

The logo for Kootenay co-op, featuring the word "Kootenay" in a large, white, serif font and "co-op" in a smaller, white, sans-serif font below it, with a small leaf icon to the left of "co-op". The logo is set against a dark green rectangular background.

**Kootenay**  
co-op

# member specials

**JULY**  
**1 - 31, 2026**

**Cook the Cover:**  
Pasta Salad

BBQ Season  
is Here!

Stay Hydrated  
with Electrolytes

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

# grocery



**\$2<sup>99</sup>**  
/EA

**25% OFF**

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

**33% OFF**



**2 for \$4**

SAPSUCKER  
**Sparkling Maple Water**  
All Varieties | 355ml

**28% OFF**



**2 for \$10**

BLUE MONKEY  
**Organic Coconut Water**  
All Varieties | 1L



**\$9<sup>49</sup>**  
/EA

**27% OFF**

A'SICILIANA  
**Italian Soda**  
All Varieties | 4x330ml



**\$3<sup>49</sup>**  
/EA

**SAVE \$1**

CLEARLY CANADIAN  
**Sparkling Mineral Water**  
All Varieties | 750ml



**\$12<sup>99</sup>**  
/EA

**SAVE \$5**

SOTA  
**Organic Sparkling Tea**  
All Varieties | 6x355ml



**\$8<sup>99</sup>**  
/EA

**SAVE \$3**

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



**25% OFF**



**2 for \$6**

NATURAL CABANA  
**Lemonade**  
All Varieties | 591ml



**\$11<sup>49</sup>**  
/EA

**SAVE \$4**

OLE  
**Non-Alcoholic Cocktails**  
All Varieties | 4x355ml



**\$3<sup>79</sup>**  
/EA

**SAVE \$1**

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



**\$2<sup>99</sup>**  
/EA

**25% OFF**



WHISTLER ELIXIR  
**Kombucha**  
All Varieties | 355ml



**\$3<sup>49</sup>**  
/EA

**30% OFF**

HEALTHY HOOCH  
**Organic Kombucha**  
All Varieties | 500ml



# creamy greek pasta salad ♡

## INGREDIENTS

- Pasta (fusilli, penne, or farfalle)
- 1¼ cups plain Greek yogurt
- 1 clove garlic, minced
- 3 Tbsp lemon juice
- 2 Tbsp red wine vinegar
- 1 tsp dried dill (or small handful of fresh, finely chopped)
- ½ tsp dried oregano (or couple of sprigs, finely chopped)
- 3 Tbsp olive oil
- 1½ cups cherry tomatoes, halved
- 1 cucumber, chopped
- ¾ cup pitted olives, halved
- ½ cup red onion, diced
- ¾ cup feta cheese, crumbled
- salt + black pepper, to taste

## METHOD

Cook pasta according to package directions. While pasta is cooking, stir together the Greek yogurt, garlic, lemon juice, red wine vinegar, dill, and oregano in a bowl.

When the pasta is done cooking, drain and run cold water over the pasta. Drain completely and drizzle with olive oil. Toss until pasta is well coated and place in a large salad bowl.

Pour the yogurt mix over the pasta and gently stir through.

Add the tomatoes, cucumber, olives, red onion, and feta cheese and stir gently until ingredients are well coated.

Season with salt and black pepper, to taste. You can add a little extra dill and lemon juice, if desired. Serve. Store any leftovers in the fridge for up to two days.



**\$5.49**  
/EA

**31% OFF**

SAN REMO  
**Organic Red  
Wine Vinegar**  
500ml



**\$3.49**  
/EA

**22% OFF**

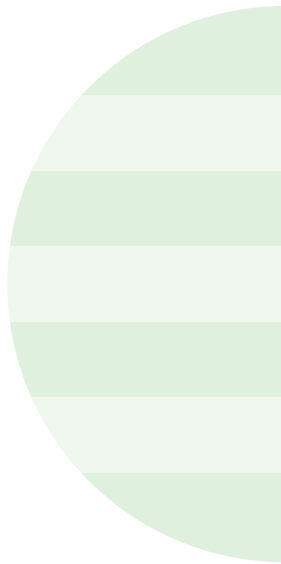
BIOITALIA  
**Organic Pasta**  
All Varieties | 500g



**\$19.99**  
/EA

**SAVE \$4**

PHOEAPOLIS  
ORGANICS  
**Organic Extra  
Virgin Olive Oil**  
750ml



# BBQ SEASON



**\$8<sup>99</sup>**  
/EA  
**SAVE \$1**

BEYOND MEAT  
**Vegan Burger  
Patties**  
2x113g



**15% OFF**

PORTOFINO  
**Buns**  
Potato Hamburger  
Buns | Brioche  
Hot Dog Buns



**\$10<sup>99</sup>**  
/EA  
**SAVE \$3**

HEARTBEAT  
**Hot Sauce**  
All Varieties | 177ml



**\$11<sup>99</sup>**  
/EA  
**SAVE \$3**

ATHLETIC BREWING  
**Non-Alcoholic  
Brews**  
All Varieties | 6x355ml



**\$3<sup>69</sup>**  
/EA  
**SAVE \$1**

KETTLE  
**Potato Chips**  
All Varieties | 198g



**\$6<sup>99</sup>**  
/EA  
**SAVE \$2**

EVERLAND  
**Organic  
Ketchup**  
750ml

# The grill's about to get busy.

Burgers, skewers, something fresh on the side - the kind of spread that brings people around the table and keeps them happy well into the evening. Whatever your gathering looks like this summer, you can find good food here.



