



Kootenay
co-op

member specials

AUGUST
1 - 31, 2026

Cook the Cover:
Watermelon + Lime
Refresher

Member
Appreciation Day
August 20th

Superfood
Smoothie Summer

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



watermelon + lime refresher

INGREDIENTS

- watermelon, cubed + seeds removed
- 1/4 cup fresh lime juice
- 1/2 cup fresh mint leaves, packed
- 1 tbsp honey, agave or maple syrup (optional)
- 2 cups soda water
- ice for glasses

METHOD

To a blender, add the chopped watermelon, freshly squeezed lime juice, and your sweetener of choice. Blend on high until a juice forms and no large chunks remain.

Next, place a small strainer over a large measuring cup or bowl and pour the watermelon juice through the strainer. This will remove any large bits of pulp.

Muddle the fresh mint at the bottom of a glass. Place some ice in a glass and pour the watermelon juice over top until 3/4 of the way full. Finish with club soda and add a lime wedge and fresh mint sprig for garnish. Enjoy!



\$12.99
/EA
SAVE \$3

AELO
Non Alcoholic Cocktails
All Varieties | 4x355ml



\$2.99
/EA
25% OFF

LOOP
Sparkling Iced Tea
All Varieties | 355ml



\$2.99
/EA
25% OFF

MOTHERLOVE
Kombucha + Water Kefir
All Varieties | 355ml



\$11.99
/EA
SAVE \$2

PARTAKE
Non Alcoholic Beer
All Varieties | 6x355ml



\$8.49
/EA
15% OFF

RISE
Organic Kombucha
All Varieties | 1L



\$6.49
/EA
SAVE \$2.50

SANTA CRUZ ORGANIC
Organic Lemonade
All Varieties | 946ml

grocery



Inspired by the time-honoured tradition of sourdough baking, every batch of pasta is crafted using their traditional sourdough culture before slowly drying it to develop its distinctive flavour + satisfying texture.

SAVE \$1⁵⁰

KASLO SOURDOUGH Sourdough Pasta
All Varieties | 454g



\$8⁹⁹ /EA
SAVE \$2

NONNA PIA'S
Balsamic Reduction
All Varieties | 250ml



\$3⁹⁹ /EA
27% OFF

NONNA PIA'S
Tomato Paste
200g



\$49⁹⁹ /EA
29% OFF

SAN REMO
Extra Virgin Olive Oil
3L



\$7⁹⁹ /EA
SAVE \$3

BIOITALIA
Organic Pasta Sauce
All Varieties | 660ml

½ cup toasted pine nuts
2 Tbsp fresh lemon juice
1 small garlic clove
¼ tsp sea salt
Freshly ground black pepper

2 cups basil leaves
¼ cup extra-virgin olive oil (plus more for a smoother pesto)
¼ cup freshly grated parmesan cheese (optional)

METHOD

In a food processor, combine the pine nuts, lemon juice, garlic, salt, and pepper and pulse until well chopped.

Add the basil and pulse until combined.

With the food processor running, drizzle in the olive oil and pulse until combined. Add the Parmesan cheese, if using, and pulse to briefly combine. For a smoother pesto, add more olive oil.



basil pesto

sundried tomato pesto

½ cup toasted walnuts
1 cup (8 oz) sun-dried tomatoes
3 cloves garlic, sliced
¾ cup grated parmesan cheese

½ tsp kosher salt
¼ tsp pepper
¼ tsp chili flakes (optional)
½ cup extra virgin olive oil

METHOD

Place the half of the sun-dried tomatoes along with all the walnuts, cheeses, garlic, salt, pepper, chili flakes into a food processor or blender. Pulse a few times until chopped well.

Next, add the rest of the sun-dried tomatoes and oil. (Splitting up the tomatoes will add some variance in texture.)

