



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

# Ambrosia NATURAL FOODS

Canadian Family Owned & Operated Since 1979

HAPPY  
New Year

**JANUARY  
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  
70¢/lb.

**1.99**  
/lb

**BULK ORGANIC RED  
LENTILS** Product of Turkey



SAVE  
96¢/lb.

**3.33**  
/lb

**BULK ORGANIC  
THOMPSON RAISINS**  
Product of U.S.A.



SAVE  
47¢

**2.22**  
ea

**FLOW MINERAL SPRING  
WATER** 1L



SAVE  
UP TO \$2.36

**3.33**  
ea

**DAIYA CHEEZE SHREDS,  
SLICES, OR BLOCKS**  
Assorted Varieties



SAVE  
UP TO \$2.16

**3.33**  
ea

**DAIYA CHEEZE SPREADS OR  
CRUMBLES** Assorted Varieties



SAVE  
\$1.66

**3.33**  
ea

**LESSER EVIL ORGANIC POPCORN**  
Assorted Varieties



SAVE  
\$1.25

**4.44**  
ea

**LESSER EVIL ORGANIC SPACE  
BALLS** Assorted Varieties



SAVE  
\$1.90

**3.99**  
ea

**CHICKAPEA HIGH-PROTEIN  
ORGANIC PASTA** 227g



SAVE  
\$2.00

**4.99**  
ea

**CHICKAPEA ONE POT PASTA  
MEAL** 198g



SAVE  
\$1.25

**4.44**  
ea

**AMY'S ORGANIC SOUP** 398ml



SAVE  
\$2.00

**6.99**  
ea

**NUDEFRUIT FROZEN FRUIT**  
Select Varieties



SAVE  
\$1.50

**6.49**  
ea

**DESERT ESSENCE FLUORIDE-  
FREE TOOTHPASTE** 176g



SAVE  
\$7.20

**13.79**  
ea

**PRAIRIE NATURALS VITAMIN D3  
2500IU DUO PACK** 180+180 Soft Gels



SAVE  
\$5.74

**15.55**  
ea

**GNA NATURALS B12 PLUS FOLIC  
ACID** 60ml



SAVE  
\$9.00

**19.99**  
ea

**ALLIMAX - 180mg** 30 Caps



SAVE  
\$6.40

**19.99**  
ea

**NATURAL FACTORS EXTRA  
STRENGTH RXOMGEA-3** 150 Soft Gels



SAVE  
\$10.61

**28.88**  
ea

**BULLETPROOF BRAIN OCTANE  
C8 MCT OIL** 473ml

## 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 JANUARY 1-31, 2026 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

## Detoxify and Revitalize your liver with liquid Milk Thistle

- Detoxify your liver
- Improve mood
- Cholesterol support
- Chronic fatigue support

Also featuring the benefits of SEA BUCKTHORN BERRY



## Breathe Easy!

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

## 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



## MAGNESIUM

### The Spark of Life

- Improves short & long term memory
- Improves working memory
- Eases the response to stressful events
- Supports mental clarity, attention capacity & cognitive function during aging
- Alleviate stress due to anxiety

## The Natural Antibiotic

- Immune system support
- Heals wounds and skin conditions
- Water purification
- Anti-Inflammatory
- Sinus infection support
- Common cold and flu support
- Bronchitis and pneumonia support







**SMARTBITE ORGANIC CRISPBREAD** 75g

**2.22** ea

SAVE 57¢



**SIMPLY PROTEIN PLANT-BASED PROTEIN SHAKE** 330ml

**2.79** ea

SAVE \$1.00



**TEECCINO PREBIOTIC HERBAL TEA** 10 Bags

**7.77** ea

SAVE \$2.22



**FLOURISH PROTEIN PANCAKE & WAFFLE MIX** 430g

**8.88** ea

SAVE \$2.11



**BROYA ORGANIC BONE BROTH** 500ml

**9.99** ea

SAVE \$3.00



**ENER-C SUGAR-FREE DRINK MIX BOX** 30pk

**13.99** ea

SAVE \$2.00



**ALLFAT 100% GRASS-FED BEEF TALLOW** 200g

**14.99** ea

SAVE \$4.50



**ALLFAT REJUVE REVITALIZING TALLOW CREAM** 50ml

**24.99** ea

SAVE \$7.70



**SUKU KIDS OR TEENS MULTIVITAMINS** 60 Gummies

**15.99** ea

SAVE \$6.00



**BIO-STRATH FATIGUE STRESS ORIGINAL ELIXIR** 250ml

**17.77** ea

SAVE \$5.62



**TRUELY HIGH-PROTEIN CEREAL** 200g

**20% OFF**

# HEALTHY HABITS FOR THE NEW YEAR







# FEEL IT IN YOUR BONES.

**D<sub>3</sub>** and **K<sub>2</sub>** options that keep you moving.



## It's Soup Season!



### We have options for everyone at your table



@amyskitchen





FEEL IT IN  
YOUR BONES.

D<sub>3</sub> and K<sub>2</sub> options that  
keep you moving.



**SWEETS FROM THE EARTH SUGAR-FREE BLONDIES, BROWNIES, OR COOKIES** Select Varieties

SAVE  
\$1.40  
4.99



**SWEETS FROM THE EARTH VEGAN COOKIES** Select Varieties

SAVE  
\$1.74  
5.55



**LUNDBERG ORGANIC BROWN OR WHITE BASMATI RICE** 907g

SAVE  
\$1.30  
10.49



**NAVITAS ORGANIC TURMERIC POWDER** 227g

SAVE  
\$3.22  
7.77



**NAVITAS ORGANIC CACAO NIBS OR POWDER** 227g

SAVE  
UP TO \$4.00  
9.99



**NUTS TO YOU ORGANIC CASHEW BUTTER** 365g

SAVE  
\$2.91  
8.88



**NUTS TO YOU ORGANIC ALMOND HAZELNUT BUTTER** 365g

SAVE  
\$2.38  
11.11



**ATTITUDE 40-LOAD LAUNDRY DETERGENT** 2L

SAVE  
\$3.18  
11.11



**DUTCHMAN'S GOLD NON-PASTEURIZED HONEY** Select Varieties

SAVE  
UP TO \$3.25  
14.44



**THAYERS ALCOHOL-FREE FACIAL TONER** 355ml

SAVE  
\$3.50  
11.99



**A. VOGEL ECHINAFORCE SORE THROAT SPRAY** 30ml

SAVE  
\$3.78  
11.11



**A. VOGEL ECHINAFORCE JUNIOR** 90 Chew Tabs

SAVE  
\$3.86  
13.33



**NOW L-LYSINE EXTRA STRENGTH** 100 Tabs

SAVE  
\$3.00  
12.69



**NOW C1000 W/BIOFLAVONOIDS** 250 Caps

SAVE  
\$7.00  
29.99



**VEGA CREATINE MONOHYDRATE** 500g

SAVE  
\$13.30  
19.99



**VEGA PERFORMANCE PROTEIN + CREATINE POWDER** Two Varieties

SAVE  
\$17.72  
27.77



**CANPREV MAGNESIUM SLEEP** 120 Veg Caps

15% OFF

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 JANUARY 1-31, 2026 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!