



Kootenay
co-op

june specials



JUNE
1 - 30, 2026

Cook the Cover:
Dress up
your smokies

Spotlight on
your Co-op Deli

Celebrate
your Co-op's
51st Birthday!

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



YOUR CO-OP SMOKEHOUSE

You Co-op has its own smokehouse where we make sausages, pulled pork, marinades, jerky, bacon, brisket, smokies, salmon nuggets and more!



LET'S GET grilling

Summer is the season to get outside and eat food grilled to perfection over crackling coals. Get creative with it, and don't be afraid to experiment with new flavour combinations!



MADE HERE

\$29⁶⁷ /KG

15% OFF

KOOTENAY CO-OP SMOKEHOUSE
Pork Smokies
All Varieties | Made with TL Cutter Ranch pork



\$8⁴⁹ /EA

SAVE \$1.50

FIELD ROAST
Sausages
All Varieties | 368g



\$5⁹⁹ /EA

25% OFF

EAT WHOLESOME
Organic Ketchup
500g



\$4⁹⁹ /EA

SAVE \$1

RICEWORKS
Rice Chips
All Varieties | 155g



\$5⁹⁹ /EA

SAVE \$2

DIVINA
Sliced Jalapeno Peppers
350ml



\$7⁹⁹ /EA

20% OFF

NAKED + SAUCY
Soy Free Sauces
All Varieties | 296ml



DRESS UP YOUR smokie

CHICAGO STYLE

- Dill pickle spear
- Relish
- Onion
- Tomato
- Spicy pickled peppers

ELOTE STYLE

- Grilled corn
- Cotija cheese
- Cilantro
- Mayo

TERIYAKI STYLE

- Teriyaki Sauce
- Caramelized onion
- "Kewpie" Mayo*
- Scallions
- Seaweed

SEATTLE STYLE

- Caramelized onion
- Cream cheese
- Sauerkraut
- Yellow Mustard
- Fresh jalapeños

*Kewpie (or Japanese-style) Mayonnaise is savory, tangy, and sweet with a thicker and creamier consistency than regular mayo. To make a similar version of it from regular jarred mayo, use 1 cup of mayo and whisk in 2 Tbsp of rice vinegar and 1 Tbsp of sugar. For 1 Tbsp of jarred mayo, whisk together ½ tsp rice vinegar and ⅓ tsp sugar.



\$5.49 /EA

SAVE \$1.50

WILL'S Dressings + Condiments

All Varieties | 296ml



\$10.99 /EA

SAVE \$2

BOYLAN CRAFT SODA Cane Sugar Soda

All Varieties | 4x355ml



\$7.99 /EA

20% OFF

MAISON ORPHEE Fresh Mayonnaise

All Varieties | 440ml



\$9.99 /EA

SAVE \$5

LONETREE Non-Alcoholic Cider

All Varieties | 4x 355ml



\$2.99 /EA

25% OFF

GIMME Organic Seaweed Snack

All Varieties | 10g



\$7.99 /EA

20% OFF

EAT WHOLESOME Organic Sauerkraut

909ml

lavender spritzer mocktail

INGREDIENTS

- 2 cups water
- ½ cup dried culinary lavender
- ½ cup honey
- 1 cup fresh lemon juice (about 6-8 lemons)
- 4 cups sparkling water
- Ice cubes
- Fresh lavender sprigs + lemon wheels for garnish

LAVENDER SYRUP

Add water, dried lavender, and honey to a saucepan. Heat over medium heat until it starts to simmer.

Remove from heat and let steep for 15 minutes. Strain through a fine mesh strainer and let cool completely.

FOR EACH DRINK

Fill glasses with ice cubes. Pour 2 Tbsp of lavender syrup and 2 Tbsp of lemon juice into each glass.

Top each glass with sparkling water and stir gently with a spoon.

The ratio should be about 1 part syrup, 1 part lemon juice, and 4 parts sparkling water.