**\$6.49**  
/EA

**SAVE \$1.50**

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



**\$5.99**  
/EA

**SAVE \$2**

HABIBI'S  
**Hummus**  
All Varieties | 450g



**\$5.49**  
/EA

**21% OFF**

EVERLAND  
**Organic Salsa**  
All Varieties | 500ml



**\$4.29**  
/EA

**14% OFF**

HUMBLE POTATO  
**Potato Chips**  
All Varieties | 135g

**37% OFF**



**2 for \$5**

COVE  
**Gut Healthy Soda**  
All Varieties | 355ml



**\$4.49**  
/EA

**SAVE \$1**

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

# grocery



**\$10<sup>99</sup>**  
/EA  
**12% OFF**

BRAGG  
**Apple Cider Vinegar**  
946ml



**\$12<sup>99</sup>**  
/EA  
**SAVE \$4**

CANADIAN HERITAGE  
ROASTING  
**Instant Coffee**  
Medium | Dark | 100g



**\$8<sup>99</sup>**  
/EA  
**SAVE \$1**

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



**\$6<sup>49</sup>**  
/EA  
**SAVE \$1**

EDEN  
**Organic Soy Beverage**  
Unsweetened |  
Original | 946ml



**33% OFF**

**3 for \$5**

HONEY STINGER  
**Energy Waffle**  
All Varieties | 30g



**\$4<sup>99</sup>**  
/EA  
**SAVE \$2**

HABIBIS  
**Toum Garlic Sauce**  
250g

## hard shell tacos



**\$3<sup>99</sup>**  
/EA  
**20% OFF**

QUE PASA  
**Organic Taco Shells**  
Yellow | Blue | 130g



**\$4<sup>49</sup>**  
/EA  
**SAVE \$1**

SIETE  
**Refried Beans**  
All Varieties | 398ml



**\$1<sup>79</sup>**  
/EA  
**40% OFF**



CASA BONITA  
**Taco Seasoning**  
All Varieties | 30g

# grocery



**\$2<sup>79</sup>**  
/EA

**20% OFF**

HORNBY ORGANIC  
**Energy Bars**  
All Varieties | 80g



**\$11<sup>49</sup>**  
/EA

**SAVE \$2**

ORGANIC MEADOW  
**Organic Ice Cream**  
All Varieties | 946ml



**\$3<sup>49</sup>**  
/EA

**22% OFF**

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



**\$7<sup>49</sup>**  
/EA

**25% OFF**

PRANA  
**Amandine Maple Almonds**  
150g



**2 for \$7**

ROAR  
**Electrolyte Drinks**  
All Varieties | 532ml



**2 for \$5**

RXBAR  
**Protein Bars**  
All Varieties | 52g



**\$3<sup>99</sup>**  
/EA

**27% OFF**

SUNFLOWER KITCHEN  
**Organic Hummus**  
All Varieties | 227g



**\$15<sup>99</sup>**  
/EA

**SAVE \$4**

TERRA BREADS  
**Granola**  
All Varieties | 800g



**\$4<sup>99</sup>**  
/EA

**SAVE \$1**

THE GOOD CRISP  
**Potato Crisps**  
All Varieties | 160g



**\$2<sup>79</sup>**  
/EA

**SAVE \$1**

THIRSTY BUDDHA  
**Coconut Water**  
490ml



**\$6<sup>99</sup>**  
/EA

**SAVE \$1.50**

KARTHEIN'S  
**Organic Sauerkraut**  
All Varieties | 375ml



**SAVE \$1<sup>50</sup>**

CABERA FOODS  
**Organic Frozen Fruit + Veggies**  
All Varieties

# grocery



**\$2<sup>99</sup>**  
/EA

**33% OFF**

DREAM FOODS  
**Organic  
Lemon Juice**  
200ml



**\$8<sup>49</sup>**  
/EA

**SAVE \$2.50**

GREENHOUSE  
**Protein Shakes**  
All Varieties | 900ml



**\$5<sup>99</sup>**  
/EA

