

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-like graphic between the two words. The logo is set against a dark green rectangular background.

Kootenay
co-op

member specials



MAY
1 - 31, 2026

Cook the Cover:
Mother's Day French
Toast Casserole

Build-Your-Own
Tuna Poke Bowl

Treat + Prevent
Seasonal Allergies

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

french toast casserole



This French toast casserole has a crisp brown sugar topping and a moist, custardy middle. To get ahead, assemble it the night before and bake the next morning.



INGREDIENTS

- Unsalted butter, or coconut oil, for the pan
- 1 loaf challah bread, about 1½ pounds, 1 or 2 days old, cut into 1-inch cubes (or similar dense bread)
- 5 large eggs
- ½ cups milk
- 2 Tbsp brown sugar
- 2 tsp vanilla extract
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp sea salt
- Maple syrup, for serving

FOR TOPPING

- 2 Tbsp unsalted butter or coconut oil, melted
- 2 Tbsp brown sugar
- ½ cup chopped pecans

METHOD

Grease a 9x13-inch or similar baking dish. Place the bread cubes in the baking dish.

In a large bowl, whisk together the eggs, milk, brown sugar, vanilla, cinnamon, nutmeg, and salt. Pour the mixture evenly over the bread. If making the casserole ahead, cover the baking dish and refrigerate overnight. Otherwise, let stand for 30 minutes at room temperature to allow the bread to soak up the egg mixture.

Preheat the oven to 350°F

Drizzle the casserole with the butter and sprinkle with the brown sugar and pecans. Cover and bake for 35 minutes, then uncover and bake for another 10 to 20 minutes, or until the topping is browned and the egg mixture has mostly set. Remove from the oven, cover loosely with foil, and let stand for 10 minutes.

Serve with maple syrup.



\$12.99 /EA

SAVE \$4

CANADIAN HERITAGE ROASTING
Organic Instant Coffee
All Varieties | 100g



\$6.99 /EA

30% OFF

EARTH'S OWN
Oat Creamer
All Varieties | 946ml



\$18.99 /EA

SAVE \$5

FERNWOOD COFFEE CO.
Organic Coffee
All Varieties | 454g

head start *with* plant starts

1

Harden off your baby plants - store-bought seedlings are already hardened off and ready to go in the ground

2

Choose an overcast day, wait until cool evening or use cold frame so as not to shock your plants

3

Prepare holes a little wider + deeper than current pot, with space in between

4

Add topsoil + compost to promote root growth and give an early nutrient spike

5

Place plants in their holes, fill with more soil + water well

6

Water regularly. Keep an eye on pests. Weed often. And watch your babies grow!