With the motor running, stream in the olive oil, pausing to scrape down the sides once or twice, until the pesto has a uniform consistency.



fuel your adventure



\$2²⁹
/EA

23% OFF

MID-DAY SQUARES
**Functional
Chocolate Bar**
All Varieties | 33g

27% OFF



2 for \$7

HARDBITE
**Avocado Oil
Kettle Chips**
All Varieties | 128g

30% OFF



2 for \$6

TRUBAR
Energy Bar
All Varieties | 50g

33% OFF



2 for \$2

PANDA
**Natural
Licorice Bar**
All Varieties | 32g

30% OFF



2 for \$7

FRANKIE'S
Organic Puffs
All Varieties



\$9⁹⁹
/EA

SAVE \$2



WOW BAKING CO.
Cookies
All Varieties | 227g



\$4⁹⁹
/EA

SAVE \$1



RICEWORKS
Rice Chips
All Varieties | 155g



\$4⁹⁹
/EA

29% OFF

OCEAN'S HALO
**Organic
Seaweed
Snacks**
All Varieties | 20g



\$7⁹⁹
/EA

20% OFF



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



\$5⁷⁹
/EA

SAVE \$1

KETTLE
Potato Chips
All Varieties | 368g

30% OFF



2 for \$7

GO MACRO
Vegan Protein Bars
All Varieties | 65g



\$7⁴⁹
/EA

25% OFF

ADVENTURE BITES
Chicken Pepperoni
All Varieties | 150g



\$8⁹⁹
/EA

SAVE \$2

YUCATAN
Authentic Guacamole
454g



\$9⁹⁹
/EA

SAVE \$3

THAT'S IT
Mini Fruit Bars
All Varieties | 160g

30% OFF



2 for \$6

DARRELL LEA
Australian Licorice
All Varieties | 200g

22% OFF



2 for \$7

ONCE UPON A FARM
Organic Smoothies + Juice
All Varieties | 105ml



\$5⁴⁹
/EA

SAVE \$1

NAIRN'S
Oat Cookies
All Varieties | 200g



\$5⁷⁹
/EA

27% OFF

ANTOINETTE'S
Saltspring Dip
375ml

grocery



\$19⁹⁹ /EA
SAVE \$4

FERNWOOD COFFEE CO.
Organic Coffee
All Varieties | 454g



\$5⁹⁹ /EA
20% OFF

ST. DALFOUR
Fruit Spread
All Varieties | 225ml



\$8⁹⁹ /EA
SAVE \$3

EVERLAND
Organic Gluten Free Quick Oats
1kg



20% OFF

EVERLAND
Organic Nut Butters
All Varieties | 340g



\$4⁹⁹ /EA
23% OFF

NATURE'S PATH
Organic Waffles
All Varieties | 210g



\$6⁹⁹ /EA
22% OFF

BOB'S RED MILL
Old Country Style Muesli
510g



\$11⁹⁹ /EA
SAVE \$5

MANITOBA HARVEST
Hemp Hearts
454g



\$5⁴⁹ /EA
19% OFF

PRANA
Organic Granola
All Varieties | 300g

grocery



\$14⁹⁹
/EA

SAVE \$5

SMART STRIPS
Laundry Strips
All Varieties | 100 Loads



\$9⁹⁹
/EA

29% OFF

BONTERRA
Bath Tissue
9 Rolls



\$8⁹⁹
/EA

SAVE \$3

ECO-MAX
Dishwasher Pacs
20x18g



\$39⁹⁹
/EA

SAVE \$8

CAPRICARE
Infant Formula
Stage 1 + Stage 2 |
800g



\$6⁹⁹
/EA

30% OFF

NEAL BROTHERS
Salsa
All Varieties | 410ml



\$7⁹⁹
/EA

20% OFF

LITTLE CREEK
Salad Dressing
All Varieties | 295ml



\$6⁹⁹
/EA

SAVE \$2

FOOD EARTH
Simmer Sauce
All Varieties | 290ml



\$5⁴⁹
/EA

SAVE \$1

APPLESNAX
Apple Sauce Cups
All Varieties | 6x113g

30% OFF



2 for \$7

GOODVIBES
Wellness Shot
All Varieties | 50ml



\$6⁹⁹
/EA

SAVE \$1.50

SAN-J
Cooking Sauce
All Varieties | 296ml



\$6⁹⁹
/EA

22% OFF

DEEBEE'S
Organic Super Juice Freezies
10x40ml



\$4⁴⁹
/EA

25% OFF

ANNIE'S HOMEGROWN
Super Mac
All Varieties | 170g

grocery



\$19⁹⁹ /EA
SAVE \$7

CHOSEN FOODS
Avocado Mayo
710ml



\$12⁹⁹ /EA
SAVE \$2

BUBBIES
Pure Kosher Dill Pickles
1L



BIOITALIA
Organic Fruit Juice, Jams + Purees
All Varieties | 120g

20% OFF



\$10⁹⁹ /EA
SAVE \$2

WILDBRINE
Kimchi + Sauerkraut
All Varieties | 500ml



\$7⁴⁹ /EA
25% OFF

JONNY POPS
Organic Ice Pops
All Varieties | 5x55ml

33% OFF



RAINCOAST TRADING CO
Tuna Pouch
All Varieties | 74g

2 for \$7

summer greens + strawberry salad



INGREDIENTS

- mix of True Local greens
- 2 cups strawberries, quartered
- 100g goat cheese
- ½ cup chopped pecans, preferably toasted

