









31st Anniversary Savings Continue at Nature's Emporium with Fantastic Offers! Take advantage of these incredible deals – Eat Well, Live Better, and SAVE More!



Nuts To You Natural Almond Butter

735 g Smooth or Crunchy

\$ 99Regular Price \$19.99



Terra Delyssa Organic Extra Virgin Olive Oil

750 ml

\$ 12 99

Regular Price \$24.99



Organic Meadow Organic Milk

4 L Bag 1%, 2% or Skim

\$ 7 99

Regular Price \$12.99



Dutchman's Gold Raw Honey

1 kg

\$ 11 99

Regular Price \$17.99





Organic Apple Cider

Vinegar

946 mL

\$ **6** 99

Regular Price \$9.99



UNREAL Chocolate Snacks \$ _ 99

90-142 g Assorted Varieties (s \$ **5** 99 Regular Price \$9.99



Organic Valencia Oranges

Product of South Africa

99¢/lb
Regular Price \$1.49/lb



Organic Red Delicious Apples

2 lb Bag Product of Ontario \$269
Regular Price \$3.99



Nature's Emporium Pepperoni Pizza

Made With Organic Spelt Crust Hot & Ready or Take & Bake 800 g

\$13⁷⁹

Regular Price \$19.99





Jöey

Nordic Seed Crisps

110 g Assorted Varieties

\$749

Regular Price \$10.99



Humble Snacks

Organic Potato Chips

135 g Assorted Varieties

\$**2**69

Regular Price \$3.99



Jordan's

Morning Crisp Cereal Assorted Varieties 375-400 g

\$479

Regular Price \$7.99



Blue Diamond

Dairy Free Almond Beverages

946 mL Assorted Varieties \$ 99

Regular Price \$3.00



Prana Organic Overnight Chia

250 g

\$479

Regular Price \$6.99



Made Good

Organic Cookies

200 g Assorted Varieties

\$339

Regular Price \$4.99



Vita Coco Premium

Coconut Water

1 L

\$339

Regular Price \$4.99



Bioitalia

Organic Pasta Sauce

660 ml Assorted Varieties

\$**5**99

Regular Price \$9.99

Bioitalia

Organic Durum Wheat Pasta

500 g Assorted Varieties \$**2**69

Regular Price \$4.99





St Francis
Deep Immune
Drops

50 ml

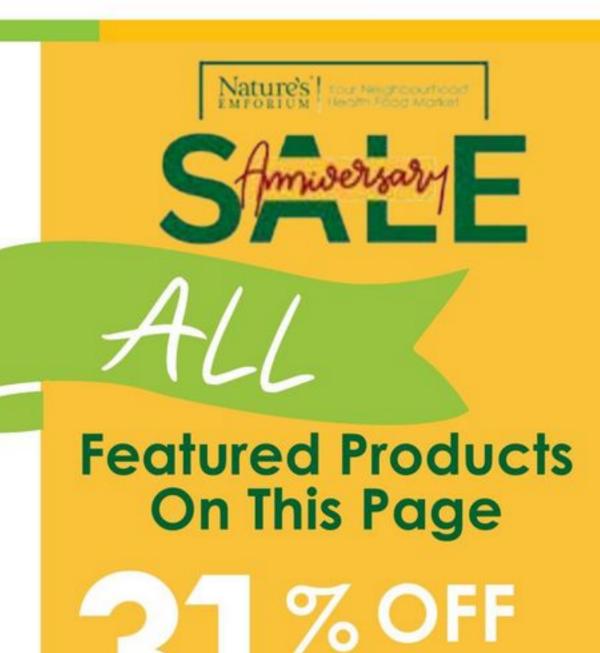
\$**13**79
Regular Price \$19.99



Joy of the Mountain Oregano Oil

15 mL Assorted Varieties

\$**16**49
Regular Price \$23.99



COSMEA

ROSE hip oil

ROSMEA

ROSE hip oil

Ever histories och

Kosmea Rose Hip Oil

20 mL Assorted Varieties

\$2269
Regular Price \$32.99



Queen Of Throne
Organic Castor Oil

250 mL

\$89 Regular Price \$12.99



Thursday Plantation
Tea Tree Oil

25 mL

\$959

Regular Price \$13.99



