



NOVEMBER 1 - 30

november specials

A close-up photograph of two burgers on a black and white checkered surface. The burger in the foreground is a beef burger with a sesame seed bun, topped with a fried egg, a slice of tomato, a slice of beet, and a slice of onion. The burger in the background is a chicken burger with a plain bun, topped with a slice of tomato, a slice of onion, and a slice of lettuce.

burger month
made by you

bulk baking sale
byoc + save

digestive health

grocery



\$5⁹⁹
/EA
20% OFF

OM NOMS
Protein Curls
100g



\$11⁹⁹
/EA
SAVE \$3

ABOKICHI
Japanese Chili Oil
All Varieties | 230ml



\$6⁴⁹
/EA
SAVE \$1.50

SAN-J
Cooking Sauces
All Varieties | 296ml



\$3⁹⁹
/EA
20% OFF

EAT WHOLESOME
Bean Vermicelli
400g



\$14⁹⁹
/EA
SAVE \$3

MAISON ORPHEE
Organic Sesame Oil
500ml

stir fry night

33% OFF



2 for \$6

BIOITALIA
Organic Pasta
All Varieties | 500g



\$6⁹⁹
/EA
SAVE \$1.50

EVERLAND
Organic Pasta Sauce
All Varieties | 739ml



\$7⁹⁹
/EA
20% OFF

NONA
Plant-Based Italian Sauces
All Varieties | 300ml



\$20⁹⁹
/EA
SAVE \$5

BIOITALIA
Organic Extra Virgin Olive Oil
750ml



\$7⁴⁹
/EA
25% OFF

JOVIAL
Organic GF Egg Tagliatelle
255g

grocery



\$11⁹⁹
/EA
SAVE \$3.50

OLÉ
Non-Alcoholic
Cocktails
All Varieties | 4x355ml



\$12⁴⁹
/EA
SAVE \$2.50

FENTIMAN'S
Botanically
Brewed
Beverages
All Varieties | 4 Pack



\$10⁹⁹
/EA
SAVE \$4

SIMPLY COCKTAILS
Cocktail Mixers
All Varieties | 480ml

COOK THE COVER

aussie burger

ingredients

house-made beef burgers
yellow onions, sliced
lettuce leaves
tomatoes, sliced
sliced pickled beetroot
pineapple rings, grilled
slices cheese
eggs, fried
hamburger buns
bbq sauce or ketchup
bacon (optional)

method

Turn BBQ (or grill) to medium heat.
Place onions + burgers on the BBQ + cook.
Once onion has browned, take off grill.
Add pineapple, evenly cook both sides.
Add egg, fry one side then flip over to seal.
Add buns + lightly toast.
Assemble burger + enjoy.

grocery



\$6⁴⁹
/EA
SAVE \$1

CALIFIA
**Fresh Almond
Beverages**
All Varieties | 1.4L



\$7⁹⁹
/EA
30% OFF

SIMPLA
Coconut Yogurt
All Varieties | 450g



\$4⁹⁹
/EA
SAVE \$1

EARTH'S OWN
Oat Beverages
All Varieties | 1.75L



\$7⁴⁹
/EA
15% OFF

HAPPY PLANET
**Organic
Orange Juice**
1.75L



\$5⁴⁹
/EA
21% OFF

NATURE'S PATH
**Organic Instant
Oatmeal**
All Varieties | 8x50g



\$4⁹⁹
/EA
23% OFF

NATURE'S PATH
**Organic Frozen
Waffles**
All Varieties | 210g



\$27⁹⁹
/EA
SAVE \$6

EVERLAND
**Organic Maple
Syrup**
All Varieties | 1L



\$7⁹⁹
/EA
SAVE \$3

NUTS TO YOU
**Organic
Sunflower
Butter**
500g

granola bars

INGREDIENTS

- 1/3 cup Nuts to You Smooth Sunflower Butter
- 1/2 cup maple syrup
- 2 Tbsp ground flax seed
- 1 tsp vanilla extract
- 1/2 cup nuts, seeds and/or coconut
- 2 cups rolled oats
- 1/2 tsp salt
- 1/3 cup chocolate chips

METHOD

Pre-heat oven to 325°F. Line an 8"x8" square baking pan with parchment paper; set aside.