\$36⁹⁹
/EA

SAVE \$8

THE GRANOLA KING
Gourmet Granola
All Varieties | 2kg



SAVE \$1⁵⁰

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



\$11⁹⁹
/EA

29% OFF

MANITOBA HARVEST
Hemp Hearts
454g



Your co-op will be
CLOSED
for inventory on
MAY 31ST

grocery



33% OFF



BLUE MONKEY
**Sparkling
Coconut Water**
All Varieties | 330ml

2 for \$4



\$11.99 /EA

SAVE \$2

GT'S KOMBUCHA
Raw Kombucha
All Varieties | 1.4L



\$2.79 /EA

30% OFF

LOOP
**Sparkling
Iced Tea**
All Varieties | 355ml



\$3.79 /EA

SAVE \$1

RISE
**Organic
Kombucha**
All Varieties | 414ml



\$6.49 /EA

28% OFF

SANTA CRUZ ORGANIC
**Organic
Lemonade**
All Varieties | 946ml



\$2.99 /EA

SAVE \$1

MOTHERLOVE
**Kombucha +
Water Kefir**
All Varieties | 355ml



\$8.99 /EA

SAVE \$3

HEALTEA
**Sparkling Tea
Infusion**
All Varieties | 4x355ml



25% OFF



2 for \$6

NATURAL CABANA
Lemonade
All Varieties | 591ml



\$3.99 /EA

11% OFF

TWO BEARS
Protein Latte
Chocolate | Vanilla |
250ml



25% OFF



MATEINA
**Organic
Yerba Mate**
All Varieties | 355ml

2 for \$6



\$3.49 /EA

22% OFF

HAPPY GUT
Water Kefir
All Varieties | 355ml



TRUE LOCAL

grocery

33% OFF



3 for \$5

HONEY STINGER
Energy Waffles
All Varieties | 30g

27% OFF



HARDBITE
Avocado Oil Kettle Chips
All Varieties | 128g

2 for \$7



\$8.99 /EA
SAVE \$1

TATE'S BAKE SHOP
Cookies
All Varieties | 198g



\$4.49 /EA
25% OFF

HIPPIE SNACKS
Crunchers
All Varieties | 110g



\$5.99 /EA
25% OFF

EVERLAND
Chocolate Covered Nuts
All Varieties | 113g



\$5.99 /EA
25% OFF

CAMINO
Organic Chocolate Bars
All Varieties | 100g

30% OFF



2 for \$7

FRANKIE'S ORGANIC
Organic Puffs
All Varieties | 113g



\$9.99 /EA
SAVE \$2

WOW BAKING CO.
Gluten Free Cookies
All Varieties | 227g

27% OFF



2 for \$8

POPTASTIC
Popcorn
All Varieties | 130g



\$8.49 /EA
15% OFF

NATURE'S BAKERY
Whole Wheat Fig Bars
All Varieties | 340g



\$3.99 /EA
20% OFF

HUMMINGBIRD CHOCOLATE
Peanut Butter Cups
Milk | Dark | 32g



\$1.79 /EA
28% OFF

HORNBY ORGANIC
O Snack Bars
All Varieties | 45g

grocery



12% OFF

2 for \$7



RUMMO
Pasta
All Varieties | 500g



\$5.99 /EA

20% OFF

JOVIAL
Organic Cassava Pasta
All Varieties | 227g



\$6.99 /EA

SAVE \$1.50

EVERLAND
Organic Pasta Sauce
All Varieties | 739ml



\$12.99 /EA

SAVE \$3

AELO
Non-Alcoholic Cocktails
All Varieties | 4x355ml



\$9.99 /EA

33% OFF

ATHLETIC BREWING
Non-Alcoholic Beer
All Varieties | 6x355ml



\$11.99 /EA

SAVE \$3.50

OLE
Non-Alcoholic Mocktails
All Varieties | 4x355ml

Kootenay Bakery Café Cooperative's
25th birthday party!

at the Bakery • Friday, May 8th • 2pm to 5pm

Live music, free cake, great food, prizes, and games. Come celebrate your local bakery co-op!

CELEBRATE CO-OPS THIS MAY!

Kootenay Co-op Radio
community block party

Lions Park • Saturday, May 23rd
3pm to 7pm

Local non-profits, co-ops, and charities, live music, food trucks, activities, and more!

