



Kootenay
co-op

MAY 1 - 31

may specials

celebrate
mother's day

stop seasonal
allergies

member
appreciation day

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



breakfast



\$7⁴⁹
/EA

25% OFF

YOGGU!
Coconut Yogurt
All Varieties | 450g



\$6⁴⁹
/EA

25% OFF

GRANOLA GIRL
Granola
Original | Sunshine
Mix | 320g



\$24⁹⁹
/EA

SAVE \$9

CANADIAN HERITAGE
**Organic
Maple Syrup**
All Varieties | 1L



\$5⁴⁹
/EA

21% OFF

ST. DALFOUR
Fruit Spreads
All Varieties | 225ml



\$4⁹⁹
/EA

29% OFF

O'DOUGHS
**Gluten-Free
Bagel Thins**
300g



\$5⁹⁹
/EA

SAVE \$1

RIVIERA
**Vegan Delight
Yogurt**
All Varieties | 500g



\$12⁴⁹
/EA

31% OFF

SASQUATCH COFFEE
**True Local
Coffee**
All Varieties | 340g



\$4⁹⁹
/EA

SAVE \$1

BARBARA'S BAKERY
Puffins Cereal
All Varieties | 283g



20% OFF

LITTLE NORTHERN
BAKEHOUSE
**Gluten-Free
Baked Goods**
All Varieties



\$5.99
/EA

27% OFF

SUZIE'S
Organic Ketchup
499ml
Mayonnaise also on sale



\$5.99
/EA

25% OFF

PERFECT CHEF
Organic BBQ Sauce
All Varieties | 350ml



\$6.99
/EA

SAVE \$2

EAT WHOLESOME
Organic Dill Pickles
750ml



hot deal



\$8.99
/EA

31% OFF

FARMING KARMA
COCKTAILS
Non-Alcoholic Cocktails
All Varieties | 4x 285ml



\$5.99
/EA

14% OFF

LA CROIX
Sparkling Water
All Varieties | 8x355ml



\$5.49
/EA

SAVE \$1

DAIYA
Dairy-Free Shreds + Slices
All Varieties | 200g



25% OFF



2 for \$7

KETTLE
Potato Chips
All Varieties | 198g



\$3.99
/EA

27% OFF

MAISON ORPHEE
Organic Mustard
All Varieties | 250ml

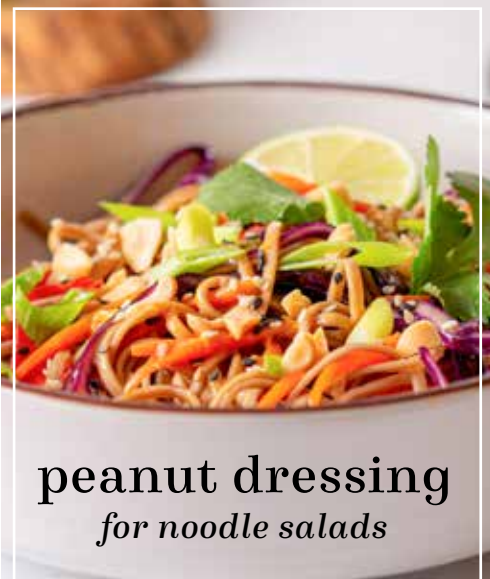


\$5.99
/EA

SAVE \$2

O'DOUGHS
Gluten-Free Hamburger Buns
400g

grocery



peanut dressing for noodle salads

- 5 thin slices ginger
- 2 cloves garlic
- ½ cup peanut butter
- ½ cup orange juice
- ½ cup lime juice
- ¼ cup soy sauce
- ⅓ cup maple syrup
- ¼ cup toasted sesame oil
- 1 – 1½ tsp cayenne pepper
- 1 tsp salt

Place all ingredients in a blender or food processor, and pulse until smooth.

Consider adding spring vegetables like radish and snap peas to your noodle salad!



