



Kootenay
co-op

member specials

SEPTEMBER
1 - 30, 2026

**Lunchbox
Inspiration**
for kids + adults

Brain Support for
Back to School

Board Elections +
**Annual General
Meeting**

All specials are for active members only, while supplies last. We reserve the right to correct printing errors. E&OE.
www.kootenay.coop | 777 Baker Street, Nelson, BC | 250-354-4077 | shop.kootenay.coop

grocery



\$5.49
/EA

21% OFF

FOUR O'CLOCK TEA
Organic Tea
All Varieties | 16 Bag



SAVE \$1.50

ROLLING MEADOW
Grass Fed Milk
Homogenized | 2% | 2L



\$16.99
/EA

SAVE \$3

TERRA BREADS
Granola
All Varieties | 800g



\$14.99
/EA

SAVE \$4

DOI CHAANG
Organic Coffee
All Varieties | 340g



\$3.99
/EA

20% OFF

LOOP
Cold-Pressed Juice
All Varieties | 300ml



\$16.99
/EA

SAVE \$3

CANADIAN HERITAGE
Organic Maple Syrup
All Varieties | 500ml



\$7.99
/EA

20% OFF

YOGGU!
Coconut Yogurt
All Varieties | 450g



\$4.99
/EA

29% OFF

CROFTERS
Just Fruit Spread
All Varieties | 235ml



15% OFF

OLD GROWTH
Micro-Ground Tea
All Varieties | 300g



\$13.99
/EA

SAVE \$4

NUTS TO YOU
Organic Almond Butter
Smooth | Crunchy | 365g



\$6.99
/EA

18% OFF

CALIFIA
Organic Almond Beverage
1.4L

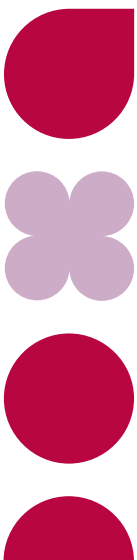


\$4.29
/EA

32% OFF

LIBERTE
Mediterranean Yogurt
All Varieties | 500g

crunchy almond butter + jam bars



- 1½ cups quick oats
- ¼ cup whole wheat or all-purpose flour
- 1 tsp baking powder
- ¼ tsp sea salt
- ⅔ cup Nuts to You Almond Butter Crunchy
- ⅓ cup maple syrup
- 1 tsp vanilla extract
- 1 cup (250ml) jam of choice

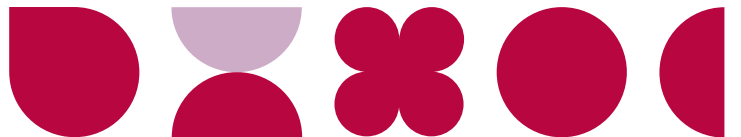
Preheat the oven to 350°F. Line an 8"x8" square baking pan with parchment paper.

In a large bowl, mix together oats, flour, baking powder, salt, peanut butter, maple syrup, and vanilla extract. Mix just until a dough forms.

Set aside ½ cup of the dough for crumbling on top. Press the remaining dough evenly into the bottom of the baking pan. You can wet your hands to avoid sticking.

Spread jam over the oat base and create an even layer with the back of a spoon. Then crumble the remaining peanut butter mixture over top.

Bake for 25 minutes or until the top of the mixture is golden brown. Let cool completely before slicing into bars, or chill before slicing.



grocery



\$5.99
/EA

25% OFF

GONE CRACKERS
Gourmet Crackers
All Varieties | 142g



\$7.49
/EA

25% OFF

GIMME
Seaweed Snacks
All Varieties | 6x5g



\$3.99
/EA

27% OFF

FREE YUMM
Gluten Free Crackers
All Varieties | 120g

18% OFF



2 for \$9

MADE GOOD
Organic Granola Bars + Bites
All Varieties | 5x24g



16% OFF

2 for \$5



BEAR
Fruit Roll
All Varieties | 20g



\$4.49
/EA

25% OFF



HIPPIE SNACKS
Crunchers
All Varieties | 110g



linden lane farms
KRESTOVA, BC

For three generations, the Carr family has farmed organic in Krestova. When Matthew graduated high school in 2012, his grandparents gifted him two acres of that land. Since then, he's grown his passion for organic farming exponentially, both as a farmer and now as a father, from those first two acres to fourteen today. Growing everything from melons and cucumbers, to carrots and squash, it's clear Linden Lane Farm is here to stay, feeding this community season after season.



