



Kootenay
co-op

march specials

MARCH
1 - 31, 2026

Cook the Cover:
Vegan Almond Butter
Chocolate Chip Cookies

Mind Your Mood
Supporting your
Mood + Mental Health

Plant the Seed
Organic Gardening with
Winnow Seed Co.

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



\$5⁴⁹
/EA
SAVE \$1.50

PACIFIC
Organic Broth
All Varieties | 946ml



\$10⁹⁹
/EA
SAVE \$4

SEVEN SPICE
Chili Oil
All Varieties | 227g



\$9⁹⁹
/EA
SAVE \$4

HEARTBEAT
HOT SAUCE
Hot Sauce
All Varieties | 177ml



\$27⁹⁹
/EA
SAVE \$7

RM ESSENTIALS
**Cold Pressed
Peanut Oil**
750ml



\$7⁴⁹
/EA
25% OFF

NAKED + SAUCY
**Soy Sauce
Substitute**
296ml



\$6⁹⁹
/EA
33% OFF

LOTUS FOODS
Rice Ramen
283g



EVEN BETTER ramen

BROTH: Experiment with using your own broth and different flavours like vegetable, coconut, curry, or shrimp base.

AROMATICS: Adding fresh aromatics like garlic, ginger, or scallions can bring depth and richness to your broth.

SAUCES: Check your fridge for sauces to stir into your bowl, like sriracha, chili crisp, fish sauce, or even peanut butter

VEGETABLES: Instant ramen is a great way to use up leftover vegetables. They add colour, flavour, and texture to every bite

PROTEIN: Make your bowl a little heartier by adding in some cooked shrimp, a soft-boiled egg, or tofu.

TOPPERS: Finish with sesame seeds or cilantro for that added texture + freshness.

grocery



hot deal



\$3⁹⁰
/KG

35% OFF

Organic Quick Oats
Bulk



hot deal



\$27⁹⁹
/KG

30% OFF

Organic Dried Apple Rings
Bulk



hot deal



\$44⁸⁰
/KG

30% OFF

Organic Pecan Halves
Bulk



hot deal



\$30⁸⁰
/KG

30% OFF

Organic Wild Rice
Bulk



25% OFF

Organic Beans
Bulk | All Varieties



\$15⁰⁰
/KG

25% OFF

Organic Açai Puree
Bulk

pasta night



\$5²⁹
/EA

SAVE \$1.50

EAT WHOLESOME
Organic Canned Tomatoes
All Varieties | 796ml



\$7⁹⁹
/EA

SAVE \$1.50

FAVUZZI
Tomato Sauce
All Varieties | 480ml

33% OFF

hot deal



2 for \$6

BIOITALIA
Organic Pasta
All Varieties | 500g

chocolate chip almond butter cookies

ingredients

- ½ cup smooth almond butter
- ½ cup maple syrup or agave
- 2 Tbsp applesauce or melted coconut oil
- 1 tsp vanilla extract
- 1 cup whole wheat pastry flour or all-purpose flour
- ½ tsp baking soda
- ½ tsp salt
- ½ cup mini chocolate chips (vegan, if desired)

method

1. Move your oven rack to the top-middle position.
2. Preheat the oven to 350 degrees.
3. Combine the almond butter, maple syrup, applesauce, and vanilla until smooth.
4. Stir in whole wheat flour, baking soda, and salt.
5. Add in the chocolate chips. The dough will be a bit sticky.
6. Drop rounded tablespoons onto a cookie sheet.
7. Bake for 9-11 minutes until lightly browned on top.