GLUTEN FREE ORGANIC

\$5.99 /EA

20% OFF

LOTUS FOODS
Pad Thai Rice Noodles

All Varieties | 227g



ORGANIC

\$8.99 /EA

SAVE \$3

MARANATHA
Organic Peanut Butter

Smooth | Crunchy | 500g



GLUTEN FREE ORGANIC

\$4.99 /EA

SAVE \$2

KING SOBA
Soba Noodles

All Varieties | 250g



ORGANIC

\$11.99 /EA

SAVE \$5

BIOITALIA
Organic Sunflower Oil

750ml



ORGANIC



\$3.99 /EA

16% OFF

RISE
Organic Kombucha

All Varieties | 414ml



FROM BC ORGANIC

16% OFF

AMANO
Organic Miso

All Varieties | 400g



FROM BC ORGANIC

\$5.49 /EA

21% OFF

BREMNERS
Organic Frozen Fruit

All Varieties | 300g



ORGANIC

22% OFF

CHA'S ORGANICS
Coconut Milk | Coconut Cream

All Varieties | 400ml



GLUTEN FREE ORGANIC

21% OFF

MADE GOOD
Organic Bars + Snacks

Bars | Squares | Minis



GLUTEN FREE

\$5.99 /EA

SAVE \$1

BLUE DIAMOND
Nut Thins

All Varieties | 120g

grocery



\$7⁹⁹ /EA
33% OFF

JOVIAL
Gluten-Free Egg Tagliatelle Pasta
255g



\$4⁹⁹ /EA
SAVE \$2

CHIWIS
Chocolate-Drizzled Fruit Chips
All Varieties | 60g



\$7⁹⁹ /EA
SAVE \$2

NATURE'S BAKERY
Fig Bars
All Varieties | 340g



\$6⁹⁹ /EA
SAVE \$2

DREAM POPS
Plant-Based Creamsicles
4 x42ml



23% OFF

2 for \$5

SAPSUCKER
Sparkling Maple Water
All Varieties | 355ml



\$4⁹⁹ /EA
SAVE \$1

RICEWORKS
Rice Chips
All Varieties | 155g



2 for \$7

ANNIE'S HOMEGROWN
Original Pastas
All Varieties | 170g



15% OFF

SCHÄR
Gluten-Free Bread + Snacks
All Varieties



\$5⁹⁹ /EA
25% OFF

PACIFIC
Organic Soup
All Varieties | 1L



25% OFF

LUCKY
Original + Gluten-Free Spring Rolls
All Varieties | 241g



\$9⁴⁹ /EA
SAVE \$2.50

WILDBRINE
Organic Sauerkraut
All Varieties | 510ml



\$3⁸⁹ /EA
11% OFF

EARTH'S OWN
Oat Beverages
Original | Zero Sugar | 946ml



celebrate mother's day

WITH NELSON'S CHOCOFELLAR

Celebrate mom with True Local high-quality, artisan, handmade chocolates! Nelson's Chocofellar truffle boxes are **25% off May 9th-May 15th** for Mother's Day.



NELSON'S CHOCOFELLAR
Truffle Boxes
May 9th-May 15th ONLY | All Varieties

20% OFF ALL MONTH

NELSON'S CHOCOFELLAR
Chocolate
All Varieties | 48g-78g

Iconic, delicious handmade confections and chocolate bars made in Nelson B.C since 1990

25% OFF



\$12.99 /EA
SAVE \$2.50

PAMELA'S
Baking + Pancake Mix
680g



\$5.99 /EA
20% OFF

SAN-J
Cooking Sauces
All Varieties | 296ml

25% OFF



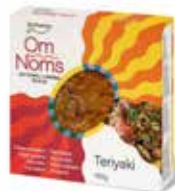
2 for \$6

NATURA
Organic Rice Beverages
All Varieties | 2 for \$6 | 946ml



\$9.99 /EA
SAVE \$3

GENUINE TEA CO.
Iced Tea
All Varieties | 4 Pack



\$6.99 /EA
26% OFF

OM NOMS
Soy Strips
All Varieties | 150g



25% OFF



2 for \$10

LILY'S SWEETS
Sugar-Free Chocolate Bars
All Varieties | 2 for \$10 | 85g

grocery



\$3.29
/EA

18% OFF

ROAR
**Electrolyte
Drinks**

All Varieties | 532ml



\$7.49
/EA

SAVE \$1.50

SIETE
**Grain-Free
Tortilla Chips**

All Varieties | 142g



\$5.49
/EA

21% OFF

FOUR O'CLOCK TEA
Organic Tea

All Varieties | 16 Bag



raw sauerkraut rolls with herbs + smoked salmon

INGREDIENTS

- 8 to 10 slices of smoked salmon
- 1 green apple
- 1½ cups Karthein's Traditional sauerkraut
- ½ small lime
- 1 ripe avocado
- 2 tbsp cream cheese
- 2 tbsp chives finely chopped (or herbs of your choice)
- Ground pepper