grocery



10% OFF

PORTOFINO
Artisan Bread
All Varieties



15% OFF

INDIAN LIFE
Wraps
All Varieties



\$5¹⁴
/100g

10% OFF

HELMUT'S SAUSAGE
KITCHEN
Cervelat Salami



\$4⁹⁹
/EA

SAVE \$1

HONEST KIDS
**Organic Juice
Boxes**
All Varieties | 5x200ml



\$1⁷⁹
/EA

28% OFF

HORNBY ORGANIC
O Snack Bar
All Varieties | 45g



\$5⁹⁹
/EA

SAVE \$2

CHA'S ORGANICS
**Organic
Coconut Rolls**
All Varieties | 100g

lunchbox inspiration

FOR KIDS + ADULTS

peanut butter

Peanut Butter • Apples •
Dates • Celery • Pretzels

cheeseboard

Cheese • Salami • Walnuts
Crackers • Dried Apricot

tuna salad

Tuna Salad • Celery •
Sweet Peppers • Crackers

hummus

Hummus • Cucumber
Pita • Cherry Tomatoes
Kalamata Olives



grocery



\$3.49
/EA

30% OFF

EATLOVE
Dark Chocolate Bar
Almond | Peanut | 55g



\$4.99
/EA

SAVE \$1

GT'S SYNERGY
KOMBUCHA
Raw Kombucha
All Varieties | 480ml



\$3.79
/EA

SAVE \$1

HARBITE
Kettle Chips
All Varieties | 150g



\$5.99
/EA

29% OFF

O'DOUGH'S
Gluten-Free Bread
Flax | White | 700g



\$6.99
/EA

SAVE \$2

TOFURKY
Chick-n Lightly Seasoned
227g



2 for \$9



QUE PASA
Organic Tortilla Chips
All Varieties | 300g-350g



SAVE \$3

VINKER FOODS
Korean Chick'n
All Varieties | 255g-325g



\$6.99
/EA

SAVE \$3

LIVING TREE FOODS
Plant-Based Ravioli
All Varieties | 250g



\$6.49
/EA

SAVE \$2



BIORA
Organic Dressing
All Varieties | 236ml



\$4.29
/EA

14% OFF

96 DRINK LAB
Reviver Energy Drink
All Varieties | 355ml



crafted with natural ingredients

120mg of natural caffeine

made in the Kootenays

made with real fruit juice

grocery

28% OFF



2 for \$5

THE OAT COMPANY
Energy Bar
All Varieties | 55g



\$5.99
/EA

25% OFF

EVERLAND
Chocolate Covered Fruit
All Varieties | 113g



\$6.99
/EA

SAVE \$1.50

EVERLAND
Pasta Sauce
All Varieties | 739ml



\$3.99
/EA

20% OFF

EVERLAND
Dates Whole Pitted
454g



\$7.99
/EA

20% OFF

BLISS BALLS
Bliss Balls
All Varieties | 150g

25% OFF



2 for \$6

NATURAL CABANA
Natural Lemonade
All Varieties | 591ml



\$3.49
/EA

SAVE \$1

SOYKEI
Organic Tofu
All Varieties | 400g



\$7.99
/EA

SAVE \$2

DIVINA
Pepperoncini
450ml

14% OFF



2 for \$6

MANA
Yerba Mate
All Varieties | 355ml



\$9.99
/EA

SAVE \$2

RED CROWN
Pomegranate Juice
Pulp | No Pulp | 1L



\$5.99
/EA

SAVE \$1

GAROFALO
Gluten-Free Pasta
All Varieties | 400g



\$4.49
/EA

SAVE \$1

PLANT UP
Puffs
All Varieties | 100g

grocery



\$12.99 /EA
SAVE \$2

OGGI
Pizza
All Varieties |
435g-452g



\$5.99 /EA
29% OFF

FARMING KARMA
Hydr8
Hydrating Drink
All Varieties | 4x285ml



\$3.99 /EA
SAVE \$1

HEALTHY HOOCH
Organic
Kombucha
All Varieties | 500ml



\$13.99 /EA
SAVE \$4

THE GRANOLA KING
Gourmet
Granola
All Varieties | 750g



\$4.49 /EA
25% OFF

NOOCHPOP
Nutritional
Yeast Popcorn
All Varieties | 120g



\$7.99 /EA
SAVE \$2

EAT WHOLESOME
Organic
Sauerkraut
909ml

14% OFF



2 for \$6

CLIF
Builder's Bar
All Varieties | 68g



\$9.99 /EA
SAVE \$2

EDEN
Toasted
Sesame Oil
148ml



\$4.49 /EA
10% OFF

GINGER PEOPLE
Ginger Soother
Beverage
354ml



\$7.99 /EA
SAVE \$2

MAISON ORPHEE
Mayonnaise
All Varieties | 440ml

33% OFF



3 for \$5

HONEY STINGER
Energy Waffle
All Varieties | 30g



SAVE \$1.50

CHOCXO
Organic Nut
Butter Cups
