



**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](http://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](mailto:newmarket@ambrosia.ca)  
+1 (289) 903-1755

### THORNHILL

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

### VAUGHAN

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

### TORONTO

1725 Avenue Road  
[avenue@ambrosia.ca](mailto: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 \$4.40

**13.99** ea

**HIMALAYA BOSWELLIA**  
60 Veg Caps



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

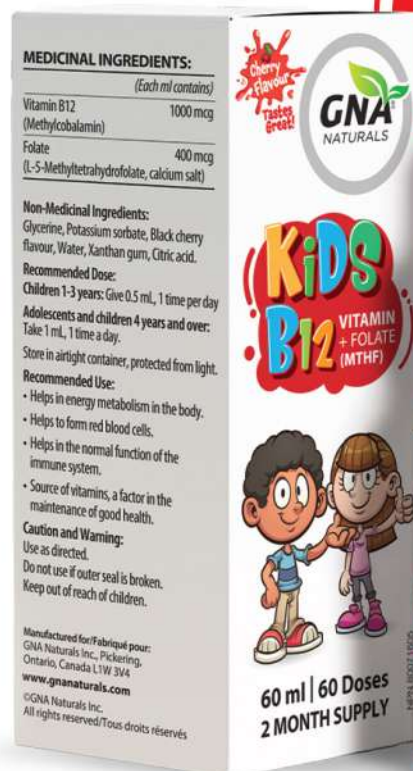


Brain  
boost



**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 **3<sup>33</sup>** ea



**EARTH'S OWN OAT NOG** 946ml **3<sup>33</sup>** ea



**SHASHA GINGERBREAD COOKIES OR MINT CHOCOLATE SNAPS** 250g **4<sup>44</sup>** ea



**DANDIES VEGAN PEPPERMINT MARSHMALLOWS** 142g **4<sup>44</sup>** ea



**STASH HOLIDAY TEA** Assorted Varieties **5<sup>55</sup>** ea



**SWEETS FROM THE EARTH HOT COCOA MIX** 300g **6<sup>99</sup>** ea



**CHOCOSOL HOLIDAY DARK CHOCOLATE BAR** Two Varieties **7<sup>77</sup>** ea



**AMBROSIA BODY LOTION GIFT SET** 1 Set **10<sup>99</sup>** ea



**ORGANIC TRADITIONS INSTANT HOLIDAY LATTES** Two Varieties **11<sup>99</sup>** ea



**GARDEIN MEAT-FREE STUFFED TURKEY** 454g **13<sup>33</sup>** ea



**YUM EARTH HOLIDAY MINI CANDY CANE BOX** 1 Box **14<sup>44</sup>** 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



# OUR HOLIDAY SAVINGS

MERRY DELIGHTS. JOYOUS DEALS.



**5<sup>55</sup>** ea  
**CHOCXO ORGANIC CHOCOLATE PEPPERMINT CUPS** 98g



**6<sup>99</sup>** ea  
**DUTCHMAN'S GOLD HONEY WITH HOLIDAY SPICE** 330g



**8<sup>88</sup>** ea  
**CALIFIA FARMS PEPPERMINT MOCHA COLD BREW COFFEE** 1.4L



**8<sup>88</sup>** ea  
**NO WHEY! WHITE CHOCOLATEY PRETZELS** 80g



**8<sup>88</sup>** ea  
**GALERIE AU CHOCOLAT CHOCOLATE DRIZZLED CARAMEL POPCORN** 150g



**9<sup>69</sup>** ea  
**GALERIE AU CHOCOLAT HOLIDAY STAR ORNAMENT** 100g



**12<sup>22</sup>** ea  
**HONEY'S PLANT-BASED CANDY CANE & CHOCOLATE ICE CREAM** 473ml



**15<sup>55</sup>** ea  
**SUNCOAT CHRISTMAS MINI MANI KIT** 1 Kit



**15<sup>55</sup>** ea  
**SCENTIALS BODY CARE DUO** 1 Kit



**23<sup>33</sup>** ea  
**WELEDA SKIN FOOD BODY GLOW DUO** 1 Kit



**27<sup>77</sup>** ea  
**MAD HIPPIE WINTERTIME ESSENTIALS 2025** 1 Kit

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