grocery



\$6⁹⁹ /EA

30% OFF

BOB'S RED MILL
All Purpose Flour
2.27kg



\$9⁹⁹ /EA

SAVE \$2

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



\$11⁹⁹ /EA

SAVE \$2

WHOLESOME SWEETENERS
Raw Blue Agave Syrup
480ml



\$13⁹⁹ /EA

SAVE \$4

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

grocery



41% OFF
2 for \$7



TWO BEARS
Barista Oat Beverage
946ml



\$6²⁹ /EA
SAVE \$1.50



YOGI
Organic Tea
All Varieties | 16 bags



\$11⁹⁹ /EA
25% OFF

CAFE WILLIAM
Organic Coffee
All Varieties | 340g



\$10⁹⁹ /EA
SAVE \$3

JOOLIES
Organic Medjool Dates
Whole - Pitted | 340g



\$28⁹⁹ /EA
SAVE \$5

CANADIAN HERITAGE
Organic Maple Syrup
All Varieties | 1L



\$14⁹⁹ /EA
SAVE \$3

THE GRANOLA KING
Gourmet Granola
All Varieties | 750g



\$16⁸⁰ /KG
30% OFF

Organic Pitted Deglet Dates
Bulk



30% OFF

Organic Peanuts
Bulk



\$20²⁵ /KG
25% OFF

Organic Pitted Prunes
Bulk



\$14⁹⁹ /KG
21% OFF

Organic Papaya Spears
Bulk



\$36⁰⁰ /KG
25% OFF

Organic Dried Mango
Bulk



\$32⁹⁹ /KG
40% OFF

Organic Dried Pineapple Rings
Bulk



grocery



\$5.99
/EA
25% OFF

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



\$5.49
/EA
19% OFF

KETTLE
Kettle Chips
All Varieties | 368g

33% OFF



2 for \$8

BLUE MONKEY
Sparkling Fruit Juice
All Varieties | 4x250ml



\$11.99
/EA
SAVE \$2

POPPI
Prebiotic Soda
All Varieties | 4x355ml

25% OFF



2 for \$6

NATURAL CABANA
Lemonade
All Varieties | 591ml

22% OFF



2 for \$7



RICE UP
Rice Chips
All Varieties | 120g



25% OFF

CRAFTED PIZZA
Artisanal Frozen Pizza
All Varieties | 480g-540g

20% OFF



2 for \$8



HUMBLE POTATO
Potato Chips
All Varieties | 135g



snack o'clock

grocery



\$7⁹⁹
/EA

SAVE \$1.50

PARTNERS
**Sourdough
Crackers**
All Varieties | 184g



\$8⁴⁹
/EA

15% OFF

MARY'S CRACKERS
**Gluten-Free
Crackers**
All Varieties | 184g



\$4⁹⁹
/EA

SAVE \$1

EDWARDS + SONS
**Brown Rice
Snaps**
All Varieties | 100g



\$5⁹⁹
/EA

SAVE \$1

CRICH
**Organic
Crackers**
Salted ~ Sesame +
Rosemary | 250g



\$5¹⁹
/EA

35% OFF

ANTOINETTE'S
Saltspring Dip
375ml



\$3⁷⁹
/EA

SAVE \$1.50

ANTOINETTE'S
Hummus
All Varieties | 250ml



\$4⁴⁹
/EA

25% OFF

DALLA TERRA
Antipasto
All Varieties | 375ml



\$3⁴⁹
/EA

SAVE \$1

PANDA
Natural Licorice
All Varieties | 170g



\$4⁴⁹
/EA

25% OFF

WHISTLER WATER
Spring Water
4L

33% OFF



2 for \$6

ANNIE'S HOMEGROWN
Pasta Meals
Shells + White Cheddar
~ Mac + Cheese | 170g

36% OFF



2 for \$7

ANNIE'S HOMEGROWN
**Rice Pasta with
Cheddar**
170g



20% OFF

BLACK RIVER
Fruit Juice
All Varieties | 1L

grocery



  ORGANIC
\$23⁹⁹ /EA
SAVE \$5

MAISON ORPHEE
Extra Virgin Olive Oil
 Delicate ~ Balanced | 750ml



 NON-GMO

\$8⁴⁹ /EA
SAVE \$1.50