All Varieties | 98g

grocery



2 for \$8

CHIMES
Ginger Chews
All Varieties | 100g



\$7.99
/EA

SAVE \$1.50

DAIYA
**Plant-Based
Cheezecake**
All Varieties | 400g



\$9.99
/EA

SAVE \$2

DAIYA
**Plant-Based
Pizza**
All Varieties | 471g-550g



\$4.99
/EA

SAVE \$1

AMY'S KITCHEN
Organic Soup
All Varieties | 398ml



\$9.49
/EA

SAVE \$2

CABOO
**Facial Tissue
Boxes**
4x60ct



\$17.99
/EA

SAVE \$5

BIOVERT
Laundry Liquid
All Varieties | 4.43L

33% OFF

hot deal



2 for \$6

PROBAR
**Bolt Energy
Chews**
All Varieties | 60g



\$8.99
/EA

SAVE \$2.50

LA TORTILLA
**Gluten Free
Cauliflower
Tortilla**
200g



10% OFF

FROG FRIENDLY
Organic Coffee
All Varieties | 340g



community donation day

On **Friday September 25th**
3% of all sales will go the
Circle of Indigenous Nations
(COINS).

Learn more at www.coinations.net

CLOSED

for Truth +
Reconciliation Day

**Wednesday
September 30**

butcher shop



MADE
HERE



\$38²⁴
/KG

15% OFF

KOOTENAY CO-OP
SMOKEHOUSE
**Smoked
Sliced Ham**



MADE
HERE



\$85²¹
/KG

10% OFF

KOOTENAY CO-OP
SMOKEHOUSE
**Peppered Jerky
Steak Bites**



\$35⁷⁰
/KG

15% OFF

LEGENDS HAUL
Ground Elk

elk gnocchi



- 2lb ground elk
- 2 packages gnocchi
- 4 cups beef (or chicken) broth
- 1 can fire-roasted diced tomatoes (796ml)
- 1 ball fresh mozzarella (250g), sliced
- 1 yellow onion, chopped
- 1 bunch spinach
- 1 cup mushrooms, sliced
- 2-4 cloves garlic, minced
- 2-3 bay leaves
- 4-8 leaves fresh sage (or 1-2 tsp dried)
- pepper, to taste
- avocado oil (or oil of your choice)



Use a Dutch oven or heavy bottom oven-safe pot.
Preheat oven to 350°F
Sauté onions in oil of choice.
Once onions are translucent, add in ground elk.
When elk is browned, add in garlic and mushrooms.
Sauté for 5 minutes.
Add broth, diced tomatoes, sage, bay leaves + pepper to taste. Bring to a simmer.
Mix in gnocchi + spinach.
Cover the surface with sliced mozzarella.
Bake in the oven uncovered for 20 minutes.
Take out of the oven + let rest for 5 minutes. Serve hot!



\$2³⁷
/100G

15% OFF

DIVINA
**Mini Cornichon
Pickles**



\$4⁸⁹
/EA

30% OFF

ATHINA
Dolmades
11pc



\$3²²
/100G

25% OFF

DIVINA
**Castelvetrano
Olives**
Pitted

cheese + tapas



20% OFF

L'ANCETRE
Cheese
All Varieties



20% OFF

L'ANCETRE
Cheddar Cheese
Medium | Old



\$4⁵⁵
/100G
20% OFF

L'ANCETRE
Goat Cheddar
6 Month Aged



20% OFF

ANTOINETTE'S
Dips + Salsa
All Varieties



\$2²⁴
/100G
25% OFF

FONTERRA
Grass Fed Mozzarella



\$3⁵¹
/100G
20% OFF

VELDHUYZEN
Mild Gouda

Treats you love from
L&C French Bakery
are coming to your Kootenay Co-op!

Pain Au Chocolat

Buttery puff pastry with dark chocolate in the center

Fruit Danish

Flaky, buttery pastry filled with pastry cream and seasonal fruit

Blueberry Scones

Contains wheat + dairy.

Cinnamon Buns

Cinnamon bun topped with caramel.

Canelés

Rum + vanilla flavoured pastry with a soft center and a caramelized crust.



wellness



30% OFF

AROMAFORCE
Essential Oils
All Varieties



32% OFF

AURA CACIA
Carrier Oils
All Products
Help lock in moisture
and keep the skin
hydrated.
*Bath products also
on sale*

\$15⁹⁹ EA
20% OFF



THAYERS
Witch Hazel
Rose | 355ml
Hydrates,
refreshes and
balances skin for a
soft, radiant glow.