Dressing:

- 2 Tbsp extra-virgin olive oil
- 2 Tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- ¼ tsp table salt
- ¼ tsp freshly ground black pepper

METHOD

To make the dressing: In a small bowl whisk oil, vinegar, mustard, maple syrup, salt, and pepper until well combined.

In a large bowl place greens, strawberries, cheese, and nuts. Pour as much dressing as you want over salad mixture and toss to combine. Serve immediately.

co-op member appreciation day

thursday august 20

**MEMBERS
SAVE 10% OFF**

your entire shop (even on sale items!)

SAUSAGE SIZZLE

by donation • 11-3



\$3.49
/EA

SAVE \$1

TONICA
Kombucha
All Varieties | 370ml



\$4.99
/EA

29% OFF

COCO XIM
**Organic
Coconut Water**
1L



\$2.29
/EA

23% OFF

GOOD DRINK
**Organic
Spritzer**
All Varieties | 355ml

33% OFF



2 for \$4

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



\$3.99
/EA

20% OFF

NATURAL FARMWORKS
Tea'd Greens
All Varieties | 355ml



\$11.99
/EA

SAVE \$2

COPRA COCONUTS
Coconut Water
946ml

butcher shop



MADE
HERE

\$29⁶⁷
/KG
15% OFF

KOOTENAY CO-OP
SMOKEHOUSE
Beef Hotdogs
All Varieties



TRUE
LOCAL

25% OFF

CUTTER RANCH
Pork Chops
Frozen | Bone-in +
Boneless



\$3⁶⁰
/EA
20% OFF

INTERCITY PACKERS
Tuna
4oz Portions



TRUE
LOCAL

\$19⁷¹
/KG
10% OFF

CUTTER RANCH
Ground Pork
Frozen

Cutter Ranch is committed to delivering a product that you understand, value and enjoy. Sacha and Tyler both come from farming families, born and raised on ranches and learning from the generations that came before them. They truly understand where good food comes from and the commitment it takes to deliver it to their customers.

📍 Fort Steele, BC



TRUE
LOCAL

good food
starts here

cheese + tapas

SPOTLIGHT ON *smoked cheese*



\$5⁵⁵
/100G
30% OFF

ILCHESTER
**Applewood
Smoked
Cheddar
Cheese**



\$3⁹⁹
/100G
20% OFF

TIROLER HEUMILCH
**Smoked
Emmental
Cheese**



\$4¹²
/100G
25% OFF

CASTELLO
**Smoked
Gorgonzola
Cheese**



\$2⁹⁹
/100G
25% OFF

TRE STELLE
**Smoked
Cheddar
Cheese**



\$3⁹⁷
/100G
25% OFF

SANTA LUCIA
**Smoked
Provolone
Cheese**



\$4⁰⁵
/100G
10% OFF

KOOTENAY CO-OP
SMOKEHOUSE
Smoked Ham



20%
OFF

KASLO SOURDOUGH
**Artisan
Sourdough
Bread**
All Varieties



\$2⁰²
/100G
30% OFF

**Grilled
Artichokes**



\$1⁴¹
/100G
25% OFF

Grilled Eggplant

wellness



TRUE LOCAL

COMMUNION BOTANICALS
All Products
 All Products
 Made with organic and ethically wildcrafted botanical ingredients.

20% OFF



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

\$14.99 /EA
25% OFF



hot deal

HERITAGE STORE
Castor Oil
 480ml | Castor oil can be used for detoxifying castor packs and for hydrating skin + hair.

\$11.99 /EA
48% OFF



hot deal

MALTE
Hair + Body Care
 All Products | Made using upcycled byproducts from beer-making, rich in nutrients that strengthen, hydrate and soothe skin + scalp.