METHOD

- Chop the sauerkraut roughly and put it in a bowl.
- Grate the green apple. Mix with sauerkraut. Sprinkle with a drizzle of lime juice. Mix.
- Put everything in a clean cloth. Squeeze above the sink to remove water. Return to the bowl.
- Add the chopped avocado, chives, pepper and cream cheese. Mix well.
- Place a strip of cling film or silicone mat on your worktop. Lay down 4 slices of smoked salmon, overlapping slightly to form a rectangle.
- Place half of the sauerkraut mixture in a line 1cm from the edge of the salmon rectangle. Form a roll by tightening well.
- Repeat the process by forming a rectangle with the remaining 4 slices of smoked salmon. Place your two rolls in the freezer for about twenty minutes to facilitate cutting.
- Take the rolls out of the freezer. Cut out sections about 1.5 cm high. Decorate each maki with sprigs of chives or parsley.



\$9.49
/EA

32% OFF

KARTHEIN'S
**Organic
Sauerkraut**

All Varieties | 750ml

bonus recipe



kimchi mango salad

INGREDIENTS

- 1½ cups Karthein's Kimchi
- 1 mango, cut into cubes
- ½ cup chopped coriander
- 1 tbsp. olive oil

METHOD

Place all the ingredients in a salad bowl and mix well. Serve as a side dish or eat with corn chips.

grocery



\$5.49
/EA
SAVE \$1.50

SAUGEEN
**Organic
Yogurt + Kefir**
908g



\$7.99
/EA
SAVE \$2

EVERLAND
**Organic White
Basmati Rice**
908g



\$9.49
/EA
SAVE \$2.50

NUTSTOYOU
Organic Tahini
500g



\$4.99
/EA
29% OFF

EVERLAND
Organic Salsa
All Varieties | 500ml



\$9.99
/EA
SAVE \$3

CARBONE
Pasta Sauce
All Varieties | 660ml



22% OFF



2 for \$7

PANDA
Licorice
All Varieties | 170g



\$8.49
/EA
SAVE \$2.50

OAT + MILL
**Oat Milk
Ice Cream**
All Varieties | 500ml



\$5.99
/EA
20% OFF

HENRY'S TEMPEH
**Tempeh
Crumble**
200g



\$9.99
/EA
SAVE \$3

ITALIAN VOLCANO
**Organic
Lime Juice**
500ml



22% OFF

2 for \$7

CLEARLY CANADIAN
**Sparkling
Mineral Water**
750ml



\$7.99
/EA
SAVE \$2

RIGHTEOUS
**Gelato |
Sorbetta**
All Varieties | 473g

27% OFF



2 for \$8

ENDANGERED
SPECIES
**Fairtrade
Chocolate Bars**
All Varieties | 85g

grocery



\$4.49
/EA

50% OFF

LE GRAND
**Mac 'N Cheeze
Sauce**
227g



\$7.49
/EA

25% OFF

GIMME
**Seaweed
Snacks**
All Varieties | 6x5g



\$6.99
/EA

SAVE \$2

CHOSEN FOODS
**Avocado Oil
Dressing**
All Varieties | 237ml

28% OFF



2 for \$4

BOB'S RED MILL
Bob's Bars
All Varieties | 50g



SAVE \$1.50

AMY'S KITCHEN
Burritos
All Varieties | 156g-170g



\$2.00
/EA

33% OFF

MID-DAY SQUARES
Energy Bars
All Varieties | 33g

27% OFF



2 for \$8

FREE YUMM
**Gluten-Free
Snacks**
All Varieties | 120g-154g

33% OFF



2 for \$6

SQUAMISH
WATER KEFIR
Probiotic Soda
All Varieties | 355ml



\$6.99
/EA

30% OFF

ECOMAX
**Dishwasher
Pacs**
20x18g



\$7.99
/EA

SAVE \$2

DR. PRAEGER
Little's Bites
Broccoli | Spinach |
283g



\$9.99
/EA

SAVE \$3

NUTS FOR CHEESE
Cashew Cheese
All Varieties | 120g



\$5.49
/EA

SAVE \$1.50

CHICKPEA PASTA
Chickpea Pasta
Penne | Spirals | 227g

butcher shop



BRADNER



TARZWELL

12% OFF

BRADNER FARMS |
TARZWELL FARM
Beef Striploin Steaks



MADE HERE

\$2.99 /100G

12% OFF

KOOTENAY CO-OP
Lamb Sausage



MADE HERE

\$8.32 /100G

12% OFF

KOOTENAY CO-OP
SMOKEHOUSE
Montreal Jerky Steak Bites

chicken bone broth

Make the most of your chicken! Cooking a whole chicken is a great way to have protein on-hand for easy dinners or meal prep. After all the meat has been used, you can then use the carcass to make a rich bone broth that can be added to soups, stews, and sauces for many more meals to come!