FIELD ROAST
Vegetarian Sausages
 All Varieties | 368g



 NON-GMO

 PLANT-BASED

\$4⁹⁹ /EA
SAVE \$1

KASHI
Chewy Bars
 All Varieties | 5x35g



 FROM BC  GLUTEN FREE  ORGANIC

\$10⁹⁹ /EA
SAVE \$3

ANITA'S
Organic Gluten-Free Rolled Oats
 900g



 ORGANIC

15% OFF

LOVE CHILD
Organic Baby and Kid Food
 All Varieties



 ORGANIC

\$4⁹⁹ /EA
SAVE \$1

AMY'S KITCHEN
Organic Soup
 All Varieties | 398ml



 ORGANIC



\$4⁴⁹ /EA
SAVE \$1

MAISON ORPHEE
Organic Mustard
 250ml



 ORGANIC

\$16⁹⁹ /EA
15% OFF

EARTHBOUND FARM
Organic Frozen Fruit
 All Varieties | 900g

14% OFF

 FROM BC  ORGANIC



2 for \$6

HORNBY ORGANIC
Energy Bars
 All Varieties | 80g



 NON-GMO

\$12⁴⁹ /EA
SAVE \$2.50

BUBBIES
Sauerkraut
 750ml



 NON-GMO

 GLUTEN FREE

\$2⁹⁹ /EA
14% OFF

CLIF
Builders Bars
 All Varieties | 68g



 ORGANIC

\$10⁹⁹ /EA
SAVE \$2

WILDBRINE
Organic Sauerkraut
 All Varieties | 500ml

grocery



\$3.79 /EA
20% OFF

RISE
Organic Kombucha
All Varieties | 414ml



\$1.99 /EA
SAVE \$1

EVERLAND
Natural Coconut Water
520ml



\$5.99 /EA
SAVE \$1

LILY'S SWEETS
Sugar-Free Chocolate Bars
All Varieties | 85g



\$8.49 /EA
15% OFF

RIGHTEOUS
Gelato + Sorbetto
All Varieties | 473ml



\$5.49 /EA
SAVE \$1.50

EVERLAND
Organic Trail Mix
All Varieties | 150g



\$9.99 /EA
SAVE \$2

RED CROWN
Pomegranate Juice
1L



\$2.79 /EA
20% OFF

THE OAT COMPANY
Energy Bars
All Varieties | 55g



\$6.49 /EA
SAVE \$1.50

GFB
Energy Bites
All Varieties | 113g



\$14.99 /EA
SAVE \$4

DOI CHAANG
Organic Coffee
All Varieties | 340g



\$5.99 /EA
SAVE \$1

HENRY'S TEMPEH
Organic Tempeh
250g



\$7.99 /EA
20% OFF

EAT WHOLESOME
Organic Dill Pickles
750ml

butcher shop



\$8⁵⁵
/EA

INTERCITY PACKERS
Salmon Portions
Frozen | 5oz

10% OFF



\$12¹⁵
/EA

INTERCITY PACKERS
Halibut Portions
Frozen | 2x3oz

10% OFF



\$5⁹⁹
/EA

TWO RIVERS MEATS
Pepperoni Sticks
All Varieties

20% OFF



\$34⁰³
/KG

BRADNER FARMS
Organic Hip Stew Beef
Frozen

15% OFF



\$13³⁶
/KG

BRADNER FARMS
Whole Chicken
Frozen

18% OFF



\$10⁵⁰
/KG

BRADNER FARMS
Chicken Drumsticks
Frozen

40% OFF



yogurt, lemon + garlic chicken drumsticks

ingredients

- | | |
|-----------------------|--------------------|
| 8 chicken drumsticks | 2 tsp salt |
| 1 cup Greek yogurt | 2 tbsp fresh thyme |
| 1/4 cup olive oil | 1 tsp paprika |
| 5 cloves garlic | pepper, to taste |
| 1 large lemon, juiced | |

method

1. Preheat oven to 375°F.
2. Mix yogurt, oil, garlic, lemon juice + spices.
3. Coat drumsticks in marinade.
4. Cover + refrigerate 30 mins.
5. Remove from fridge 30 mins before baking.
6. Bake 45–50 mins, until golden and 165°F internal.
7. Rest 5 mins. Serve with rice, salad or a side dish.