29% OFF



hot deal

FAIR TRADE ORGANIC

DR. BRONNER'S
Liquid Castile Soap
 All Varieties | 946ml

\$19.99 /EA
33% OFF



hot deal

FAIR TRADE ORGANIC

DR. BRONNER'S
Pure Castile Bar Soap
 All Varieties | 140g

\$5.49 /EA
31% OFF



20% OFF

NEWCO
BroccoFusion + BroccoSpa
 All Products | Deeply hydrating skin care line infused with antioxidant-rich broccoli sprout extract for superior protection. *BroccoGen capsules also on sale*



27% OFF

PHILLIP ADAM
Body + Hair Care
 Natural, salon-quality hair products crafted with masterful attention to ingredients and performance.



TRUE LOCAL

MOODY BEE
Lip Balm
 All Varieties

\$3.99 /EA
20% OFF



FAIR TRADE ORGANIC

NEWCO
Tea Tree Oil
 30ml | Shown to help heal wounds, infections, and a wide range of skin conditions.

\$14.99 /EA
25% OFF



hot deal

FROM BC

PRAIRIE NATURALS
Shampoo + Conditioner
 Wild Rose + Collagen Care

\$9.99 /EA
41% OFF

wellness



25% OFF

EVERYONE
**Bodywash
Hand Soap
Body Lotion**
All Products



TRUE LOCAL
20% OFF

OM ORGANICS
**Skin +
Hair Care**
All Products



\$6.99
/EA
22% OFF

HIMALAYA
Toothpaste
All Varieties | 150g



TRUE LOCAL
\$11.99
/EA
20% OFF

KL SKIN
Deodorant
All Varieties | 75g



CLIGANIC
Nourishing Oils
Marula | Moringa |
Jojoba | Rosehip |
Argan | For face,
body, and hair.

20% OFF



20% OFF

NATRACARE
Pads + Liners
All Varieties
Free of plastics,
fragrances, and chlorine.



20% OFF

NELSON NATURALS
Toothpaste
All Varieties | Zero-waste
toothpaste that's good for
your body and the planet!



\$16.99
/EA
23% OFF

HERBATINT
Hair Colour
All Varieties
Permanent hair colour
formulated using minimal
chemical ingredients,
balanced with natural
herbal extracts.



\$13.99
/EA
30% OFF

A. VOGEL
Arnica Gel
50ml | Highly
concentrated formula
providing fast-acting
topical pain relief.



\$5.99
/EA
25% OFF

LILY OF THE DESERT
Aloe Vera Gelly
114g | Instantly cools the
skin while hydrating at
least 3 epidermal layers.
454g also on sale



\$3.99
/EA
20% OFF

BAMBO NATURE
Baby Wipes
64ct | Unscented
multi-purpose wipes
made from bamboo.

superfood smoothie summer

Summer moves fast, and a smoothie is one of the easiest ways to keep up with it. Toss in a scoop of protein, a handful of greens, maybe some adaptogens if the day's asking for it. Some mornings call for a boost, others just need something cold and simple.

Find three recipes below to get you started, and scan the QR code to find more info on our blog.



green energy

- 2 cups kale/spinach
- 1 frozen banana
- ½ green apple
- ½ cucumber
- ½ lemon, squeezed
- 1 cup coconut water
- 1 scoop collagen powder

Optional boosters:

- 1 tsp chlorella powder
- 1 tsp pine pollen
- 1-3 tps Udo's oil

- 1 cup spinach or 1 tsp barley grass
- ½ cup blueberries
- 1 frozen banana
- 1 Tbsp almond or peanut butter
- 1 cup coconut or almond milk
- 1 scoop chocolate protein powder

Optional boosters:

- 1 tsp maca or 16 mushroom blend
- 1 tsp barley grass
- 1-3 tps Udo's oil



chocolate powerhouse

- 1 cup peaches
- 1 cup mangos
- 1 frozen banana
- 1/2 cup yoghurt
- ½ cup almond milk
- ¼ tsp turmeric
- ¼ tsp ginger
- 1 scoop vanilla protein powder

Optional Boosters

- 1 tsp sea buckthorn powder
- 1-3 tps Udo's oil



peachy mango

wellness



\$25⁹⁹
EA
28% OFF

All Varieties | 590g



VEGA

Protein + Supergreens

Each scoop is stacked with kale, alfalfa, broccoli and spinach, plus 20g of plant-based protein.