grocery



\$14⁹⁹ /EA
SAVE \$5

SMART STRIPS
Laundry Strips
All Varieties | 100 Loads



\$8⁹⁹ /EA
25% OFF

NUTS TO YOU
Organic Fair Trade Tahini
500g



\$7⁹⁹ /EA
20% OFF

LITTLE CREEK
Salad Dressing
All Varieties | 295ml



\$6⁴⁹ /EA
28% OFF

FILLO'S
Sofrito
All Varieties | 283g



\$7⁹⁹ /EA
SAVE \$2

EVERLAND
Organic White Basmati Rice
908g



\$14⁹⁹ /EA
SAVE \$5

EVERLAND
Organic Maple Syrup
All Varieties | 500ml



\$2²⁹ /EA
34% OFF

COCO XIM
Organic Coconut Water
330ml

40% OFF



2 for \$6

EVERLAND
Coconut Milk
All Varieties | 400ml



\$11⁹⁹ /EA
SAVE \$2

EUPHERBIA
Blue Salt Grinder
100g



\$29⁹⁹ /EA
SAVE \$4

CANADIAN HERITAGE
Organic Maple Syrup
All Varieties | 1L



\$8⁹⁹ /EA
25% OFF

CAMINO
Organic Hot Chocolate
All Varieties | 336g

50% OFF



2 for \$6

TWO BEARS
Oat Beverage Barista
946ml

grocery



\$8⁴⁹
/EA

15% OFF

RIGHTEOUS
Gelato + Sorbetto
All Varieties | 473ml



\$5⁴⁹
/EA

SAVE \$2

GREENHOUSE
Organic Non-Dairy Milk
All Varieties | 946ml



\$8⁴⁹
/EA

15% OFF

FOOD EARTH
Ready to Eat Meals
All Varieties | 300g



\$6⁴⁹
/EA

28% OFF

CHICKAPEA PASTA
One Pot Meal
All Varieties | 198g



\$10⁹⁹
/EA

SAVE \$2

CAULIPOWER
Gluten-Free Frozen Pizza
All Varieties | 315g



\$6⁹⁹
/EA

SAVE \$1.50

SAN-J
Cooking Sauce
All Varieties | 296ml



\$6⁴⁹
/EA

SAVE \$2.50

ORGANIC INDIA
Organic Tulsi Tea
All Varieties | 25 Bags



\$6⁴⁹
/EA

SAVE \$2

O'DOUGHS
Gluten-Free Bread
White | Flax | 700g



\$4⁴⁹
/EA

25% OFF

NOOCHPOP
Nutritional Yeast Popcorn
All Varieties | 120g



\$5⁴⁹
/EA

21% OFF

MADE GOOD
Organic Cookies
All Varieties | 200g

21% OFF



2 for \$9

MADE GOOD
Organic Bars
All Varieties | 5x24g



\$6⁹⁹
/EA

18% OFF

KARTHEIN'S
Organic Sauerkraut
All Varieties | 375ml

grocery



\$6.99
/EA

30% OFF

GIMME
Seaweed Snacks
All Varieties | 6x5g

21% OFF



2 for \$6

PATIENCE FRUIT CO
Sour Dried Cranberries
All Varieties | 60g



\$4.49
/EA

18% OFF

FREE YUMM
Gluten-Free Cracker Bites
All Varieties | 120g



\$5.29
/EA

12% OFF

EARTH'S OWN
Fresh Oat Beverage
All Varieties | 1.75L



\$6.99
/EA

30% OFF

O!!
Toasted Sesame Oil
250ml



\$8.49
/EA

15% OFF

CHOSEN FOODS
Salad Dressing
All Varieties | 237ml



\$22.99
/EA

SAVE \$4

CHOSEN FOODS
Avocado Mayo
710ml



\$6.49
/EA

SAVE \$1

BLUE DIAMOND
Nut Thins
All Varieties | 120g



\$12.99
/EA

SAVE \$2

AMY'S KITCHEN
Frozen Pizza
369g



SAVE \$1.50

AMANO
Organic Miso
All Varieties | 400g



SAVE \$2.50

BC BRINE
Pickled Vegetables
All Varieties | 500ml



\$5.49
/EA

21% OFF

FLOATING LEAF
Rice Blends
All Varieties | 400g

butcher shop



MADE
HERE

\$43⁹¹
/KG

12% OFF

KOOTENAY CO-OP
SMOKEHOUSE
**Smoked
Pulled Pork**



\$16⁰⁶
/KG

30% OFF

BRADNER FARMS
**Organic
Chicken Legs**
Frozen | 4 Pack



\$19⁹²
/KG

20% OFF

Pork Chops
Frozen | Bone-In

\$20⁷²
/KG

20% OFF

Pork Chops
Frozen | Boneless

classic tuna poke bowl

(from *Whitewater Cooks - More Beautiful Food*)