INGREDIENTS

- 2 kg chicken carcass
- 1 carrot, cut into 4
- ½ onion, peeled
- 1 celery stalk cut into 4
- ½ Tbsp black peppercorns
- 1 Tbsp cider vinegar
- 2 bay leaves
- 2 thyme sprigs (or ½ tsp dried leaves)
- 3 parsley sprigs
- 3 litres water

METHOD:

Place all ingredients into a large stockpot. Fill with 3 litres of cold water, which should just about cover the bones.

Bring to a boil on medium-high heat. Scoop off and discard any foam that collects on the surface.

Turn stove down to low and simmer for 3 hours with no lid. The stove should be low enough so the surface is barely rippling.

Pour the stock through a fine sieve into another pot or large bowl.

You should end up with 2 litres of stock. If you have more than about 2.25 litres, reduce by simmering on low. If you have less than 2 litres, top up with water.

Measure out into 1 cup containers for storage and faster cooling.

Allow to cool to room temperature on the counter then refrigerate. This will make any fat rise to surface and solidify, after which it can be removed.



\$1.30 /100G

20% OFF

BRADNER FARMS
Frozen Whole Chickens



cheese + tapas



\$8.59
/EA

25% OFF

TRE STELLE
Feta
375g



\$4.89
/EA

25% OFF

TRE STELLE
Feta
200g



\$5.19
/EA

20% OFF

TRE STELLE
Halloumi
200g



\$8.59
/EA

20% OFF

WOOLWICH
Goat Cheese
Mozzarella | Marble |
Cheddar | Old Cheddar |
200g



CINCO DE MAYO mexican cheeses



Oaxacan Cheese

Melty, lightly salted cheese with a texture similar to mozzarella • use in quesadillas and grilled cheese



Queso Fresco

Mild, fresh, soft, and slightly tangy cheese that doesn't melt • use to top tacos, enchilladas, and eggs.



Cotija Cheese

Semi-hard, slightly aged cheese with a strong, salty flavor • use as garnish on black bean soup, chicken mole, and elote.

\$3.83
/100G

20% OFF

QUESO DORADO
Mexican Cheeses
Oaxacan Cheese |
Queso Fresco | Cotija



\$4.49
/EA

25% OFF

CASTELLO
**Brie |
Camembert**
125g



\$3.44
/100G

25% OFF

CHEESELAND
**Coconut
Cheese**



\$10.49
/EA

25% OFF

STONEWALL KITCHEN
Spreads | Jellies
All Varieties | 314ml/347g



\$3.22
/100G

25% OFF

PERRON
**Seven Year
Aged Cheese**
Unpasteurised

wellness

\$13⁹⁹ EA

26% OFF

50ml



A. VOGEL
Arnica Gel

Highly concentrated formula providing fast-acting topical pain relief.

\$12⁷⁹ EA

25% OFF

340ml



NAKA PLATINUM
Aloe Vera Gel

Deeply hydrating for everyday moisturization or after sun recovery.

20% OFF

Lotion | Rescue Balm | Hand Cream



NOVA SCOTIA FISHERMAN
Hand Care

Made with certified organic oils and infused with sustainably hand-harvested Atlantic Sea Kelp.

\$15⁹⁹ EA

33% OFF

Orange | Frosty Mint | Unscented | Lavender | Deodorant, Men's Line, Body Wash + Lotion also on sale



GREEN BEAVER
Castille Soap

22% OFF

Floss | Mouthwash | Toothpaste



GREEN BEAVER
Oral Care

Optimized oral care formulated with antimicrobial xylitol and enamel-rebuilding hydroxyapatite.

\$16⁹⁹ EA

23% OFF

Spray | Lotion | Kids



GREEN BEAVER
Suncare

Natural-biodegradable, effective mineral sunscreens.

