2 LB BAG

PRODUCT OF SOUTH AFRICA



EVERYDAY PRICE

**8<sup>49</sup>**  
/ EACH

PREMIUM QUALITY  
**FRESH**

**BRUSSELS SPROUTS**

PRODUCT OF USA



EVERYDAY PRICE

**4<sup>49</sup>**  
/ LB



# 2-DAY SUPER SPECIALS

# 2 DAYS OF BIG SAVINGS!

FROM EVERY DEPARTMENT!

FRIDAY NOV 22 & SATURDAY NOV 23

IN OUR BULK  
ROASTED CASHEWS  
SALTED OR UNSALTED



**35% OFF**  
\$3.18/100G

IN OUR BULK  
SCOTCH MINTS



**35% OFF**  
71¢/100G

ANCIENT MINERALS  
MAGNESIUM OIL SPRAY

237 ML  
PURE MAGNESIUM CHLORIDE  
HARVESTED FROM THE ANCIENT  
ZECHSTEIN SEABED  
FAST, POTENT THERAPEUTIC BENEFITS.  
RAPIDLY ABSORBED BY THE SKIN.  
ULTRA-PURE AND HIGHLY  
CONCENTRATED.

RELAXES AND  
RESTORES THE BODY

**31.99 /EACH**  
SAVE \$3



BRANDT  
ROAST TURKEY

CUSTOM SLICED IN  
OUR DELI  
PER 100 G



**2.90 /100 G**  
SAVE \$1

COVERED BRIDGE  
KETTLE CHIPS

ASSORTED



**3.99 /EACH**  
SAVE \$1.50

CULTURED COCONUT  
ORGANIC PROBIOTIC

460 ML  
The Cultured Coconut was created  
out of a desire to find a fermented, non-dairy  
probiotic that had the potential to make a  
significant difference in  
one's health.