20% OFF



MAD HIPPIE
Face Care
All Products



25% OFF

ONEKA
Hair + Body Care
All Products
Made with certified
organic botanicals
to gently nourish the
hair and body.



\$10⁴⁹ EA
25% OFF

ALL GOOD
Deodorant
All Varieties | 72g
Naturally-occurring
enzymes and
essential oils fight
odor-causing
bacteria.



\$3⁹⁹ EA
20% OFF



CRATE 61
Bar Soap
All Varieties | 110g



\$4⁸⁹ EA
30% OFF

F.E.T.E.
Bamboo Toothbrushes
All Varieties
Natural + bio-
degradable bamboo
toothbrushes are great
for the whole family!
Multi-packs also on sale



20% OFF

GREEN BEAVER
Deodorant + Antiperspirant
All Products
Crafted with
ingredients that are
better for people and
the planet.
Body lotion also on sale



\$17⁹⁹ EA
31% OFF

GREEN BEAVER
Castile Soap
All Varieties | 1L
Multi-purpose soap
made with cold-
pressed Canadian
organic sunflower
seed oil, harvested in
Quebec!



20% OFF



GREEN BEAVER
Oral Care
All Products

wellness



27% OFF

WELEDA
Face + Body Care
All Products
Made with ethically and sustainably sourced ingredients, Weleda offers facial care products that nourish, hydrate, rejuvenate and, smooth various skin types.



28% OFF

WELEDA
Baby Care
Formulated with nature's gentlest plants + flowers, and certified to NATRUE European standards.



\$5.99 EA
29% OFF

JONI
Menstrual Products
All Products
Chemical-free and made using compostable, organic and biodegradable materials.
Incontinence pads also on sale



\$11.99 EA
47% OFF

HERITAGE STORE
Castor Oil
480ml
Can be used for detoxifying castor packs or for hydrating skin + hair.



\$21.49 EA
20% OFF

MARSEILLE'S REMEDY
Thieves Oil
30ml
Marseille's Remedy uses a centuries-old blend of essential oils that can be used as-is or in many DIY recipes for various wellness and cleaning products.
Hand sanitizer + balm also on sale



\$18.99 EA
21% OFF

HOMEOCAN
Traumacare Cream + Gel
50g
Natural solutions to combat muscle + joint inflammation.
100g cream also on sale



\$8.99 EA
25% OFF

BOLTON'S NATURALS
Magnesium Chloride Spray
118ml
Gel + balm also on sale



15% OFF

SANTEVIA
Water Filtration Systems
All Products
Santevia's one-of-a-kind filtration systems mimics the natural process of mineralization to create perfectly balanced alkaline water.



28% OFF

SUKIN
Face + Body Care Products
All Products
Affordable, natural face + body care designed with botanical ingredients to address the specific needs of various hair and skin types.

Food for Thought



With school routines settling back in, most of our attention goes to supplies, schedules and getting everyone out the door on time. Nutrition tends to get overlooked, but it's shaping energy, focus, and memory the whole day through. Sleep and stress matter just as much - they're part of the same system. No single superfood turns you into a genius overnight, but a few consistent habits go a long way, whether you're packing a lunchbox or pulling an all-nighter for exams.

Scan the QR code to learn more.



\$29⁹⁹ EA
25% OFF

Lemon Lime | 381g



LEANFIT
Electrolyte Mix



\$24⁹⁹ EA
22% OFF

All Varieties | 140g



BIOSTEEL
Electrolyte Hydration Mix



\$2⁴⁹ EA
34% OFF

500ml



BIOSTEEL
Sport Drink Mix



\$49⁹⁹ EA
24% OFF

All Varieties



VEGA
Vega One Nutritional Shake
Complete nutritional support of protein, veggies, greens, EFAs, and probiotics.



\$32⁹⁹ EA
23% OFF

All Varieties | 715g



LEANFIT
Plant Protein

Protein supports growing brains and balances out blood sugar for sustained mental energy.

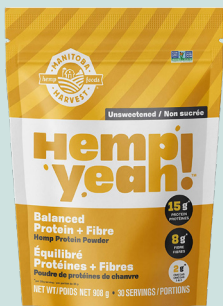


\$51⁹⁹ EA
22% OFF

All Varieties | 858g
Whey isolate also on sale



LEANFIT
Whey Protein Concentrate



\$22⁹⁹ EA
23% OFF

908g



MANITOBA HARVEST
Hemp Yeah! Balanced Protein
A mild tasting creamy textured plant protein.