\$49⁹⁹
EA
29% OFF

All Varieties | 1kg



IRON VEGAN

Athlete's Blend

Highest quality organic plant based sprouted protein, fermented BCAAs and L-glutamine for optimal athletic performance and recovery.



25% OFF

Unflavoured | 210g



GENUINE HEALTH

Marine Collagen

This sustainably-sourced collagen provides the building blocks to strengthen connective tissue helping to improve skin elasticity and joint health.



\$8⁹⁹
EA
25% OFF

200g



\$10⁴⁹
EA
25% OFF

150g



ORGANIC TRADITIONS

Ashwagandha

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

ORGANIC TRADITIONS

Maca X-6

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



25% OFF

All Varieties



ORGANIC TRADITIONS

Micro Alga | Juiced Greens | Moringa

These all-in-one alkalizing superfoods are a rich source of proteins, chlorophyll, vitamins + minerals, and antioxidants.



15% OFF

941ml + 500ml
DHA blend also on sale



FLORA

Udo's Oil 3-6-9 Blend

Designed to provide the ideal 2-to-1 ratio of omega-3 and omega-6 fatty acids.



20% OFF

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



NEW EARTH ORGANICS

Medicinal Mushrooms + Superfoods

A selection of superfoods supporting immune, hormone, and overall health by building resilience to both physical and mental stress.

wellness



\$18⁹⁹
EA
24% OFF

454g | Cacao
butter also on sale



ORGANIC TRADITIONS
Cacao Powder
A healthy, plant-based source of saturated fat.



\$17⁹⁹
EA
25% OFF

250ml
120ml also on sale

ANDERSON'S
Elete Electrolyte
Derived from the great salt lakes of Utah, this blend offers a natural balance of magnesium, potassium + sodium.



\$25⁹⁹
EA
26% OFF

Lemon-Lime + Berry |
168g | Lemon Box of 30
also on sale



VEGA
Electrolyte Hydrator
An all-natural alkalizing electrolyte blend free from sugar and artificial sweeteners to help your body stay hydrated during workouts or throughout the day.



30% OFF

Creatine 500g + 600g |
Amino Complex |
Glycine | Electrolytes
Extra Strength | All Day
Protein Hydrators



ORGANIKA
Sport Support + Hydration Formulations

Optimize your workout with various products which support you in increasing muscle performance, endurance, and recovery so you can attain or maintain your fitness goals.



20% OFF

All Varieties | 500g
Multi Protein Collagen
also on sale



TOTAL BODY
Collagen
With added synergistic nutrients for optimal support of skin, joint, connective, and muscle tissue.

GARDEN OF LIFE
All-In-One Shake

Whether you're an athlete, a busy professional, or simply someone looking for a convenient way to enhance your diet, this plant-based shake is your answer. This all-in-one shake delivers a comprehensive blend of essential nutrients in every scoop.

- **20g of vegan protein** sourced from 13 raw sprouted ingredients
- packed with greens, healthy fats, **7g of organic fiber**, probiotics and enzymes
- **18 essential vitamins + minerals**, providing you with a complete + balanced meal replacement.



26% OFF

All Varieties | 1038g



wellness



\$22⁹⁹ EA
18% OFF

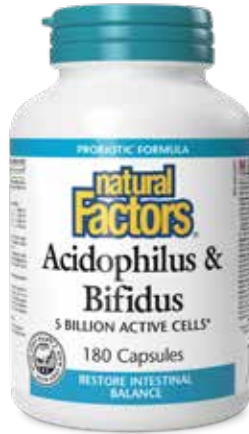
All Varieties except Elderberry | 6 pack



BIO K PLUS

Bio-K

Proven synergic patented blend of three live bacteria protected and nourished in various substrates for superior efficacy.



\$27⁹⁹ EA
24% OFF

180c | Women's Multi Probiotic also on sale



NATURAL FACTORS

Acidophilus + Bifidus

Health starts in your gut. Support your natural flora.



20% OFF

DR. FORMULATED

Probiotics

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



\$23⁹⁹ EA
20% OFF

90c



NOW

Super Enzymes

Formulated with bromelain, ox bile, pancreatin and papain. Optimizes the breakdown of fats, carbohydrates, and protein.