cheese + tapas



\$3.97
/100G

25% OFF

SOMERDALE
**Champagne
Cheddar**



\$5.10
/100G

30% OFF

COOMBE CASTLE
**King James
Blue Stilton**



\$3.14
/100G

25% OFF

CASTELLO
**Tickler
17-Month
Aged Cheddar**



\$9.29
/EA

15% OFF

ISLAND BAKERY
Cookies
Select Varieties | 133g



25% OFF

SNOWDONIA
**Artisanal
Cheddars**
All Varieties | 150g | 200g



17% OFF

DEVON CREAM CO.
Clotted Cream
All Varieties



20% OFF

DIVINA
**Fig Spreads
and Jams**
All Varieties



20% OFF

L'ANCETRE
Cheese
All Varieties |
200g | 325g



**MADE
HERE**

\$3.11
/100G

20% OFF

KOOTENAY
CO-OP DELI
**Lemon Dill
Cream Cheese**
Available at the full service
cooler only



20% OFF

DIVINA
**Spicy Pickled
Brussel Sprouts**
Available at the full service
cooler only



30% OFF

SAN REMO
**Green
Cerignola Olive**



20% OFF

DIVINA
**Marinated
White Beans**
Available at the full service
cooler only

wellness



26% OFF

BIRCH BABE Face Care
All Products | Clean, sustainable skincare made by a Canadian family-owned company.



\$23.99 /EA
20% OFF

KITCHEN WITCH Body Serums
All Varieties | 118ml Deeply nourishing body serums that soften and hydrate skin.



\$12.99 /EA
24% OFF

ACTIVE HUMANS Deodorant Spray
All Varieties | 30ml Clean, long-lasting, pH balanced + non-staining deodorants. 60mL also on sale

27% OFF



ROUTINE Natural Luxurious Hair + Body Care
All Products Elevated natural hair + body care that performs beautifully.



21% OFF

DR. HAUSCHKA Face Care
All Products Premium face care made with biodynamic and carefully sourced ingredients.



30% OFF

AROMAFORCE Essential Oils
All Varieties



30% OFF

AURA CACIA Carrier Oils
All Varieties Nourishing oils that lock in moisture and hydrate skin. Perfect for blending with essential oils.



23% OFF

ITL HEALTH SeaMAG Topical Magnesium
All Products Supports muscle relaxation



16% OFF

DERMAMED Topical Ointments
All Products Effective remedies for a variety of skin and body conditions. Acne wash also on sale



24% OFF

DESERT ESSENCE Dental Care
All Products



\$5.99 /EA
25% OFF

JONI Menstrual Care
All Varieties Chemical-free, compostable + biodegradable Incontinence pads also on sale

wellness



25% OFF

ACURE
Natural Face + Body Care
All Products
Natural face and body care for healthy skin + hair.



20% OFF

MINERAL FUSION
Make Up + Nail Polish
All Products



25% OFF

MOUNTAIN SKY
Body Care Products
All Products



25% OFF

SAAVY
Body Care Products + Candles
All Products
Luxurious body care to delight your senses and nourish your skin.



30% OFF

NOW
Xyliwhite Oral Care
All Products



\$4.99 /EA

29% OFF

F.E.T.E.
Bamboo Toothbrushes
All Varieties
Natural + biodegradable handles
Multipacks also on sale



\$10.99 /EA

21% OFF

SCHMIDT'S NATURALS
Deodorant
All Varieties | 75g



\$18.99 /EA

24% OFF

SEAWEED BATH CO
3-in-1 Wash and Lotion
All Varieties | 887ml



20% OFF

MARSEILLE'S REMEDY
Thieves' Oil and Balm
30ml
A centuries-old blend of essential oils with antiviral, antifungal + antibacterial properties



\$15.99 /EA

20% OFF

THAYERS
Witch Hazel
Rose | 355ml

mind your mood

Your mental health isn't one single thing. It's a rhythm shaped by sleep, stress, nourishment, and daily habits. This month's features highlight nutrients and herbal supports chosen to support steady energy, balanced stress response, and restorative rest.

Scan the QR code for a deeper dive on the blog.