Place nut butter and maple syrup in a pot over medium heat. Stir until melted and combined. Add ground flax seed, vanilla extract, nuts/seeds/coconut, rolled oats and salt. Stir until well blended.

Transfer mixture to baking pan and press into an even layer. To help avoid sticking, dip your fingers in water.

Bake for 20 to 25 minutes, or until the edges are golden brown.

Allow to cool for 5 minutes, then slice into 8 even bars.

You can melt the optional chocolate chips in a double boiler and drizzle it over top of the granola bars using a spoon or a piping bag.

Store in an airtight container for up to 5 days.



grocery



\$7.99
/EA
SAVE \$2



REBEL FOODS
Gluten-Free Cookies + Bars
All Varieties | 255g-300g



28% OFF



2 for \$5

EVERLAND
Organic Canned Beans
All Varieties | 398ml

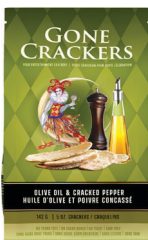


28% OFF

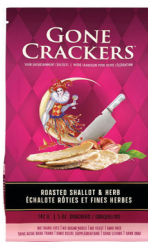


2 for \$5

THE OAT COMPANY
Energy Bars
All Varieties | 55g



\$5.99
/EA
SAVE \$2



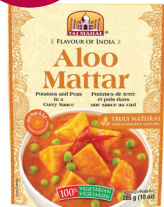
GONE CRACKERS
Gourmet Crackers
All Varieties | 142g