**23% OFF**

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



**\$8<sup>49</sup>**  
/EA

**15% OFF**

RIGHTEOUS  
**Gelato +  
Sorbetto**  
All Varieties | 473ml



**\$12<sup>99</sup>**  
/EA

**SAVE \$3**

TERRA DELYSSA  
**Extra Virgin  
Olive Oil**  
Squeeze Bottle | 500ml



**\$17<sup>99</sup>**  
/EA

**SAVE \$4**

CAMINO  
**Hot Chocolate  
Milk | Dark | 800g**



**\$4<sup>49</sup>**  
/EA

**25% OFF**

DALLA TERRA  
**Antipasto**  
All Varieties | 375ml



**15% OFF**

ELAN  
**Organic  
Fruit + Nuts**  
All Products



**\$31<sup>99</sup>**  
/EA

**SAVE \$5**

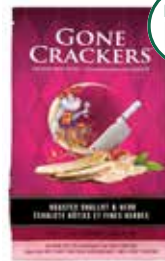
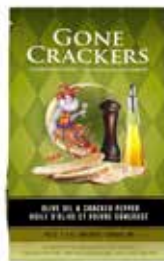
ELAN  
**Organic Matcha  
Powder**  
250g



**\$8<sup>49</sup>**  
/EA

**SAVE \$3**

EVERLAND  
**Organic Dried  
Mango**  
150g



**\$5<sup>99</sup>**  
/EA

**25% OFF**

GONE CRACKERS  
**Gourmet  
Crackers**  
All Varieties | 142g



**\$7<sup>99</sup>**  
/EA

**SAVE \$3**

LIVING TREE FOODS  
**Dairy-Free  
Cream Cheese**  
All Varieties | 170g

# grocery



**\$6<sup>99</sup>**  
/EA

**SAVE \$3**

MANITOBA HARVEST  
**Hemp Hearts**  
227g



**\$8<sup>49</sup>**  
/EA

**29% OFF**

IMURAYA  
**Coconut Cream Mochi**  
All Varieties | 6x40g



**\$12<sup>99</sup>**  
/EA

**SAVE \$4**

NUTS TO YOU  
**Pistachio Butter**  
250g



**\$7<sup>99</sup>**  
/EA

**20% OFF**

OKANAGAN RAW SOME  
**Veggie Crisps**  
All Varieties | 145g



**\$2<sup>99</sup>**  
/EA

**25% OFF**

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



**\$3<sup>99</sup>**  
/EA

**27% OFF**

RVIITA  
**Energy Tea**  
All Varieties | 355ml

**28% OFF**



**2 for \$5**

LOOP  
**Wellness Shots**  
All Varieties | 60ml



**\$5<sup>99</sup>**  
/EA

**29% OFF**

BETTER RAMEN  
**Brown Rice Ramen**  
280g



**\$3<sup>99</sup>**  
/EA

**20% OFF**

LAIKI  
**Rice Crackers**  
Red | Black | 100g



**\$5<sup>99</sup>**  
/EA

**20% OFF**

MINDFUL MONK  
**Dark Chocolate Peanut Squares**  
All Varieties | 46g



**\$4<sup>99</sup>**  
/EA

**SAVE \$3**

PURE FOODS BY ESTEE  
**Sprinkles + Sanding Sugar**  
All Varieties | 142g



**\$9<sup>99</sup>**  
/EA

**SAVE \$4**

ECO-MAX  
**Dryer Sheets**  
Fragrance-Free |  
Lavender | 80ct

# butcher shop



**\$15<sup>75</sup>**  
/EA

**10% OFF**

INTERCITY PACKERS  
**Halibut**  
2x3oz



**MADE  
HERE**

**\$17<sup>91</sup>**  
/KG

**10% OFF**

BRADNER ORGANICS  
**Flattened  
Marinated  
Chicken**



**MADE  
HERE**

**\$6<sup>65</sup>**  
/100G

**10% OFF**

KOOTENAY CO-OP  
SMOKEHOUSE  
**Smoked  
Steelhead**



**MADE  
HERE**

**\$25<sup>41</sup>**  
/KG

**15% OFF**

KOOTENAY CO-OP  
SMOKEHOUSE  
**Smoked  
Chicken**

**Kootenay**  
co-op

## SMOKE HOUSE

Your Co-op smokehouse  
is where we make  
sausages, pulled pork,  
marinades, jerky, bacon,  
brisket, smokies, salmon  
nuggets and more!