\$34⁹⁹ EA
20% OFF

887ml
414ml also on sale



SPORT RESEARCH
MCT Oil

A readily usable fuel source of short-chain fatty acids for energy.



20% OFF



GENUINE HEALTH
Greens+ Formulas

Providing critical vitamins, minerals, antioxidants and choline for optimal brain nutrition, protection, and memory support.

wellness



25 % OFF

Vitamin C
Vitamin D
Multivitamin
Probiotic



PREFERRED NUTRITION Childrens Gummies

Excellent nutrition support for growing minds + bodies in a gummy format.



25 % OFF

PREFERRED NUTRITION Gummy Supplements

Delicious gummies providing therapeutic doses of vitamins, minerals + herbal extracts. Made with natural ingredients, no artificial colours or sweeteners, gelatin-free and non-GMO.



31 % OFF



NORDIC NATURALS Omega-3 Supplements

High concentration of EPA + DHA for growing brains.



25 % OFF



NATURAL FACTORS Big Friends Children's Supplements

Nutritional supplements formulated specifically to match the needs of growing children.



29 % OFF



NATURAL FACTORS Big Friends Multivitamin + Minerals



25 % OFF

Magnesium Stress
Release | Gaba
500mg | L-Theanine |
5-HTP 100mg |
Adrenal Chill



CANPREV Stress Support

Stress can leave you anxious, unfocused, sleepless and eventually tired but wired or all together feeling burned out. Support yourself with well-known supplements that can help mitigate these negative effects and get you back into balance.



25 % OFF

120c



CANPREV Iron Bis-Glycinate 25mg

Chelated Iron is highly absorbable and gentle on the stomach.



25 % OFF

90c | 500ml



CANPREV BioActive B complex

Readily usable forms of B vitamins for optimal efficacy.



20 % OFF

All Varieties | 161g



CANPREV Magnesium Bis-Glycinate Powder

Glycine + Magnesium calm and regulate the nervous system.



20 % OFF



All Products

BACH Rescue Remedy

Perfect for kids and adults alike.



\$13⁹⁹ EA
22% OFF

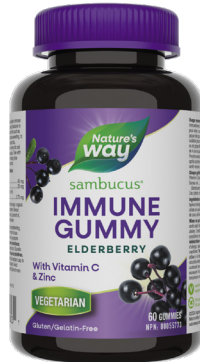
30ml
Lozenges also on sale



BEEKEEPER'S

Propolis Throat Spray

Formulated with liquid propolis, honey, and other nature-powered ingredients that soothe dry, scratchy throats and help support your immune system.



25% OFF

60 gummies
Kids version also on sale



NATURE'S WAY

Sambucus Immune Gummies

Elderberry gummies with the added benefit of Vitamin C and Zinc for optimal immune support.



\$22⁹⁹ EA
28% OFF

250ml



ELDERBERRY GROVE

Elderberry Syrup

Double concentration for better results. Immune supportive, reduces the effects of colds, coughs, and flus.



25% OFF

N-Acetyl-L-Cysteine
Vitamin C8
Black Cumin Oil
Wild Oregano C93



NEW ROOTS HERBAL

Immune Support

Reduce inflammation, thin mucus, and relieve congestion with Black Seed oil and N-Acetyl Cysteine. Ward off infection with anti-microbial Oregano. Reduce inflammation and strengthen immune cells with C8's eight buffered forms of vitamin C enhanced with bioflavonoids + antioxidants.

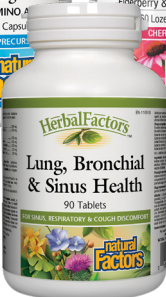


\$14⁹⁹ EA
25% OFF

90c



NATURAL FACTORS
Garlic Rich



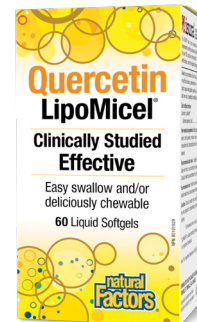
26% OFF

Vitamin K2+D3+A
N-Acetyl-L Cysteine
Anti-Viral
Echinacea + Goldenseal
Oil of Oregano
Super Immune Formula
Lung Bronchial + Sinus
Zinc Lozenges



NATURAL FACTORS

Cold + Flu Prevention + Treatment Options



25% OFF

60c



NATURAL FACTORS

LipoMicel Matrix Quercetin 250mg

Offering immune, cardiovascular, and histamine regulation support. Lipid-bound for enhanced bioavailability.

wellness



20% OFF

Firewall Immune |
Achoo | Cough
Dream Tincture also on sale



LITTLE DRAGON

Cold + Flu Products

Bringing you the ancient wisdom of Chinese herbology to prevent, treat and support a quick recovery.