Garnish with a fresh lavender sprig + lemon wheel.



grocery





\$10⁹⁹ /EA
SAVE \$4

SIMPLY COCKTAILS
Cocktail Mixers
480ml





\$4⁴⁹ /EA
SAVE \$1

HEALTH-ADE
KOMBUCHA
Kombucha
All Varieties | 473ml





\$2²⁹ /EA
23% OFF

BLUE MONKEY
Coconut Water
Pulp | no Pulp | 500ml





\$3⁴⁹ /EA
SAVE \$1

COOLER CO.
Kombucha
All Varieties | 355ml



\$12⁹⁹ /EA
SAVE \$2

FENTIMAN'S
Botanically Brewed Beverages
All Varieties | 4 Pack



\$7⁹⁹ /EA
20% OFF

RISE
Organic Kombucha
All Varieties | 1L





\$6⁹⁹ /EA
SAVE \$2

HAPPY PLANET
Smoothies
All Varieties | 900ml



25% OFF

2 for \$6

GURU
Energy Drink
All Varieties | 355ml

grocery



\$3²⁹
/EA
SAVE \$1

PERFECT EARTH
Thai Ramen
All Varieties | 95g



2 for \$5

THE OAT COMPANY
Energy Bar
All Varieties | 55g



2 for \$7

TAJ MAHAL
Indian Entrée
All Varieties | 285g



\$2⁴⁹
/EA
17% OFF

EVERLAND
Natural Coconut Water
520ml



\$8⁹⁹
/EA
SAVE \$2

NONNA PIA'S
Balsamic Reduction
All Varieties | 250ml



\$1⁷⁹
/EA
40% OFF

FARMING KARMA
Fruit Soda
All Varieties | 285ml



\$11⁹⁹
/EA
20% OFF

CARBONE
Pasta Sauce
All Varieties | 660ml



\$3⁴⁹
/EA
SAVE \$1

SOYKEI
Organic Tofu
All Varieties | 400g



\$9⁹⁹
/EA
SAVE \$2

RED CROWN
Pomegranate Juice
Pulp + Pulp-Free | 1L



\$8⁹⁹
/EA
25% OFF

LOOP
Cold-Pressed Juice
All Varieties | 1L



\$7⁹⁹
/EA
SAVE \$1.50

SO DELICIOUS
Dairy-Free Ice Cream
All Varieties | 500ml



\$3⁹⁹
/EA
20% OFF

SESMARK
Savory Thin
All Varieties | 90g

grocery



\$7⁴⁹
/EA

SAVE \$1.50

NANASHAKE
NanaPops
All Varieties | 4x60ml



\$5⁴⁹
/EA

SAVE \$1.50

GREEN ORGANIC
Shelled Edamame
Frozen | 500g



\$4⁴⁹
/EA

25% OFF

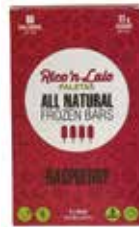
ANNIE'S HOMEGROWN
Super Mac
White Cheddar | Aged Cheddar | 170g