\$4⁸⁹ EA

30% OFF

Multi-Packs also on sale



F.E.T.E.
Bamboo Toothbrush

Natural + biodegradable bamboo toothbrushes for the whole family!

20% OFF



Mad Hippie provides reef-safe, antioxidant-boosted, clear mineral sun protection.

The Hydrating Facial SPF is your all-in-one moisturizer with sun protection. The Luminizing SPF is the same, but with a slightly shimmery finish, for when you want a bit more of a glow. Serum blends offer a more lightweight feel and can be used on their own or over makeup.

All 4 options provide SPF 29+ and 80 minutes of water resistance, to leave your skin protected, hydrated and healthy!

MAD HIPPIE
Face Care

Antioxidant-rich solutions for your skin. Results-based, clean skin care products.

wellness



25% OFF

Gel + Body Lotion
also on sale



CURELLE
Shampoo | Conditioner



\$3⁶⁹ EA

26% OFF

All Varieties
Tinted lip balm also on sale



MOODY BEE
Lip Balm

Handmade in Kimberly, Moody Bee lip balms are smooth, hydrating, and made with all natural, high-quality ingredients.



25% OFF

Lavender | Eucalyptus |
Lemon | Peppermint | 50ml



NAKA PLATINIUM
Essential Oil

100% pure, undiluted essential oils.



20% OFF



OM NATURALE
Body Care

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



25% OFF



ORGAN(Y)C
Menstrual Care | Beauty Products

Made from organic cotton for optimal softness, comfort and breathability.



27% OFF

Bulk Shampoo +
Conditioner



ONEKA
Hair Care | Hand Soap

A Quebec-based, family-owned company offering natural hair care products made with organic and wildcrafted ingredients.

\$10⁹⁹ EA

21% OFF

Size 1-5 | Training
Pants also on sale



BAMBO NATURE
Diapers

\$12⁶⁹ EA

21% OFF

Size 3-5
Wipes also on sale



BAMBO NATURE
Overnight Diapers

wellness



REFRESH BOTANICALS
Face Care
 Vegan and cruelty-free skincare.

Refresh Botanicals uses nano-encapsulation, which uses protective nanospheres to preserve active ingredients while delivering them to the deepest layers of your skin. Microemulsification enhances the stability of their products.

These groundbreaking technologies extend the shelf-life of your product and ensure that you receive the full potency of each carefully chosen ingredient.

30% OFF



SUKIN
Hair + Body Care | Face Care
 Affordable natural products designed with botanical ingredients to address the specific needs of various hair and skin types, offering performance without compromise.

25% OFF



WELEDA
Baby Care
 Formulated with nature's gentlest plants and flowers, and certified to NATRUE European standards, to keep your sweet new love in balanced harmony.

30% OFF



WELEDA
Body Care
 Nourishing and nutrient-rich body care designed to pamper, protect and revitalize skin using only the best ingredients at affordable prices.

30% OFF



WELEDA
Face Care
 Made with ethically and sustainably sourced high-quality plant oils, natural extracts and essential oils.

30% OFF



wellness



25% OFF

A. VOGEL
Passion Flower | Relax Tablets

Scientifically formulated to support your full sleep cycle so you can wake up refreshed and well-rested!

LEMN BALM • increases GABA, inducing a sense of calm during times of mental stress.

LACTUCA SATIVA • (wild Letuce extract) increases sleep duration, binds to GABA receptors to induce sleep, mild sedative.

L-TRYPTOPHAN • converts to melatonin to induce sleep, produces serotonin to help you feel well-rested.

MAGNESIUM • supports relaxation of muscles and soothes nerves.



\$31.99 EA
29% OFF

500ml



NAKA ORIGINAL
Vital Greens

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



25% OFF

90c



CANPREV
Detox-Pro

A one-step, 15-day detoxification solution that provides critical nutrients to help support your liver.



25% OFF

120c



CANPREV
Zinc Bis-Glycinate 25mg

Helps to strengthen and modulate the immune system, reduces inflammation and oxidation.



\$20.99 EA
22% OFF

90c | 180c + 250g
also on sale



NEW ROOTS HERBAL
Vitamin C8

Offering comprehensive support with eight forms of buffered Vitamin C and various antioxidant nutraceuticals.



25% OFF

120c | In MCT Oil
also on sale



CANPREV
D3 + K2 in Organic Coconut Oil
Vital nutrients that support the immune system and strengthen healthy bone tissue.