25% OFF

Chewable Ginger | Deglycyrrhizinated Licorice Root | Heartburn Chew | Betaine Hydrochloride | Papaya Enzymes | Activated Charcoal



NATURAL FACTORS

Digestive Support Products

Help alleviate nausea, fullness, and indigestion.



\$29⁹⁹ EA
21% OFF

750g



BRIGHTSIDE ORGANICS

Natura Fibre Daily Fibre Boost

A blend of flax, psyllium, dandelion, burdock, and fenugreek to aid digestion and elimination.



\$13⁴⁹ EA
25% OFF

946ml | 3840ml also on sale



LILY OF THE DESERT

Whole Leaf Aloe Vera Juice

Enhances absorption of other nutrients and soothes gut inflammation.



\$20⁹⁹ EA
25% OFF

300g



NATURAL FACTORS

L-Glutamine

A key amino acid that maintains gut mucosal barrier + reduces intestinal inflammation and permeability.

wellness



25% OFF

Memory Boost |
Gut Brain Probiotic |
Restful Sleep



3 BRAINS

3 Brains Products

3 products to optimize brain health by supporting sleep, neural pathway development, and a healthy microbiome

Cognitive Health:

Supports brain cell communication and neurotransmitter production, which may improve short-term memory, recall, and attention span.

ADHD Support: Often used in children and adolescents to help improve attention, impulsivity, and auditory memory.

Stress + Mood

Regulation: Reduces the release of the stress hormone cortisol. Supports restful sleep, reduces anxiety and symptoms of depression.



\$37⁹⁹ EA

24% OFF

60c



NATURAL FACTORS
Phosphatidyl Serine 100mg



24% OFF

60c



NATURAL FACTORS

Glutathione LipoMicel Matrix

Reduces oxidative stress, supports liver detoxification + immune function.



\$16⁹⁹ EA

26% OFF

60c



NATURAL FACTORS

Lutein 20mg

Supports eyesight in conditions such as cataracts and age-related macular degeneration.



21% OFF

60c



PRAIRIE NATURALS

Ocu-force

Comprehensive antioxidant formula protects against light-induced damage and helps to delay progression of macular degeneration.



50% OFF

120c



PREFERRED NUTRITION

Coenzyme Q10 150mg

An antioxidant that helps maintain cardiovascular health and plays an essential role in energy production.



26% OFF

Prost-Force | Tongkat-Ali |
Trib-Force | Vigor-Force |
Test-Force | Zmag-Force | 60c



PRAIRIE NATURALS

Men's Health

Offering solutions for men's unique health challenges, with products that support natural testosterone production and prevent conversion of free testosterone to DHT, helping to protect prostate tissue, enhance stamina, energy metabolism and muscle strength.

wellness



26% OFF

3x EPA Lemon
225ml + 450ml |
5 x DHA Lemon
225ml + 120c |
DHA Algae 120c



AQUAOMEGA

Omega-3 Products

3 to 5 times extra concentrated fish oils of either EPA or DHA in readily functional triglyceride form for critical brain, heart and joint support.



21% OFF

Cod Liver Oil (200ml,
500ml, 80c) |
Omega 3 Wild 80c



NAKA PLATINUM

Omega 3 Products

Triglyceride form of omega-3 for brain, heart, joint, and mood support.



\$31.99 EA

24% OFF

220c



NATURAL FACTORS

Alaskan Salmon Oil

A great source of Omega-3 for cardiovascular, joint and cognitive health.



\$34.99 EA

26% OFF

180c



NATURAL FACTORS

Ultra Prim Evening Primrose Oil 1000mg

A rich source of GLA for improving hormone balance, relieving inflammation, and nourishing the skin.



\$22.99 EA

50% OFF

500ml



HUBNER

Silicea Gel

Promotes collagen production for stronger skin, joints, hair, nails and other connective tissue.



21% OFF

60c



GENUINE HEALTH

Joint Relief NEM + Fermented Turmeric

Featuring highly bio-available turmeric along side eggshell membrane extract rich in collagen, hyaluronic acid and Glucosamine.



\$34.99 EA

20% OFF

90c



NAKA PLATINUM

Curcumin Organic

Excellent long term anti-inflammatory.