MARINADE

- ½ cup soy sauce
- 3 Tbsp toasted sesame oil
- 1 inch ginger, minced
- 2 Tbsp green onions, sliced
- ¼ cup cilantro, chopped
- 2 Tbsp sesame seeds or macadamia nuts, chopped
- jalapeño pepper, sliced (optional)

BOWL

- 250g Ahi tuna, cubed
- 1 cup brown rice
- Sunflower sprouts
- Cucumber, sliced
- Edamame beans, cooked
- avocado, sliced
- nori sheets, cut small
- cilantro, chopped (garnish)
- sesame seeds (garnish)
- green onions, sliced (garnish)

METHOD

Combine marinade ingredients in a medium bowl. Add cubed tuna to marinade and mix through. Place in fridge for up to 4 hours to marinate. Meanwhile, cook the rice and edamame beans. Prepare the fixings by slicing avocado and cucumber. To plate, start with rice in a bowl and then arrange cucumber, avocado, edamame, tuna, nori and top with sprouts, cilantro, green onions and sesame seeds.



\$8⁷⁵
/EA

12% OFF

INTERCITY PACKERS
**Tuna Poke
Cubes**
Frozen

cheese + tapas



FROM BC

10% OFF

PORTOFINO
Bread + Buns
All Varieties



FROM BC

10% OFF

SALTSRING KITCHEN
Spreads + Jams
All Varieties | 250ml



TRUE LOCAL

\$9⁸⁹
/EA
10% OFF

SAUNDERS
Specialty Jellies
All Varieties | 250ml



FROM BC

\$5⁰⁹
/100G

15% OFF

LITTLE QUALICUM
Island Brie



FROM BC

\$5⁰⁹
/100G

15% OFF

LITTLE QUALICUM
Monterey Jill



FROM BC

\$5³⁵
/100G

15% OFF

LITTLE QUALICUM
Mt Moriarty



FROM BC

\$7⁶⁷
/100G

20% OFF

CREEKSIDE CREAMERY
Golden Meadow
Raclette-Style Cheese



FROM BC

\$8³⁹
/100G

20% OFF

CREEKSIDE CREAMERY
Alpine Ash
Washed Rind



FROM BC

\$9³⁴
/100G

15% OFF

CREEKSIDE CREAMERY
La Belle Vallee
Semi-Hard
Washed Rind



\$31⁹⁰
/KG

20% OFF

DIVINA
Mediterranean Olive Medley



\$29²⁰
/KG

25% OFF

DIVINA
Castelvetro Olives With Pits



MADE HERE

\$3⁴⁵
/100G

15% OFF

KOOTENAY CO-OP DELI
Mediterranean Cream Cheese Log



20% OFF

MAD HIPPIE Face Care
All Products
Antioxidant-rich solutions for your skin.



25% OFF

ONEKA Hair + Body Care Products
All Products | Made with certified organic botanicals.
Bulk also on sale



28% OFF

SUKIN Face + Body Care Products
Select Products
Designed with botanical ingredients to address the specific needs of various hair and skin types.



21% OFF

OM NATURALE Handcrafted Face and Body Care
All Products



HERITAGE STORE

castor oil

Castor oil has been used for generations as a therapeutic compress - applied with heat, it supports lymph circulation and drainage while its anti-inflammatory and analgesic compounds help reduce pain, swelling, and congestion.

USE AS A WARM COMPRESS

Soak a piece of flannel in the oil, cover with plastic wrap or a castor pack wrap, and apply a hot water bottle for 30-60 minutes. Use 1-3 times daily for acute conditions, or 1-3 times weekly for chronic ones. Do not apply to open wounds.

Conditions that respond well include muscle sprains, joint pain, post-surgery swelling, chest congestion, indigestion, menstrual cramps, and swollen lymph nodes.

FOR SKIN AND HAIR

Castor oil's hydrating, antimicrobial, and anti-inflammatory properties make it effective for dry or inflamed skin, acne, eczema, psoriasis, dandruff, and dry scalp. Mix 1:1 with a carrier oil - jojoba, almond, apricot, grapeseed, or rosehip - for face, scalp, body, hair, or eyebrow application.



