



SIGN UP
SCAN THIS CODE,
VISIT OUR WEBSITE &
SUBSCRIBE TO RECEIVE
SPECIALS BY EMAIL.

Ambrosia NATURAL FOODS

Canadian Family Owned & Operated Since 1979



DECEMBER SUPER SPECIALS



VISIT WWW.AMBROSIA.CA
TO SHOP ONLINE & GET IT
DELIVERED TO YOUR DOOR!

EVERY-DAY LOW PRICED HEALTH FOODS | CERTIFIED ORGANIC PRODUCE | ALL NATURAL HEALTH & BEAUTY
VITAMINS & SUPPLEMENTS | NATURAL & ORGANIC GROCERIES | QUALITY BULK FOODS | HEALTHY EATING



SAVE
\$1.92/lb.

7.77
/lb.

**BULK SALTED OR UNSALTED
DELUXE MIXED NUTS**



SAVE
UP TO \$1.70/lb.

9.99
/lb.

**BULK DARK OR MILK
CHOCOLATE-COVERED
ALMONDS**



SAVE
\$1.00

2.99
ea

**EARTH'S OWN PLANT-
BASED OAT BEVERAGE**
Select Varieties



SAVE
\$2.35

4.44
ea

**EARTH'S OWN PLANT-
BASED BARISTA BEVERAGE**
Select Varieties



SAVE
55¢

4.44
ea

**GREEN & BLACK'S
ORGANIC CHOCOLATE
BAR 90g**



SAVE
\$1.50

4.99
ea

**SUNNY FRUIT ORGANIC DRIED
FRUIT** Select Varieties



SAVE
\$1.20

3.99
ea

STASH TEA Select Varieties



SAVE
UP TO \$2.80

6.99
ea

**RAWCOLOGY ORGANIC
GRAIN-FREE GRANOLA 200g**



SAVE
72¢

6.77
ea

L'ANCETRE ORGANIC BUTTER 250g



SAVE
UP TO \$2.38

11.11
ea

**L'ANCETRE ORGANIC
CHEDDAR CHEESE**
Select Varieties



SAVE
\$2.66

13.33
ea

**CANADIAN HERITAGE
ORGANIC MAPLE SYRUP**
500ml



SAVE
\$5.08

11.11
ea

**GNA NATURALS HIGH
POTENCY VITAMIN D3
2500IU 30ml**



SAVE
\$3.61

8.88
ea

**AURA CACIA ORGANIC
SHEA BUTTER 92g**



SAVE
\$4.45

14.44
ea

**AURA CACIA ORGANIC
JOJOBA SKIN CARE OIL
118ml**



SAVE
\$4.17

12.22
ea

NATURAL FACTORS B12 1000mcg
210 Sub Tabs



SAVE
\$5.46

13.33
ea

NOW OMEGA-3 - 1000mg
200 Soft Gels



SAVE
\$8.00

24.99
ea

ECOIDEAS - CAMU C 120 Veg Caps



20%
OFF

AOR ORTHOSIL 30 Veg Caps

FOLLOW US



LOCAL DELIVERY
AVAILABLE THROUGH:



NEWMARKET

17555 Yonge Street
newmarket@ambrosia.ca
+1 (289) 903-1755

THORNHILL

55 Doncaster Avenue
thornhill@ambrosia.ca
+1 (905) 881-7811

VAUGHAN

57 Northview Blvd.
vaughan@ambrosia.ca
+1 (905) 264-2510

TORONTO

1725 Avenue Road
avenue@ambrosia.ca
+1 (647) 748-1725

STORE HOURS

Mon-Fri: 9:00am - 9:00pm
Saturday: 9:00am - 6:00pm
Sunday: 10:00am - 6:00pm

PRICES VALID FROM DECEMBER 1-31, 2025 AND ONLY WHILE QUANTITIES LAST. SOME PRICES MAY BE AVAILABLE ONLY IN-STORE. PICTURES MAY NOT BE EXACTLY AS SHOWN (WE RESERVE ALL RIGHTS AND LIMIT QUANTITIES)

NEW LOCATION IN LESLIEVILLE OPENING SOON!