\$4.49
/EA
25% OFF

MATIZ
Wild Sardines in Olive Oil
All Varieties | 120g

22% OFF



2 for \$7

TAJ MAHAL
Indian Meals
All Varieties | 285g



\$4.49
/EA
25% OFF



ILIOS
Organic Broth
All Varieties | 946ml



\$8.49
/EA
SAVE \$2.50

DIVINA
Castelvetrano Olives
Whole | Pitted | 290ml



\$11.99
/EA
SAVE \$4

BRAGG
Liquid Soy Seasoning
946ml



2 for \$6



TRUBAR
Energy Bars
All Varieties | 50g



\$3.99
/EA
SAVE \$1.50



BIG MOUNTAIN
Fava Bean Tofu
Original | Smoked | 280g-340g



\$12.99
/EA
SAVE \$2

KNUDSEN
Black Cherry Juice
946ml



grocery



\$5.99
/EA
20% OFF

LOTUS FOODS
Organic Pad Thai Rice Noodles
All Varieties | 227g



\$5.49
/EA
SAVE \$1.50

MADE GOOD
Organic Cookies
All Varieties | 200g



\$19.99
/EA
SAVE \$5

MOONSHINE MAMA'S
Turmeric Elixirs
All Varieties | 500ml



\$5.99
/EA
25% OFF

PACIFIC
Organic Soup
All Varieties | 1L



\$7.99
/EA
20% OFF

PAMELA'S
Gluten-Free Fig Bars
255g



\$9.99
/EA
SAVE \$3

PATIENCE FRUIT CO
Organic Cranberry Juice
946ml



\$6.99
/EA
22% OFF

PRANA
Organic Chia Seeds
White | Black |
200g-300g



\$4.99
/EA
23% OFF

RAINCOAST GLOBAL
Yellowfin Tuna
Salted | Unsalted | 117g



\$8.99
/EA
SAVE \$2

MILLSIE
Cashew Almond Cheese
All Varieties | 200g



\$5.99
/EA
23% OFF

YOGI
Organic Tea
All Varieties | 16 bags



2 for \$7

GOODVIBES
Wellness Shots
All Varieties | 50ml



\$11.99
/EA
SAVE \$3

PASTA TAVOLA
Ravioli
Original | Plant-Based |
400g

grocery



\$11⁹⁹ /EA
SAVE \$3

BUBBIES
Kosher Dill Pickles
1L



\$14⁹⁹ /EA
SAVE \$3

CHA'S ORGANICS
Organic Virgin Coconut Oil
500ml



\$3⁴⁹ /EA
30% OFF

CHIMES
Coconut Toffee
Spiced Chai | Salted Caramel | 100g



\$5⁴⁹ /EA
SAVE \$1

DAIYA
Dairy-Free Shreds
All Varieties | 200g



\$9⁹⁹ /EA
SAVE \$3

ECO-MAX
Laundry Strips
Fragrance-Free | Lavender | 32ct



2 for \$8

GOBIO
Organic Bouillon Cubes
All Varieties | 66g



\$10⁹⁹ /EA
SAVE \$3

KARTHEIM'S
Organic Sauerkraut
All Varieties | 750ml



2 for \$4

KIND
Nut Bars
All Varieties | 40g



\$6⁴⁹ /EA
19% OFF

GALERIE AU CHOCOLAT
Chocolate Bars
All Varieties | 100g



\$5⁹⁹ /EA
20% OFF

KOZLIK'S
Canadian Mustard
All Varieties | 250ml



2 for \$8

POPTASTIC
Popcorn
All Varieties | 130g



2 for \$7

HARDBITE
Potato Chips
All Varieties | 150g

BAKING SALE

FIND MORE DEALS
IN STORE!



\$6⁹⁹
/EA

SAVE \$1.50

L'ANCÊTRE
Organic Butter
Salted | Unsalted |
250g



\$9⁹⁹
/EA
SAVE \$3

ANITA'S
Organic Gluten-Free Oat Flour
900g



\$10⁹⁹
/EA

SAVE \$3

ANITA'S
Organic Gluten-Free Rolled Oats
900g



\$22⁹⁹
/EA

SAVE \$5

PAMELA'S
Gluten-Free Artisan Flour Blend
1.81kg



\$9⁹⁹
/EA

SAVE \$2

ENJOY LIFE
Allergen-Free Chocolate Chips
All Varieties | 255g



\$26⁹⁹
/EA
SAVE \$8

SIMPLY ORGANIC
Organic Vanilla Extract
118ml



\$7⁴⁹
/EA

SAVE \$1.50

DANDIES
Vegan Mini Marshmallows
Original | Vanilla | 283g



\$5⁴⁹
/EA

SAVE \$1.50

PURE FOODS
Naturally-Coloured Sanding Sugar
All Varieties | 142g

save big on bulk baking

SAVE 20% on bulk baking products!

Bring your own container for an
ADDITIONAL 10% OFF!



1



Tare Your Container.

2



Label with your product's bulk bin number.

3



Fill Your Container.

4



Check out + Enjoy!

HOW TO **BYOC**

Bulk shopping is better when you bring your own container — just bring clean, food-safe containers like jars, cloth or mesh bags, or silicone pouches, and fill up on your favourite bulk items. It's an easy way to reduce waste, save money, and keep single-use packaging out of the landfill.

butcher shop



\$26³¹ /KG

20% OFF

ROSSDOWN
Ground Turkey



\$26⁹¹ /KG

10% OFF

CUTTER RANCH
**Pork
Tenderloins**



\$49⁴⁹ /KG

10% OFF

INTERCITY PACKERS
**Wild Shrimp
Meat**

COOK THE COVER turkey burger

ingredients

- 1lb lean ground turkey
- ¼ cup red onion, finely diced
- ¼ cup cilantro, diced
- 1 Tbsp honey
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- ½ tsp garlic powder
- ¼ tsp cayenne pepper
- ½ tsp salt
- ground black pepper
- 4 burger buns, toasted
- green leaf lettuce
- red onion, sliced
- tomato, sliced
- house-made Macedonian whipped feta spread

method

Preheat grill to about 400 degrees. Brush grates with olive oil to prevent sticking. Make turkey patties by adding ground turkey, red onion, cilantro, honey, cumin, turmeric, cinnamon, garlic powder, cayenne pepper and salt + pepper to large bowl. Mix with hands until evenly combined and divide into 4 equal portions to shape into 1/3 inch patties. Grill for 6-8 minutes per side or until burgers are cooked through. To serve burgers, top with Macedonian feta spread, and assemble red onion and lettuce. Serve immediately + enjoy!

cheese + tapas



20% OFF

LA QUESERIA
Manchego
6 month aged |
12 month aged



\$6³⁹ /EA
20% OFF

TRE STELLE
Paneer
300g



\$31⁹⁰ /KG
20% OFF

CASTELLO
Traditional Blue



\$6³⁹ /EA
20% OFF

TRE STELLE
Ricotta
475g
BUY 2 + SAVE 30%



\$27⁹⁰ /KG
20% OFF

DIVINA
Greek Olive Mix
Bulk



25% OFF

VELDHUYZEN
Gouda
Aged | Medium | Mild



BUY 2 GET
20% OFF

DIVINA
Spreads + Jams
All Varieties

**MADE
HERE**

**ARTICHOKE
+ ASIAGO
SPREAD**

**NOW AVAILABLE AT
THE DELI COUNTER**

**MADE IN-HOUSE.
GREAT AS A SPREAD,
DIP + ON A BURGER!**



wellness



28% OFF

All Products

ACURE Natural Face + Body Care

The perfect combination of super nutrients for powerful products that take skin + hair from blah to brilliant.