\$6⁹⁹
/EA

30% OFF

LIVING TREE FOODS
Plant-Based Ravioli
All Varieties | 250g



\$6⁴⁹
/EA

SAVE \$1.50

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



\$5⁴⁹
/EA

SAVE \$2

BOB'S RED MILL
Baking Mixes
All Varieties | 397g



\$6²⁹
/EA

10% OFF

RAINCOAST TRADING
Wild Pink Salmon
Salted | Unsalted | 160g



\$19⁹⁹
/EA

SAVE \$4

PHOEAPOLIS ORGANICS
Organic XV Olive Oil
750ml



\$7⁴⁹
/EA

25% OFF

HEALX FOODS
Cauliflower Fries
All Varieties | 280g



16% OFF

2 for \$5

LOVE CHILD
Organic Purees
All Varieties | 128ml



\$15⁹⁹
/EA

SAVE \$3

OSO NEGRO
Oso Negro
All Varieties | 340g



2 for \$4

KIND
Nut Bars
All Varieties | 40g

grocery



\$3.79
/EA

SAVE \$1

HARDBITE
Kettle Chips
All Varieties | 150g



\$2.99
/EA

25% OFF

GIMME
Organic Seaweed Snack
All Varieties | 10g



\$8.99
/EA

SAVE \$3

ECO-MAX
Dishwasher Pacs Ecomax
20x18g



\$5.99
/EA

25% OFF

CHA'S ORGANICS
Coconut Rolls
All Varieties | 100g



\$5.99
/EA

20% OFF

BLUE DIAMOND
Almond Beverage
Original | Vanilla | 1.89L



15% OFF

ANITA'S
Flour + Baking Mixes
All Varieties | 900g



\$10.99
/EA

SAVE \$2

WILDBRINE
Kimchi + Sauerkraut
All Varieties | 500ml



\$8.99
/EA

SAVE \$3

SEASNAX
Seaweed Snacks
6x5g



\$6.99
/EA

SAVE \$1

ENDANGERED SPECIES
Chocolate Bars
All Varieties | 85g



20% OFF

EARTHBOUND FARM
Organic Frozen Fruit
All Varieties | 300g-900



\$6.49
/EA

28% OFF

DANDIES
Vegan Marshmallows
283g

16% OFF



2 for \$5

CHIMES
Original Ginger Chews
All Varieties | 42.5g

vegetarian *black bean* burgers

- 3 cups cooked black beans, drained + rinsed
- 1/3 cup grated yellow onion, (about 1/2 medium)
- 2 garlic cloves, minced
- 2 chipotle peppers from a can of chipotles in adobo, diced
- 2 Tbsp adobo sauce
- 1 Tbsp tamari
- 1 Tbsp balsamic vinegar
- 1 tsp ground cumin
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1 large egg
- 1 cup panko bread crumbs
- Extra-virgin olive oil, for brushing (Cooking spray, if grilling)
- Hamburger buns, for serving
- Desired fixings, for serving

In a large bowl, combine the beans, onion, garlic, chipotles, adobo sauce, tamari, balsamic, cumin, salt, and pepper. Use a potato masher to mash until the mixture holds together but still has some visible chunks of black beans. Add the egg and use a spatula to fold until combined. Then, fold in the panko.

Use your hands to form the mixture into 6 patties. The mixture should be cohesive and a little wet. If it's too wet to handle, chill in the fridge for 20 minutes to firm up or mash your beans a little bit more.

Heat a cast-iron skillet over medium heat. Brush with a little oil and cook the burgers for about 5 minutes per side, until charred on both sides, turning the heat down as necessary. The exact timing will depend on the heat of your stove and cookware.

Alternatively, preheat an outdoor grill to 400°F. Lightly brush the patties with olive oil, spray the grill grates, and grill for 8 minutes on the first side and 4 minutes on the second side.

Serve with hamburger buns + desired fixings.