Vital Protein
Collagen Creamer

Unflavoured Only 293 g

> \$1099 Regular Price \$42.99



Ki

Kid's Cough & Cold Syrup

200 ml

\$12⁹⁹

Regular Price \$18.99



Om Mushrooms
Immune Defense

75 Caps

\$ **99**Regular Price \$27.99



Dr. Bronner's Castile Soap

473 ml Assorted Varieties

\$1099
Regular Price \$15.99

Nature's | tour Neighbourhoo

Featured Products On This Page



Ocean Mama Seafood

Organic Shrimp & Vegetables Sauté & Serve

Frozen 550 g

Regular Price \$13.99



Mclean Meats

Organic Uncured Pork Cervelat Mini Chub

180 g

Regular Price \$12.99



Yorkshire Valley Farms

Organic **Chicken Wings**

1 Kg Bag Individually Quick Frozen

Regular Price \$17.99



Grass Fed White & Orange Cheddar or Mozzarella

/100 g

Regular Price \$2.80/100g







Organic Green, Black or Red Kale

Product of USA

Regular Price \$2.50



Green Cabbage

Product of Canada

89¢/lb

Regular Price \$1.29/lb

Organic **Red Onions**

3 lb Bag Product of USA

Regular Price \$7.99



Yellow, Orange and **Red Bell Peppers**

Product of Canada/Mexico 3 Pack

Regular Price \$4.99



Organic

Seedless Green or Red Grapes

Product of USA

Regular Price \$4.99/lb

Suitable for vegetarians (uses

Cheese

Gran Moravia

vegetable rennet) & naturally lactose free.

Brazzale

PRICES IN EFFECT FROM NOVEMBER 14th TO NOVEMBER 27th, 2024

/100 g

MADE FRESH IN STORE - WITH ORGANIC INGREDIENTS



Whole Chicken Hot & Ready - 800 g **NATURE'S EMPORIUM**

Shepherd's Pie Made with grass fed & grass finished beef. Fresh - 2 Kg. Family Size

473 ml

NATURE'S EMPORIUM Organic "Princess Punch" **Cold Pressed Juice**



NATURE'S EMPORIUM WELLNESS BAR Festive Orange Hot Chocolate Part of our seasonal selection. Medium 16 oz.

ALL ORGANIC & NATURAL DELI, CHEESE & BAKERY



Olive Demi Baguette

BOULART

Non-GMO

200 g





FORNO LUDOVICO Focaccia **Assorted Varieties** 155-170 g





KONSCIOUS KITCHEN Keto Chocolate Hazelnut Doughnuts 160 g



L'ANCÊNTRE **Organic Cheese**

Assorted Varieties 190-200 g

ORGANIC & 100% GRASS FED MEAT & SUSTAINABLE SEAFOOD



Organic Boneless Chicken Thighs G.A.P. Animal Welfare Certified

Fresh

100 g Fresh



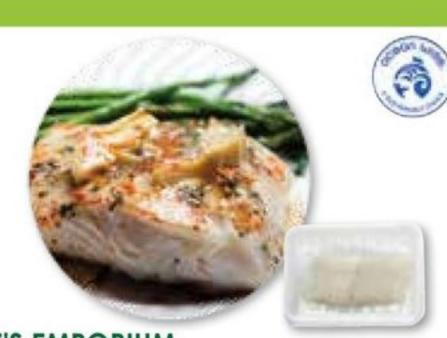
Organic Chicken Legs With Backs Attached G.A.P. Animal Welfare Certified