23% OFF

All Products

DR. HAUSCHKA Face Care

Formulated with the finest plant oils and essences derived from plants grown biodynamically, organically, or responsibly harvested in the wild.



30% OFF

Floss | Toothpaste | Mouthwash



DESERT ESSENCE Oral Care



\$4.99 /EA

38% OFF

All Varieties | 140g



DR. BRONNER'S Pure Castile Bar Soap

Made with hemp oil for a soft, smooth lather that won't dry your skin.



25% OFF

All Products



BIRCH BABE Face Care

Natural skincare products made with premium, toxin-free, ethically-sourced ingredients.



\$16.99 /EA

23% OFF

All Varieties | 135ml
Shampoo + Conditioner
also on sale

HERBATINT Hair Colour

Minimal chemical ingredients, balanced with natural herbal extracts.



\$15.99 /EA

27% OFF

240ml
Mouthwash also on sale

HERITAGE STORE Rose Floral Water

Combined with vortexed + magnetized water, provides hydration, sets makeup and refreshes!



\$9.99 /EA

44% OFF

237ml
946ml also on sale



HERITAGE STORE Castor Oil

Cold-pressed, hexane-free oil that's beneficial for skin, hair, and wellness.



32% OFF

All Products



MALTE Hair + Body Care

Sustainable body care made from upcycled spent grain. Soothing for the skin and scalp.



30% OFF

All Products



MINERAL FUSION Makeup + Nail Polish



25% OFF

All Varieties
Lip Balms also on sale



MOUNTAIN SKY Shampoo + Conditioner Bars

Kiss your bottle of shampoo good-bye.

wellness



\$13⁹⁹ /EA
26% OFF

30ml



NEWCO

Organic Tea Tree Essential Oil

Supports wound healing + fights infections.



\$16⁹⁹ /EA
23% OFF



OM NATURE

Creams, Lotions + Oil

Sustainably packaged, beautifully handcrafted products made using organic, regeneratively-farmed ingredients grown on The Omstead family farm in Armstrong, BC.



25% OFF

All Products |
Cotton rounds + swabs
also on sale



ORGANIC

Menstrual Care Products



23% OFF

All Products



PURE POTENT WOW

Essential Oils

Organic, wildcrafted, and sustainably sourced essential oils.



\$18⁹⁹ /EA
24% OFF

All Varieties |
887ml

SEAWEED BATH CO.

Lotion + 3-in-1 Wash



16% OFF

Filters also on sale



SANTEVIA

Glass Counter Top Water System + Mina Slim Water Pitcher

This multi-layered system not only filters out harmful constituents but also mimics the natural process of mineralization to create perfectly balanced alkaline water.



27% OFF

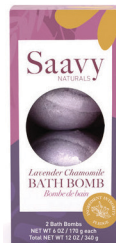
All Products



ROUTINE

Luxurious Body Care

Routine offers beautiful, natural personal care products that feel and smell incredible, complimenting your pheromones without compromise!



25% OFF

Body Wash | Cream | Scrubs |
Handsoap | Bathbombs |
Hair Gel | Candles
Baby body care also on sale

SAAVY

Body Care

\$6⁴⁹ /EA
28% OFF

Peppermint | 85ml
Kids Toothpaste
also on sale



TOM'S OF MAINE

Whole Care Toothpaste

Flouride toothpaste free from artificial flavours, colours + preservatives.



\$17⁹⁹ /EA
25% OFF

50ml

A. VOGEL

Passion Flower

Helps treat nervousness, insomnia and restlessness.



\$21⁹⁹ /EA
35% OFF

30t



A. VOGEL

California Poppy



21% OFF

Ortho Sleep |
Thyro Support |
Ortho Adapt



AOR

Stress Support Products

Clinically proven formulas to help you manage stress more effectively by nourishing your adrenals and/or Thyroid, supporting regenerative sleep and reducing the negative effects of excess cortisol that can lead to anxiety and restlessness.