grocery

42% OFF



2 for \$4

EVERLAND
Organic Beans
All Varieties



15% OFF

LA TOURANGELLE
Tinned Oils
All Varieties



\$8.99 /EA
SAVE \$2

YUCATAN
Authentic Guacamole
454g



\$4.49 /EA
10% OFF

96 DRINK LAB
Energy Drink Reviver
All Varieties | 355ml



\$1.99 /EA
33% OFF

GOOD DRINK
Organic Spritzer
All Varieties | 355ml



\$2.99 /EA
40% OFF

STEAZ
Organic Iced Tea
All Varieties | 473ml

grocery

20% OFF



2 for \$7

EARTH'S OWN
Oat Beverage
All Varieties | 946ml



\$7.99
/EA

SAVE \$1

A2 MILK
2% Partly Skimmed Milk
2L



\$10.99
/EA

SAVE \$2

NATURE'S PATH
Eco Pac Cereal
All Varieties | 650g



\$8.49
/EA

SAVE \$3

SIMPLA
Coconut Yogurt
All Varieties | 450g



\$17.99
/EA

SAVE \$4

NUTS TO YOU
Almond Butter
Crunchy | Smooth |
735g



\$5.49
/EA

21% OFF

CROFTERS
Just Fruit Spread
All Varieties | 235ml



NEW



\$23.99
/EA

SAVE \$5

CARRICK BROS.
Grade A Maple Syrup
1L



\$13.99
/EA

SAVE \$5

MANITOBA HARVEST
Organic Hemp Hearts
340g



\$8.99
/EA

25% OFF

EVERLAND
Organic Gluten Free Oats
Rolled | Quick | 1kg

overnight oats

BASE RECIPE

- 1 cup quick or rolled oats
- 1 Tbsp chia seeds
- ½ cup plain Greek yogurt
- 1 cup milk (any kind, including alt milks)
- 1 tsp vanilla extract
- 2 Tbsp maple syrup or honey

FLAVOUR INSPIRATION

- Strawberry + Banana
- Blueberry + Lemon Zest
- Vanilla + Cold Brew Coffee
- Peanut Butter + Preserves



butcher shop



MADE
HERE

\$32¹⁸
/KG

25% OFF

KOOTENAY CO-OP
SMOKEHOUSE
Smoked Ribs
Beef | Pork



\$16⁰⁹
/KG

30% OFF

BRADNER FARMS
Chicken Legs
Frozen | 4-Pack



\$3⁶⁰
/EA

20% OFF

INTERCITY PACKERS
Tuna Loins
4oz

MADE
HERE



Your Kootenay Co-op Deli counter is full of house-made offerings that are perfect for summer picnics + snacking.

\$3²⁹
/EA

KOOTENAY CO-OP DELI
Charcuterie Skewers
At the Deli Counter Only

\$8⁹⁹
/EA

KOOTENAY CO-OP DELI
Marinated Halloumi Skewers

Fiesta | Athena | Bollywood | 2pk

\$32⁹⁹
/EA

KOOTENAY CO-OP DELI
Charcuterie Platter

Perfect for gatherings and picnics!
Selection of 3 cheeses, 2 meats, cherry tomato, Greek jumbo olives, and Cornichon pickles.

NEW MADE
HERE

\$4⁶⁹
/100G

15% OFF

KOOTENAY CO-OP DELI
Mexican Cream Cheese Dip

New housemade product.
Creamy, spicy, and perfect for your next plate of nachos!



cheese + tapas



\$8.49
/EA

15% OFF

SABANA
Mexican-Style Cheeses
Queso Fresco | Cotija | 200g



\$9.29
/EA

15% OFF

EL SEÑOR QUESERO
Queso Fresco
270g



\$11.49
/EA

15% OFF

EL SEÑOR QUESERO
Cotija
330g



\$7.19
/EA

20% OFF

EL SEÑOR QUESERO
Oaxaca
190g



20% OFF

INDIAN LIFE
Organic Wraps
All Varieties | 500g



15% OFF

SAPUTO
Parmesan Wedges
Reggiano | Grana Padano | 150g



20% OFF

L'ANCETRE
Cheddar Cheese
Old | Medium



\$4.55
/100G

20% OFF

L'ANCETRE
Goat Cheddar
6 Month



20% OFF

L'ANCETRE
Cheese
All Varieties



ANTOINETTE'S
dips • sauces • trempette

20% OFF

ANTOINETTE'S
Bulk Salsas
Mild | Hot



wellness



\$5⁵⁹ EA

20% OFF

All Varieties
| Shampoo +
Conditioner
bars also on sale



KL SKIN
Bar Soap



\$21⁹⁹ EA

24% OFF

All Varieties | 237ml



PLANTD
Hand + Body Cream



\$12⁹⁹ EA

32% OFF

All Varieties | 473ml



DR. BRONNER'S
Liquid Castile Soap



29% OFF

All Products



ANDALOU NATURALS
Face + Hair + Body Care

Formulated with fruit stem cell technology, to target specific skincare needs, naturally.



\$19⁹⁹ EA

50% OFF

946ml | 488ml
also on sale



HERITAGE STORE
Castor Oil

Castor oil can be used for detoxifying castor packs,
hydrating skin + hair.