\$13.49 /EA

25% OFF

HERITAGE STORE
Castor Oil
237ml
Mouthwash also on sale



\$15.99 /EA

27% OFF

HERITAGE STORE
Rose Floral Water
240ml | Soothes and softens skin, provides hydration, sets makeup and refreshes!



\$16.99 /EA

23% OFF

HERBATINT
Hair Colour
All Varieties | Formulated using a minimal chemical ingredients, balanced with natural herbal extracts.

wellness



25% OFF

WELEDA
Face + Body Care

All Products | Made with ethically and sustainably sourced ingredients.



25% OFF

WELEDA
Calendula Baby Care Line

All Products
Formulated with nature's gentlest plants + flowers.



18% OFF

SUN BUM
SPF50 Mineral Sunscreen

All Products



\$8.99 /EA

25% OFF

BOLTON'S NATURALS
Topical Magnesium Spray

118ml
Gels + balms also on sale



17% OFF

HOMEOCAN
Traumacare

All Products | Combats muscle and joint inflammation.



\$13.99 /EA

26% OFF

NEWCO
Organic Tea Tree Essential Oil

30ml | Helps heal wounds, infections, and a wide range of skin conditions.



20% OFF

NAKA PLATINUM
Essential Oils

All Varieties | 50ml
100% pure, undiluted essential oils.



\$12.99 /EA

24% OFF

NAKA PLATINUM
Aloe Vera Gel

340ml | For everyday hydration or soothing after-sun recovery.



22% OFF

NATRACARE
Tampons

All Varieties | Free of plastics, fragrances and chlorine.



15% OFF

NOVA SCOTIA FISHERMAN
Lotion + Cream

All Products
Formulated to help protect and hydrate skin in harsh environments.

Rescue balm also on sale



meet the makers

Karen Clark and Alain Ménard are a biochemist and a microbiologist. They knew exactly what was in conventional personal care products, and decided to make something better. That was 2002, in Hawkesbury, Ontario.

It started in their kitchen. Karen quit her job at a pesticide company, bought her own lab equipment, and started formulating. Alain followed when his sister was diagnosed with advanced breast cancer and their son was born. They needed to know there was a safer option.

Today they manufacture everything themselves, hold Ecocert certification, and were first to market with an organic mineral sunscreen in Canada. Their castile soap is made with organic Canadian sunflower oil. Their newest deodorant actually absorbs sweat rather than blocking pores.

Green Beaver was born from a mission, not a business plan. They wanted to show that alternatives to chemicals exist, and that choosing them shouldn't mean compromising on what works.



GREEN BEAVER
Oral Care Products
All Products | Formulated with antimicrobial xylitol and enamel-rebuilding hydroxyapatite.

20% OFF



\$18.99 /EA
21% OFF

GREEN BEAVER
Suncare
All Products



GREEN BEAVER
Deodorant
All Varieties | 50g | Works to eliminate existing odors, while preventing new ones! *Natural antiperspirants also on sale*

\$7.99 /EA
20% OFF



\$19.99 /EA
23% OFF

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



ESW BEAUTY
Sheet Masks
All Varieties | Compostable face masks that refresh + hydrate skin.

\$6.29 /EA
21% OFF



25% OFF

RADIUS
Dental Care Products
All Products

wellness



24% OFF

All Products



PREFERRED NUTRITION

Gummy Supplement Line

Made with natural ingredients, these gummies provide therapeutic doses of vitamins + minerals.



\$23⁹⁹ EA

20% OFF

60ct | Adult Gummies also on sale



NUTRAMIN

Kids Multi Vitamin Gummies



30% OFF

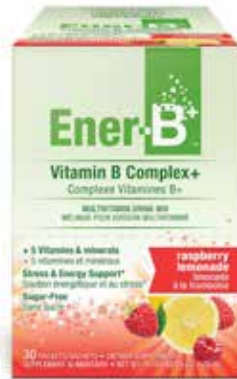
90c | All other enzyme formulations also on sale



ENZYMEDICA

Digest Gold

Multi-enzyme blend designed to optimize digestion.