READY FOR

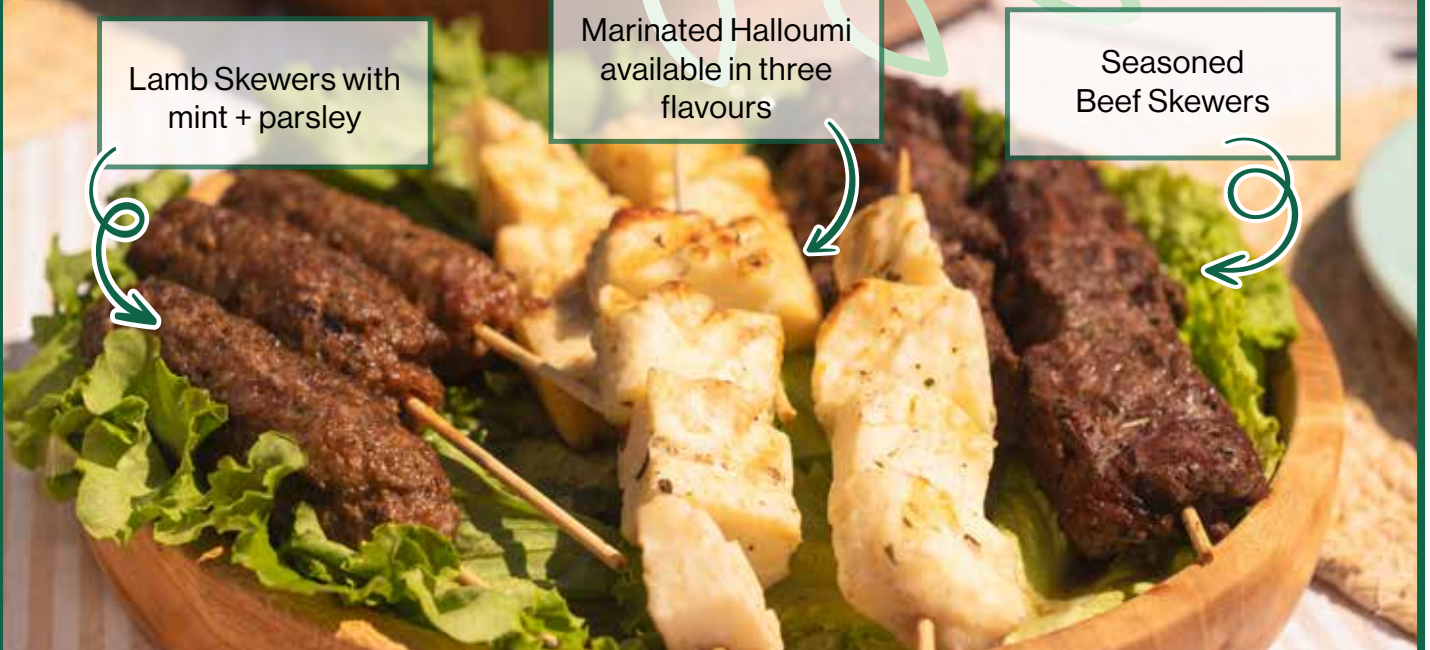
*your grill*

**MADE  
HERE**

Lamb Skewers with  
mint + parsley

Marinated Halloumi  
available in three  
flavours

Seasoned  
Beef Skewers



## cheese + tapas



**\$2.99**  
/EA

**33% OFF**

ILLIOS  
**Italian Crostini**  
All Varieties



**25% OFF**

RUSTIC BAKERY  
**Sourdough Flatbread Crackers**



**\$1.99**  
/EA

**33% OFF**

DIVINA  
**Mini Artisan Spreads**  
All Varieties | 23ml



MADE  
HERE



**\$13.49**  
/EA

**10% OFF**

KOOTENAY CO-OP DELI  
**Picnic Box**  
4-Pack with  
Goat Cheese



MADE  
HERE



**\$13.49**  
/EA

**10% OFF**

KOOTENAY CO-OP DELI  
**Picnic Box**  
4-Pack with  
Marble Cheddar



MADE  
HERE

**\$3.29**  
/EA

**SEASONAL**

KOOTENAY CO-OP DELI  
**Charcuterie Skewers**  
Available at the Service  
Counter

# made here

MADE  
HERE



Look for this logo. Fresh  
products **Made Here**  
at your Co-op, by folks  
you'll recognize.

# summer essentials

Summer in the Kootenays comes at you fast - a little prep goes a long way whether you're on the trail, at the lake, or just finding a good spot to do nothing.



**\$7<sup>99</sup>** /EA

**20% OFF**

NAKA PLATINUM  
**Aloe Vera Gel**  
120ml | For everyday hydration or soothing after-sun recovery.  
340ml also on sale



**\$12<sup>99</sup>** /EA

**19% OFF**

PURESSENTIEL  
**SOS Bite + Sting Spray**  
60ml | Lemon + Eucalyptus extract, non-toxic, biodegradable insect repellent.



**29% OFF**

ALL GOOD  
**Suncare**  
All Products

**ZINC OXIDE**  
particles sit on the outermost layer of your skin where they scatter, absorb, and reflect ultraviolet radiation, protecting your skin. Zinc oxide is unique among sunscreen ingredients in that it is truly a broad-spectrum blocker, protecting from UVA, UVB, and even UVC.



