

The logo for Kootenay co-op, featuring the word "Kootenay" in a white, stylized font above "co-op" in a smaller, lowercase font, with a small leaf icon to the right of "co-op". The logo is set against a dark green rectangular background.

Kootenay
co-op

APRIL 1 - 30

april specials

A close-up photograph of three soft-shell tacos served in a rustic wooden bowl. The tacos are filled with ground beef, corn, sliced avocado, tomatoes, jalapeños, and pickled onions. A small bowl of pink sauce is visible in the background.

april is
earth month

cleansing
for spring

do you
BYOC?

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



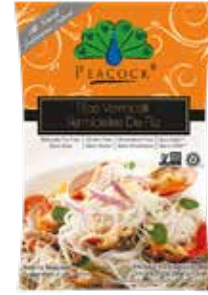
\$6⁹⁹
/EA
SAVE \$2

MARUKAN
Ponzu
355ml



\$11⁹⁹
/EA
SAVE \$3

BRAGG
Liquid Soy Seasoning
946ml



\$3⁹⁹
/EA
SAVE \$1

PEACOCK
Rice Vermicelli
All Varieties | 200g



\$7⁹⁹
/EA
SAVE \$2

NAKED + SAUCY
Organic Sauces
Peanut | Sweet Thai Chili | 296ml



\$5⁹⁹
/EA
SAVE \$1

DAN-D
Rice Paper
454g



\$5⁹⁹
/EA
SAVE \$1.50

NEAL BROTHERS
Organic Corn Chips
All Varieties | 276g

rice paper wraps

2 ounces rice vermicelli noodles
1 teaspoon toasted sesame oil
¼ teaspoon fine sea salt
1 cup torn butter lettuce, ribs removed
1 cup red cabbage, very thinly sliced
2 medium carrots, thinly sliced

1 small cucumber, thinly
2 medium jalapeños, thinly sliced
¼ cup green onions, thinly sliced
¼ cup fresh cilantro, roughly chopped
¼ cup fresh mint, roughly chopped
8 sheets rice paper

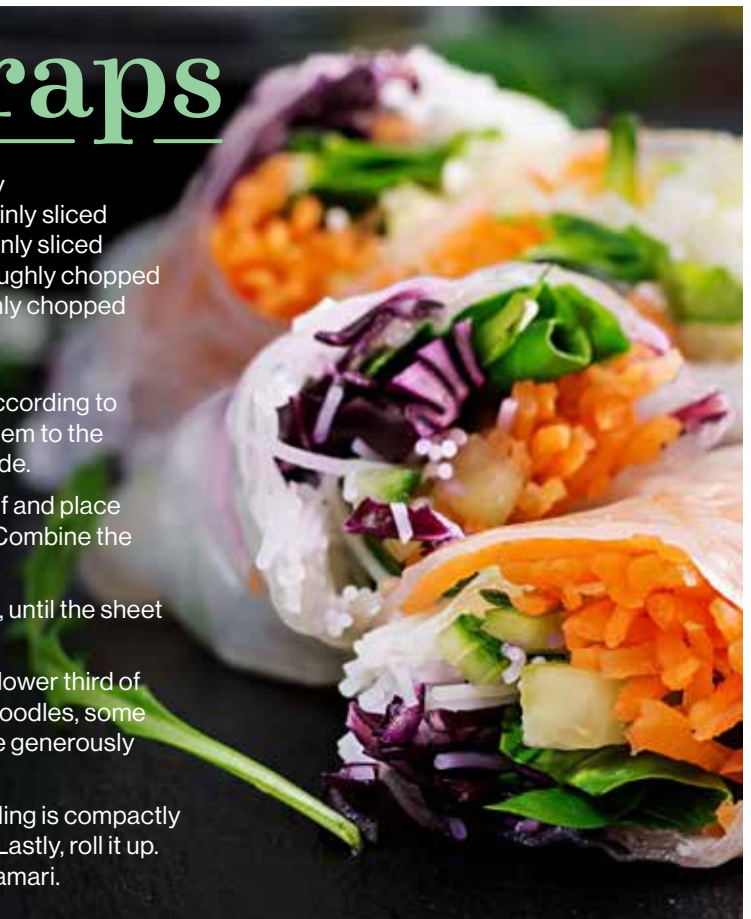
Bring a pot of water to boil and cook the noodles just until al dente, according to package directions. Drain, rinse them under cool water, and return them to the cooled pot. Toss the noodles with the sesame oil and salt and set aside.

Fill a shallow pan with an inch of water. Fold a lint-free tea towel in half and place it next to the dish. Make sure your prepared fillings are within reach. Combine the green onion, cilantro, and mint in a small bowl, and stir.

Place one rice paper in the water and let it rest for about 20 seconds, until the sheet is pliable but not super floppy. Carefully lay it flat on the towel.

Leaving about 1 inch of open rice paper around the edges, cover the lower third of the paper with a few pieces of butter lettuce, a small handful of rice noodles, some cabbage, and a few strips of carrot, cucumber, and jalapeño. Sprinkle generously with the herb mix.

Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito. Lastly, roll it up. Repeat with the remaining ingredients. Serve with peanut sauce or tamari.



grocery



GLUTEN FREE
NON-GMO

\$5.49 /EA

SAVE \$1

GLUTINO
Gluten-Free Wafer Cookies
Chocolate | Lemon | 130g



GLUTEN FREE

\$5.49 /EA

SAVE \$2

KIND
Dipped Clusters
All Varieties | 113g



GLUTEN FREE
ORGANIC

\$7.99 /EA

SAVE \$3

NAKED + SAUCY
Simmer Sauce
Vindaloo | Thai Curry | 350g



ORGANIC

\$3.49 /EA

SAVE \$1

TONICA
Kombucha
All Varieties | 355ml



NON-GMO

GLUTEN FREE

\$2.79 /EA

SAVE \$1

LOTUS FOODS
Ramen With Miso
All Varieties | 80g



FROM BC

\$4.99 /EA

SAVE \$1

SQUAMISH WATER
KEFIR
Smoothie Builder
1L



GLUTEN FREE

\$9.99 /EA

SAVE \$2

NATURE CLEAN
Oxygen Bleach Powder
700g



GLUTEN FREE

PLANT-BASED

\$8.99 /EA

SAVE \$3

CAULIPOWER
Cauliflower Pizza Crust
312g



ORGANIC

SAVE \$2.50 FROG FRIENDLY
Organic Coffee
All Varieties | 340g



NON-GMO

GLUTEN FREE

\$5.99 /EA

SAVE \$2

HABIBI'S
Hummus
All Varieties | 450g



ORGANIC

\$9.49 /EA

SAVE \$3.50

PATIENCE FRUIT CO
Organic Cranberry Juice
946ml



GLUTEN FREE

\$5.99 /EA

SAVE \$2

RICO'N LALO
Frozen Fruit Bars
All Varieties | 4x80ml Bars

BURRITO NIGHT



\$7.99
/EA

LA TORTILLA
Ivory Teff Wraps
396g

SAVE \$2



\$4.49
/EA

CULLEN'S
Organic Canned Beans
All Varieties | 540ml

SAVE \$1



\$4.99
/EA

EARTH'S CHOICE
Organic Diced Tomatoes
All Varieties | 796ml

SAVE \$1



20% OFF

SIMPLY ORGANIC
Organic Spices + Extracts
All Varieties | 103g



\$10.99
/EA

CHA'S ORGANICS
Organic Ceylon Rice
All Varieties | 900g

SAVE \$2



\$6.99
/EA

SIETA
Grain-Free Dipping Chips
142g

SAVE \$2



\$6.99
/EA

GARDEIN
Meat Alternatives
All Varieties | 225g-360g

SAVE \$1.50



\$4.99
/EA

HERDEZ
Mexican Salsa
All Varieties | 453g

SAVE \$1



\$9.99
/EA

SAVE \$2

EBESSE ZOZO
Hot Sauce
All Varieties | 250ml

grocery

28% OFF



3 for \$5

KOYO
Ramen
All Varieties | 57g



\$7.99
/EA
SAVE \$1

CROFTER'S
Premium Fruit Spread
All Varieties | 383ml



\$7.99
/EA
SAVE \$2

RISE
Organic Kombucha
All Varieties | 1L



\$4.49
/EA
25% OFF

DAIYA
Dairy-Free Mac + Cheese
All Varieties | 300g



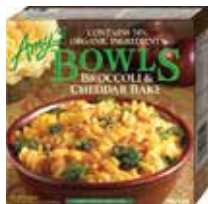
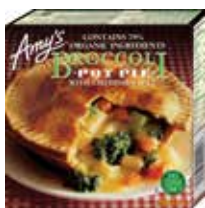
\$7.49
/EA
SAVE \$1