A. VOGEL

Immune Support Products

Made with fresh echinacea extract providing immune support as well as offering antiviral properties. Prevents and fights infection more effectively, reducing cold and flu symptoms by 65%. Choose between different delivery and combination formats that best suit your needs.

28% OFF

Echinaforce Junior |
Elderberry Hot Drink |
Echinaforce | Sinna |
Soothing Cough Syrup |
Bronchosan |
Sore Throat Spray
Echinacea lozenges
also on sale



\$22⁹⁹ /EA
28% OFF

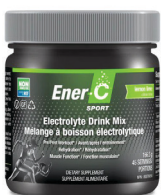
250ml



ELDERBERRY GROVE

Elderberry Syrup

Fresh juice doubly concentrated for better results. Immune supportive, reduces the effects of colds, coughs and flus.



\$23⁹⁹ /EA
20% OFF

Lemon Lime | Berry | 157g
12 pack also on sale



ENER-LIFE

Sport Electrolyte Drink Mix

Perfect for pre/post workout to support muscle function and re-hydration.



20% OFF

500ml



FLORA

MCT Oil

An excellent source of short chain fatty acids providing fast fuel for brain and body.



20% OFF

200g



FLORA

Red Beet Crystals

Delicious and nutritious. Boost your iron + oxygen levels for optimum energy.



25% OFF

120mcg | 120c
15ml also on sale



CANPREV Vitamin K2

Helps to deposit calcium into the bone matrix to strengthen bone density.



25% OFF

Magnesium Bis-Glycinate 200 | Magnesium Bis-Glycinate Chewable | Magnesium Threonate 120c | Magnesium Bis-Glycinate Drink Mix



CANPREV Magnesium Products

Highly absorbable form of magnesium for nerve, brain, muscle, and energy support.



25% OFF



CANPREV Prostate-Pro + Zinc Bisglycinate 50mg

ProstatePro reduces prostate hyperplasia, enhances circulation and boosts libido and stamina while zinc is critical for testosterone production.



\$54.99 /EA

25% OFF

All Varieties



CONFIDENT SPORTS Big Beef Protein

A blend of collagen + beef isolate offering a complete amino acid profile supporting muscle repair, growth and recovery. Includes MCT to optimize energy production.



\$34.99 /EA

30% OFF

473ml | All other E3 products also on sale



E3 LIVE E3 Live Power ON

This blue green algae is a rich source of vitamins, minerals, amino acids, and essential fatty acids as well as P-phenalanine to enhance mood and mental focus.



22% OFF

90t | 180t



ENEREX Osteo Cal Mag

A balanced bone building formula combining chelated calcium and magnesium with ideal co-factors of bamboo silica, boron, Vitamins D + K in a green kale superfood base.



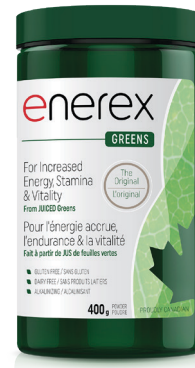
20% OFF

120,000 SU | 60c | 180c



ENEREX Serrapeptase

A proteolytic enzyme that effectively reduces pain, inflammation, as well as mucous build-up.



20% OFF

Original | Berry | 250g | 400g



ENEREX Greens

Packed with nutrient dense superfoods and alkalinized juiced greens to increase stamina, energy and vitality.

digestive health

Digestive health is the cornerstone of overall well-being, and nature offers a rich toolkit to support it. From enzymes that help break down food efficiently, to prebiotics and probiotics that nourish and balance our gut microbiome, natural remedies can play a powerful role in keeping our digestion on track. Fibre is another essential ally, gently sweeping the digestive tract and promoting regularity. Herbal supports like milk thistle and dandelion have long been used to stimulate liver function and aid detoxification, while aloe vera soothes and strengthens the gut lining, offering relief and resilience.



23% OFF

Digestive Harmony |
Herbal Bitters | Liver
TLC | Parasite Purge



HARMONIC ARTS

Digestive + Cleansing Support Tinctures

Herbal formulas designed to support the digestive system and aid in the elimination of environmental toxins.