**\$21<sup>99</sup>** /EA

**27% OFF**

BADGER  
**Sunscreen SPF 40**  
All Varieties | 87ml



**\$11<sup>99</sup>** /EA

**29% OFF**

ACURE  
**Shampoo + Conditioner**  
All Varieties | 236ml  
Dry shampoo + bonding line also on sale



**29% OFF**

ACURE  
**Natural Face Care**  
All Products |  
The perfect combination of super nutrients to take skin from blah to brilliant.



**25% OFF**

MINERAL FUSION  
**Cosmetics + Nail Polish**  
All Products | Natural mineral makeup and long-lasting, chip-resistant nail polish.



**25% OFF**



DESERT ESSENCE  
**Oral Care Products**  
All Products



**\$12<sup>99</sup>** /EA

**24% OFF**

ACTIVE HUMANS  
**Deodorant Spray**  
All Varieties | 30ml | Long-lasting, non-staining deodorants.  
60ml also on sale



**\$6<sup>49</sup>** /EA

**28% OFF**

TOM'S OF MAINE  
**Whole Care Toothpaste**  
Peppermint | 85ml | Fluoride toothpaste that is free from artificial flavours, colours and preservatives.  
Kids toothpaste also on sale

# wellness



**25% OFF**

**DR. HAUSCHKA Face Care**  
All Products |  
Formulated with the finest oils + essences derived from plants grown biodynamically, organically, or responsibly harvested in the wild.



**25% OFF**

**SAAVY Body Care + Candles**  
All Products



**27% OFF**

**ROUTINE Body Care**  
All Products



**24% OFF**

**NEW ROOTS HERBAL Beauty Oils**  
All Varieties | Exotic Beauty oils with protective, regenerative, healing, and therapeutic properties.



**\$10<sup>99</sup> /EA**  
**21% OFF**

**SCHMIDT'S NATURALS Deodorant**  
All Varieties | 75g



**25% OFF**

**ITL HEALTH Topical Magnesium Products**  
All Products | Pure topical magnesium, sourced from the Dead Sea, helps relieve muscle tension, improve skin hydration, and promote relaxation.



**20% OFF**

**MOUNTAIN SKY Body Care**  
All Products



**MAD HIPPIE SPF Lotions + Serums**  
All Varieties | Reef-friendly, mineral-based sunscreen that keeps your face protected and hydrated.

**20% OFF**



**\$13<sup>49</sup> /EA**  
**21% OFF**

**NAKA PLATINUM Castor Oil**  
300ml | 500ml castor oil + jojoba oil also on sale



**25% OFF**

**ORGANYC Pads, Tampons + Beauty Products**  
All Products

**Electrolytes** aren't just for serious athletes. If you're drinking a lot of water, sweating through summer heat, or just not eating much salt these days, a little extra sodium, potassium, or magnesium can help your body actually hold onto that hydration.

For anyone training hard or sweating heavily, the need is more direct - replacing what you lose keeps energy up and cramping down.



Learn more!  
Scan the QR code



**\$9.99** /EA

**23% OFF**

All Varieties | 10ct

NUUN  
Electrolyte Tablet



**\$18.99** /EA

**14% OFF**

All Varieties | 8x7g

WAKEWATER  
Electrolytes



**30% OFF**

Wild Raspberry | Classic Lemonade | Pineapple Passion | Iced Tea | 210g

ORGANIKA  
Electrolytes



**\$2.79** /EA

**26% OFF**

All Varieties | 500ml



BIO STEEL  
Sport Drink



**20% OFF**

L-Glutamine | Creatine | L-Carnitine | BCAA | Electrolytes + Energy

NAKA PLATINUM  
Sport Support + Hydration Formulations



# wellness



**\$15<sup>99</sup>** /EA

**27% OFF**

All Varieties | 30pk



ENER LIFE  
**Ener C**



**\$32<sup>99</sup>** /EA

**27% OFF**

60/40 | 1L  
500ml also on sale



ALPHA  
**Supreme MCT Oil**

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



**\$26<sup>99</sup>** /EA

**18% OFF**

All Varieties | 60g  
7 pack also on sale

BLUME  
**Superbelly**

Fruit juice powders combined with prebiotics, fermented apple cider vinegar and shelf-stable probiotics for optimal gut support.



**22% OFF**

Ortho Sleep | Thyro  
Support | Ortho Adapt



AOR  
**Stress Support products**

Clinically proven formulas to help you manage stress by nourishing your adrenals, supporting regenerative sleep and reducing the negative effects of excess cortisol that can lead to anxiety + restlessness.



**25% OFF**

Mag Bisglycinate 200 240c |  
Mag Bisglycinate 120 |  
Mag Threonate 120c



CANPREV  
**Magnesium Formulations**

Supports both mental + physical relaxation while also optimizing nerve, muscle, heart, and brain function as well as energy metabolism.