GLOBALG A.P **NATURE'S EMPORIUM** SUSTAINABLE SELECTIONS

Organic Scottish Salmon Fillets

/100 g | Cut Fresh In Store

100 g Cut Fresh In Store



NATURE'S EMPORIUM SUSTAINABLE SELECTIONS Wild Caught **Halibut Fillets**



WELLINGTON COUNTY FARMS Grass Fed & Grass Finished Beef Bone Broth

Frozen - 500 ml

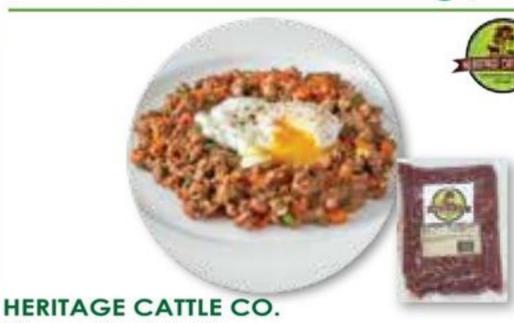


8 ACRES Grass Fed & Grass **Finished Fresh** Beef Ribeye Steak G.A.P. Animal Welfare Certified



TOP GRASS Grass Fed Beef Meatballs

100 g Frozen - 500 g



Grass Fed & Grass Finished Beef Carnivore Blend Made with lean ground beef, liver, kidney, heart & tongue. Fresh - 340 g

ORGANIC & NATURAL FROZEN, REFRIGERATED GROCERY



EARTHBOUND FARMS

Organic Frozen Vegetables

Assorted Varieties 300-454 g



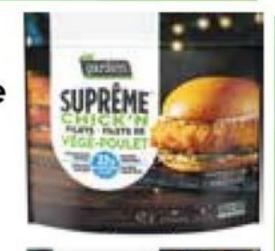
AMY'S KITCHEN Frozen Pizza

Assorted Varieties 340-397 g



GARDEIN SUPREME Plant Based Chick'n, Sausage or Burgers

Assorted Varieties 226-425 g



SUPRÊME

FOOD FOR LIFE Organic Ezekiel **English Muffins**

Assorted Varieties 454 g





Nature's
EMPORIUM Your Neighbourhood
Health Food Market

ENTERTAINING MADE EASY



Let Nature's Emporium take care the of the prep work for your family meals this holiday season.



Our exclusive menu is prepared by our expert chefs fresh, with organic and natural ingredients, giving you more time to enjoy with your loved ones.

**For more information or to place an order, visit naturesemporium.com/catering

STELLA'S **Gluten Free Perogies**

Assorted Varieties 520 g



ZENGARRY **Cashew Cheese**

Made carefully in small batches with raw cashews & fresh herbs.

Assorted Varieties 150 g



SWEET LOREN'S Gluten Free Cookie Dough Non-GMO, dairy free,

peanut/tree nut free & vegan. Assorted Varieties

340 g



ROLLING MEADOW Grass Fed Plain Kefir 2% MF

1 L



THE CULTURED COCONUT Nature's Finest Probiotic

Fermented organic coconut milk with the natural synergy of 4+ trillion live bacteria.

460 ml



OVINO **Sheep Yogurt** 2% MF

Vanilla or Plain 500 g



RIVIERA Dairy Free Coconut Yogurt

Assorted Varieties 4x120 g



REMEDY Organic Kombucha

Rich in live cultures, organic acids, & antioxidants; sugar & alcohol-free; crafted in small batches.

4x355 ml



ORGANIC PANTRY ESSENTIALS

NATURE'S EMPORIUM Organic **Raw Almonds**

400 g



NATURE'S EMPORIUM Organic Raw Macadamia Nuts

130 g



NATURE'S EMPORIUM Organic Dark Chocolate **Covered Almonds**

170 g



NATURE'S EMPORIUM Organic Vegan **Sour Gummy**

190 g



ORGANIC & NATURAL GROCERY

A Healthy Outside Starts From The Inside

JACKSON'S **Sweet Potato** Chips

Assorted Varieties 142 g



NATURE'S PATH Organic Cereals **Eco Packs**

Assorted Varieties 675 - 907 g



MADE WITH LOCAL **Real Food Bars**

Assorted Varieties 53 g



2/\$5

Made WITH Local

00

\$499 STASH **Premium Tea** Made with 100%

Selected Varieties 18-20 Tea Bags

natural ingredients.