21% OFF

Enhanced
Digestive Enzyme |
Bromelain 500mg |
Saccharomyces Boulardii |
Organic Probiotic
Liquid 125ml



NAKA PLATINUM

Digestive Enzyme + Probiotics

For healthy digestion and gastrointestinal support.



25% OFF

Daily Maintenance
Enzymes 120c |
Immediate Relief
Enzymes 120c |
Urgent Care
Enzymes 60c



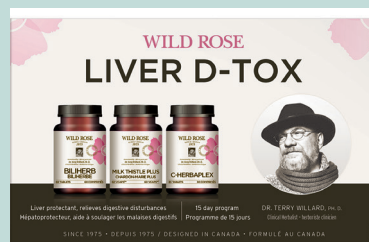
FLORA

Digestive Enzymes

Targeted to offer relief for gas and bloating while also enhancing nutrient availability for absorption.

\$39.99 /EA

20% OFF



Kit



WILD ROSE

Liver Support

A 15-day program designed to support the liver and enhance digestion.

\$43.99 /EA

30% OFF



Elder Acai 292g |
Raspberry
Iced Tea 292g



YOUNITED

Organic All in Superfood

digestive health



\$35⁹⁹ /EA

25% OFF

All Varieties | 60c
120c Terrain also on sale



LIVING ALCHEMY

Your Flora Probiotic

Diverse-strain kefir kombucha fermented soy providing a whole food gut health solution of nutrients, enzymes, prebiotics, and probiotics.



\$19⁹⁹ /EA

29% OFF

Regular Varieties |
6 pack



BIO K PLUS

Bio-K

Proven synergic patented blend of three live bacteria protected and nourished in various substrates for superior efficacy.



\$19⁹⁹ /EA

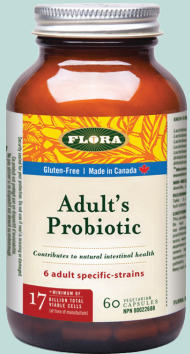
20% OFF

Antibiotic Pro
also on sale



BIO K PLUS

Bio K Daily Care 12.5 Billion



29% OFF

All Varieties



FLORA

Probiotics

Symbiotic probiotic strains grown together for optimal compatibility with each other and the human digestive tract.



\$18⁹⁹ /EA

24% OFF

430g



BRIGHTSIDE ORGANICS

O3NC Daily Fiber Boost

High fibre blend made with all natural, organic ingredients.



15% OFF

500ml | 941ml



FLORA

Udo's Oil 3-6-9 Blend

This unrefined oil blend is designed to provide the ideal 2-to-1 ratio of omega-3 and omega-6 fatty acids.



\$39⁹⁹ /EA

20% OFF

Vanilla | Chocolate



ANCIENT NUTRITION

Bone Broth Collagen

Support joints, skin and nails with collagen that is smooth to blend and convenient to use.



\$12⁹⁹ /EA

24% OFF

946ml
3840ml size also on sale



LILY OF THE DESERT

Aloe Vera Juice- Whole Leaf

The Original Super Juice. Enhances absorption of other nutrients and soothes gut inflammation.



30% OFF

Raspberry
Lemonade | 250ml



SEALICIOUS

Omega-3 Oil

Pleasant-tasting fish oil providing a therapeutic dose of Omega-3 fatty acids.

wellness



NAKA PLATINUM

Sport Support + Hydration Formulations

Support muscle hydration, endurance, and recovery with these targeted nutrients to optimize your workout.



\$19⁹⁹ /EA

20% OFF

250mg | 150c



NAKA PLATINUM

L-Theanine

Enhances calm mental focus, reduces mental chatter and the negative effects of caffeine.



\$19⁹⁹ /EA

20% OFF

Women +
Men | 60c



NAKA PLATINUM

Bioactive Multi

Full spectrum support for bone, heart, cognitive, and eye health while also offering immune and energy support.



\$27⁹⁹ /EA

20% OFF

355ml



NAKA PLATINUM

ConcenTrace Mineral Drops

Readily absorbable trace minerals including potassium and magnesium from the Great Salt Lake of Utah



\$18⁴⁹ /EA

26% OFF

4mg | 60c



NATURAL FACTORS

Astaxanthin Plus

Critical antioxidant protection for joint, heart, brain eye, and skin health.