JUST  
1 TBSP  
A DAY



- ✓ 4+ TRILLION CFU PER TBSP
- ✓ KEFIR FERMENTED
- ✓ THE MOST POWERFUL PROBIOTIC ON THE MARKET

**23.99 EA**  
SAVE \$1

PREMIUM QUALITY  
CANADA GROWN  
EMPIRE APPLES

PRODUCT OF CANADA



**1.28 /LB**  
SAVE 71¢



**Let the Baking Begin!**



**SAVE IN OUR BULK BINS!**

**BUY A LITTLE, SAVE A LOT!!**

**ONLY BUY WHAT YOU NEED**

**BEST BUY THIS WEEK**

**MILK CHOCOLATE ALMONDS**



**30% OFF**  
ON SALE  
**2.09** /100 G

**BEST BUY THIS WEEK**

**DARK CHOCOLATE CHERRIES**



**30% OFF**  
ON SALE  
**2.65** /100 G



**UNSWEETENED SHREDDED COCONUT**

**25% OFF**  
ON SALE  
**1.42** /100 G



**ORGANIC BLACK TURTLE BEANS**

**25% OFF**  
ON SALE  
**89¢** /100 G



**ORGANIC RAW SUGAR**



**25% OFF**  
ON SALE  
**59¢** /100 G



**CHUNKY BERRY PATCH GRANOLA**

**25% OFF**  
ON SALE  
**1.27** /100 G



# SAVE IN OUR BULK BINS AND EAT WELL!

## BEST BUY THIS WEEK

THOMPSON RAISINS



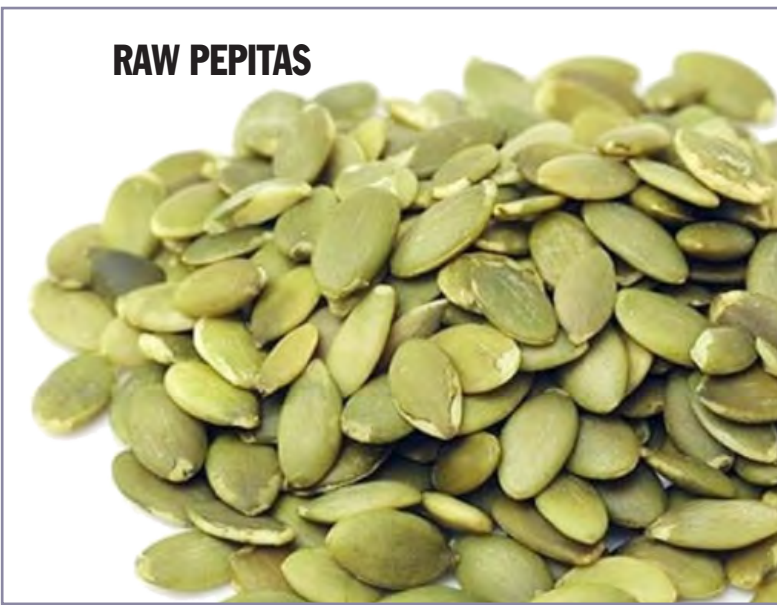
**30% OFF**  
ON SALE  
**97¢**  
/100 G

## BEST BUY THIS WEEK

WALNUT HALVES



**30% OFF**  
ON SALE  
**259**  
/100 G



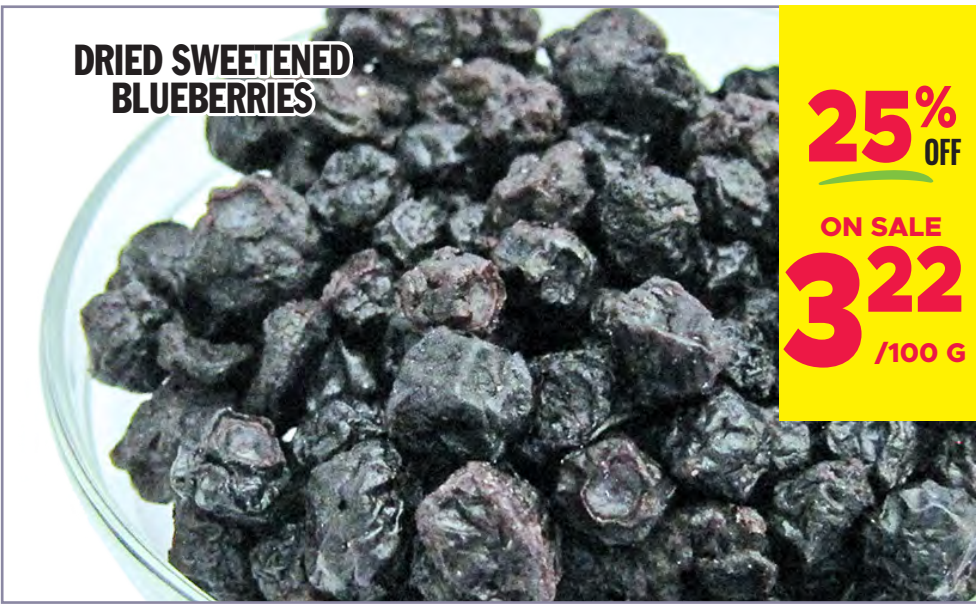
RAW PEPITAS

**25% OFF**  
ON SALE  
**142**  
/100 G



CANDIED GINGER

**25% OFF**  
ON SALE  
**187**  
/100 G



DRIED SWEETENED BLUEBERRIES

**25% OFF**  
ON SALE  
**322**  
/100 G



DRIED SWEETENED CRANBERRIES

**25% OFF**  
ON SALE  
**127**  
/100 G



DARK COCOA POWDER

**25% OFF**  
ON SALE  
**172**  
/100 G



VEGETABLE FLAKES

**25% OFF**  
ON SALE  
**374**  
/100 G



**THIS WEEK'S TOP PICKS!**

SCHAR  
**GLUTEN FREE SOURDOUGH BREAD**

240 G - 250 G  
DELI STYLE OR SEEDED



BUY THIS  
EARN  
**40**  
POINTS



EVERYDAY PRICE

**7.99**  
/ EACH

**Local, Local, Local...**



CORNER BAKERY  
**ASSORTED FRUIT PIES**  
IN OUR BAKERY



GREAT FOR  
FREEZING!