EARTH BALANCE
Whipped Buttery Spread
368g



\$4.49
/EA
22% OFF

LIGHTLIFE
Smart Dogs
340g



\$7.99
/EA
SAVE \$1.30

AMY'S KITCHEN
Frozen Meals
All Varieties | 269g-284g



\$6.99
/EA
SAVE \$2.50

BOB'S RED MILL
Scottish Oatmeal
567g



\$9.49
/EA
SAVE \$2

BRAGG
Apple Cider Vinegar
946ml



\$3.99
/EA
SAVE \$1.50

CASBAH
Falafel Mix
284g



\$4.99
/EA
SAVE \$1.50

CHA'S ORGANICS
Pineapple Chunks
400ml



\$7.99
/EA
SAVE \$2

FIELD ROAST
Vegetarian Sausages
All Varieties | 340g-368g

grocery



\$3.49
/EA

SAVE \$1

GOBIO
**Organic
Bouillon Cubes**
All Varieties | 54g-66g



25% OFF



2 for \$7

GO MACRO
Nut Bars
All Varieties | 65g



\$4.49
/EA

SAVE \$1

GT'S KOMBUCHA
Kombucha
All Varieties | 480ml



\$6.49
/EA

SAVE \$1

OATLY
**Barista Oat
Beverage**
946ml



\$4.99
/EA

23% OFF

PACIFIC
**Organic Plant-
Based Chili**
All Varieties | 486g



25% OFF



3 for \$9

PLUMM GOOD
**Organic Brown
Rice Thins**
All Varieties | 95g



\$7.99
/EA

SAVE \$5

DAVE'S GOURMET
**Organic Pasta
Sauce**
All Varieties | 723g



\$4.49
/EA

21% OFF

GOGO QUINOA
Quinoa Pasta
Spaghetti | Fusilli | 227g



\$5.49
/EA

SAVE 50¢

EARTH'S OWN
**Fresh Oat
Beverages**
All Varieties | 1.75L

Kootenay
co-op

SPRING CASE LOT

APRIL 18TH – 30TH



grocery

25% OFF



2 for \$6

ROAR
Electrolyte Drinks
All Varieties | 532ml



\$6⁹⁹ /EA
SAVE \$3

MAISON ORPHEE
Fresh Mayonnaise
All Varieties | 440ml



\$4⁴⁹ /EA
SAVE \$1.50

NOOCHPOP
Nutritional Yeast Popcorn
All Varieties | 120g



28% OFF



\$10⁹⁹ /EA
SAVE \$1.50

EVIVE
Organic Smoothie Cubes
All Varieties | 405g

2 for \$5

WIZE
Sparkling Iced Tea
All Varieties | 355ml



\$13⁹⁹ /EA
SAVE \$4

OMEGA NUTRITION
Pumpkin Seed Butter
568g

20% OFF



3 for \$6

CLIF
Original Energy Bars
All Varieties | 68g



\$9⁹⁹ /EA
SAVE \$2

PAMELA'S
Honey Grahams
213g



SAVE \$1⁵⁰

STAHLBUSH ISLAND FARMS
Frozen Fruit
All Varieties | 300g

22% OFF



2 for \$7

STAHLBUSH ISLAND FARMS
Green Peas
Frozen | All Varieties | 350g



\$10⁹⁹ /EA
SAVE \$3

SWERVE
Natural Sweetener
All Varieties | 340g



\$10⁹⁹ /EA
SAVE \$3

WHOLESOME SWEETENERS
Raw Blue Agave Syrup
480ml

grocery



\$4.99
/EA

SAVE \$2

CHIWI'S
Dried Fruit Chips
Kiwi or Pineapple | 50g



\$8.99
/EA

SAVE \$2

ABOKICHI
Instant Miso Soup
All Varieties | 140g



\$9.99
/EA

SAVE \$3

BUBBIES
Kosher Dill Pickles
1L



\$5.99
/EA

18% OFF

MADE GOOD
Granola
All Varieties | 284g



20% OFF

REBEL FOODS
Gluten-Free Cookies
All Varieties | 75g-300g

30% OFF



2 for \$7

GOODVIBES
Wellness Shots
All Varieties | 50ml

new in your co-op café

SPANISH *latte con miel*

Traditional Spanish-style coffee with honey, espresso, steamed milk of your choice, topped with ground cinnamon.

\$4.99
12OZ

flower tea latte

Beautiful herbal blend with flower petals, dried fruit + herbs, and blended with steamed milk of your choice.

\$4.99
12OZ

grocery

24% OFF



2 for \$5

GOOD TO GO
Keto Bars
All Varieties | 40g



\$3.29 /EA

SAVE 50¢

PATIENCE FRUIT CO
Sour Dried Cranberries
All Varieties | 60g



\$3.99 /EA

SAVE 50¢

BARBARA'S BAKERY
Cheese Puffs
All Varieties | 155g-198g



\$3.99 /EA

SAVE \$1

FITBITE
Cassava Chips
All Varieties | 100g

25% OFF



2 for \$6

RXBAR
Whole Food Protein Bars
All Varieties | 52g

20% OFF



2 for \$8

SPRAGUE
Organic Soup
All Varieties | 398ml



eco friendly cleaning



\$3.99 /EA

SAVE \$2

ECOMAX
All Purpose Cleaner
All Varieties | 800ml



19% OFF

WILD SEA NATURALS
Solid Dish Soap
All Varieties | 110g-265g



\$19.99 /EA

SAVE \$9

ECOMAX
Dish Wash Liquid
All Varieties | 4L



SAVE \$5

CINDERELLA'S
Cleaning Sprays + Concentrates
All Varieties | 500ml

butcher shop



\$175
/100G

10% OFF

BRADNER FARMS |
FARMCREST
**Chicken
Drumsticks**
Frozen



\$087
/100G

30% OFF

KOOTENAY CO-OP
**Chicken Pet
Food**
Raw + Frozen



10% OFF

CUTTER RANCH
**Pork Chops |
Pork Roasts**
Bone-In



The Kootenay Co-op Butcher Shop

favours local and regional growers, processors and producers committed to sustainable practices, and we source organic products when feasible and available. We create direct relationships to growers wherever possible.