\$28⁹⁹ /EA

24% OFF

250mg | 90c



NATURAL FACTORS

Quercetin Complex

Boosts immune function to shorten the duration of colds + flus and reduces inflammation and histamine overload.



\$17⁹⁹ /EA

40% OFF

2500 IU | 500c



NATURAL FACTORS

Vitamin D3

Higher dosage of vitamin D is now recommended for optimized immune support and mental wellbeing during the winter months.



23% OFF

602mg | 180c



AOR

Advanced B Complex

Biologically active full-spectrum B complex providing clinically supported doses for optimal stress management and energy metabolism.



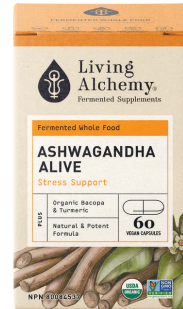
26% OFF

Iron+ 240ml | Iron + 445ml | Ferritin+ 30c



FLORA Iron Supplements

Choose between a naturally protein-coated form of iron found in legumes in capsule format or iron gluconate ions in liquid form to optimize absorption and minimize digestive upset.



25% OFF



LIVING ALCHEMY

Fermented Activated Herbal Formulations

Fermentation of herbs + whole foods enhance bioavailability and preserve synergistic co-factors of active constituents for enhanced effectiveness.



\$17.99 /EA

25% OFF

250ml | 120ml + Magneson also on sale

ANDERSON'S Elete Electrolyte



26% OFF

All Varieties | 600g



GENUINE HEALTH

Fermented Vegan Proteins+

Smooth textured protein - Fermented for optimal digestion and assimilation - strengthens gut health and amplifies nutrition.



25% OFF

210g



GENUINE HEALTH

Marine Collagen

Providing the building blocks to strengthen connective tissue helping to improve skin elasticity and joint health.



23% OFF

Cold Defense Tincture | Immune Depth | Vira-Support Tincture | Throat Spray | 50ml
All other tinctures also on sale



HARMONIC ARTS

Cold and Flu Products

Expertly crafted syrups and tinctures to bolster immunity, fight off and clear infections and help you recover faster



26% OFF

Powders | Capsules | Tinctures



HARMONIC ARTS

Concentrated Mushroom Extracts

Mushrooms are adaptogenic powerhouses supporting immune, heart and cognitive health, improving endurance + recovery, reducing negative effects of stress and offering antioxidant support.

wellness



20% OFF

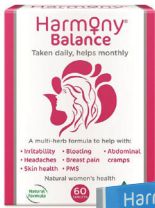
Powders | Capsules |
Topicals | Bath Salts



ITL HEALTH

Magnesium Products

Supports sleep, stress and overall wellness.



25% OFF

Balance |
Menopause Max

MARTIN + PLEASANCE

Harmony Supplements

Combining western and Traditional Chinese medicine herbal extracts for broad spectrum hormonal support for women.



20% OFF

All Varieties | 500g



TOTAL BODY Collagen

With added synergistic nutrients for optimal support of skin, joint, connective and muscle tissue.



\$44.99 /EA

25% OFF

120c



NEW CHAPTER

Turmeric Force

Full spectrum extraction offers synergistic benefits of potent compounds found in Turmeric enhancing its anti-inflammatory capacity.

\$15.99 /EA

36% OFF

Greens | Berry |
Adaptogen



NAVITAS ORGANICS

Superfood Blends

Enhance your smoothies with these nutrient-packed powerhouse blends.



25% OFF

Prost-Force 60c |
Tongkat Ali 60c |
Trib-Force 60c |
Test-Force 60c |
Vigor-Force 60c |
Z-Mag-Force 60c

PRAIRIE NATURALS

Men's Health

Offering solutions for men's unique health challenges, with products that support natural testosterone production and prevent conversion of free testosterone to DHT helping to protect prostate tissue, enhance stamina, energy metabolism and muscle strength.

wellness



35% OFF

180c | 180t
Moringa also on sale



PRAIRIE NATURALS

Microalgae Supplements

Nutrient-rich micro algae and super greens providing vitamins, minerals and amino acids in a convenient pressed tablet form.



\$36⁹⁹ /EA

26% OFF

120c
Omega 3/6/7/9 +
Children's Omega
also on sale



NEW ROOTS HERBAL

Wild Omega 3

Offering heart, brain, joint and cardiovascular health support.