\$28⁷⁹ EA

20% OFF

All Varieties | 150g



METEOR MUSHROOMS

Mushroom Drink Blends

Adaptogenic Mushrooms in a nourishing chai spiced cacao blend base.



\$25⁹⁹ EA

21% OFF

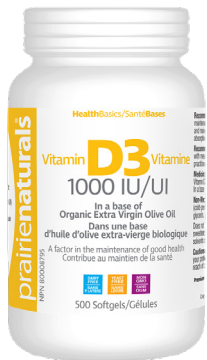
All Varieties | 100g



METEOR MUSHROOMS

Medicinal Mushrooms

Longterm adaptogenic support for stress, immunity, heart health, sleep, and mental clarity.



\$16⁹⁹ EA

35% OFF

500c



PRAIRIE NATURALS

Vitamin D3 1000



CANPREV

Cold + Flu Essentials- Immune System Support Products

Strengthen and modulate your immune system and support mucus membrane barrier resistance with Vitamin A, zinc + D or a comprehensive all in one formula such as Cold Pro. Use Healthy Lung to thin + support mucus expectoration as well as soothe, repair and strengthen lung tissue.



25% OFF

Cold-Pro Immune Formula |
Healthy Lung | Zinc Bis-
Glycinate 25mg | Vitamin A
drops | Vitamin D3 2500IU |
Vitamin D3 + K2



\$27⁹⁹ EA

30% OFF

60c



PURANA

Medicinal Mushrooms

Potent fruiting body extracts for brain, nervous system, gut, and immune health.



\$42⁹⁹ EA

19% OFF

Raw | 500g



WEDDERSPOON

Manuka Honey 16+

Antimicrobial, soothing, delicious.



\$8⁹⁹ EA

25% OFF

All Varieties | 120g



WEDDERSPOON

Manuka Lozenges

wellness



25% OFF

ValeriCalm
Strest
Ashwagandha
100ml



ST. FRANCIS

Stress, Sleep, and Mood Support

Helping the body get adequate rest and relaxation prevents the negative effects of stress such as irritability, mental fatigue, and lack of energy.



25% OFF

Hepato DR Liver Health
Black Walnut Complete
Canadian Bitters
100ml



ST. FRANCIS

Cleansing + Digestive Support

3 great formulas combine herbal wisdom to optimize digestion, eliminate parasites and support nutrient assimilation.



30% OFF

90c | All Enzymedica
enzymes also on sale



ENZYMEDICA

Digest Gold

A patented multi enzyme blend designed to perform across a wide pH range optimizing digestion.



23% OFF



FLORA

Flor Essence 7-Day Purification Program

The essential liquid blood cleansing formula combined with fiber and urinary cleansing herbs for a complete gentle detox.



40% OFF



WILD ROSE

Liver Support Kit



21% OFF

Cleansmore
CandiGONE
ParaGONE
Digest More HCL
IntestineW
Fibersmart
BoulardiMAX

RENEW LIFE

Digestive Cleanse + Support Products

Optimize gut health to enhance overall wellbeing by eliminating candida + parasites, restoring the gut lining, supporting digestion with enzymes and regulating the bowels for proper elimination.



37% OFF

50 Billion | 30c



RENEW LIFE

Ultimate FLORA Extra Care

Targeted probiotic formulas to support digestion, immune, colon, and urinary tract health.

wellness



\$22⁹⁹
EA
23% OFF

460ml



CULTURED COCONUT

Nature's Finest Probiotic

Probiotic drink that packs a gut supportive punch with 4 trillion live bacteria per tablespoon alongside postbiotics.



\$23⁹⁹
EA
20% OFF

Elderberry |
6-pack



BIO K PLUS

Bio K Extra

Blend of three live bacteria with pre + post biotics for superior efficacy. Enhanced with immune-supportive elderberry.



25% OFF

All Varieties | 30c



NEW ROOTS HERBAL

Probiotics

Help combat digestive disturbances, diarrhea, constipation, gas + bloating, lactose intolerance, and yeast overgrowth.



30% OFF



50% OFF

All Varieties | 30 + 60t



MEGAFOOD

Blood Builder + B-Complex

Essential vitamins + minerals integrated with real food form nutrient complexes that contain important co-factors such as trace minerals, co-enzymes, phytochemicals and anti-oxidants for optimal body utilization.

