



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
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



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**



3.33
ea

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

**SAVE
UP TO \$2.16**



3.33
ea

**DAIYA CHEEZE SPREADS OR
CRUMBLIES** Assorted Varieties



3.33
ea

LESSER EVIL ORGANIC POPCORN
Assorted Varieties

**SAVE
\$1.66**



4.44
ea

**LESSER EVIL ORGANIC SPACE
BALLS** Assorted Varieties

**SAVE
\$1.25**



3.99
ea

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



4.99
ea

**CHICKAPEA ONE POT PASTA
MEAL** 198g



4.44
ea

AMY'S ORGANIC SOUP 398ml

**SAVE
\$1.25**



6.99
ea

NUDEFUIT FROZEN FRUIT
Select Varieties

**SAVE
\$2.00**



6.49
ea

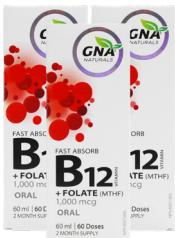
**DESERT ESSENCE FLUORIDE-
FREE TOOTHPASTE** 176g

**SAVE
\$1.50**



13.79
ea

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



15.55
ea

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

**SAVE
\$5.74**



19.99
ea

ALLIMAX - 180mg 30 Caps

**SAVE
\$9.00**



19.99
ea

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

**SAVE
\$6.40**



28.88
ea

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

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!



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)



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



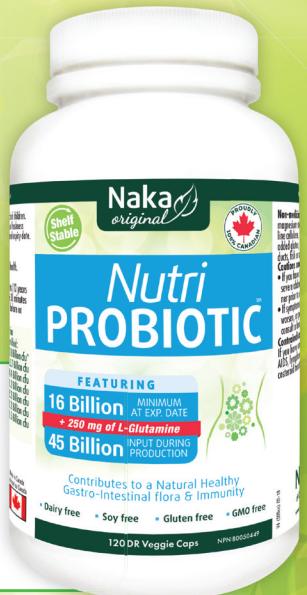
- Detoxify your liver
- Improve mood
- Cholesterol support
- Chronic fatigue support



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



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



 <p>SMARTBITE ORGANIC CRISPBREAD 75g</p> <p>2.22 ea</p>	 <p>SIMPLY PROTEIN PLANT-BASED PROTEIN SHAKE 330ml</p> <p>2.79 ea</p>	 <p>TEECCINO PREBIOTIC HERBAL TEA 10 Bags</p> <p>7.77 ea</p>	 <p>FLOURISH PROTEIN PANCAKE & WAFFLE MIX 430g</p> <p>8.88 ea</p>
 <p>BROYA ORGANIC BONE BROTH 500ml</p> <p>9.99 ea</p>	 <p>ENER-C SUGAR-FREE DRINK MIX BOX 30pk</p> <p>13.99 ea</p>	 <p>ALLFAT 100% GRASS-FED BEEF TALLOW 200g</p> <p>14.99 ea</p>	 <p>ALLFAT REJUVE REVITALIZING TALLOW CREAM 50ml</p> <p>24.99 ea</p>
 <p>SUKU KIDS OR TEENS MULTIVITAMINS 60 Gummies</p> <p>15.99 ea</p>	 <p>BIO-STRATH FATIGUE STRESS ORIGINAL ELIXIR 250ml</p> <p>17.77 ea</p>	 <p>TRUELY HIGH-PROTEIN CEREAL 200g</p> <p>20% OFF</p>	

HEALTHY HABITS FOR THE NEW YEAR



FEEL IT IN YOUR BONES.



D₃ and K₂ options that keep you moving.



Amy's

It's Soup Season!

We have options for everyone at your table

Gluten Free Vegan Plant Based Dairy Free Soy Free Tree Nut Free Corn Free Kosher Light in Sodium Reduced Sodium

@amyskitchen

FEEL IT IN YOUR BONES.

D₃ and K₂ options that
keep you moving.



4.99
ea
CANADA
SWEETS FROM THE EARTH SUGAR-
FREE BLONDIES, BROWNIES, OR
COOKIES Select Varieties



5.55
ea
CANADA
SWEETS FROM THE EARTH
VEGAN COOKIES Select Varieties



10.49
ea
CANADA
LUNBERG ORGANIC BROWN
OR WHITE BASMATI RICE 907g



7.77
ea
CANADA
NAVITAS ORGANIC TURMERIC
POWDER 227g



9.99
ea
CANADA
NAVITAS ORGANIC CACAO NIBS
OR POWDER 227g



8.88
ea
CANADA
NUTS TO YOU ORGANIC
CASHEW BUTTER 365g



11.11
ea
CANADA
NUTS TO YOU ORGANIC
ALMOND HAZELNUT BUTTER
365g



11.11
ea
CANADA
ATTITUDE 40-LOAD LAUNDRY
DETERGENT 2L



14.44
ea
CANADA
DUTCHMAN'S GOLD
NON-PASTEURIZED
HONEY Select Varieties



11.99
ea
CANADA
THAYERS ALCOHOL-FREE
FACIAL TONER 355ml



11.11
ea
CANADA
A. VOGEL ECHINAFORCE
SORE THROAT SPRAY 30ml



13.33
ea
CANADA
A. VOGEL ECHINAFORCE
JUNIOR 90 Chew Tabs



12.69
ea
CANADA
NOW L-LYSINE EXTRA
STRENGTH 100 Tabs



29.99
ea
CANADA
NOW C1000 W/BIOFLAVONOIDS
250 Caps



19.99
ea
CANADA
VEGA CREATINE MONOHYDRATE
500g



27.77
ea
CANADA
VEGA PERFORMANCE PROTEIN +
CREATINE POWDER Two Varieties



**15%
OFF**
CANADA
CANPREV MAGNESIUM SLEEP
120 Veg Caps

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