25% OFF

All Products | Incontinence
pads also on sale



JONI
Period Care

Chemical-free and made using the highest quality compostable, organic and biodegradable materials.



25% OFF

All Products



REFRESH BOTANICALS
Face Care

Certified organic, vegan, and cruelty-free skincare, optimizing advanced science of micro-encapsulation for targeted nutrient delivery for your skin.



mooi natural essentials

Thoughtfully crafted skincare, rooted in the Kootenays

Mooi was born here. A Nelson company making handmade body and skincare in small batches, with ingredients sourced as close to home as possible.

What goes into the products matters as much as what doesn't. Formulas free of parabens, phthalates, petroleum, silicones, mineral oils, SLS, propylene glycol, and

nanotechnology. Tested on friends, not animals. Refined over the years without drifting from the principles that started them.

Mooi products cover face, body, and everything in between - moisturisers, serums, deodorant, sunscreen, and lip care. Clean ingredients, made locally, by hand.

20% OFF

All Products

MOOI
Face + Body Care

\$4.99 EA

29% OFF

All Varieties
Multipacks also on sale

F.E.T.E.
Bamboo Toothbrushes
Natural and biodegradable bamboo toothbrushes are great for the whole family!

22% OFF

All Varieties | 60g

TANIT
Deodorant
Combines magnesium hydroxide probiotic and zinc for 48-hour odour control in a biodegradable cardboard tube.

\$15.99 EA

27% OFF

120g | Vaporizing
rub also on sale

KALAYA
Extra Strength Pain Relief Rub
Fast-acting and long-lasting relief for aches and pains.

\$11.99 EA

25% OFF

All Varieties | 114g
Black Soap also on sale

AFRICAN FAIR TRADE
Shea Butter

27% OFF

All Varieties

AURA CACIA
Carrier Oils

wellness



23% OFF

All Products

LAFÉ'S Deodorants

Natural antibacterial deodorants formulated with magnesium salts and organic essential oils



\$9.99 EA

29% OFF



All Varieties | 181g Mouthwash + kids toothgel also on sale



NOW

Xyliwhite Toothpaste

A fluoride-free toothpaste made with natural Xylitol to promote healthy teeth that are whiter and stronger.



\$19.99 EA

20% OFF



All Products | 887ml

SEAWEED BATH CO 3 in 1 Wash + Lotion



\$7.99 EA

20% OFF

All Varieties | 475ml



SENSIBLE CO. Hand Soap

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



\$21.99 EA

24% OFF

57ml



VITAL HARMONY

Magnesium Solution

Fast, topical absorption for instant muscle relaxation and pain relief.



23% OFF

All Varieties

THINKSPORT Sunscreen

Mineral-based water-resistant broad-spectrum UVA/UVB sunblock.



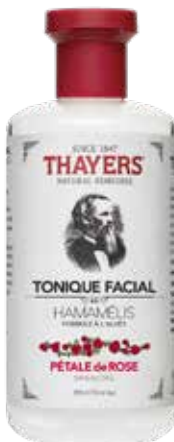
\$5.99 EA

25% OFF

114g | 454g size also on sale

LILY OF THE DESERT Aloe Vera Gelly

Aloe Vera Gelly instantly cools the skin while hydrating at least 3 epidermal layers.



\$15.99 EA

20% OFF

Rose | 355ml

THAYERS

Witch Hazel



\$6.99 EA

30% OFF

All Varieties | 140g



DR. BRONNER'S

All-One Toothpaste

This simple, effective formula is made with 70% organic ingredients and is free from synthetic detergents and foaming agents.

wellness



16% OFF

All Products



SANTEVIA
Water Filters + Accessories

Santevia's one-of-a-kind filtration systems mimics the natural process of mineralization to create perfectly balanced alkaline water. Fluoride filters now available.



30% OFF

Vanilla | Chocolate



ANCIENT NUTRITION
Bone Broth Collagen

Delicious hot drink options rich in collagen and minerals.