MEGAFOOD

Multi Vitamins



\$29⁹⁹
EA
33% OFF

500ml



NAKA ORIGINAL Vital Greens

Get a boost of essential green nutrients and help to energize + detoxify with just one easy liquid tablespoon a day.



\$26⁹⁹
EA
21% OFF

600ml



NAKA PLATINUM

Bioactive Cal Mag + K2 + Collagen

Formulated with bone-supportive nutrients such as calcium, magnesium, boron, zinc, silica, vitamin D + K2, and collagen.



\$29⁹⁹
EA
32% OFF

300c
150c also on sale



NAKA PLATINUM

Magnesium Bisglycinate 200mg

Offers a potent, therapeutic dose of pure elemental magnesium in a form known for its superior absorption.

wellness



20% OFF

120c



CANPREV

Inno-Cal Mag Advanced

Comprehensive Cal Mag formula with additional Zinc, Boron, D + K2 for optimal bone building support.



25% OFF

60c



CANPREV

Eye-Pro

Protects against light-induced damage and helps to delay progression of macular degeneration.



25% OFF

120c



CANPREV

Prenatal Multi

Formulated with critical nutrients specifically needed during pregnancy and nursing.



\$27⁹⁹ EA
30% OFF

240c



NATURAL FACTORS

MSM Joint Formula

An excellent combination for nutritional joint support and pain relief.



30% OFF

90c



NATURAL FACTORS

PEA 400

Activates the endocannabinoid system, providing relief for chronic pain and nerve discomfort.



26% OFF

120c

60mg 120c also on sale



NATURAL FACTORS

Theracurmin 30mg

Provides whole body anti-inflammatory support. Micronized for superior absorption.



28% OFF

60c



NATURAL FACTORS

Ubiquinol 100mg

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



25% OFF

60c



NATURAL FACTORS

Berberine LipoMicel 500mg

Supports blood sugar regulation. Lipid-bound for enhanced bioavailability.



\$29⁹⁹ EA
40% OFF

240c

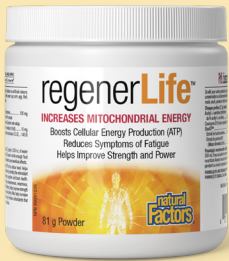


NATURAL FACTORS

Milk Thistle 250mg

Daily support for optimal liver function.

wellness



25 % OFF

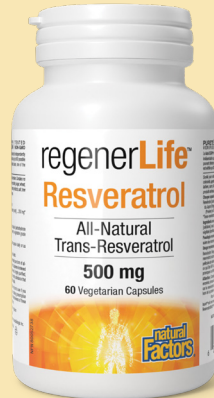
Regenerlife | 81g
120c also on sale



NATURAL FACTORS

Mitochondrial Energy

Formulated with CoQ10, Superoxide Dismutase, Acetyl-L-Carnitine, and Glutathione to improve mitochondrial function and reduce oxidative stress + inflammation.



25 % OFF

Regenerlife
60c



NATURAL FACTORS

Resveratrol

Powerful antioxidant that has been shown to offer brain, nerve cell, and cardiovascular protection.



25 % OFF

Regenerlife
90c



NATURAL FACTORS

Acetyl-L-Carnitine



25 % OFF

Regenerlife
60c



NATURAL FACTORS

Sleep Better

Quick release and time release melatonin enhanced with 5HTP, L-Theanine, Valerian, Passionflower and Hops for ultimate sleep support.



25 % OFF

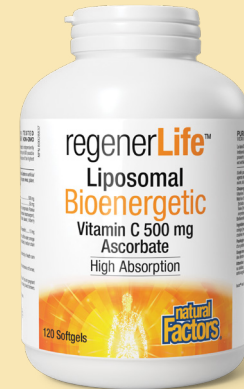
Regenerlife
90c



NATURAL FACTORS

Ultra Strength Omega-3

Highest dose Omega-3 optimizes cardiovascular + brain health, enteric plant coating for optimal delivery into small intestine.



25 % OFF

Regenerlife
120c



NATURAL FACTORS

Liposomal Vitamin C

Highly absorbable Vitamin C buffered with Calcium and supported with berry flavanoids to optimize long lasting anti-inflammatory effects.



25 % OFF

Regenerlife
90c



NATURAL FACTORS

Magnesium L-Threonate 48mg

Crosses the blood-brain barrier, delivering magnesium to brain + nerve cells, supporting optimal cognitive function.



29 % OFF

Regenerlife
300g



NATURAL FACTORS

Creatine

Enhances muscle strength and energy production, improves cognitive performance.