Green Tea

FOUR O'CLOCK **Herbalist Tea**

Assorted Varieties 20 Tea Bags



MADE WITH LOCAL **Protein Nut Butter** Cookies

Assorted Varieties 68 g

JOLT PERFORMANCE

Assorted Varieties 47 g

Caffeinated

Protein Bar



CAMINO Organic & Fairtrade Chocolate Bar

Assorted Varieties 80-100 g



маре with local

00

GLUTINO Gluten Free Cookies, **Pretzel Sticks or Wafers**

Assorted Varieties 125-400 g





NUSCOBIO Chocolate Spread

UNCLE LEE'S

White Tea

Package of

100 Tea Bags

Green, Black or

Organic Green Tea

Assorted Varieties 400 g



KING SOBA Organic Gluten Free **Noodles** Vegan

Assorted Varieties 250 g



NONNA PIA'S Tomato Paste Perfect for soups, sauces & stews.

200 g



NUTS TO YOU Almond Cashew Butter, Natural Cashew Butter or Macademia Butter

365 g



RED CROWN Organic Pomegranate Juice

1 L

THE HONEST CO. **Baby Diapers**

Newborn to Size 6





355 ml







cider, made from freshly pressed apples without any preservatives or additives. 3.78 L



PROFESSIONAL & NATIONAL SUPPLEMENT BRANDS



MALE ENERGY

NEW ROOTS

Ultra Zinc Formulated with taurine, B vitamins, & nutraceuticals, for enhanced absorption.

30 - 50 mg 90 Caps

20% FF



Niagen Clinically proven to boost blood NAD+ levels, supporting cellular health & essential biological functions for overall well-being.

30-90s



SALUS **Liquid Vitamins** Value Packs

Kindervital, Floradix, Floravit or Calcium Magnesium

500+250 ml

20% FF

OMEGA ALPHA Vita Sex or **Horny Goat Weed**

120 ml



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NIAGEN

AND DESCRIPTION OF THE PERSON NAMED IN

SURO **Elderberry Syrup** For Adults

Fights cough, sore throat & cold/flu symptoms.

118-236 ml

HOST DEFENSE

Mushrooms

Real wellness with natural intelligence. Harnessing the power of mushrooms to support your health.

Selected Varieties 30-120s





60 + 30 Tabs

BELL LIFESTYLE Prostate Tea Eroxil

120 g/30 Caps



SURO

Nature's Team Picks

HOST DEFENSE

LIONS MANE

HUST DETENSE

TLIRKEY TAIL

AQUA OMEGA

Family Size

GREAT LAKES WELLNESS Collagen Peptides



227-454 g



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

Assorted Varieties 715-870 g g



Omega 3 High quality Omega-3 supplements. Assorted Varieties 240 Soft Gels

ULTIMATE

ANTI-STRES

powder. 564-876 g

ALL ULTIMATE PRODUCTS

VEGA Organic All In One Shake Plant based protein

Assorted Varieties



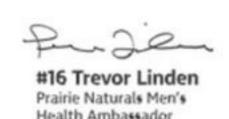




Trevor Linden...

like all proactive men, is taking his health more seriously.





20% **OFF**

Canada's #1 Men's Health Supplement Brand



















WHOLE BODY



Omega Alpha

Glucolizer

90 Caps

Love Your Skin Naturally

November Is

Diabetes

ANCIENT NUTRITION Bone Broth Collagen Protein

321-357 g



PRAIRIE NATURALS Vitamin D3

1000 IU

Duo Pack 2x180s



CLEF DES CHAMPS Drastix

Helps to prevent respiratory infections. 50 ml



SUN WARRIOR Classic Rice Protein or Warrior Blends

Power up your workout with our gluten free, plant-based, sprouted & fermented protein, perfect for pre or post workout fuel.

Assorted Varieties 375-750 ml



Balance Novition Softly Stool Track 1998 New Noots -11011 **New Roots Blood Sugar Balance**

Awareness Month

60s-120s

20% OFF



Nature's Emporium offers diabetic-friendly foods and supplements for healthy glucose

levels. Visit any location to consult with a holistic nutritionist.