**25% OFF**

120c | 15ml also on sale



CANPREV  
**Vitamin K2 120mcg**

Helps to deposit calcium into the bone matrix to reduce buildup in arteries, brain, or kidneys.



**\$47<sup>99</sup>** /EA

**20% OFF**

120c | 60c also on sale



NEW CHAPTER  
**Turmeric Force**

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



**\$34<sup>99</sup>** /EA

**30% OFF**

473ml | All other E3  
Products also on sale



E3 LIVE  
**E3 Live Power ON**

This blue-green algae is a rich source of vitamins, minerals, amino acids, essential fatty acids, and P-phenalenine to enhance mood + mental focus.



**20% OFF**

90t | 180t



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.



**21% OFF**

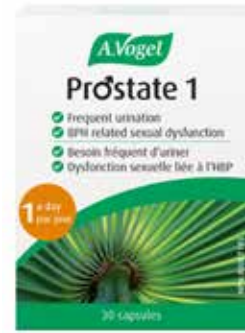
All Varieties |  
250g | 400g



ENEREX

## Greens

Packed with nutrient-dense superfoods and alkalizing juiced greens to increase stamina, energy, and vitality.



**\$29<sup>99</sup> /EA**

**25% OFF**

30c



A. VOGEL

## Prostate 1

Highly-concentrated organic saw palmetto extract has been proven to prevent + relieve BPH symptoms.



**28% OFF**

All Varieties



FLORA

## Probiotics

Six strains formulated to make it through stomach acid, delivering 17 billion viable cells where they're needed most.



**20% OFF**

All Varieties



FLORA

## Digestive Enzyme

Formulations offering relief for gas + bloating while also enhancing nutrient availability for absorption.



**25% OFF**

Balance |  
Menopause Max

MARTIN + PLEASANCE

## Harmony Supplements

Unique formulas combining western and traditional Chinese medicine herbal extracts for broad-spectrum hormonal support for women.



**\$29<sup>99</sup> /EA**

**25% OFF**

240c



ITL HEALTH

## PrizMag Magnesium Bisglycinate

Pure Magnesium Bisglycinate free from oxides, sterates, and fillers.



**\$19<sup>49</sup> /EA**

**25% OFF**

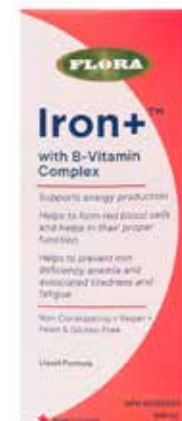
Bisglycinate-  
Taurate-  
Threonate  
Blend | 120c



ITL HEALTH

## MagTrio Magnesium

Magnesium bound with heart, nerve, and muscle supportive carrier molecules.



**26% OFF**

30c | 240ml |  
445ml



FLORA

## Ferritin+ | Iron+

Readily absorbable iron formulations with minimal digestive upset.

# wellness



**\$35<sup>99</sup>** /EA  
**25% OFF**

All Varieties | 60c



LIVING ALCHEMY

## Your Flora Probiotic

Diverse-strain kefir + kombucha fermented soy providing a whole food gut health solution of nutrients, enzymes, prebiotics, and probiotics.



**25% OFF**

All Products



LIVING ALCHEMY

## Fermented Activated Herbal Formulations



**\$36<sup>99</sup>** /EA  
**26% OFF**

All Varieties



LIVING ALCHEMY

## Fermented Mushrooms



**\$19<sup>99</sup>** /EA  
**23% OFF**

946ml



MANITOBA HARVEST

## Hemp Oil

A rich source of essential fatty acids.



**\$22<sup>99</sup>** /EA  
**23% OFF**

All Varieties | 579g



LEANFIT

## Protein + Greens

Pea, rice, and hemp protein blend with a nutritional boost from kale, broccoli, spinach, and alfalfa.



**\$59<sup>99</sup>** /EA  
**20% OFF**

All Varieties



CONFIDENT

## Big Beef Protein

Grass-fed beef isolate and collagen, delivering a complete amino acid profile for muscle repair and recovery - with MCT for sustained energy.



**26% OFF**

All Varieties | 600g



GENUINE HEALTH

## Fermented Vegan Proteins+

Fermented for optimal digestion and assimilation to strengthen gut health and amplify nutrition.



**\$67<sup>99</sup>** /EA  
**15% OFF**

All Varieties | 720g



KAHA NUTRITION

## New Zealand Whey Isolate

Cross-flow microfiltration whey with up to 10% immunoglobulins - cold-processed to preserve the proteins that support muscle recovery and immune function.



**\$51<sup>99</sup>** /EA  
**16% OFF**

All Varieties | 720g



KAHA NUTRITION

## New Zealand Whey Concentrate

# wellness



**\$28<sup>99</sup>** /EA  
**22% OFF**

355ml



NAKA PLATINUM

## Complete Trace Minerals

Readily absorbable trace minerals including potassium + magnesium from the Great Salt Lake of Utah.