\$21⁴⁹ /EA

26% OFF

1000mg | 90c



NEW ROOTS HERBAL

Evening Primrose Oil

GLA-rich essential fatty acid supporting hormonal, skin, and mucus membrane health.



\$15⁹⁹ /EA

20% OFF

300g



NOORISH FOODS

Sunshine In a Cup Golden Spiced Honey

Raw honey whipped with all the essential spices to boost your immunity and lower inflammation. Add a teaspoon of hot water or milk and create your own golden milk!



\$18⁹⁹ /EA

21% OFF

Energize + Elevate |
Calm + Restore | 200g



NOORISH FOODS

Cocoa Adaptogenic Sipping Chocolate

Two unique blends enhanced with adaptogenic herbs and mushrooms to either energize and elevate your day or to restore and nourish your nervous system at night.



33% OFF

Raspberry |
Lemonade | 650g



ORGANIKA

All Day Protein Hydrator

Refreshing way to integrate protein made from whey and collagen into your diet + probiotics and electrolytes to boost gut health and hydration



\$16⁷⁹ /EA

24% OFF

227g



ORGANIC TRADITIONS

Cacao Butter



\$18⁹⁹ /EA

24% OFF

454g



ORGANIC TRADITIONS

Cacao Powder



25% OFF



ORGANIC TRADITIONS

Ashwagandha + Maca X-6

Enhance energy, libido and physical endurance with Maca or relax, destress and chill with Ashwagandha.

wellness



40% OFF

150mg | 120c



PREFERRED NUTRITION

Coenzyme Q10

Powerful antioxidant supporting brain, heart and cardiovascular health, as well as energy production.



21% OFF

600mg | 120c | 240c



SISU

Ester C

Offers 24 hour immune support and better absorption and retention when compared to ascorbic acid.



23% OFF

Assorted | 30 pack



SISU

Ester C Energy Boost

Combining Vitamin C, B and electrolyte minerals for better hydration, immune, and energy support.



23% OFF

All Products | 60 gummies



SUKU

Supplement Gummy Products

Formulated by a naturopath to provide supplements with significant amounts of nutrients in sugar-free and alcohol sugar-free options for anyone tired of swallowing pills.



\$49.99 /EA

23% OFF

All Varieties | 750g
Rice protein also on sale



SUNWARRIOR

Protein Warrior Blend

A blend of pea, hemp + goji protein high in BCAAs offering an amino acid profile similar to whey, and enhanced with MCT for muscle fueling + recovery.



\$14.99 /EA

25% OFF

Chocolate | Vanilla | 259g



VEGA

Protein Made Simple

A delicious way to step up your favorite smoothie with 4 simple ingredients.



\$29.99 /EA

25% OFF

Raw | 340g



WEDDERSPOON

Manuka Honey 16+

Antimicrobial + soothing



\$51.99 /EA

29% OFF

Vanilla | Chocolate | 775g
Protein bars also on sale



YOUNITED

All in One Protein + Superfood

A blend of 54 land + sea veggies, superfruits, mushrooms + herbs providing antioxidant, vitamin + mineral support to optimize your nutritional needs.

organization of the month



Nelson + District Hospice Society

Nelson and District Hospice Society is dedicated to supporting and strengthening our local community through a variety of free programs and services. Each year, they host a number of grief support groups that provide a safe space for individuals navigating loss. In times of community loss, we have also provided grief support in schools, creating a safe space for students and staff affected by a death in the school community.

In addition, we offer one-to-one support with our wonderful volunteers for those grieving as well as for individuals facing terminal illness, helping support them and their loved ones.



Nelson and District
Hospice Society

make a donation

add \$2
to your bill

drop cash in the
change box

cinnamon vanilla latte

True Local
espresso shot,
house-made
cinnamon + vanilla
syrup, and steamed
milk of your choice



soup season
at your
co-op cafe

Kootenay
co-op

PRESENTS

more
than a
grocery
store

Fifty years of food, friendship,
and local resilience.

Upcoming opportunities
to see your Co-op's
50th anniversary
mini-documentary in
November:

**BITE-SIZED: A Short Films
Showcase**

November 8 - 11:00am
@ Shambhala Music +
Performance Hall

**Celebrating Co-ops
in the Kootenays**

November 17th - 6:00pm
@ The Royal