As for charcuterie and cured meats -- to meet member demand and provide products you can feel good about, we started our own Co-op Smokehouse. Products carrying our Smokehouse label meet all the Butcher Shop buying guidelines, use organic spices, and are prepared and smoked in-house.



**Bradner
Farms**



**Kootenay
Natural Meats**



Farmcrest



**Cutter
Ranch**

Find more True Local and BC suppliers in your Butcher Shop!

cheese + tapas



\$3.59
/100G

20% OFF

LANDANA
**Wild Garlic
Gouda**



\$2.99
/100G

25% OFF

LANDANA
Mild Gouda



\$2.61
/100G

25% OFF

CHEESELAND
**Cumin Spiced
Gouda**



\$3.17
/100G

40% OFF

CHEESELAND
**Red Pesto
gouda**



\$3.37
/100G

25% OFF

CHEESELAND
Smoked Gouda



\$3.44
/100G

20% OFF

GRAND'OR
Medium Gouda

gouda cheese

comes in many different varieties, with lots of different flavor notes. Young gouda, aged just a few weeks, is sweet, mild, and a little fudgy. As gouda ages—months or even years—it develops more caramel notes, nuttiness, and even a little tang.

Cheese that has matured for many months develops a slight crunchiness from the calcium lactate crystals that develop. Every gouda is a little bit different, though, so there's even more reason to try all the goudas you can find.



\$5.99
/EA

20% OFF

TRE STELLE
Ricotta
475g



\$12.39
/EA

25% OFF

GALBANI
**Italian
Mascarpone**
500g

APRIL IS earth month

Change your period products, change the world.

The average woman will use around 11,500 disposable period products in her lifetime – all of which end up in the landfill. These products take years to decompose and release microplastics into the environment.

We have the power to make change. Swapping your period products for more sustainable options has never been easier. Here are some of our favourite products.

Natracare offers organic cotton tampons, and pads made with organic cotton, certified sustainable wood pulp and a certified compostable waterproof layer made from GM-free plant starch biopolymers.

Ready to try something different? Menstrual cups and discs as well as washable period underwear offer a reusable and garbage free option for your menstrual care.

DIVA DISC SPECIFIC BENEFITS

- Leakproof Shield™ prevents mid-wear leaks and messy removal
- Soft, flexible rim delivers ultimate comfort
- Oval-shaped design prevents rotation while wearing
- Anti-slip pull tab stays within reach



\$31⁹⁹
EA
20% OFF

All Varieties
Menstrual Cup Wash
Cleanser also on sale



DIVA
Menstrual Cup



20% OFF

Pads | Party Liners |
Wipes | Tampons



NATRACARE
Menstrual Care

While many body care containers are made from readily recyclable PET or HDPE plastic, when it comes to toothpaste, deodorant, and lip balm containers the combination of plastics make it harder to recycle.

While flexible toothpaste tubes are still considered waste at this point, deodorant and lip balm tubes are recyclable if you are willing to clean and separate them into their individual parts.



20% OFF

TRUE LOCAL

All Varieties | 75g

KL SKIN
Deodorant Stick



25% OFF

TRUE LOCAL

Crush and Brush
Tablets | Toothpaste

NELSON NATURALS
Dental Care



20% OFF

All Varieties

ON-SIGHT CARE
**Deodorant Bar |
Shampoo +
Conditioner Bar**

You may want to opt for Toothpaste, lip balms or deodorants that come in either glass, metal, or cardboard packaging. This month, we are featuring brands such as **Nelson Naturals**, **KL Skin**, and **Onsite Care** on sale that offer alternatives to plastic packaging for their dental, deodorant, lip, and hair care products.

wellness



\$11.99 EA

29% OFF

All Varieties
Argan Serum |
Reconstructing
Treatment also on sale



PRAIRIE NATURALS

Shampoo | Conditioner

Made in small batches in the Okanagan Valley, with only the finest natural ingredients and organic botanicals.



\$6.99 EA

30% OFF

All Varieties | 475ml



SENSIBLE CO.

Hand Soap

Made with Aloe and Vitamin E to help leave skin soft and moisturized. Free from harsh chemicals and synthetic fragrances.



\$14.99 EA

21% OFF

All Varieties | 355ml

THAYERS

Witch Hazel

Hydrating Witch Hazel toners cleanse and refresh the skin!



20% OFF

All Varieties



OM ORGANICS

Skincare

Pure, plant-based, and powerful formulations designed to target your unique skin challenges.



30% OFF

All Varieties
Body Lotion also
on sale



PHILIP ADAM

Hair Care

Natural, salon-quality hair products crafted with masterful attention to ingredients and performance.



If Bamboo toothbrushes are not for you, then a more eco-friendly plastic brush may be what you are looking for.

Radius toothbrushes are either made with bio-resin, BPA and toxin free virgin polypropylene, or from upcycled materials such as old bills (black source handle) wood and hemp (brown source handle), plant starch (beige source handle) and recycled soda bottles (green source handle). The addition of EcoPure ensures that their toothbrushes biodegrade once they end up in the landfill.

