



**SIGN UP**  
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# Ambrosia NATURAL FOODS

Canadian Family Owned & Operated Since 1979



**MARCH  
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  
\$3<sup>12</sup>/lb

**7<sup>77</sup>**  
/lb

**BULK ORGANIC TURKISH  
FIGS** Product of Turkey



SAVE  
\$2<sup>40</sup>/lb

**9<sup>49</sup>**  
/lb

**BULK ORGANIC WHOLE  
RAW CASHEWS** Product of India



SAVE  
61¢

**1<sup>88</sup>**  
ea

**SIMPLY PROTEIN  
PLANT-BASED BARS** 40g



SAVE  
61¢

**1<sup>88</sup>**  
ea

**PUR SUGAR-FREE MINTS**  
30g



SAVE  
96¢

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

**PUR SUGAR-FREE JUMBO  
GUM** 81g



SAVE  
67¢

**2<sup>22</sup>**  
ea

**BLUE DIAMOND ALMOND  
BREEZE BEVERAGE** 341ml



SAVE  
91¢

**2<sup>88</sup>**  
ea

**RICEUP! POPPED BROWN  
RICE CHIPS** 120g



SAVE  
\$2<sup>16</sup>

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

**MADE GOOD ORGANIC  
CRUNCHY SQUARES** 150g



SAVE  
\$1<sup>36</sup>

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

**MADE GOOD ORGANIC  
GRANOLA BARS** 5x24g



SAVE  
\$1<sup>00</sup>

**3<sup>99</sup>**  
ea

**AMY'S GMO-FREE BURRITO**  
Select Varieties



SAVE  
UP TO \$1<sup>45</sup>

**4<sup>44</sup>**  
ea

**AMY'S GLUTEN-FREE  
BURRITO OR WRAP** 156g



SAVE  
\$1<sup>00</sup>

**2<sup>49</sup>**  
ea

**BIOITALIA ORGANIC  
DURUM WHEAT PASTA**  
500g



SAVE  
\$2<sup>90</sup>

**5<sup>99</sup>**  
ea

**BIOITALIA ORGANIC  
SAUCE** Select Varieties



SAVE  
\$1<sup>62</sup>

**7<sup>77</sup>**  
ea

**NUTS TO YOU ORGANIC  
PEANUT BUTTER** 750g



SAVE  
\$4<sup>58</sup>

**11<sup>11</sup>**  
ea

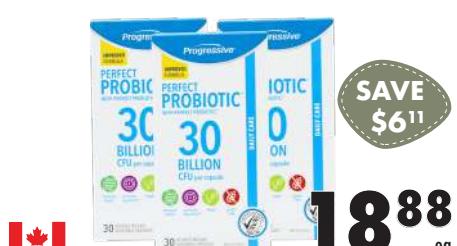
**ONEKA SHAMPOO OR  
CONDITIONER** 500ml



SAVE  
\$3<sup>72</sup>

**17<sup>77</sup>**  
ea

**KYOLIC EXTRA STRENGTH  
ONE-A-DAY** 60 Veg Tablets



SAVE  
\$6<sup>11</sup>

**18<sup>88</sup>**  
ea

**PROGRESSIVE PERFECT  
PROBIOTIC 30 BILLION** 30 Veg Caps



SAVE  
\$11<sup>14</sup>

**35<sup>55</sup>**  
ea

**WEDDERSPOON KFACTOR 16  
RAW MANUKA HONEY** 500g



**15%  
OFF**

**AOR BONE BASICS** 240 Caps

**FOLLOW US**



LOCAL DELIVERY  
AVAILABLE THROUGH:



**LESLIEVILLE**

1557 Queen Street East  
queen@ambrosia.ca  
+1 (416) 257-1557

**NOW OPEN!**

**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 MARCH 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)



# INTRODUCING

A Better way to sweeten.

[www.nowfoods.ca](http://www.nowfoods.ca)



# Support Through *Every Season.*

For Women, By Nature

Each formula is fermented with Symbio® to support greater absorption and bioavailability.