SAVE \$2

**16.99**  
/ EACH

PILLER'S  
**PROSCIUTTO**

125 G  
DRY CURED  
SMOKED

PERFECT FOR  
APPETIZERS!



SAVE \$1

**5.99**  
/ EACH

BRIDOR  
**BAKED IN STORE MULTIGRAIN LOAF**

375 G

SAVE 50¢

**4.99**  
/ EACH



DEVON  
**CLOTTED CREAM**

170 ML



SAVE \$1

**8.49**  
/ EACH

EARTH BALANCE  
**PLANT BASED ORGANIC WHIPPED SPREAD**

369 G



SAVE \$1

**7.99**  
/ EACH



BEYOND MEAT  
**BEYOND BEEF PLANT-BASED "GROUND"**

340 G



SAVE \$1

**11.99**  
/ EACH





**THIS WEEK'S TOP PICKS!**

BETTER THAN BOUILLON  
**NO BEEF BASE**

227 G  
CERTIFIED VEGAN

USE IN SOUP, GRAVY  
AND STOCK.



BUY THIS  
EARN  
**45**  
POINTS

EVERYDAY PRICE

**8.99**  
/ EACH

**NEW IN OUR STORE**

VERGEER  
**CHEESE ADVENT  
CALENDAR**

24 X 20 G

MERRY CHEESEMAS!