21% OFF

All Products



AERYON WELLNESS
Women's Health Support Products

Products formulated to support women with common issues such as estrogen dominance, water retention, + Sleep disturbances.

\$41.99 EA

24% OFF



SPROOS
Marine Collagen

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

\$33.99 EA

24% OFF



SPROOS
Grass Fed Bovine Collagen



\$42.99 EA

19% OFF

Raw | 500g



WEDDERSPOON
Manuka Honey 16+



\$13.99 EA

22% OFF

30ml



BEEKEEPER'S
Propolis Throat Spray



\$3.99 EA

39% OFF

All Varieties | 10pc



HONIBE
Lozenges

wellness



28% OFF

All Products



BOTANICA

Greens + Proteins + Concentrated Herbal Blends

Increase your daily protein intake with hypo-allergenic rice + quinoa protein enhanced with targeted herbal formulas or choose one of several concentrated herbal extracts of adaptogens that rejuvenate, relax and help you recover from stress.



21% OFF



GENUINE HEALTH

Fast Joint Care NEM + Turmeric

Featuring highly bio-availability turmeric alongside eggshell membrane extract rich in collagen, hyaluronic acid and glucosamine.



25% OFF

Joint Pro |
Curcumin Unlocked |
Antioxidant Network



CANPREV

Joint Health + Anti-Inflammatory Products

Address inflammation, pain, structural degeneration and cellular aging with these pro formulas.



25% OFF

120c



CANPREV

Zinc Bis-Glycinate 50mg

Reduces prostate hyperplasia, increases free testosterone, enhances circulation and boosts libido and stamina.



25% OFF

100c



CANPREV

Prostate-Pro + Maca Support

Prostate-Pro reduces prostate hyperplasia, enhances circulation and boosts libido and stamina.



25% OFF

Juicy Blueberry +
Orange Zest | 161g



CANPREV

Magnesium Bis-Glycinate Powder

Highly absorbable form of magnesium in delicious flavours for the entire family.



25% OFF

Magnesium Sleep |
Magnesium Stress |
Adrenal-Pro |
Thyroid Pro |
Gaba 500mg |
L-Theanine 90c |
5-HTP 100mg



CANPREV

Stress + Sleep + Mood Support

Stress can leave you anxious, unfocused, sleepless or all together burned out. Support yourself with well known supplements that can help mitigate these negatives effects + get you back into balance.

wellness



20% OFF

Black Seed Oil | Liposomal Vitamin C 1000 mg 750ml | Zinc + Copper | Vitamin D + K Drops | Vitamin D 2500IU+ K



NAKA PLATINUM

Immune Support for Allergy Season

Modulate the immune system with Vitamin D + K. Stabilize mast cells to reduce histamine release with Zinc. Reduce inflammation, swelling and oxidative damage with Blackseed oil+ Vitamin C.



\$24.99 EA

29% OFF

600ml



NAKA PLATINUM

Respiratory Essentials

Soothes bronchial irritation + acts as a natural expectorant for allergy sufferers



\$54.99 EA

21% OFF

120c



NAKA PLATINUM

Magnesium L-Threonate

Crosses the blood brain barrier providing optimal cognitive support



\$24.99 EA

22% OFF

30t

MARTIN + PLEASANCE

Ki Hayfever + Allergy Control

Combining histamine reducing quercetin, magnolia and ginger with immune supportive astragalus



28% OFF

45c + 90c



BIOSIL

BioSil

Source of silica for improving bone, joint, skin, hair and nail health.



24% OFF

Kids Multivitamin | Kids Immune Bears | Kids Calcium + D3 | Kids Calm + Chill | Sweet Dream | Ashwagandha | Calm Naturally |



HERBALAND

Supplement Gummies

Supplements in easy, delicious gummy format.



\$28.49 EA

21% OFF

All Varieties | 150g



METEOR MUSHROOMS Mushroom Drink Blends

Delicious mushroom infused cacao, turmeric or matcha lattes.



