

Your Wellness, Rewarded

Stock up on your favourites or
try something different and
get rewarded!

Get **500 PTS**
when you
spend \$25 or
more on the
products on
this page

BUY
MORE
SAVE
MORE

That's like
\$5
toward your
groceries

\$4.50
each when you
buy 2 or more

SILK Beverages
1.75-1.89 L
selected varieties
5.99 ea

5.99

SILK Protein
Unsweetened Milk
1.75 L

Plant-based
yogurt
alternatives
available in a
variety of
flavours and
dairy-free
alternatives

5.99

SILK Yogurt 500-650 g



5.99

RIVIERA Kéfir 946 mL or
Yogurt 500 g

Organic,
gluten free &
just 5 g or less
of sugar per
serving

6.49

CHOCXO Chocolate Cups
98-100 g



5.49

IMAGINE Chicken
Bone Broth 946 mL
or TERRA Chips
141-170 g

Hydration Heroes



11.99

BLUME
SuperBelly
Hydration Powder
7 pk selected



2.99

CWENCH Hydration Ready
To Drink 500 mL

15% off

CWENCH Electrolyte Powders
315 g or 10 pk

Prices & offers in effect Thursday, January 1-Wednesday, February 11, 2026.

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Nourish more, spend less

Nourish your body and wallet with great value on everyday wellness



2⁹⁹ **100 PTS**
when you buy 2
MADEGOOD
Bars, Minis or Rice
Crisps 120-150 g



100 PTS
when you buy 4
2/\$5
MID-DAY
SQUARES
33 g

Made with no
artificial
flavours or
synthetic
colours while
still maintaining
a great creamy,
cheesy flavour.

2/\$5



ANNIE'S Macaroni
& Cheese 149-170 g
(excludes Gluten Free,
Vegan or Super! Mac)



Plant-based,
ultra-melty cheese
alternatives
that pack
great flavour



200 PTS
when you buy 2
Starting at
9⁴⁹ CAULIPOWER
Gluten Free
Pizza
310-340 g



4⁹⁹ DAIYA Plant-Based Cheese
Shreds or Blocks 200 g.
Slices 220 g or Cream
Cheese 227 g



4⁴⁹ QUE PASA
Tortilla Chips 300-350 g



5⁷⁹ QUE PASA
Rolled Chips
184 g



2/\$5 BLUE DIAMOND
Almond Breeze
UHT 946 mL

Lactose, soy
& gluten free
beverage.
Great for
drinking,
baking or
any other
everyday
needs!



14⁹⁹ MAPLE LEAF
Mighty Protein
Meat Sticks
8 pk or Singles
32 g 1.99



10⁹⁹ NATURE'S PATH Eco Pac
Products assorted 650-907 g



100 PTS
when you buy 1
STARTING AT
6⁹⁹ EVIVE Smoothie
Cubes 405-450 g
or Bites 144 g

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Protein pancakes in whey & plant-based varieties. Low in sugar, high in fibre, great taste.

100 PTS when you buy 2

8⁹⁹

FLOURISH Pancake Mix 430 g

Your Routine, Refreshed!

Get back to routine with these feel-good essentials

15% off

R.W. KNUDSEN Juice 946 mL

4⁹⁹

JORDANS Cereals 325-400 g

50 PTS when you buy 1

5⁴⁹

YOGI Tea 16 pk

6⁹⁹

MANITOBA HARVEST Hemp Seeds 227 g

14⁹⁹

CRANK Coffee 340 g

6⁹⁹

LITTLE NORTHERN BAKEHOUSE Bread 454-567 g, Buns 260-320 g, Bagels 400 g or Pizza Crust 300-420 g

GLUTEN FREE

Organically made with your personal well-being in mind.

Simple snacks that taste great!