EVERYDAY PRICE

**32.99**  
/ EACH

FANTINO & MONDELLO  
**ASSORTED  
SALAMI**

175 G

SAVE \$1  
**7.99**  
/ EACH



PULP & PRESS  
**ORGANIC COLD  
PRESSED JUICE**

355 ML  
ASSORTED



SAVE \$1

**6.49**  
/ EACH

NATURE'S PATH  
**ORGANIC  
HOMESTYLE  
FROZEN  
WAFFLES**

210 G



SAVE 50¢

**5.99**  
/ EACH



UNCLE LEE'S  
**GREEN TEA**

100 TEA BAGS



SAVE \$2.50

**6.99**  
/ EACH





**THIS WEEK'S TOP PICKS!**

THE GREAT GENTLEMAN  
**BEERS & TONICS**

6 X 250 ML  
ASSORTED



SAVE \$1.50

**10.99** / EACH

FONTAINE SANTÉ  
**VEGEPATÉ**

227 G  
COUNTRY STYLE  
OR TRADITIONAL



EVERYDAY PRICE

**4.99** / EACH



BUY THIS  
EARN  
**25**  
POINTS

FOODSMITHS  
**MIXED BEAN  
SALAD**

PER 100 G  
IN OUR DELI

SAVE 30¢

**1.69** / 100G



KRINOS  
**GREEK BUTTER  
BEANS**

PER 100 G  
IN OUR DELI

SAVE 30¢

**1.99** / 100 G



FISHERMAN'S PRIDE  
**CALAMARI  
RINGS**

454 G  
IN OUR FREEZER

SAVE \$1

**8.99** / EACH



INDIAN LIFE  
**CHIPS**

170 G  
ASSORTED



SAVE \$1

**6.99** / EACH

HAYTER'S  
**MINCED  
TURKEY  
93% LEAN**

170 G  
ASSORTED

SAVE 50¢

**6.99** / EACH



LA SOYARIE  
**MISO  
SESAME  
BURGERS**

300 G 4 PACK

SAVE 30¢

**4.69** / EACH





**FRESH DEALS THROUGHOUT THE STORE**

GLEN ABBEY  
**CHALLAH BREAD**  
LOAF 500 G

**MAKES GREAT FRENCH TOAST**

**SAVE \$1**

**6 49** / EACH



IN OUR FREEZER  
INDIAN LIFE  
**FROZEN MEALS**  
342 G - 400 G  
ASSORTED



**BUY THIS EARN 55 POINTS**

**EVERYDAY PRICE**

**11 49** / EACH

LE PAIN DES FLEURS  
**ORGANIC CRISPREAD**  
150 G ASSORTED



**SAVE UP TO \$2**

**7 99** / EACH

VERGEER  
**DUTCH CHEESE SELECTION**  
6 X 20 G



**SAVE \$1**

**5 49** / EACH

CHEESELAND  
**TRUFFLE NOIR GOUDA**  
200 G



**SAVE \$1.20**

**7 99** / 100 G

**Local, Local, Local...**

MAPLE DALE  
**7 YEAR AGED CHEDDAR**

IN OUR CHEESE ISLAND  
275 G  
NATURALLY AGED FOR 7 YEARS. AS THE YEARS PROGRESS THIS CHEDDAR TAKES ON A MORE PRONOUNCED SHARPNESS AND AROMA. MORE CRUMBLING AND SALT CRYSTALLIZATION WILL BE PREVALENT.

**SAVE \$1**

**12 99** / EACH



COOMBE CASTLE  
**WENSLEYDALE FRUIT & BRANDY CHEESE**  
PER 100 G



**SAVE 60¢**

**4 49** / 100 G

**ON DEMO**  
THU, FRI, SAT  
TRY A TASTE!



Local, Local, Local...

CORNER BAKERY  
**BROWNIES**  
IN OUR BAKERY  
6 PACK



**GREAT FOR FREEZING!**

SAVE \$3

**9.49**  
/ EACH

DANDIES  
**REGULAR OR MINI MARSHMALLOWS**

283 G



SAVE \$1

**5.99**  
/ EACH

NEAL BROS  
**REGULAR SALSA**

410 ML ASSORTED  
NON-ORGANIC ONLY



SAVE 50¢

**5.99**  
/ EACH

MANITOBA HARVEST  
**ORGANIC HEMP HEARTS**

340 G



SAVE \$2

**19.99**  
/ EACH

ECOVER  
**DISHWASHER TABS**

500 G  
UNSCENTED OR  
CITRUS



**FOR SPARKLING CLEAN DISHES!!**

EVERYDAY PRICE

**10.99**  
/ EACH



BUY THIS  
EARN  
**55**  
POINTS

CLEVER  
**MOCKTAILS**

355 ML  
0 SUGAR  
0 ALCOHOL  
GREAT TASTE



CUSTOMERS  
LOVE 'EM!

SAVE 20¢

**3.29**  
/ EACH

COME BACK SNACKS  
**POPCORN**

200 G - 280 G  
ASSORTED



SAVE 50¢

**6.99**  
/ EACH



# FRESH DEALS THROUGHOUT THE STORE

## GEORGIAN BAY GRANOLA & OVERNIGHT OATS

400 G - 425 G  
ASSORTED



SAVE \$1  
**11.49**  
/ EACH

## ELMHURST OAT CREAMERS

473 ML  
ASSORTED



EVERYDAY PRICE

**8.99**  
/ EACH



BUY THIS  
EARN  
**45**  
POINTS

## PATAK 3-STEP KITS

313 G - 315 G



SAVE 50¢

**6.49**  
/ EACH

## RICEWORKS GOURMET RICE SNACKS

155 G  
ASSORTED



SAVE \$1

**5.99**  
/ EACH

## ECO MAX ALL PURPOSE CLEANER

FRAGRANCE-FREE  
800 ML



SAVE 50¢

**4.99**  
/ EACH



**the Table**  
community food centre

**FOODSMITHS NOVEMBER  
BYOB THE TABLE  
COMMUNITY FOOD CENTRE**

A community built  
around food.