\$16⁹⁹ EA

23% OFF

Raspberry Lemonade | 30k



ENER LIFE

Ener B

Enhanced with vitamins and minerals for optimal stress and energy support.



36% OFF

500c



PRAIRIE NATURALS

Vitamin D 1000



20% OFF

Creatine Blast | BCAA Blast | Pre-Workout



4EVERFIT

Sports Nutrition Products

Formulas designed to enhance your stamina, improve muscle strength + endurance, as well as recovery + growth.



\$19⁹⁹ EA

20% OFF

45ml

XLEAR

Rescue Xylitol Nasal Spray

These xylitol sprays prevent pathogens, dust, and pollen from adhering and causing irritation by moistening and cleansing nasal passages.



\$9⁴⁹ EA

21% OFF

22ml

XLEAR

Xylitol Nasal Spray

spring allergies



Spring brings warm weather, longer days, and budding trees, but for allergy sufferers, it can mean a season of sneezing and sniffles. Pollen from trees, grass, and weeds enters the nasal passages, triggering the immune system to release histamine and cause allergy symptoms.

Scan the QR code to read more about how you can approach and alleviate these irritating symptoms.



24% OFF

Healthy Lung 90c | Zinc Bis-Glycinate 25mg + 120c | Vitamin A drops 15ml D+ K drops + capsules



CANPREV

Allergy Immune Support Essentials

Strengthen your immune system and support your mucus membrane with vitamin A + D, and zinc. Use Healthy Lung to thin mucus + support expectoration as well as soothe, repair, and strengthen lung tissue.



26% OFF

Florescence Immune 500ml also on sale



FLORA

Flor Essence 7-Day Purification Program

Blood-cleansing formula combined with fibre and urinary-cleansing herbs for a complete gentle detox.



25% OFF

Cleansmore | Candi + Paragone Cleanse | Digest More HCL | IntestineW | Fibersmart | Ultimate Flora Probiotics | BoulardiiMax

RENEWLIFE

Digestive Cleanse + Support Products



\$21.99 EA

27% OFF

460ml



CULTURED COCONUT

Nature's Finest Probiotic

Kefir-like probiotic drink with 4 trillion live bacteria per tablespoon alongside postbiotic neutraceuticals.

wellness



25% OFF

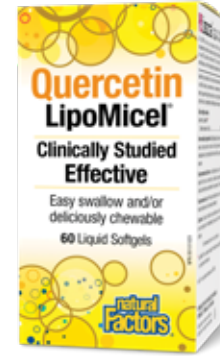
N-Acetyl-L-Cysteine (90c)
Vitamin C8 (90c, 180c, 250g)
Black Cumin Seed Oil (60c)
Organic Oil also on sale



NEW ROOTS HERBAL

Allergy Support Products

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



25% OFF

60c



NATURAL FACTORS

LipoMicel Matrix Quercetin 250mg

Immune, cardiovascular, and histamine regulation. Lipid-bound for enhanced bioavailability.



24% OFF

90c



NATURAL FACTORS

PEA 400 Palmitoylethanolamide

Supports mast cell stabilization and long-term management of pain and inflammation.



\$15.99 EA

27% OFF

120t

A. VOGEL

Allergy Relief

Helps to reduce inflammation, sneezing, itchy nose, and burning eyes.



16% OFF

500ml + 941ml
DHA blend also on sale



FLORA

Udo's Oil 3-6-9 Blend

Provides the ideal 2:1 ratio of omega-3 and omega-6 fatty acids.



25% OFF

237ml | 473ml | 90c
Kids Omega Gummies also on sale

NORDIC NATURALS

Omega 3 Cod Liver Oil

A rich source of Omega-3, providing whole body anti-inflammatory support.



20% OFF

Colostrum | Pine Pollen | Sea Buckthorn Berry | Nettle Root | 5 + 16 Mushroom Blend | Lion's Mane



NEW EARTH ORGANICS

Medicinal Mushrooms + Superfoods

wellness



\$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.