POWERFUL ANTIOXIDANT

- Immune system support
- Reduce inflammation
- Relieves allergy symptoms
- Reduces blood pressure
- Supports brain health



Breathe Easy!

- Supports respiratory health
- Prevents LDL (bad cholesterol) oxidation to help support cardio health
- Supports detoxification
- Supports glutathione production (an important antioxidant)



PUMP IT UP WITH NITRIC OXIDE

- Helps with erectile function.
- Decreases muscle soreness.
- Lowers blood pressure.
- Boosts exercise performance.

VEGAN COLLAGEN BOOSTER!

Discover Europe's #1 supplement for healthy hair, smoother skin & stronger nails

Accept NO artificial imitations - insist on the 100% PURE **World Famous Original!**



PROBIOTICS

Healthy Bacteria for Life

- Supports digestive health
- Fights irritable bowel syndrome
- Aids in weight management
- Supports the immune system
- Added L-Glutamine to remedy leaky gut



CREATING healthier life

Liposomal Vitamin C is a potent water-soluble antioxidant, and even in small amounts can protect us from damage by free radicals. It is vital to immune function and is an essential co-factor in many enzymatic reactions in the body. It is truly our most universal antioxidant

- Powerful antioxidant
- Prevents cold & flu
- Immune booster
- High absorption
- Collagen booster





promote relaxation & ease nervous tension.

GABA Extra Strength



SAVE UP TO \$1.90

3.99 ea

PACIFIC ORGANIC BROTH
Select Varieties



SAVE \$1.40

4.99 ea

PACIFIC ORGANIC SOUP
Select Varieties



SAVE UP TO \$1.25

4.44 ea

QUE PASA ORGANIC TORTILLA CHIPS
Select Varieties



SAVE 44¢

5.55 ea

QUE PASA ORGANIC SALSA 420ml



SAVE \$2.38

11.11 ea

AMY'S PIZZA GMO-Free.
Assorted Varieties



SAVE \$5.00

9.99 ea

BOB'S RED MILL GLUTEN-FREE 1 TO 1 BAKING FLOUR 1.24kg



SAVE \$4.77

12.22 ea

BOB'S RED MILL ALMOND FLOUR 453g



SAVE \$4.44

15.55 ea

ORGANIC TRADITIONS DARK CHOCOLATE HAZELNUTS 227g



SAVE \$5.22

17.77 ea

ORGANIC TRADITIONS DARK CHOCOLATE ALMONDS 227g



SAVE \$15.19

15.55 ea

HIMALAYA BITTER MELON 60 Caplets



SAVE \$6.00

18.99 ea

HIMALAYA HOLY BASIL 60 Veg Caps



SAVE \$7.24

15.55 ea

ALPHA OMEGA LIVER OR LUNG FLUSH 500ml



SAVE \$8.90

23.39 ea

ALPHA OMEGA RESPRIT 500ml



SAVE \$3.74

15.55 ea

NEW ROOTS ULTRA ZINC - 50mg 90 Veg Caps



SAVE \$7.50

32.99 ea

NEW ROOTS NEW ZEALAND BEEF BONE BROTH PROTEIN 300g



SAVE \$5.44

25.55 ea

MAD HIPPIE ANTIOXIDANT FACIAL OIL 30ml



SAVE \$5.96

33.33 ea

MAD HIPPIE VITAMIN C SERUM 30ml



15% OFF

SALUS KINDERVITAL 500ml



15% OFF

SALUS FLORAVIT OR FLORADIX FORMULA 500ml



alter eco

LUXURY TASTE. SUSTAINABLY CRAFTED. HOLIDAY MAGIC.



Fungi with a full spectrum of benefits.