The Source and Big Kidz versions also offer replaceable heads resulting in up to 93% less waste.

Their toothbrush bristles and vegan floss are entirely petroleum-free. Even the packaging is made from recycled plastic and cardboard!



30% OFF



RADIUS Toothbrushes | Floss

All Varieties

wellness



30% OFF

All Varieties



AROMAFORCE Essential Oils

Aromaforce essential oils are made in Canada and are guaranteed to be pure, unadulterated, and botanically certified.



\$9.99 EA

31% OFF

118ml
Gel and Balm also on sale



BOLTON'S NATURALS Magnesium Chloride Spray



\$12.99 EA

32% OFF

30ml



NEWCO Organic Tea Tree Essential Oil

Tea tree oil has been shown to help heal wounds, infections, and a wide range of skin conditions.



\$15.99 EA

20% OFF

All Varieties | 550g
Bath bombs also on sale



KOOTENAY SOAP COMPANY Body Polish

Invigorate, exfoliate, and deeply soften your skin with luxurious salt scrubs.



20% OFF

Massage Oil | Ultra
Arnica Pain Relief



NAKA PLATINUM Arnica Products

Topical relief for pain and inflammation in muscles and joints.



20% OFF

All Varieties



COMMUNION BOTANICALS Face + Body Care

Botanical face and body care products that enhance your natural and unique beauty.



\$19.99 EA

33% OFF

946ml



DR. BRONNER'S Liquid Castile Soap



\$5.49 EA

31% OFF

140g



DR. BRONNER'S Pure Castile Bar Soap

dr. bronner's + our planet

- They work closely with their suppliers and farmers to improve their livelihoods while also regenerating soil. They focus on education and practices that build up soil fertility, increasing yields and profits for small farmers.
- 100% post-consumer recycled (PCR) plastic in all their liquid and pump soaps and have been for over 10 years!
- Bronner's partners with Fairtrade + organic projects all over the world when it comes to sourcing ingredients. This benefits an estimated 10,000 people from around the world.
- They are reducing their carbon footprint at their plant. This includes solar panel installations, to waste-water reduction strategies and even replacing manicured grass with native species of the area.

wellness



SISU Relaxation Magnesium

Highly absorbable magnesium bisglycinate-citrate form with added GABA and L-Theanine for optimal stress and sleep support.



SISU Stress Rescue L Theanine

Improves the quality of sleep, heightens mental acuity and reduces the negative side effects of caffeine.

23% OFF



FORAGE HYPERFOODS Mushroom Tinctures

Dual fruiting body extracted mushrooms in a base of glycerine for anyone adverse to alcohol-based tinctures.

\$25⁹⁹ EA

35% OFF

118ml



ALPHA HEALTH Supreme MCT Oil

Excellent source of energy-producing short chain fatty acids to fuel your mind and body.

21% OFF

60/40



GENUINE HEALTH Fast Joint Care+ with Fermented Turmeric

Featuring highly bio-available turmeric alongside eggshell membrane extract. Rich in collagen, hyaluronic acid and Glucosamine.

SAVE \$10

60c



HEDD WYN Oregano Oil

A potent herbal antimicrobial that effectively tackles bacterial, yeast, fungal, and parasitic infections.

20% OFF

15ml | 30ml | 50ml



ENZYMEDICA Digestive Products

Patented Therablend vegetarian enzymes formulated to perform across a wide pH range optimizing digestive benefits throughout the entire digestive tract.



All Varieties

25% OFF



GENUINE HEALTH Greens+ Formulas

A delicious nutrient-rich blend of greens and nutraceuticals for everyday support or with added energizing, detoxifying, or bone-building ingredients.

SAVE \$15

All Varieties
Original varieties
also on sale



wellness

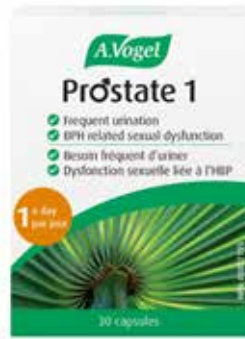


\$17⁹⁹ EA
25% OFF



A. VOGEL
Boldocynara | Digestive Aid Complex Boldo

Bitters aid in stimulating the release of enzymes and bile to optimize digestion.



\$29⁹⁹ EA
25% OFF

30c
 60c also on sale



A. VOGEL
Prostate 1

This highly-concentrated organic saw palmetto extract has been proven to prevent and relieve BPH symptoms with only one capsule a day.



\$12⁹⁹ EA
SAVE \$5

BEE KEEPER'S
Propolis Throat Spray

Stop infections in their tracks! Soothing, antimicrobial, and anti-inflammatory properties of propolis offer optimum support for sore throats.



SAVE \$14

All Varieties



GARDEN OF LIFE
All-In-One Shake

Delivers protein from 13 raw sprouted ingredients, along with greens, fiber, probiotics, enzymes, plus 21 vitamins and minerals.