The Table is a Community Food Centre in Perth that works to bring people together to grow, cook, share, and advocate for good food. Three times a week community meals are served with nourishment and companionship on the menu. They operate the Good Food Bank, providing access to fresh produce and pantry staples.

*For every transaction at our cash, Foodsmiths donates 5¢ to our monthly charity, plus all net proceeds from paper and reusable bag sales are donated to our monthly charity, too!*

190 Gore Street East  
Perth, Ontario K7H 1K3  
Email: [info@thetablecfc.org](mailto:info@thetablecfc.org)

**THANK YOU**  
FOR HELPING SUPPORT THIS IMPORTANT PROGRAM





# CHOOSE YOUR BEANS

## GRIND THEM TO PERFECTION AT OUR COFFEE MILL

**ON SALE THIS WEEK**

**Fluid**  
Solar Roasted Coffee

**LITTLE ITALY ESPRESSO BLEND**  
**LOCALLY ROASTED COFFEE**  
**FULL CITY ROAST PER 100G**

A sweet mild espresso. Mild acidity with texture in the mouth feel. Aromatic qualities come through with the Central American coffee beans. This espresso is roasted to full city, a lighter roast that develops more of the region flavour profiles.

**NOTES:** Silky body, sweet cane sugar, floral hints, bittersweet chocolate



LIFE'S LITTLE MOMENTS

LIVING  
**LA DOLCE VITA**  
THE SWEET LIFE!

**399** / 100G  
**SAVE \$1**



# WELCOME TO THE WEEKEND!

## FREE COFFEE & TEA

### SATURDAY and SUNDAY

FLUID  
**LOCALLY ROASTED ORGANIC COFFEE**

CRANK  
**ONTARIO ROASTED ORGANIC COFFEE**

STASH  
**ALL NATURAL TEA**

CELESTIAL  
**ALL NATURAL TEA**



**OUR FRESH BREWED COFFEE OR TEA IS JUST**

**99¢**

(MONDAY TO FRIDAY)

*Hungry? Why Wait?*

**ENJOY A COFFEE OR TEA AND MUFFIN FOR JUST**

**\$2.99**



# INTRODUCING... OUR NEW



*Easy MEAL DEALS by Cathy!*

Just look for the colour coded signs for the ingredients of each meal.

**4 DIFFERENT MEALS!**

## FEATURING THIS WEEK: CABBAGE ROLL CASSEROLE



**FOLLOW THIS COLOUR IN THE STORE!**

**UNDER \$25**

**FEEDS 4!**  
\$6.25 PER PERSON



Find the recipe on our website:  
<https://www.foodsmiths.com/blogs/foodsmiths-recipes/cabbage-roll-casserole>

## SIMPLE SPAGHETTI

**UNDER \$25**

**FOLLOW THIS COLOUR IN THE STORE!**

**FEEDS 4!**  
\$6.25 PER PERSON



Find the recipe on our website:  
<https://www.foodsmiths.com/blogs/foodsmiths-recipes/spaghetti>



# INTRODUCING... OUR NEW



*Easy MEAL DEALS by Cathy!*

**4 DIFFERENT MEALS!**

Just look for the colour coded signs for the ingredients of each meal.

## FEATURING THIS WEEK:

**PIEROGIES**  
**WITH ROASTED**  
**VEGETABLES**  
**UNDER**  
**\$20**



**FOLLOW THIS COLOUR IN THE STORE!**



**FEEDS 4!**  
**\$5.00 PER PERSON**



Find the recipe on our website:

<https://www.foodsmiths.com/blogs/foodsmiths-recipes/pierogies-and-roasted-vegetables>

**VEGGIE**  
**FRITTATA**  
**WITH TOAST**  
**UNDER**  
**\$20**

**FOLLOW THIS COLOUR IN THE STORE!**



**FEEDS 4!**  
**\$5.00 PER PERSON**



Find the recipe on our website:

<https://www.foodsmiths.com/blogs/foodsmiths-recipes/vegetable-frittata>



# Supplements and NATURAL BODY CARE



**NIYAMA**

Made in Canada  
100% Canadian  
owned and operated.