\$25.99 EA

21% OFF

All Varieties | 100g



METEOR MUSHROOMS

Medicinal Mushrooms

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

from garden to shelf

CELEBRATING WHOLE EARTH & SEA

Whole Earth & Sea starts with a farm. Factors Farms, near Armstrong, BC - certified organic, hand-weeded, no synthetic pesticides. The fruits, vegetables, and herbs grown there are harvested at peak ripeness, then processed with low-heat extraction to keep nutrients as close as possible to what they were in the ground.

Many supplement companies source ingredients generically, Whole Earth & Sea grows theirs. That decision shapes everything downstream - the soil practices, the harvest timing, the way the final product actually behaves in your body.

It's a quieter way of doing things, and there's more to the story. Scan to read it.



31% OFF

All Varieties | 660g
Organic Greens
also on sale



26% OFF

All Products | 60t



WHOLE EARTH + SEA

Fermented Protein + Greens

A blend of fermented nutrient-dense foods including fruits and vegetables grown on Okanagan Farms.

WHOLE EARTH + SEA

Nature-Sourced Nutraceutical Supplements

Highest quality vitamins + minerals in a base of raw whole foods optimizing nutritional support and food-sourced nutrients enhancing bioavailability.



50% OFF

6-pack



25% OFF

60c



\$21.99 EA

24% OFF

240c



WHOLE EARTH + SEA

Organic Vegan Greens Protein Bar

Nutrient dense protein bar coated in Dark Chocolate for fuel on the go.

NATURAL FACTORS

Ubiquinol 100mg

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

NATURAL FACTORS

Milk Thistle 250mg

Support liver health

wellness



\$18⁹⁹ EA

24% OFF

30ml



NATURAL FACTORS
Oil of Oregano

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



23% OFF

60c



NATURAL FACTORS
Quercetin 500mg with Zinc and Copper

Supports vascular health and reduces inflammation and histamine overload.



\$19⁹⁹ EA

26% OFF

All Varieties | 180t



NATURAL FACTORS
C 500mg



\$19⁴⁹ EA

25% OFF

120c



NATURAL FACTORS
Vitamin K2 120mcg

helps to decalcify arteries - supports the building of strong bones.



\$14⁹⁹ EA

25% OFF

60t



NATURAL FACTORS
B12 Methylcobalamin 5000mg

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



\$13⁴⁹ EA

25% OFF

60t



NATURAL FACTORS
HemoFactors

A highly bioavailable form of elemental iron in a tasty chewable format.



\$16⁹⁹ EA

26% OFF

180t



NATURAL FACTORS
Melatonin 5mg

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



\$29⁹⁹ EA

25% OFF

240c



NATURAL FACTORS
MSM Joint Formula

An excellent combination for nutritional joint support and pain relief.



\$52⁹⁹ EA

SAVE \$10

All Varieties | 1kg



NATURAL FACTORS
Whey Factors® Natural Whey Protein

wellness



\$15⁹⁹ EA

20% OFF

500ml



MANITOBA HARVEST

Organic Hemp Oil

A rich source of essential fatty acids, this nutty flavoured oil can be taken daily



21% OFF

All Varieties | 440g | 880g



GOOD PROTEIN

All In One Shake



\$23⁹⁹ EA

20% OFF

All Varieties | 157g
12 pack also on sale



ENER LIFE

Electrolyte Drink Mix

Perfect for pre + post workout to support muscle function and re-hydration.



23% OFF

90c | 180c
Boron Free also on sale



NEW ROOTS HERBAL

Strong Bones

Helps build and maintain a strong healthy skeletal system with a matrix of bone building nutrients that help prevent the onset of osteoporosis.



24% OFF

100c
Plant Digestive enzymes



NEW ROOTS HERBAL

Digestive Enzymes HCL

Comprehensive digestive support combining pancreatin, betaine, ox bile papain and pepsin.



24% OFF

30c



NEW ROOTS HERBAL

Iron Bisglycinate

Amino acid chelation of iron ensures optimal absorption without potential digestive side effects.