30% OFF

45c | 90c



BIOSIL
BioSil

A great source of silica for improving bone, joint, skin, hair, and nail health.



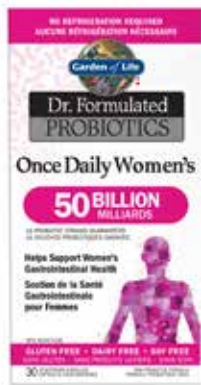
25% OFF

Memory Boost |
 Gut-Brain Probiotic |
 Restful Sleep



3 BRAINS
3 Brains Products

3 products to optimize brain health by supporting sleep, neural pathway development, and a healthy microbiome.



33% OFF

Select Varieties



GARDEN OF LIFE
Dr. Formulated Probiotics

These targeted probiotic blends offer a high potency of diverse clinically studied strains to promote digestive balance and immune health.

There are two exciting new probiotic options in the Dr Formulated line, from Garden of Life:

Restore Immune is a super high-potency 14-day program, designed to be taken during and after periods of illness and/or antibiotic use while **Digestive & Immune Care** can be used for daily support. Both are formulated to help rebuild healthy gut flora and improve immune system function, while at the same time, supporting gastrointestinal health. They are shelf stable probiotics, and both contain the benefits of added Zinc and Vitamin D.

They also contain a new, patented strain of heat-killed *Lactobacillus plantarum* bacteria called HK L-137. This unique strain serves as a potent source of metabolites and bioactive compounds which are becoming known as post-biotics, that have been shown to have beneficial effects such as stimulating the immune system, modulating the gut environment and reducing inflammation.



wellness



\$24⁹⁹ EA

32% OFF

100mg | 120c



NATURAL FACTORS
Co Q10

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



\$26⁹⁹ EA

25% OFF

180c



NATURAL FACTORS
**Acidophilus + Bifidus
Double Strength**

Health starts in your gut. Support your natural flora.



\$34⁹⁹ EA

24% OFF

1000mg | 180c



NATURAL FACTORS
Ultra Prim Evening Primrose Oil

A rich source of GLA for improving hormone balance, relieving inflammation, and nourishing the skin.



\$18⁹⁹ EA

24% OFF

150mg | 210c



NATURAL FACTORS
Magnesium Citrate



\$29⁹⁹ EA

25% OFF

Bonus Size 220c



NATURAL FACTORS
Alaskan Salmon Oil

A great source of Omega-3 for cardiovascular, joint, and cognitive health.



25% OFF

120c | 240c



SISU
Ester C 600mg

Lasts for up to 24 hours in the blood stream for optimal cellular absorption providing superior antioxidant protection.



24% OFF

60c



NATURAL FACTORS
Glutathione LipoMiceL Matrix

10x increased bioavailability for optimal immune, cardiovascular and histamine regulation support.



25% OFF

All Products



NATURAL FACTORS
Big Friends Chewable Multivitamin

Nutritional support for our youngest members in delicious chewable formats optimizing brain, bone, muscle, and immune health.

wellness



SAVE \$20

Athlete's Blend
Sprouted Protein Bar also
on sale



IRON VEGAN

Sport Nutritional Products

Highest quality organic plant based sprouted protein, fermented BCAAs and L-glutamine for optimal athletic performance and recovery.



\$23⁹⁹
EA

20% OFF

Peach Turmeric |
Elderberry



BIO K PLUS

Bio K Extra

Same great probiotic formulas with added nutritional support for inflammation, memory, and immunity.



\$46⁹⁹
EA

15% OFF

840g
Whey Isolate also
on sale

KAHA

New Zealand Whey Concentrate

Cross-flow microfiltration whey, supports muscle recovery, and blood sugar balance.



\$7⁴⁹
EA

25% OFF

227g



MANITOBA HARVEST

Natural Hemp Hearts

Excellent source of essential omegas and protein.



\$18⁹⁹
EA

27% OFF

946ml



MANITOBA HARVEST

Hemp Oil

A rich source of essential fatty acids this nutty-flavoured oil can be taken daily with a variety of foods.



\$32⁹⁹
EA

37% OFF

500ml



NAKA PLATINUM

Icelandic Cod Liver Oil

Excellent source of omega-3 for brain, eye, heart, joint, and skin health



\$34⁹⁹
EA

24% OFF

750ml



NAKA PLATINUM

Pro Liposomal Vitamin C 1000

Optimal cellular delivery of vitamin C via liposomal technology to combat oxidative stress, and improve collagen production and immune function.



Improve joint health with **Pro-Flex**, a comprehensive formula featuring glucosamine, collagen, MSM, bromelain, Turmeric, Boswellia, Hyaluronic acid and Devils' Claw.

Target pain and swelling with **Serrapeptase**, a proteolytic enzyme targeting fibrin and inflammatory debris. Offered either on its own, or as **Enhanced Serrapeptase** with anti-inflammatory nutraceuticals of Curcumin, Boswellia, and Bromelain.