25% OFF

Select products



\$18.99 EA

37% OFF

500c



CANPREV

Magnesium Products

Highly absorbable magnesium to support relaxation, muscle function, and overall wellness. Available in multiple formats.

NATURAL FACTORS

Vitamin D 2500 IU

Vitamin D support for immune health and overall wellbeing, especially through the winter months.



25% OFF

Gaba 100c | Relora | 5-HTP 200mg



NOW

Mood and Stress Support Products

Support stress, mood, and sleep with targeted formulas.



25% OFF

Plant + Fish Based



NUTRA SEA + NUTRA VEGE

Omega 3 Supplements

Omega-3 support for heart, brain, and overall health. Fish and plant-based options available.

wellness



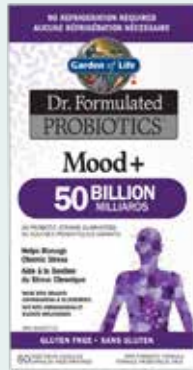
\$34⁹⁹ EA
30% OFF

All Products | 473ml



E3 LIVE
E3 Live Products

Blue-green algae is a rich source of vitamins, minerals, amino acids, essential fatty acids + P-phenalene to enhance mood + mental focus.



20% OFF

All Varieties

DR. FORMULATED
Probiotics

Targeted, clinically-studied strains to promote digestive balance, mood, and immune health.



\$29⁹⁹ EA
25% OFF

60c



PURANA
Medicinal Mushrooms

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



24% OFF

Ferritin+ 30c



FLORA
Ferritin+ Iron

Ferritin+ is a naturally protein-bound form of iron found in legumes that allows for time release and efficient absorption minimizing digestive upset.



\$23⁹⁹ EA
20% OFF

60c



NAKA PLATINUM
Heme Iron

Helps to prevent iron deficiency anemia and associated tiredness and fatigue. Protein bound for easy assimilation. Animal sourced.



\$18⁷⁹ EA
25% OFF

60 lozenges



NOW
B-12 Methyl 5000mcg

Support cellular energy production with this ultra-potent B formulation featuring 5000mcg of B 12 per dose.



30% OFF

120c



NATURAL FACTORS
Active B Complex

Readily usable forms of B Vitamins for optimal efficacy.



\$12⁹⁹ EA
24% OFF

30c



NATURAL FACTORS
Ashwagandha 600mg

Helps to balance out the adrenals to support restful sleep, mental focus, and increased stamina.



\$19⁹⁹ EA
23% OFF

60c



NATURAL FACTORS
Rhodiola 150mg

May reduce stress, combat fatigue, enhance mood, improve mental performance, and support adaptogenic functions for overall well-being.

wellness



21% OFF

Ortho Sleep |
Thyro Support |
Ortho Adapt



AOR

Stress Support products

Targeted formulas to support stress resilience and restful sleep.



25% OFF

Passion Flower |
California Poppy

A. VOGEL

Sleep + Stress Support Products

Passionflower and California Poppy for natural relaxation and sleep support.



\$22.99 EA

21% OFF

60ml



LITTLE DRAGON

Dream Tincture

Nourishing long-term nerve support.



\$15.99 EA

30% OFF

90t



NATURAL FACTORS

Melatonin 10mg Time release

Reduces the time it takes to fall asleep and improves sleep quality.



20% OFF

All Varieties



BACH

Rescue Remedy

Gentle support for moments of stress and overwhelm. Good for kids + adults.



\$19.99 EA

23% OFF

Mega Magnesium |
Restful Sleep |
Buh Bye Stress |
B-Complex | 60gmy



SUKU

Stress + Sleep Support Gummies



25% OFF

ValeriCalm | Strest |
Ashwagandha | 100ml



ST. FRANCIS

Stress + Sleep Support

Traditional herbal formulas to support calm and restful sleep.

wellness



25% OFF

240c



SISU
Ester C 600mg
24-hour immune support with enhanced absorption.



\$29⁹⁹ EA

25% OFF

240c



ITL HEALTH
PrizMag Magnesium Bisglycinate
Highly absorbable magnesium bisglycinate in a clean formula.