Blood Sugar

Himalaya Glucocare

90s-180s

15% OFF

REDMOND EARTHPASTE Toothpaste

Experience the refreshing difference of all natural toothpaste with xylitol, hydrated clay, & nano silver. 113 g



NATURE'S EMPORIUM Epsom Salt

1 Kg



Propolis Throat Sprays

BEEKEEPER'S NATURALS

Glucolize

Assorted Varieties 30 ml



THROAT SPRAN NAPORENTON POUR LA DOMES

STREET, SQUARE,

HEGAT SPEAK HATCHELITES TOWN LA GOMES

Street, or other Designation of the last o

100 ml

Hand Cream

Assorted Varieties

ANDALOU NATURALS



SOAPSTIX **PurMaple Hand**

& Body Wash Canadian maple syrup infused in its natural form to create the most invigorating & rejuvenating hand & body wash.

Assorted Varieties 500 ml



DR. HAUSCHKA **Facial Care** Naturally beautiful, effectively nurtured.

10-100 ml



LIQUID EARTH

290 ml



THAYERS Witch Hazel Toners Assorted Varieties

355 ml

THAVERS THAYERS FACIAL TONER WITCH HAZEL NOW HELD



OMEGA-3 INSPIRED by the POWER of NATURE



Nature's Way NutraSea hp Liquid & Softgels.

















Impressivly HIGH QUALITY and EFFECTIVE

BUY 1 GET I FREE



FULL BODY DAILY DETOX

- Daily supplement to help detoxify your body
- Foundational supplement can be taken daily and ongoing to help maintain a healthier body
- Helps to release toxins from the liver, kidneys, lungs, lymph, blood, intestines and skin

120 Veggie Capules | 2 Month Supply

BUY 1 GET 1 FREE



FAST ABSORB VITAMIN D3 -

- 1000 & 2500 IU
- Emulsified, no flavour
 Immune system support
- · Improved mental function
- · Bone & teeth health

30 ml | 1364 Drops / 1150 Drops

BUY 1 GET I FREE



HIGH ABSORBTION MAGNESIUM BISGLYCINATE COMPLEX

- Mood & mental health
- Quality sleep, bone mineral density, muscle contraction & relaxation
- Healthy heart, stabilize blood glucose levels, nerve & brain function

120 Veggie Capules | 4 Month Supply





HI POTENCY BAMBOO SILICA WITH BIOTIN

 Maximum potency Bamboo Silica with 10,000 mcg Biotin

\$24.99

- Strongest Silica available
- Great for hair, skin & nails
- No fillers & non GMO





GAN \$19.99

FAST ABSORB B12

- Source of vitamins, a factor in the maintenance of good health
- Helps in the normal function of the immune system
- Helps in energy metabolism in the body





\$22.99

ULTRA C +BIOFLAVONOIDS

with Quercetin (Buffered C)

- Ultra Vitamin C is buffered making it superior to most common vitamin C
- Easier on the stomach & high absorption
- Combined with Bioflavonoids & Quercetin boosting the effectiveness as an antioxidant
- Great for preventing colds & flu

120 Veggie Capsules | 4 Month Supply

90 Veggie Capules | 3 Month Supply

60 ml | 60 Doses

ALL OUR PRODUCTS ARE TRIPLE TESTED FOR THE HIGHEST QUALITY!

SCanPrev

Calm mind, clear thoughts

Magnesium Sleep + GABA & Melatonin

Promotes relaxation, resets circadian rhythm, and supports sleep.

Magnesium Bis-Glycinate 300 Ultra Gentle Liquid -Juicy Blueberry

Offers 300mg of highly absorbable magnesium with maximum gentleness.

Sleep-Restore Ashwagandha

Eases stress that contributes to sleeplessness.



Sleep-Reset Melatonin

Regulates the sleep cycle and prevents jet lag.



Mind-Pro Formula

SAVE

20%

Enhances memory and cognitive function and protects against neuron damage.









Magnesium Threonate

Aids in energy metabolism, tissue formation, and muscle function.



Adrenal Chill

Supports nervous system, reduces stress, and promotes relaxation without drowsiness.



Meno-Prev + Mood & Memory

Relieves common menopausal complaints and supports mood, memory and libido.



TORONTO & OAKVILLE

NEWMARKET I MAPLE I WOODBRIDGE I BURLINGTON







Proudly Local & Family Run SINCE 1993!



@NaturesCanada

For Flash Sales & More!