**\$24<sup>99</sup>** /EA  
**22% OFF**

60c



NAKA PLATINUM

## Heme Iron

Helps to prevent iron deficiency anemia and associated tiredness and fatigue.



**\$19<sup>99</sup>** /EA  
**20% OFF**

Women + Men | 60c



NAKA PLATINUM

## Bioactive Multi

Full-spectrum support for bone, heart, cognitive, and eye health while also offering immune + energy support.



**22% OFF**

Enhanced Digestive Enzyme | Bromelain | Saccharomyces Boulardii



NAKA PLATINUM

## Gut Support Products

Comprehensive digestive enzymes to improve nutrient assimilation.



**20% OFF**

Plant + Fish based



NUTRA SEA + NUTRA VEGA

## Omega-3 Supplements

High-quality omega-3 supplements offering fish or plant derived options for optimal cardiovascular, eye, joint, and brain support.



**25% OFF**

Gaba 100c | Relora | 5-HTP | Liquid Melatonin



NOW

## Mood, Stress, and Sleep Support Products

Melatonin activates the sleep cycle. Gaba relaxes the brain to combat the effects of anxiety. Relora helps to reduce excess cortisol levels. 5-HTP supports mood + sleep.



**\$18<sup>79</sup>** /EA  
**25% OFF**

60 lozenges



NOW

## B-12 Methyl 5000mcg

Support cellular energy production with this ultra-potent B formulation.

# wellness



**\$28<sup>99</sup>**  
/EA

**24% OFF**

180c



NATURAL FACTORS

## N-Acetyl-L-Cysteine

Helps to maintain + repair lung tissue. Especially beneficial for people exposed to polluted environments or allergens.



**\$20<sup>99</sup>**  
/EA

**25% OFF**

210t



NATURAL FACTORS

## Vitamin C 1000mg



**25% OFF**

120c



NATURAL FACTORS

## Ultimate Multi Probiotic 10 Billion

Multi-strain probiotic for broad-spectrum gut health support.



**30% OFF**

120c



NATURAL FACTORS

## Active B Complex

Full spectrum of B vitamins in their biologically active forms to support energy metabolism and stress management.



**\$23<sup>99</sup>**  
/EA

**35% OFF**

210c



NATURAL FACTORS

## Hi Potency B Complex 50mg

Supports energy production and proper brain + nerve function.



**\$11<sup>99</sup>**  
/EA

**45% OFF**

210t



NATURAL FACTORS

## B12 Methylcobalamin 1000mg

Boosts energy, supports brain function, and improves memory + learning.



**25% OFF**

Tranquil Sleep | Mental Calmness | GABA | Saffron Extract 30c | Peaceful Zzz | Nighttime Magnesium Bisglycinate 120g | Magnesium Citrate Powder 250g



NATURAL FACTORS

## Stress Relax Products

Designed to support you and mitigate symptoms of stress such as anxiety, scattered mind, sleeplessness, mental + muscle tension, and low mood.



**\$13<sup>99</sup>**  
/EA

**26% OFF**

60t



NATURAL FACTORS

## 5-HTP 100mg Time Release

Enhances serotonin production for optimal mood support.

# wellness



**\$22<sup>99</sup>** /EA  
**23% OFF**

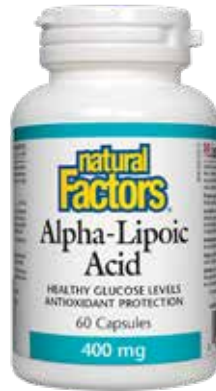
60c



NATURAL FACTORS

## Astaxanthin 6mg

Critical antioxidant protection for joint, heart, brain, eye, and skin health.



**\$16<sup>99</sup>** /EA  
**26% OFF**

60c



NATURAL FACTORS

## Alpha Lipoic Acid 400mg

Combats oxidative stress and age related cellular degeneration.



**\$21<sup>99</sup>** /EA  
**41% OFF**

120c



NATURAL FACTORS

## Co Q10 100mg

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



**18 % OFF**

All Varieties | 500ml



NATURE'S WAY

## Cal Mag Citrate with K2 + Collagen

Cal Mag formula enhanced with bone-supportive Vitamin D + K2, collagen peptides, manganese, and boron.



**32 % OFF**

Chlorella | Spirulina  
Aqua Greens | Moringa



PRAIRIE NATURALS

## Microalgae Supplements

Nutrient-rich micro algae and super greens providing vitamins, minerals, and amino acids.



**25 % OFF**

90c



NEW ROOTS HERBAL

## Liver

Protects liver cells with concentrated antioxidants, supports bile production + detoxification.



**27 % OFF**

90c



NEW ROOTS HERBAL

## Evening Primrose Oil 1000mg

GLA-rich essential fatty acid support, hormonal, skin, and mucus membrane health.