25% OFF

120mcg | 120c
15ml also on sale



CANPREV
Vitamin K2
Vitamin K2 to support bone health and calcium balance.



21% OFF

All Products



AERYON WELLNESS
Women's Health Support Products

Formulated to support women with common issues such as hormonal imbalances, water retention, sleep disturbances + sluggish metabolism.



30% OFF

Vanilla + Chocolate



ANCIENT NUTRITION
Bone Broth Collagen
Delicious hot drink options rich in collagen + minerals.



\$57⁹⁹ EA

21% OFF

All Varieties



CONFIDENT
Big Beef Protein
Beef protein blend to support muscle repair and recovery. Includes MCT to optimize energy production.



\$67⁹⁹ EA

15% OFF

All Varieties | 720g

KAHA NUTRITION
New Zealand Whey Isolate

New Zealand whey isolate to support muscle recovery, blood sugar balance + immunity. Low in lactose.



\$51⁹⁹ EA

16% OFF

All Varieties | 720g



KAHA NUTRITION
New Zealand Whey Concentrate



20% OFF

All Varieties | 250g + 400g

ENEREX
Greens
Nutrient-dense greens to support energy and daily vitality.



21% OFF

90t + 180t



ENEREX
Osteo Cal Mag
Balanced calcium and magnesium formula for bone support.



\$39.99 EA

20% OFF

Kit



WILD ROSE
Liver Support
Supports liver function for long-term detox support.



20% OFF

Daily Maintenance | Immediate Relief | 120c



FLORA
Enzymes
Digestive enzymes to support nutrient absorption and ease bloating.



26% OFF

All Varieties



FLORA
Probiotics
Probiotics to support gut balance and digestive health.



\$23.99 EA

20% OFF

Chocolate + Vanilla | 579g



LEANFIT
Protein + Greens
Blend of pea, rice, and hemp protein, with a nutritional boost from kale, broccoli, spinach, and alfalfa.



\$43.99 EA

24% OFF

All Varieties | 600g
300g size also on sale



GENUINE HEALTH
Fermented Vegan Proteins+
Fermented plant protein for easier digestion and gut support.



\$37.99 EA

24% OFF

120c
200ml also on sale



NEW ROOTS HERBAL
Wild Omega 3
Omega-3 support for heart, brain, and joint health.



\$28.99 EA

24% OFF

90c | Evening Primrose oil also on sale



NEW ROOTS HERBAL
Omega 3/6/7/9
Full-spectrum omega consisting of fish, flax, borage, and seabuckthorn oil.



NATURAL FACTORS

Cold + Flu Support Products

Vitamin K+D+A | N-Acetyl-L Cysteine 60c | Anti-Viral 50ml | Echinacea + Goldenseal 50ml | Oil of Oregano 30ml | Super Immune Formula 90sg | Vitamin A 180c | Lung Bronchial + Sinus | Zinc Lozenges | Quercetin Complex 250mg



\$21⁹⁹ EA

31% OFF

250ml



ELDERBERRY GROVE

Elderberry Syrup

Elderberry syrup to support immune health during cold season.



\$13⁹⁹ EA

22% OFF

30ml | Lozenges + Wellness
Wands also on sale



BEEKEEPER'S

Propolis Throat Spray



21% OFF

Firewall Immune |
Achoo | Cough



LITTLE DRAGON

Cold + Flu Products

Traditional herbal support for cold and flu season.



\$12⁹⁹ EA

32% OFF

50ml



NATURAL FACTORS

Anti-Viral

Immune and antiviral support all in one.



\$13⁹⁹ EA

42% OFF

60c



NATURAL FACTORS

Oil of Oregano

Antimicrobial, antifungal.



\$19⁹⁹ EA

29% OFF

Bonus | 210t



NATURAL FACTORS

Vitamin C 1000mg

wellness



23% OFF

60c



NATURAL FACTORS
Joint Optimizer

Natural support for joint comfort and mobility.