\$24⁹⁹ EA

22% OFF

All Varieties | 140g



BIOSTEEL
Electrolyte Hydration Mix

Support hydration, energy production, and cellular repair during and after any workout.



34% OFF

All Varieties | 500ml
2 FOR \$5



BIOSTEEL
Sport Drink Mix



25% OFF

120 Softgels



CANPREV
Inno-Cal-Mag Advanced

Formulated with additional Zinc, Boron, D and K2 for optimal bone-building support.



23% OFF

120c



CANPREV
Prenatal Multi Women

Formulated with critical nutrients specifically needed during pregnancy and nursing.



24% OFF

120c



CANPREV
Iron Bis-Glycinate 25mg

Highly absorbable and gentle on the stomach.



25% OFF

90c | 500ml
liquid also on sale



CANPREV
BioActive B complex

Supports heart health, nerve health, and energy metabolism.



19% OFF

500ml



FLORA
MCT Oil

Fast fuel for brain + body.



20% OFF

200g



FLORA
Red Beet Crystals

Boost your iron + oxygen levels for optimum energy.

wellness



\$29⁹⁹
EA

33% OFF

500ml



NAKA ORIGINAL
Vital Greens

Helps energize and detoxify with just one easy liquid tablespoon a day.



\$31⁹⁹
EA

20% OFF

Liquid | 600ml
Marine Calcium Capsules
also on sale



NAKA PLATINUM
Pro Osteo

Formulated with calcium, magnesium, boron, zinc, silica, vitamin D, and collagen.



\$32⁹⁹
EA

21% OFF

300c |
150c also on sale



NAKA PLATINUM
Magnesium Bisglycinate 200mg

Potent, therapeutic dose of magnesium in a bisglycinate-oxide blend.



\$13⁴⁹
EA

25% OFF

Whole Leaf | 946ml



LILY OF THE DESERT
Aloe Vera Juice

Enhances absorption of other nutrients and soothes gut inflammation.



\$32⁹⁹
EA

23% OFF

908g | *Balanced Protein*
also on sale



MANITOBA HARVEST
Hemp Yeah! Max Protein

A mild-tasting, creamy-textured plant protein.



24% OFF

125g + 375g |
Matcha + Kickstart
lattes also on sale



HARMONIC ARTS
5 Mushroom Cacao Latte

Smooth, full-bodied cocoa, packed with 5 restorative mushrooms.



22% OFF

Herbal Bitters | Liver
TLC | Parasite Purge |
Feel Calm



HARMONIC ARTS
Select Tinctures

Designed to support digestive and liver health or offer support for the mental and nervous system.



25% OFF

All Products



NATURAL FACTORS
Big Friends Children's Supplements

Nutritional supplements formulated to match the needs of growing children.

25% OFF

All Products

FROM BC

NATURAL FACTORS
Regenerlife Products
 Anti-aging formulations targeted to reduce inflammation and oxidative damage while optimizing cellular energy production and function.

\$37⁴⁹ EA

25% OFF

100mg | 60c

FROM BC

NATURAL FACTORS
Phosphatidylserine
 Supports healthy brain function for improved focus, memory, and resistance to mental stress.

\$39⁹⁹ EA

60% OFF

Regenerlife | 30c

hot deal

FROM BC

NATURAL FACTORS
CogniSave Kit
 All-in-One Packets
 All you need for memory longevity

44% OFF

Regenerlife | 30c

hot deal

FROM BC

NATURAL FACTORS
NMN Surge 500mg
 Supports cellular energy production, improves metabolic health, and offers anti-aging effects.

25% OFF

28mg | 30c

FROM BC

NATURAL FACTORS
Saffron Extract
 IMPROVES MOOD, RELIEVES STRESS, AND SUPPORTS RELAXATION

40% OFF

60mg | 120c

hot deal

FROM BC

NATURAL FACTORS
Theracurmin Double Strength
 Offering whole body anti-inflammatory support.