## Goddess Greens + Superfoods

Raspberry Lemonade or  
Strawberry Kiwi 292 g



### One minute a day to a healthier you

- Made from 53 organically grown fruits and veggies
- Nutrients of 6-8 servings of fruits and veggies in one scoop
- Food sourced multivitamin – provides 50% or more of the RDV of 20 vitamins & minerals
- Delicious natural raspberry lemonade flavour, Zero artificial colours, flavours, sweeteners, or preservatives
- With organic inulin for prebiotic gut health support

## Plant Protein

Chocolate or Vanilla 782 g - 848 g

### Clean plant protein powder

- Delicious enough to drink with just water!
- 20g of high-quality complete protein from organically grown peas per scoop
- With vitamins and fibre
- Stevia-free, Zero Sugars, Paleo, Keto, Vegan
- Smooth, silky texture, never chalky



## Hey, Relax

Magnesium Bisglycinate  
Fresh Pineapple or  
Dragon Fruit & Prickly Pear

240 g

### Unwind & chill

- The perfect pre-sleep tonic to unwind and calm the racing mind



## Glow & Flow

Vegan Collagen  
Booster  
Juicy Berry  
225 g

### Skin, Hair, Joints

- Provides the nutrients to produce and protect collagen
- Zero sugar added, no artificial sweeteners, colours, or flavours



## Immune Warrior

Daily Immune  
Support  
Orange Pineapple  
180 g

### All-in-One

- Immune support drink mix with medicinal mushrooms and beta glucans, vitamin C & D



## You've Got This

Prebiotic  
Fibre  
Unflavoured  
207 g

### 5 g of fibre per scoop

- Total gut health with organic fibre, resistant starch, probiotics & glutamine



## After Practice

Replenish &  
Repair  
Pineapple Coconut  
175 g

### Replace lost minerals

- All 6 Electrolytes + aminos for enhanced hydration & muscle recovery



## Bath Soaks

Luxury Bath Salts  
with Dead Sea salts & magnesium  
flakes or coconut milk powder  
227 g - 500 g

### Soothing & relaxing

- With pure essential oils

**10% OFF**

ALL THESE PRODUCTS



# Supplements and NATURAL BODY CARE



**STAY STRONG  
UNDER STRESS BY  
REPLENISHING  
ESSENTIAL  
NUTRIENTS  
FOR OPTIMAL HEALTH**

**When we sweat the small stuff (and the big stuff), we literally lose our vital water-soluble nutrients including B vitamins, magnesium, zinc and copper.**

Metabolism accelerates during stress, depleting our B vitamins. Use **Pure Lab's Slow Release BioActive B Complex** --- a sustained release formulation of biologically active B vitamins--- for longer lasting benefits.

Avoid the immunity nose-dive when your stress levels skyrocket by maintaining your body's zinc levels. **Pure Lab's Zinc Glycinate** provides 23 mg of highly bioavailable zinc per capsule.

Balance your zinc-copper ratio using **Pure Lab's Copper Glycinate** 1 mg capsules.

Dietary magnesium insufficiency can compound the negative impacts of stress on your blood pressure, sleep, mood, mobility, pain, elimination and more. Maintain your magnesium levels with **Pure Lab's Magnesium Glycinate**---a bowel-friendly, high-quality chelated magnesium available in capsules, powder, and as a naturally flavoured, sweetened powder mix.