\$47⁹⁹ EA

20% OFF

120c
60c also on sale



NEW CHAPTER
Turmeric Force

Full-spectrum turmeric to support joint and inflammatory health.



\$32⁹⁹ EA

25% OFF

90c



ST. FRANCIS
Curcumin Plus Capsules

Anti-inflammatory blend combining pain-relieving MSM, antioxidant-rich grapeseed and phytosomal meriva curcumin for optimized absorption.



\$16⁹⁹ EA

41% OFF

Bonus | 120c



NATURAL FACTORS
Milk Thistle

Daily support for optimal liver function.



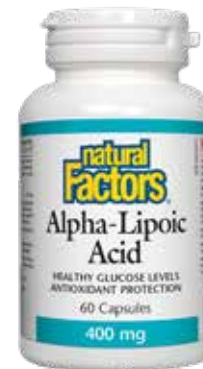
25% OFF

60c



NATURAL FACTORS
Ubiquinol 100mg

Ubiquinol to support heart health and cellular energy.



\$16⁹⁹ EA

26% OFF

60c



NATURAL FACTORS
Alpha Lipoic Acid 400mg

Antioxidant support for healthy aging and cellular wellness.



25% OFF

Hepato DR Liver Health | Black Walnut Complete | Canadian Bitters | 100ml



ST. FRANCIS
Cleansing + Digestive Support
Herbal formulas to support digestion and gut balance.



21% OFF

Enhanced Digestive Enzyme | Bromelain | Saccharomyces Boulardii | Organic Probiotic Liquid



NAKA PLATINUM
Gut Support Products
Digestive enzymes and probiotics for gut balance and nutrient absorption.

wellness



\$19⁹⁹ EA
20% OFF

Men +
 Women | 60c



NAKA PLATINUM
Bioactive Multi

Comprehensive multivitamin support for daily energy and overall wellness.



\$27⁹⁹ EA
20% OFF

355ml



NAKA PLATINUM
ConcenTrace Mineral Drops

Liquid trace minerals to support hydration and daily balance.



25% OFF

Aqua Greens, Chlorella,
 Spirulina, Moringa | 180c



PRAIRIE NATURALS
Microalga Supplements

Microalgae and greens for concentrated daily nutrition.



20% OFF

L-Glutamine 500g |
 Creatine 400g | L-Carnitine
 600ml | BCAA's 250g |
 Electrolytes + Energy 250g



NAKA PLATINUM
Sport Support + Hydration Formulations

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



\$48⁹⁹ EA
25% OFF

All Varieties | 750g
 Rice Protein also on sale



SUNWARRIOR
Protein Warrior Blend

High-quality plant protein enhanced with MCT for muscle fuel and recovery.



\$17⁹⁹ EA
22% OFF

Focus, Mocha,
 Endurance, Mind
 Fuel | 140g



ORGANIC TRADITIONS
Instant Coffee + Herbal Mushroom Blends

Coffee and herbal mushroom blends for focus, endurance + daily energy.



\$28⁴⁹ EA
21% OFF

150g



METEOR MUSHROOMS
Day Break Vitality

Adaptogenic mushroom blend in a
 chai-spiced cacao base.



\$25⁹⁹ EA
21% OFF

All Varieties | 100g



METEOR MUSHROOMS
Medicinal Mushrooms

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



\$13⁹⁹ EA

18% OFF

Raw Criollo | 225g
Gelatinized Maca
Powder also on sale



PERUVIAN HARVEST
Cacao Powder

Peruvian Harvest works closely with farmers to preserve this "Ceremonial Grade" heirloom Landrace Cacao variety. Enjoy this fine cacao rich in magnesium, zinc, iron and Phenylethylamine, dubbed the "love or happiness molecule."



\$15⁴⁹ EA

18% OFF

Raw Criollo | 150g



PERUVIAN HARVEST
Cacao Butter



\$31⁹⁹ EA

20% OFF

Vanilla | 227g



SPORT RESEARCH
Collagen Peptides

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



\$27⁹⁹ EA

24% OFF

887ml
414ml also on sale



SPORT RESEARCH
MCT Oil

MCT oil for clean + quick energy and focus.