**Living Alchemy**<sup>®</sup>  
Fermented Supplements



# Targeted liver support.



**SAVE \$1.36**

**3.33** ea

**NATURE CLEAN DISH-WASHING LIQUID** 740ml

**SAVE 95¢**

**4.44** ea

**NATURE CLEAN FRUIT & VEGGIE SOAK CONCENTRATE** 740ml

**SAVE \$1.12**

**3.77** ea

**LA TORTILLA FACTORY GMO-FREE CORN & WHEAT TORTILLAS** 328g

**SAVE \$1.94**

**5.55** ea

**LA TORTILLA FACTORY KETO-FRIENDLY TORTILLAS** 320g

**SAVE \$1.80**

**5.99** ea

**SUNFLOWER KITCHEN ORGANIC SOUP** 700ml

**SAVE \$1.50**

**6.49** ea

**SUNFLOWER KITCHEN VEGETARIAN SOUP** 956ml

**SAVE \$2.92**

**7.77** ea

**ENJOY LIFE CHOCOLATE CHIPS, CHUNKS, OR MORSELS** 255g

**SAVE \$2.12**

**7.77** ea

**BRAGG ORGANIC RAW APPLE CIDER VINEGAR** 946ml

**SAVE \$1.74**

**5.55** ea

**HIMALAYA FLUORIDE-FREE TOOTHPASTE** Select Varieties

**SAVE \$6.45**

**14.44** ea

**NOW B50 COMPLEX** 100 Veg Caps

**SAVE \$5.25**

**14.44** ea

**NOW OMEGA-3 - 1000MG** 200 Soft Gels

**SAVE \$4.44**

**15.55** ea

**YOUTHEORY ZERO SUGAR PROBIOTIC GUMMIES** 60 Gummies

**SAVE \$6.07**

**22.22** ea

**YOUTHEORY HYALURONIC ACID** 60 Veg Caps

**SAVE \$4.02**

**17.77** ea

**NAKA CREATINE MONOHYDRATE - 5000mg** 400g

**SAVE \$5.00**

**20.99** ea

**NAKA COQ10 - 200MG + BIOPERINE** 60 Soft Gels

**SAVE \$7.70**

**29.99** ea

**NAKA ORGANIC BLACK SEED OIL - 2300mg** 300ml

**20% OFF**

**PLATINUM NATURALS SUPER EASYMULTI 45+ FOR MEN OR WOMEN** 60 Soft Gels

**20% OFF**

**PLATINUM NATURALS TOTAL VISION CARE** 60 Soft Gels

**ELEVATE YOUR KOMBUCHA**  
Raw, real & fully alive.



**rise**  
Canada's Favourite Kombucha



## SHINE ON TO A *New Horizon*

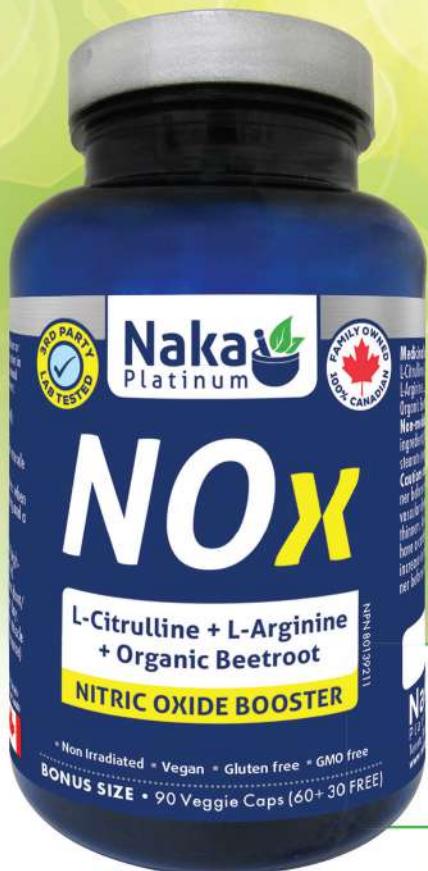
- Supports immune system function
- Support cardiovascular health
- Supports blood sugar balance
- Supports bone growth and density
- Supports healthy mood, mental clarity and productivity

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**



## PUMP IT UP WITH **NITRIC OXIDE**

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

## Support your **HEART HEALTH**

- Break down blood clots
- Arterial cleansing
- Relieve nasal inflammation
- Blood pressure & circulation support