27% OFF

90t | 180t | Bamboo
Silica also on sale



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.



\$24.99 EA
26% OFF

150mg | 120c



NEW ROOTS HERBAL
Magnesium Bisglycinate Plus

Enjoy better sleep and fewer muscle cramps -- Delivers magnesium as an amino acid chelate to maximize intestinal absorption.



30% OFF

7-Day Purify Program | Immune

FLORA

Flor-Essence Cleanses



cleanses

Many people develop allergies later in life. Daily exposure to toxins can contribute to an increase in allergies over the years. These toxins disrupt normal cell function specific to inflammation, immunity, and hormone production making us more susceptible to allergic reactions. A whole-body detox is a great way to prevent and provide relief from allergies.

SUPPORT FOR seasonal allergies

If it seems like your allergies are starting earlier, you're not wrong. Studies show that pollen season is starting around 3 weeks earlier than it did 30 years ago.

Allergy symptoms are caused by an overreaction of our body's immune system. Fortunately, there are many ways to alleviate allergy symptoms like showering or changing clothing after being outside to remove pollen irritants. You can also support your gut with a healthy diet and supplementation.



25% OFF

200ml



essential fatty acids

Our diets often create inflammation in the body leading to negative health effects, including the development of allergies and asthma. Omega-3 rich foods like fish, flax, and chia help to improve heart, brain, and joint health while reducing allergy symptoms and restoring this balance.

NUTRASEA | NUTRAVEGE

Omega-3 Oil Supplements

High-quality omega-3 supplements offering fish or plant-derived options.



20% OFF

500ml | 941ml | DHA



FLORA

Udo's Oil 3-6-9 Blend

Unrefined oil blend designed to provide the ideal 2-to-1 ratio of omega-3 and omega-6 fatty acids



20% OFF

50 Billion



gut health

When our microbiome is out of balance, meaning we have more 'bad' bacteria than 'good', it can impact the whole body including our cognition, digestion, and immune function. Having a healthy + diverse gut microbiome full of 'good' bacteria is associated with fewer allergic symptoms.

RENEW LIFE

Ultimate FLORA

Targeted probiotic formulas to address specific needs from digestion to immune or mental health.



\$21.99 EA

27% OFF

460ml



CULTURED COCONUT

Nature's Finest Probiotic

Kefir like probiotic drink with 4 trillion live bacteria per tablespoon.



\$21⁹⁹ EA

24% OFF

50mg | 60c



antihistamines

Allergies occur when your immune system sends messages to cells to release histamine. Histamine boosts blood flow to the affected area, increases inflammation and causes allergy symptoms. Black seed oil and quercetin inhibit histamine response, helping to relieve inflammation and reduce allergy symptoms while also boosting the immune system.



\$13⁹⁹ EA

26% OFF

60c | Black Seed Oil also on sale



NEW ROOTS HERBAL

Black Cumin Seed Oil

Reduces inflammation and swelling, providing relief for allergies, asthma, and rheumatisms.

NATURAL FACTORS

BioActive Quercetin

EMIQ is a highly bioavailable form of quercetin – a flavonoid that exerts significant anti-allergy effects.



\$21⁷⁹ EA

25% OFF

90c

antioxidants

Antioxidants like vitamins C + E, grape seed extract, and N-acetyl-L-cysteine (N.A.C.) help prevent cellular damage caused by inflammation from repetitive allergy flare-ups which cause long-term damage to your lungs. Antioxidants help prevent this damage.



\$29⁹⁹ EA

25% OFF

90c



CANPREV

Healthy Lung

Thins mucus, reduces inflammation, and repairs lung tissue.

NEW ROOTS HERBAL

N-Acetyl-L-Cysteine

a precursor to glutathione, a critical antioxidant which maintains and repairs lung tissue and thins mucus



A. VOGEL Allergy Relief

This homeopathic blend is clinically proven to treat allergy symptoms caused by animal dander, dust, and pollen by eliminating the toxins that overload the immune system. Long-term use of this blend reduces the incidence and severity of allergies.

\$15⁹⁹ EA

27% OFF

120t



ENEREX Serrapeptase

Serrapeptase is an enzyme that breaks down proteins in non-living tissues such as dead tissue from injury, fibrin, and cysts. It improves joint pain and heart health. Serrapeptase breaks down mucous and phlegm, helping ease allergy symptoms such as congestion.