**10%  
OFF**

*The information and product descriptions appearing in this flyer have been supplied by product manufacturers and are for information purposes only. They are not intended to provide or replace medical advice to individuals from a qualified health care practitioner. Consult your physician if you have any health concerns, and before initiating any new diet, exercise or supplement.*

**PRICES IN EFFECT THU NOV 14 - THU NOV 28** UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. PRICES SUBJECT TO CHANGE WITHOUT NOTICE. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.



## DAILY DIGESTIVE HELP



ON SALE

**\$31.99**

save \$5

### CRANRICH

500MG

180 CAPSULES

- Helps prevent recurrent urinary tract infections
- Provides antioxidants for the maintenance of good health
- 36:1 concentration of cranberry



## REVITALIZING & INVIGORATING

ON SALE

**\$9.99**

save .91¢

### EUCALYPTUS OIL

30ML

- Strong aromatic, camphoraceous
- Revitalizing, invigorating, clarifying
- Matches well with Cedarwood, Cypress, Grapefruit, Lemon, Rosemary, Thyme
- Steam distilled from leaves and twigs
- **Clear Thoughts Blend:** Add 3 drops of eucalyptus oil, 2 drops each of peppermint oil and tangerine oil to a diffuser and enjoy.





# Supplements and NATURAL BODY CARE



**ON SALE**

**\$31.99**

save \$5

## VITAMIN D3 PLUS K2

1000 IU • 120MG

120 GEL CAPS

Vitamin K is essential for building strong bones by routing calcium exactly where it needs to go.

- MK-7, a bioavailable form of vitamin K2 acts as a shuttle for calcium, ensuring it gets where it needs to be
- Contains 1000 IU of vitamin D3
- For bone health and maintenance of good health



Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.



## ALL PRODUCTS

ASSORTED VARIETIES & SIZES

A. Vogel is a line of products that are completely natural, pure, consistent and effective. Herbal remedies will naturally play a major role in the future of medicine.

**ON SALE**  
**10% OFF**





ON SALE  
10% OFF

# AERYON

WELLNESS



## LADY BITS, RECLAIM, UP & AWAY

ASSORTED VARIETIES

Aeryon Wellness mission is to "Empower Women With Holistic Health."

Using the latest in scientific research we formulate and distribute the highest grade, all natural, support supplements that make a difference.



## goodvibes shots +

BY GOODVIBES JUICE CO.

## SICK DAY

50ML

- Anti-inflammatory Gingerol / Ginger
- Immune boosting Echinacea
- Anti-oxidant Vitamin C / Lemon
- Decongestant Capsaicin / Cayenne
- + Vegan
- + Gluten Free
- 2 servings per pouch



EVERYDAY PRICE

4.99 / EACH



BUY THIS  
EARN  
20  
POINTS

## RELAXUS

## HARMONY HANDHELD MASSAGE ROLLERS

ASSORTED VARIETIES

- Helps relieve stress, muscle aches and pains.
- Effortless, yet deep penetrating massage.
- Ergonomic design, easy grip and multi-directional rolling head.
- Size: 7.0cm (3.0" inches)
- Colours: Limited Addition - Grey Slate, Purple, Pink,



EVERYDAY PRICE

9.99 / EACH



BUY THIS  
EARN  
40  
POINTS



# Supplements and NATURAL BODY CARE



prairienaturals

## Be a Man with a Plan!

[The earlier men start thinking about how they age, the better]

Proudly Supporting



*Trevor Linden*  
#16 Trevor Linden  
Prairie Naturals Men's  
Health Ambassador

Prairie Naturals & Trevor Linden, partners in health, are committed to giving a percentage of profits from the Men's Health Campaign to the Canadian Men's Health Foundation to help further education and awareness of the mental and physical health issues facing men today.

## PRAIRIE NATURALS MEN'S LINE

ASSORTED VARIETIES & SIZES

Being a man is full of rewards. It's also full of challenges. At Prairie Naturals, premium quality men's natural health formulas give you the confidence, vigor and stamina to stand up to life's many changes and challenges.

**ON SALE**  
**15% OFF**