24% OFF

120c



NEW ROOTS HERBAL

Magnesium Bisglycinate Plus 150mg

Enjoy better sleep and fewer muscle cramps. Amino acid chelate to help maximize intestinal absorption.



24% OFF

90c



NEW ROOTS HERBAL

Ultra B Complex 50mg

Supports the mind, mood, nervous, cardiovascular, and digestive systems.



25% OFF

All Varieties | 30c



NEW ROOTS HERBAL

Probiotic Formulations

Condition specific formulas to combat diarrhea, constipation, gas + bloating, lactose intolerance as well as yeast overgrowth.

wellness



\$15⁹⁹ EA

36% OFF

Greens | Berry



NAVITAS ORGANICS
Superfood Blends



\$17⁹⁹ EA

22% OFF

Focus | Mocha |
Endurance |
Mind Fuel | 140g



ORGANIC TRADITIONS

Instant Coffee + Herbal Mushroom Blends

Instant coffee or roasted dandelion + chicory blends infused with adaptogenic mushrooms + herbal extracts supporting focus + mental clarity, energy + libido or physical endurance.



20% OFF

All Products



BACH
Rescue Remedy

A safe, gentle and effective remedy to help restore inner calm.



26% OFF

60c



PREFERRED NUTRITION
Men's + Women's Multi Vitamins
Basic nutritional support.



\$27⁹⁹ EA

20% OFF

All Varieties | 226g

NATURAL CALM
Magnesium Citrate Powder
Muscle, brain and nerve cell function support.



\$31⁹⁹ EA

20% OFF

All Varieties



PURANA
Medicinal Mushroom Extracts

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



\$34⁹⁹ EA

20% OFF

887ml
414ml also on sale



SPORT RESEARCH
MCT Oil

A readily usable fuel source of short chain fatty acids for energy.



\$22⁹⁹ EA

30% OFF

Raspberry
Lemonade | 250ml



SEALICIOUS
Omega-3 Oil

Omega 3 source for brain, mood, nerve, heart and joint support.

wellness



27% OFF

Kindervital | Calcium Magnesium | Floradix | Floravit | Magnesium

SALUS
Salus Tonics

Easily absorbable liquid mineral tonics created with wholesome herbal blends for optimal synergy.



20% OFF

Ester C 1000mg 120t | Ester C Supreme 600mg 120c | Ester C 600mg 120c

SISU
Ester C

Ester C lasts for up to 24 hours in the blood stream for optimal cellular absorption providing antioxidant protection as well as skin, joint, cardiovascular and immune system support. Ester C supreme is enhanced with histamine + allergy protective arabinogalactans and quercetin.



25% OFF

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

ST. FRANCIS
Cleansing + Digestive Support

These formulas combine herbal wisdom to optimize digestion, eliminate parasites and support nutrient assimilation.



25% OFF

ValeriCalm | Strest | Ashwagandha | 100ml

ST. FRANCIS
Stress + Sleep Support

Helping the body get adequate rest and relaxation prevents the negative effects of stress such as irritability, mental fatigue and lack of energy.



25% OFF

Protein+Creatine | Protein Recovery | Sugar Free Energizer | Recovery Accelerator | Electrolyte Hydrator | Creatine

VEGA
Sport Products

Plant-based sport nutrition specifically developed for optimum support before, during and after workouts. Offers sustained energy, increased endurance and muscle recovery.



40% OFF



Kit



WILD ROSE
Liver Support

Protects the liver and supports bile production for optimized digestion and nutrient assimilation.

organization of the month



Nelson Pride

Nelson Pride seeks to create safer spaces to support, celebrate, and create awareness for the 2SLGBTQIA+ communities (Two Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual+) through a yearly celebration of Pride, regular events, and education for the public in the area colonially known as Nelson, BC. Our local Pride Week is held yearly in late August/early September, but we aim to support our community year-round.



make a donation

add \$2
to your bill

drop cash in the
change box

JUNE 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.

\$4⁴⁹
/16OZ