23% OFF



NAKA PLATINUM

Joint Care

Serrapeptase | Enhanced
Serrapeptase | Pro-Flex
Joint Pain Relief

IN-STORE GIVEAWAY



Enter for your chance to win a

VITAMIX

plus 90 sachets of Ener-Life Products



ENER-LIFE Ener-C

A delicious way to energizing your body with Vitamin C and B, as well as minerals.

\$15⁹⁹ EA

20% OFF

Sugar-Free |
With Sugar

HOT DEAL
BUY 2 @ \$13.99
30% OFF

wellness



\$28⁹⁹ EA

20% OFF

60c
120c also on sale

NEW CHAPTER Turmeric Force

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



\$28⁹⁹ EA

26% OFF

30c



NEW ROOTS HERBAL

Heme Iron

Protein-bound animal-sourced iron, easily absorbed and integrated to optimize hemoglobin production, reducing fatigue and tiredness



\$8⁴⁹ EA

26% OFF

30c



NEW ROOTS HERBAL

Iron Bisglycinate

Amino Acid chelation of Iron ensures optimal absorption without potential digestive side effects. Plant-sourced amino acid bound iron offers the same benefits as heme iron in vegan format.



\$24⁹⁹ EA

24% OFF

Prenatal Multivitamin
also on sale



NEW ROOTS HERBAL

Multi-Max

The optimal foundation for daily nutritional support.

Hydration optimizes muscle function both during and after a workout. Organika's new enhanced electrolytes line offers customized pre and post workout formulations with added nutraceuticals to optimize your performance.

- **Electrolyte Energy** • with added caffeine, creatine and inositol for quick energy release during intense exercise or weightlifting
- **Electrolytes Endurance** • with beta-alanine to prevent premature muscle fatigue from lactic acid build up and carnitine for sustained energy metabolism and prolonged muscle strength
- **Electrolytes Recovery** • With added glutamine and BCAAs to reduce soreness, preserve muscle tissue and stimulate muscle repair and growth after your workout
- **Electrolytes Extra Strength** • with 1mg of sodium for intense workouts with sodium loss due to perspiration



30% OFF

All Varieties



ORGANIKA

Enhanced Electrolytes Line

Supports hydration, muscle function, and energy production.

As the seasons change and we begin to feel the urge to Spring-clean our homes, we also may want to consider how we can support the natural cleansing and detoxification of our bodies.

Herbal cleanses, combined with an alkaline-forming, anti-inflammatory, whole foods diet, are a safe and effective way to support our body to rid itself of excess toxins, while at the same time, inspiring us to incorporate new, healthy habits.

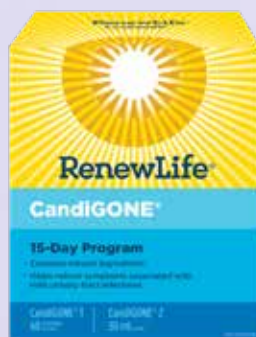
We're exposed to toxins everyday, through air and water pollution, pesticides and chemicals in the food we eat, chemicals in cleaning products and plastics. Our bodies also produce free radicals and other endotoxins that our liver is always working to process and eliminate.



There are a variety of cleanses on the market that combine herbs and other nutrients to stimulate the detoxification process.

General whole body herbal cleanses typically focus on supporting the liver and colon. Our liver filters toxins from bloodstream and stimulates bile production, assisting in their breakdown and elimination, while the colon works to flush out the toxins from our body. Supporting optimal colon functioning is key to elimination of toxins so it's crucial, before beginning a cleanse, as well as during, to consume adequate fiber and water, and to consider also supplementing with probiotics. Many herbal cleanses also include laxative herbs and nutrients such as magnesium hydroxide, which helps draw water into the colon to help flush things out.

More targeted cleanses include Candida and Parasite cleanses. Candida overgrowth in the body can result in a host of physical and cognitive symptoms, including such things as yeast infections, bloating, skin infections and brain fog. Additionally, excess yeast and bad bacteria in the body release endotoxins, which trigger systemic inflammation. Candida cleanses typically contain antifungal and antibacterial herbs which, when combined with an anti-candida diet (no sugar, flour, vinegars, yeast-containing foods etc.) help support the die-off and removal of excess yeast from the body.



Parasite cleanses aim to rid the body of parasitic infections, such as intestinal worms or other microbes. Parasitic infections can occur from consuming contaminated food or water, often during international travel. They can lead to a variety of digestive symptoms such as constipation, diarrhea and vomiting. In order to target parasites at all stages in their life cycle, it's usually recommended to follow a 14-15 day herbal parasite cleanse regimen, followed by a 5-7 day break, then undergo another 14-15 day course of treatment/detoxification.

RENEW LIFE
Cleansing Products
All Varieties

20% OFF

wellness



25% OFF

5-HTP 200mg + Tyrosine | True Calm with Gaba | Sleep Botanica Blend | Relora



NOW

Mood, Stress, and Sleep Support

Manage stress, mood, and sleep disturbances with these excellent formulas to optimize mental wellbeing.