\$48⁹⁹ EA

25% OFF

All Varieties | 292g



YOUNITED
All in Organic Superfood



\$59⁹⁹ EA

25% OFF

All Varieties | 775g



YOUNITED
All in One Protein + Superfood

A blend of 54 land + sea veggies, super fruits, mushrooms + herbs providing support for balanced daily nutrition.



33% OFF

Enhanced Collagen 250g + 500g | Full Spectrum | Pure Beauty | Bone + Joint | Full Spectrum Collagens 250g



ORGANIKA
Collagen Products

Grass-fed collagen-building peptides to support skin, hair, and joint health.



23% OFF

All Products

SUKU
Nutritional Gummy Supplements

Sugar-free + alcohol-free gummy supplements for convenient daily support.

organization *of the month*



West Kootenay Climate Hub

The West Kootenay Climate Hub brings people together to accelerate climate action across our region. By fostering collaboration among residents, organizations, and elected representatives, they support local initiatives, host community events, and help lead Earth Month activities.



**WEST
KOOTENAY**
CLIMATE HUB

make a donation

add \$2
to your bill

drop cash in the
change box

vanilla rose latte

Our house-made organic vanilla + rose syrup; combined with your favourite espresso, and choice of milk or non-dairy alternative.

\$4.99
/12OZ



IT'S TIME TO START

garden planning

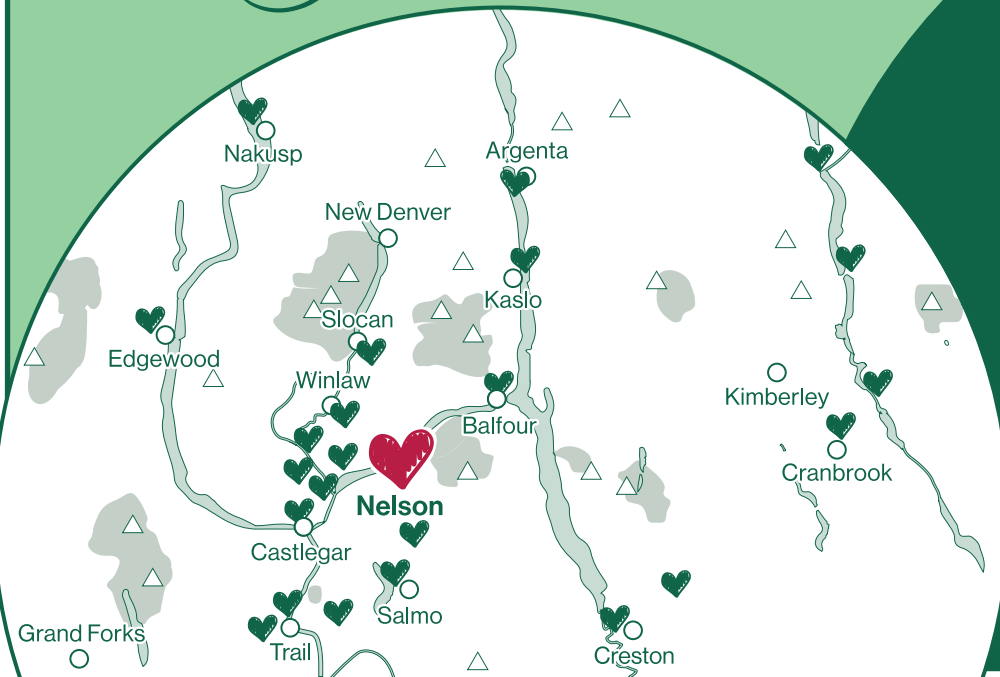
Winnow Seed Co. is a **True Local** farm in Krestova, growing and harvesting a wide variety of vegetables, herbs, and flowers. Their certified organic, open-pollinated seeds are carefully adapted to our regional climate. Find them in Produce and start planning your garden.



shopping local matters



Here, True Local means grown or made within **160KM** of your Co-op



120+ True Local suppliers in-store



\$4M+ paid to local suppliers in 2025



33% of suppliers are True Local