20% OFF

120 000 su | 60c | 180c

wellness



\$35⁹⁹ EA

31% OFF

200mg | 30c



NATURAL FACTORS

Ubiquinol

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



NATURAL FACTORS

Digestive Products

Health starts with good digestion and optimal nutrient assimilation. Help alleviate nausea, fullness, and indigestion.

25% OFF

Betaine Hydrochloride | Papaya Enzymes | Chewable Ginger | Bromelain 500mg | Deglycyrrhizinated Licorice Root 180t | Activated Charcoal



25% OFF

Select Varieties



NATURAL FACTORS

RegenerLife

Anti-ageing formulations targeted to reduce inflammation and oxidative damage while optimizing cellular energy production and function.



33% OFF

RegenerLife | 120c



NATURAL FACTORS

Liposomal Vitamin C

Highly absorbable vitamin C buffered with calcium and supported with flavonoids to optimize long lasting anti-inflammatory effects.



25% OFF

60sg



NATURAL FACTORS

Berberine LipoMistel 500mg

Bioavailable for optimum blood sugar regulation.



\$34⁹⁹ EA

30% OFF

60mg | 60c | Double Strength



NATURAL FACTORS

Theracurmin

Offering whole body anti-inflammatory support- micronized for superior absorption



23% OFF

60c | 120c



NATURAL FACTORS

Active B Complex

Readily usable forms of B Vitamins for optimized energy metabolism.

wellness

20% OFF



HARMONIC ARTS

Tincture and Syrups

Expertly crafted tinctures and syrups for easy assimilation -- designed to bolster immunity, fight off + clear infections, support digestive + liver health or offer support for the mental and nervous system. Find the blend that is right for you.

20% OFF

All Varieties

SAVE AN
EXTRA \$5
AT THE TILL



MEGAFOOD

Vitamins

Made with essential vitamins and minerals from real food.



\$10⁹⁹
EA

31% OFF

Whole Leaf |
946ml | 3840ml



LILY OF THE DESERT

Preservative-free Aloe Vera Juice | Aloe Herbal Stomach Formula

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



\$15⁹⁹
EA

20% OFF

200g



NOORISH FOODS

Cocoa Sun + Moon Ritual Sipping Chocolate

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



\$13⁵⁹
EA

20% OFF

Golden Spiced
Honey | 300g



NOORISH FOODS

Sunshine in a Cup

Raw honey whipped with all the essential spices to boost your immunity and lower inflammation, while soaking in the benefits of thousands of years of Ayurvedic goodness.

\$8⁴⁹
EA

29% OFF

200g
Shatavari



ORGANIC TRADITIONS

Ashwagandha

Balanced adaptogen that enhances stamina, promotes mental calmness, and encourage restful sleep.

\$9⁹⁹
EA

29% OFF

150g



ORGANIC TRADITIONS

Maca X-6

The perfect adaptogenic superfood - enhances energy, libido and physical endurance.

23% OFF

150g | Moringa Leaf
Powder also on sale



ORGANIC TRADITIONS

Greens Powders

These nutrient-dense juiced grasses are the ultimate alkalizing superfood.



ORGANIC TRADITIONS

Microalgae

Microalgae are a rich source of proteins, chlorophyll, vitamins + minerals, and antioxidants.



\$23⁹⁹ EA
20% OFF

157g
 12-pack also on sale



ENER-LIFE Sport Electrolyte Drink Mix

Perfect for pre/post workout to support muscle function.



20% OFF



4EVERFIT Sports Nutrition Products

Optimize your workout with formulas designed to enhance your stamina, improve muscle strength, endurance, as well as recovery + growth.



25% OFF

All Products



PRAIRIE NATURALS Men's Health Support

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.



25% OFF

1L



ALPHA HEALTH Flax Oil

Excellent source of anti-inflammatory omega-3 essential fatty acids.

ALL PURICA PRODUCTS ON SALE



22% OFF



PURICA Anti-Inflammatory + Joint Support

Target the root cause of inflammation and experience accelerated pain relief and recovery from acute or chronic injuries with expertly crafted formulas.



22% OFF



PURICA Sleep Support

Offers a tranquil escape into restorative slumber, combining extra-strength Reishi Mushrooms, Ashwagandha, and Melatonin.