25% OFF

B-100 Vitamin B Complex | Ultra B-12 Liquid | B-12 Methyl



NOW

B Vitamins

B-Vitamins support energy production while also optimizing nerve, brain, and heart health.



SAVE \$15

AOR

Bone Basics

360c
Highly bioavailable hydroxyapatite calcium enhanced with bone-building supportive cofactors such as K2, D, manganese, zinc, and copper.



21% OFF

AOR

Zinc + Copper Balance

100c
Regulates inflammation, enhances wound healing, and supports immunity without impairing copper function.



33% OFF

Select Sizes



ORGANIKA

Collagen Products

Natural source of collagen building peptides for skin, hair, joint, and bone health. Sourced from grass-fed cows.



\$27⁸⁹ EA

25% OFF

Reishi | Coriolus | Cordyceps | Lion's Mane | 60c



NEW ROOTS HERBAL

Mushroom Capsules

Potent water-extracted medicinal mushrooms for immune and adaptogen support.



35% OFF

400g



ORGANIKA

Spirulina + B12

A nutritional superfood -- rich in proteins, B12, vitamins, minerals and antioxidants, finally in a delicious format!



23% OFF

60c

PRAIRIE NATURALS

OcuForce

Comprehensive antioxidant formula protects against light-induced damage and helps to delay progression of macular degeneration.

wellness



25% OFF

Select Varieties

PRAIRIE DOCTOR
Tinctures

These quality tinctures offer highly absorbable concentrated herbal actives for immune, heart, liver, nerve, and stamina support



25% OFF

All Varieties



ST. FRANCIS HERB FARM

Deep Immune

Support and strengthen your resistance to allergies ahead of the season with tonic herbs of Astragalus and Codonopsis. Prevention is key.

ST. FRANCIS HERB FARM

Allergy Relief

Provides non-drowsy natural relief for itchy eyes, sneezing, congestion, and the many discomforts associated with hay fever and allergies.



\$7.99 EA

20% OFF

Immunity | Sport

NUUN
Electrolyte Tablets



\$15.99 EA

20% OFF

All Varieties

ORGANIC TRADITIONS
Probiotic Lattes

Delicious dairy-free nourishing + energizing superfood blends.



\$23.99 EA

20% OFF

473ml
948ml also on sale

SUNFORCE
RespirActin

Helps relieve symptoms affecting the respiratory system such as allergies, asthma, coughs, and colds.



\$23.99 EA

20% OFF

Peanut Butter

VEGA
Nut Butter Shake

Creamy wholesome ready-to-go shake offering 20g of protein without the added fat of actual nut butters.



\$7.99 EA

27% OFF

All Varieties
Honey Pops also on sale

WEDDERSPOON
Manuka Lozenges

Antimicrobial, soothing, delicious.



\$29.99 EA

SAVE \$10

340g

WEDDERSPOON
Manuka Honey 16+

organization of the month



Kootenay Emergency Response Physician's Association (KERPA)

KERPA sends a volunteer EMS physician in a dedicated ground unit, directly to the scene of immediate threat to life calls in the Kootenay region. Our response vehicles are fully equipped with advanced medications and equipment. We are capable of providing road side ultrasound, video laryngoscopy, rapid sequence intubation, surgical procedures, cardiac monitoring, and advanced cardiac arrest care. In addition, our physician are trained in tactical emergency casualty care and equipped to support the emergency services in this role.



make a donation

add \$2
to your bill

drop cash in the
change box



Kootenay
co-op

april classes

Basic Sourdough Baking

April 9th • 5:30 – 7:30pm

April 25th • 5:30 – 7:30pm

In this class Maggie will teach everyone how to make beautiful artisan loaves that are sure to impress. We will go into detail about how to make your own sourdough starter and care for it. You'll get step-by-step instructions on how to become an accomplished sourdough baker, as well as how to make sourdough crackers. Everyone will leave the class with their own sourdough starter.

Gut Check for Cardiovascular Health

April 29th • 6:30 – 8:00pm

Join us for an enlightening discussion with Caroline Farquhar RHN, as we delve into the fascinating realm of the gut-cardiovascular connection. This talk aims to unravel the complex interplay between our gut microbiota and cardiovascular system, shedding light on the profound impact this relationship has on our overall well-being

www.kootenay.coop/co-op-classes

BYOC

for Earth Month

(Re)fill your own container with bulk products and **TAKE 10% OFF!**

That's 10% off each item that you put in your own container – and best of all you get an **EXTRA 10% OFF** any bulk items on sale. It's as easy as bringing your own container!



do I save 10% if the product is already on sale?

YES – if you bring your own container you will always get your extra 10% off!

how does the discount apply?

When you go through the tills our helpful cashiers will ask you if it's your container – and if it is they will apply the discount!

what if I don't bring my own container?

You can still shop for all your favourite products, however we will be charging \$0.10 for each plastic bag used in the bulk department.

what containers can I use?

Jars, cloth bags, mesh bags, silicone bags – anything that is clean and food safe. You can find some great options in the bulk department to get you started.

www.kootenay.coop/byoc