**25 % OFF**

120c | Omega  
3/6/7/9 also on sale



NEW ROOTS HERBAL

## Wild Omega 3

Offering heart, brain, joint, and cardiovascular health support.

# wellness



**\$15<sup>99</sup>** /EA

**20% OFF**

Golden Spiced  
Honey | 300g



NOORISH FOODS

## Sunshine In a Cup

Add a teaspoon of this spice-infused honey to hot water or milk and create your own anti-inflammatory golden milk!



**\$18<sup>99</sup>** /EA

**21% OFF**

Sun + Moon | 200g



NOORISH FOODS

## Cocoa Ritual Sipping Chocolate

Enhanced with adaptogenic herbs and mushrooms to either energize or to restore + nourish your nervous system.



**\$16<sup>99</sup>** /EA

**23% OFF**

Matcha, Turmeric,  
lavender | 150g



ORGANIC TRADITIONS

## Latte Blends

Delicious dairy-free nourishing + energizing superfood blends.



**\$15<sup>99</sup>** /EA

**20% OFF**

100g



ORGANIC TRADITIONS

## Camu Camu Powder

Natural source of vitamin C combined with antioxidants, flavonoids, and immune-enhancing anthocyanins.



**\$19<sup>99</sup>** /EA

**20% OFF**

454g



ORGANIC TRADITIONS

## Beetroot Powder

Rich in antioxidants and dietary nitrates to support circulation, boost stamina, and promote cardiovascular wellness.



**\$13<sup>99</sup>** /EA

**22% OFF**

Variety Pack |  
218g



ORGANIC TRADITIONS

## Fiber Flow

Delivering 8g of prebiotic fiber + probiotics that dissolve instantly for smooth, simple, everyday gut support.



**23% OFF**

All Varieties



SUKU

## Nutritional Gummy Supplements

Formulated by a naturopath to provide supplements with significant amounts of nutrients for anyone tired of swallowing pills.



**\$49<sup>99</sup>** /EA

**21% OFF**

Vanilla | 750g  
Rice protein also on sale



SUNWARRIOR

## Protein Warrior Blend

A blend of pea, hemp, and goji protein high in BCAAs offering an amino acid profile similar to whey. Enhanced with MCT for muscle fueling + recovery.

# wellness



## ORGANIKA Collagen Products

Natural source of collagen building peptides for skin, hair, joint, and bone health. Sourced from grass-fed cows. Choose from different formulations to find the one that is right for you.

**25% OFF**

Enhanced Collagen  
250g + 500g | Full  
Spectrum | Pure  
Beauty | Bone + Joint |  
Collagen Protein +  
Greens All in One



**28% OFF**



450g



## ORGANIKA Belli-Bliss Fibre Raspberry

Combining soluble fibre, probiotics, apple cider vinegar, and electrolytes to support gut flora, regularity and hydration.



**28% OFF**

216g



## ORGANIKA Mind Calm Powder

A synergistic calming blend of magnesium bisglycinate, theanine, gaba, and inositol.



**30% OFF**

400g



## ORGANIKA Organic Gelatinized Maca

Supports hormone balance and increases stamina.



**30% OFF**

Chicken +  
Beef | 300g



## ORGANIKA Bone Broth

Rich in collagen, glucosamine minerals and protein. Sourced from grassfed beef or cage-free chickens fed organic grains.



**\$55.99 /EA**  
**30% OFF**

All Varieties | 775g



## YOUNITED All in One Protein + Superfood

A blend of 54 land + sea veggies, super fruits, mushrooms, and herbs providing antioxidant, vitamin, and mineral support to optimize your nutritional needs. All-in One protein also offers 21 g of complete plant protein.



**\$44.99 /EA**  
**31% OFF**

All Varieties | 292g



## YOUNITED All in Organic Superfood



**\$14.99 /EA**  
**25% OFF**

All Varieties



## VEGA Protein Made Simple

# organization of the month



## Safe Kids + Youth (SKY) Coordinated Response

SKY is a rural-modelled Child and Youth Advocacy Center that supports children and youth in the West Kootenays that have experienced abuse. SKY brings together the agencies that typically respond to disclosures of abuse and helps them work together to reduce trauma induced as a function of participating in the investigative process.

[skykids.ca](http://skykids.ca)



## make a donation

add \$2  
to your bill

drop cash in the  
change box

### JULY CAFÉ SPECIAL

## house made fruit lemonade

Fresh squeezed, house made organic lemonade sweetened with cane sugar.

Flavoured with our in-house Strawberry or Blueberry Syrup, Beautiful Butterfly Tea Flower, or crisp clean classic lemon over ice.

**\$4.49**  
/16OZ





# TRUE LOCAL

**TRUE LOCAL** season is here, and your Co-op is bursting with the freshest from right here in the Kootenays - food, drink, body care, and more. When you fill your basket, you're investing in the farmers, makers, and families building something real in this region.