25% OFF



PURICA Medicinal Mushrooms

Potent medicinal mushrooms provide optimal immune, stress, cognitive, and cardiovascular support so you can feel revitalized.

wellness



\$24⁹⁹ EA
29% OFF

120 gummies



SMARTYPANTS
Kids Complete Multi
Delicious and easy to take format



30% OFF

All Products



SMART SOLUTIONS
Women's Supplements

Natural supplements for women of all ages to help optimize energy, assist with hormone balance at any stage, provide nutritional as well as sleep + stress support to optimize health



\$25⁹⁹ EA
26% OFF



SPROOS
Superfood Lattes

Enhanced with 3g of marine collagen, MCT and coconut milk powder and anti-oxidant rich superfoods such as turmeric, matcha, cacao, and mushrooms.



25% OFF



SPROOS
Collagen

Incorporate these high quality collagens into your daily routine to maintain strong joints, glowing skin and a healthy gut.



20% OFF

Original | 207g



GARDEN OF LIFE
Perfect Food

Energize and revitalize with this blend of freshly juiced greens 6 times more concentrated than grass powders.



\$68⁹⁹ EA
20% OFF

Full Size



SPOONK
Acupressure Mat

Promotes circulation, eases muscle tension, promotes relaxation, releases endorphins.



BEST PRICE OF THE YEAR

\$45⁹⁹ EA
30% OFF

Berry | Chocolate |
Vanilla | Mocha |
Natural | 850g



VEGA
Vega One Nutritional Shake

Whole food goodness in one scoop, providing you with protein, veggies, greens, EFAs and probiotic for complete nutritional support.



\$12⁴⁹ EA
22% OFF

All Flavours | 100ct
Mints also on sale

SPRY
Gum

Benefit your teeth with xylitol rich gum which have been shown to inhibit oral decay causing bacteria.

wellness



\$33⁹⁹ EA
21% OFF

908g | 454g + Balanced Protein also on sale



\$13⁹⁹ EA
26% OFF

340g



\$19⁹⁹ EA
23% OFF

150c



MANITOBA HARVEST

Hemp Yeah! Max Protein

A mild-tasting creamy-textured plant protein. Delicious when added to your favourite smoothie recipe, or stirred into yogurt or hot cereal!

MANITOBA HARVEST

Organic Hemp Hearts

Great-tasting, nutritious seeds easily added to smoothies, soups, and salads.

NAKA PLATINUM

L-Theanine 250mg

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



20% OFF

500ml



\$19⁹⁹ EA
23% OFF

100ml



FLORA

MCT Oil

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

NAKA PLATINUM

Vitamin B12 Sublingual Spray

Neuro and brain protective -- supports energy production and blood cell formation.



\$29⁹⁹ EA
25% OFF

Liquid | 600ml



NAKA PLATINUM

Pro Osteo

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



20% OFF



LEANFIT

Plant + Whey Protein | Collagen | Bone Broth



\$11⁹⁹ EA
25% OFF

15ml



NEW ROOTS HERBAL

Wild Oregano C93

An effective antimicrobial for colds, flu, bacteria, viruses, and parasites.

organization of the month



Nelson + District Hospice Society

For 35 years, the **Nelson + District Hospice Society (NDHS)** has been dedicated to providing compassionate emotional, spiritual, and practical support to anyone navigating serious illness or experiencing grief. NDHS services are free, dependable, accessible and available wherever clients need them, be it in the community, home, hospital, or residential care.



Nelson and District
Hospice Society

make a donation

add \$2
to your bill

drop cash in the
change box

may café features



\$5.49
/EA

\$5.99
/EA

iced vietnamese coffee

True Local espresso shot of your choice combined with our house-made “condensed milk” featuring Kootenay Meadows organic milk, organic cane sugar and Foothills butter reduced to a sublime thick and creamy syrup.

iced blueberry matcha

Premium Virtue Tea Matcha layered with our house made blueberry syrup and milk of your choice poured over ice.

Kootenay
co-op

shop like a 
**member
month**



— MAY 1 - 31ST —

Save Like A Member

All customers will have access to member deals all month long

Become A Member

Sign up to be a member in May + save \$10 on your next shop over \$50

www.kootenay.coop/member-month

Get to know your Co-op! Sign up for our **Taste Tours** running all month long

member  **DAY**
APPRECIATION

— THURSDAY MAY 23RD —

All members save
SAVE 10%
on your entire shop 