\$16⁹⁹ EA

26% OFF

30c

FROM BC

NATURAL FACTORS
Lutein 40mg
 Supports eyesight in conditions such as cataracts and age-related macular degeneration.

25% OFF

500mg | 60c

FROM BC

NATURAL FACTORS
Berberine LipoMigel
 Supports blood sugar regulation.

wellness



\$31⁹⁹ EA

20% OFF

All Varieties | 715g



LEANFIT
Organic Plant Protein



\$39⁹⁹ EA

20% OFF

All Varieties | 858g
Whey Isolate also on sale



LEANFIT
Whey Protein Concentrate



\$31⁹⁹ EA

20% OFF

Lemon Lime | 381g



LEANFIT
Electolyte Mix



25% OFF

All Products



SMARTSOLUTIONS
Women's Health Products

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.



25% OFF

All Products | 60c



PRAIRIE NATURALS
Men's Health Supplements

Support natural testosterone production and help to protect prostate tissue, enhance stamina, energy metabolism, and muscle strength.



23% OFF

All Products



PURICA
Joint, Stress + Sleep, Immune, Hormonal Support Products

Target the root cause of inflammation and experience accelerated pain relief and recovery from acute or chronic injuries with expertly crafted formulas. Optimize immune, stress, cognitive, and cardiovascular support with potent medicinal mushrooms. Reduce stress and support restful nights with Ashwagandha, Magnesium, and Sleep support. Enhance nutrient absorption + testosterone production with Shilajit or help your body manage peri-menopausal hormonal disregulation resulting in nightsweats, tiredness, foggy brain, and moodswings with Menopause Relief.



28% OFF

MEGAFOOD

Blood Builder | Multi Vitamins | B-Complex

Essential vitamins and minerals integrated with real food form nutrient complexes.



20% OFF

All Varieties



NATURAL FACTORS

Total Body Collagen Products

Peptide building blocks enhanced with vitamin C and hyaluronic acid to support collagen production for joint, skin, hair, and gut support.



\$8.99 EA

25% OFF

200g



\$10.49 EA

25% OFF

150g



ORGANIC TRADITIONS

Ashwagandha

Enhances stamina, promotes mental calmness, and encourage restful sleep.

ORGANIC TRADITIONS

Maca X-6

Enhances energy, libido, and physical endurance.



21% OFF

All Varieties



ORGANIC TRADITIONS

Micro Algae | Juiced Greens | Moringa

A rich source of proteins, chlorophyll, vitamins, minerals and antioxidants.



\$45.99 EA

30% OFF

All Varieties



VEGA

Vega One Nutritional Shake

Provides you with protein, veggies, greens, EFAs, and probiotics for complete nutritional support.



35% OFF

340g



ORGANIKA

Digest Greens Gut Health

A blend of vitamin, mineral, and antioxidant rich-greens + liver + gut supportive nutraceuticals.



29% OFF

600g



ORGANIKA

Collagen Protein + Greens All-In-One

A blend of collagen, organic greens, pre + probiotics, essential vitamins, minerals, and antioxidants for full body support.

organization of the month



Kootenay Co-op Radio

Kootenay Co-op Radio strengthens and supports our local community by providing a platform for diverse voices, local artists, and grassroots organizations. We foster community connection through locally produced programming, live events, and volunteer opportunities, giving residents a chance to engage, share, and celebrate what makes the Kootenays unique.

www.kootenaycoopradio.com



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Made with your choice of house-made Strawberry, Blueberry or Raspberry syrup.

Made with your choice of milk or non-dairy alternative.

\$5⁹⁹
/16OZ



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member month



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Perks + get access to
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in May + save
\$10 off your next
shop over \$50

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Sign up for Taste Tours!

IN-STORE + ONLINE

MEMBERS SAVE
AN EXTRA

10% OFF

YOUR ENTIRE SHOP
(STACKS ON SALE
ITEMS)

co-op member appreciation thursday may 21 day



www.kootenay.coop/member-month