Immune
balance



Antioxidant
power

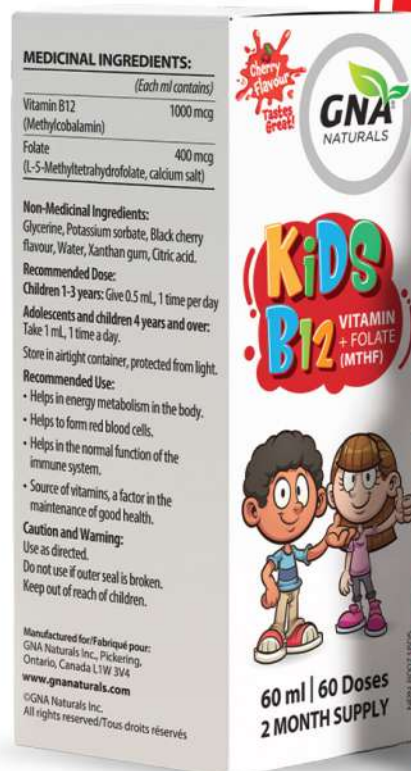


Brain
boost



New!

**Cherry
Flavour**



- Supports Healthy Brain Development.
- Helps Balance Mood and Behavior.
- Supports Focus and Learning.



OUR HOLIDAY SAVINGS

MERRY DELIGHTS. JOYOUS DEALS.



SMART SWEETS LOW-SUGAR HOLIDAY CANDY 50g **3³³** ea



EARTH'S OWN OAT NOG 946ml **3³³** ea



SHASHA GINGERBREAD COOKIES OR MINT CHOCOLATE SNAPS 250g **4⁴⁴** ea



DANDIES VEGAN PEPPERMINT MARSHMALLOWS 142g **4⁴⁴** ea



STASH HOLIDAY TEA Assorted Varieties **5⁵⁵** ea



SWEETS FROM THE EARTH HOT COCOA MIX 300g **6⁹⁹** ea



CHOCOSOL HOLIDAY DARK CHOCOLATE BAR Two Varieties **7⁷⁷** ea



AMBROSIA BODY LOTION GIFT SET 1 Set **10⁹⁹** ea



ORGANIC TRADITIONS INSTANT HOLIDAY LATTES Two Varieties **11⁹⁹** ea



GARDEIN MEAT-FREE STUFFED TURKEY 454g **13³³** ea



YUM EARTH HOLIDAY MINI CANDY CANE BOX 1 Box **14⁴⁴** ea



AMBROSIA HOLIDAY GIFT CARD LOAD ANY AMOUNT!

WE CARRY HUNDREDS OF ITEMS THAT ARE PERFECT FOR YOUR HOLIDAYS

EVERY-DAY LOW PRICED HEALTH FOODS | CERTIFIED ORGANIC PRODUCE | ALL NATURAL HEALTH & BEAUTY VITAMINS & SUPPLEMENTS | NATURAL & ORGANIC GROCERIES | QUALITY BULK FOODS | HEALTHY EATING



MERRY DELIGHTS. JOYOUS DEALS.



**CHOCXO ORGANIC CHOCOLATE
PEPPERMINT CUPS** 98g **5⁵⁵** ea



**DUTCHMAN'S GOLD HONEY
WITH HOLIDAY SPICE** 330g **6⁹⁹** ea



**CALIFIA FARMS PEPPERMINT
MOCHA COLD BREW COFFEE** 1.4L **8⁸⁸** ea



**NO WHEY! WHITE CHOCOLATEY
PRETZELS** 80g **8⁸⁸** ea



**GALERIE AU CHOCOLAT
CHOCOLATE DRIZZLED
CARAMEL POPCORN** 150g **8⁸⁸** ea



**GALERIE AU CHOCOLAT
HOLIDAY STAR ORNAMENT** 100g **9⁶⁹** ea



**HONEY'S PLANT-BASED
CANDY CANE & CHOCOLATE
ICE CREAM** 473ml **12²²** ea



**SUNCOAT CHRISTMAS MINI MANI
KIT** 1 Kit **15⁵⁵** ea



SCENTIALS BODY CARE DUO 1 Kit **15⁵⁵** ea



WELEDA SKIN FOOD BODY GLOW DUO 1 Kit **23³³** ea



MAD HIPPIE WINTERTIME ESSENTIALS 2025 1 Kit **27⁷⁷** ea

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