3⁹⁹

GTS Organic Kombucha 480 mL

2/\$6

HARVEST SNAPS or SNAPPEA Crunchions 71-93 g or POPPI Soda 355 mL

5g or less of sugar and 35 calories or less per can

7⁹⁹

VALLEY POP Popcorn 440 g

7⁹⁹

RISE Organic Kombucha 1 L

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Effortless enjoyment

Easy & convenient wellness eats and snack solutions

NEW
STARTING AT
4⁹⁹

LIVIVA Gluten Free
Pasta 120-400 g
selected varieties



Pretzels
featuring
protein and simple
ingredients for a
convenient snack
you can feel good
about

2/\$9

LENNY & LARRY'S
Protein Fitzels 85 g



**Good
food,
no fuss!**

5⁹⁹

CHICKAPEA
One Pot Pasta Meal
198 g



STARTING AT
4⁴⁹

AMY'S KITCHEN
Burritos 170 g



Made with
no additives
and is
vegan
and soy,
gluten &
wheat
free

7⁴⁹

NAKED & SAUCY
Organic and
Gluten Free
Sauces
296 mL



compliments

Handpicked products to match your lifestyle

100 PTS
when you buy 1

4⁹⁹

COMPLIMENTS
Coconut Water 1 L



200 PTS
when you buy 1

COMPLIMENTS
ORGANIC Frozen
Vegetables 500 g



150 PTS
when you buy 1

COMPLIMENTS ORGANIC
Butter 250 g



200 PTS
when you buy 1

COMPLIMENTS
Quick Oats 1 kg



150 PTS
when you buy 1

COMPLIMENTS ORGANIC
100% Pure Amber Maple
Syrup 1 L



9⁹⁹

COMPLIMENTS
ORGANIC
100% Cranberry Juice
1.36 L

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20% off

CLIF Energy Bars mini 5x68 g or Builders Protein Bars 56-68 g



9.99

NUUN Electrolytes Tablets 10-12 pk



2/\$6

TRUBAR Protein Bars 50 g



100 PTS when you buy 2

2/\$5

SIMPLY PROTEIN Bars 40 g



2/\$9

QUEST Protein Bars or Chips 32-60 g

Nourish to Flourish

Nourishment for your active lifestyle

150 PTS when you buy 2

2/\$6

LOVE GOOD FATS Protein Bars 39 g



1.99

LÄRABAR Energy Bars 45-48 g



3.99

BAREBELLS Protein Bars 55 g

Protein that works as hard as you do!



NEW

29.99

GOODPROTEIN All-in-One Shake 440 g selected



300 PTS when you buy 1

43.99

KAIZEN NATURALS Protein Powders 840 g



15% off

LEANFIT Creatine 300 g or Protein Powder 715-832 g



49.99

VEGA All-in-One Nutrition 827-874 g

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100 PTS
when you buy 1

15% off

ORGANIKA Electrolytes
210 g or 20-21 pk
selected



200 PTS
when you buy 2

20% off

JAMIESON Vitamins B, C, D, Melatonin,
Magnesium Gummies or Multis selected varieties
and sizes



Multivitamins
specially
formulated
for both men
and women

200 PTS
when you buy 1

16⁹⁹

ONE A DAY
Multivitamin
Gummies
120-130 pk
selected



150 PTS
when you buy 1

15% off

NATURE'S WAY NutraVege or NutraSea
Supplements 200-500 mL selected
(Liquids only)

Your Daily Dose of Wellness

Staples for your everyday wellness needs



34⁹⁹

EHP LABS OxyShred Pre-Workout
Powder 151-175 g selected

Transform your
water into a
vitamin-packed
beverage to
support your
immune system



100 PTS
when you buy 1

15% off

EMERGEN-C Vitamin Drink Mix
or Crystals 18-32 pk selected

20% off

WEBBER NATURALS
Melatonin, Magnesium or
Omega Supplements
selected varieties and sizes



100 PTS
when you buy 1

18⁹⁹

CENTRUM Multivitamin
Tablets 90-160 pk selected

Gentle care for your home!

A wide range of
hard-working products
made with responsibly
sourced ingredients
in scents inspired by
the garden

300 PTS
when you buy 2

6⁹⁹

MRS. MEYER'S CLEAN DAY
Surface Cleaners, Hand Soaps
or Dish Soaps

12⁹⁹

ECO-MAX Laundry or Fabric
Softener 3 L

18⁹⁹

METHOD Laundry
Detergent 1.58 L

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