40 % OFF

Regenerlife
30c



NATURAL FACTORS

NMN Surge 500mg

A precursor to NAD+ which supports cellular energy production, improves metabolic health, and offers anti-aging effects.

wellness



20% OFF

Creatine Blast Berry Burst
BCAA Blast Fruit Quencher
Pre-Workout Berry



4EVERFIT

Sports Nutrition Products

Optimize your workout routine with formulas designed to enhance your stamina, improve muscle strength, endurance, recovery, and growth.



19% OFF

Reclaim | Up + Away | Lady Bits



AERYON WELLNESS

Women's Health Support

Support healthy hormonal balance. Alleviate PMS, cravings, moodswings with Reclaim. Address vaginal dryness with a hydrating aloe-based lotion or manage yeast infections with Boric Acid. QR codes on products offer exercise + dietary programs for an optimal lifestyle approach to health + wellness.



\$13.49 EA

21% OFF

Raw Criollo | 225g
Cacao butter also on sale



\$23.99 EA

20% OFF

250g



UHTCO

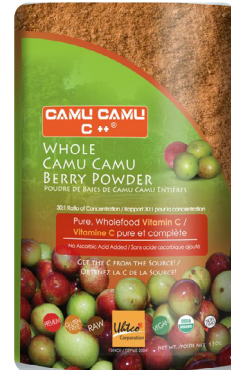
Peruvian Harvest Cacao Powder

This company works closely with farmers to preserve this Ceremonial Grade heirloom Landrace Cacao variety. Enjoy this fine cacao rich in magnesium, zinc, iron and Phenylethylamine.

UHTCO

Maca Pro Gelatinized 6:1 Powder

Supports libido, energy, stamina, and mood.



\$25.49 EA

20% OFF

150g



UHTCO

Camu Camu C++ Powder

Highly concentrated food sourced vitamin C for optimal absorption and body retention.



\$17.99 EA

22% OFF

140g



ORGANIC TRADITIONS

Focus Fuel

Fuel + nourish your brain with a synergistic blend of coffee alongside C8 MCT, Lion's Mane, plant-sourced omega 3's and herbal adaptogens.



\$31.99 EA

20% OFF

227g



SPORT RESEARCH

Collagen Peptides

Provides essential building blocks for skin, joint, bone + vascular health.



24% OFF

280g | 500g



GENUINE HEALTH

Bovine Collagen

This sustainably-sourced collagen provides the building blocks to strengthen connective tissue, helping to improve skin elasticity and joint health.

organization of the month



Kootenay Circus Arts Society

Discover Circus was created, under the umbrella of the Kootenay Circus Arts Association (KCAA), by a group of local artists and performers that value artistic expression, cooperation, inclusiveness, and play. We wish to share the benefits, both for body and mind, that pursuing the circus arts at any level can provide.

KCAA is a not for profit organization, with a vision to infuse circus arts into the culture of the Kootenays by engaging people through inspirational performance, inclusive community and personal empowerment. Offering sustainable opportunities for people to explore and experience the circus arts while fostering connection, creativity and meaningful artistic expression.

KCAA
KOOTENAY CIRCUS ARTS ASSOCIATION

make a donation

add \$2
to your bill

drop cash in the
change box

SEPTEMBER CAFÉ SPECIAL

iced blackberry london fog

Iced Earl Grey Tea with house-made blackberry syrup, served over ice, topped with blackberry cold foam (contains milk).

\$5⁴⁹
/16OZ



vote for your board

AUGUST 24 - SEPTEMBER 23



BALLOT SENT VIA EMAIL

Check email or
request a ballot

*Prefer to vote in person?
Stop by Member Services.*



VOTE

Meet your candidates
+ choose your top
three to lead
your Co-op



HEAR THE RESULTS

Announced at the
AGM on September
24th. Come celebrate
with us!

annual general meeting

THURSDAY SEPTEMBER 24TH
ADVENTURE HOTEL + ONLINE AT 5:30PM



Spread of "Made
Here" food



Meet your board
of directors



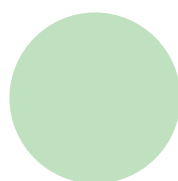
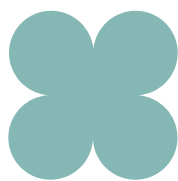
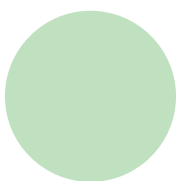
Financial update from
our fiscal year 2026
(June 2025 - May 2026)



Q+A session
with your Co-op
management team



Presentations from our Board President, Treasurer, and
General Managers.



For details visit **www.kootenay.coop**