\$28.79 EA

20% OFF

100mg | 75c



NAKA PLATINUM

Nattokinase

A proteolytic enzyme with aspirin-like anti-coagulant and fibrin-dissolving capacities to support optimal vascular health.

wellness



Enhance nutrient absorption + testosterone production with Shilajit

Optimize immune, stress, cognitive and cardiovascular support with potent medicinal mushrooms.

Reduce stress and support restful nights with Ashwagandha, Magnesium and Sleep support.

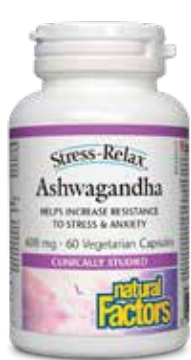
Target the root cause of inflammation and experience accelerated pain relief and recovery from acute or chronic injuries.

23% OFF

All Products

FROM BC

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



\$20⁹⁹
EA
25% OFF

60c



NATURAL FACTORS

Ashwagandha 600mg

Helps increase the body's resistance to stress, while supporting sleep, memory and physical performance.



\$19⁹⁹
EA
23% OFF

60c



NATURAL FACTORS

Rhodiola 150mg

May reduce stress, combat fatigue, enhance mood, improve mental performance.



\$17⁹⁹
EA
22% OFF

90t



NATURAL FACTORS

Melatonin 10mg Time release

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



21% OFF

Raspberry
Lemonade | 133g



SISU

Relaxation Magnesium

Magnesium bisglycinate-citrate form with added GABA and L-Theanine for optimal stress and sleep support.



21% OFF

Melatonin Sleep Spray (100ml) |
L-Theanine (250mg, 150c)
| Enhanced Magnesium
Threonate (60c) | BioMax Bio
Active B Complex (150c)



NAKA PLATINUM

Stress + Sleep Support Products

Use a B complex with bioactive forms for nerve, brain, and energy support. Enhance calm mental focus, reduce mental chatter and the negative effects of caffeine with Theanine alone or with a combination of Magnesium Threonate, Gaba + Theanine. Activate your sleep cycle with Melatonin to help your body recover from stress.

wellness



\$19⁹⁹
EA
20% OFF

100ml



NAKA PLATINUM

Vitamin B12 Sublingual Spray

Supports energy production and blood cell formation.



\$26⁹⁹
EA
21% OFF

30c



NAKA PLATINUM

Iron MAX 150mg

Polydextrose bound iron for maximized absorption. Daily single high dose format, gentle on stomach.



\$19⁹⁹
EA
25% OFF

Men +
Women | 30+
Prenatal and
55+ Multis
also on sale

NEW CHAPTER

One Daily Multis

Probiotic cultivated vitamins + minerals enhancing nutrient bioavailability. Herbal extracts support the unique needs of men and women.



24% OFF

180c



AOR

Advanced B complex

Biologically active full-spectrum B complex for optimal stress management and energy metabolism.



23% OFF

360c



AOR

Bone Basics

Highly bioavailable hydroxyapatite calcium enhanced with bone building cofactors K2, D, manganese, zinc, and copper.



\$18⁹⁹
EA
24% OFF

210c



NATURAL FACTORS

Magnesium Citrate 150mg



\$55⁹⁹
EA
26% OFF

Duo Pack | 250ml
+500ml

SALUS

Floradix + Calcium Magnesium

Highly absorbable liquid mineral tonics with easily digestible gluconate forms with added B + C vitamin Cofactors and wholesome herbal blends for optimal synergy.



21% OFF

Creamy Vanilla |
450ml



SISU

Calcium Magnesium

Basic daily mineral support of Calcium + Magnesium enhanced with Vitamin D for absorption.



23% OFF

200c



SISU

Calcium Magnesium 1:1

wellness



25% OFF

90c



NEW ROOTS HERBAL

Ultra Iron 30mg

Comprehensive blood-building formula for better Iron absorption.



26% OFF

130mg | 120c



NEW ROOTS HERBAL

Pure Magnesium Bisglycinate

Delivers magnesium as an amino acid chelate to maximize intestinal absorption.



26% OFF

90c

Multi Max also on sale



NEW ROOTS HERBAL

Prenatal Multivitamins

Essential nutrients for proper fetal development and maternal health before + during pregnancy, as well as while breast-feeding.



21% OFF

240c



SISU

Ester C 600mg

Ester-C offers 24 hour retention in the blood stream.



\$13.99 EA

26% OFF

60c



NATURAL FACTORS

N-Acetyl-L-Cysteine 600mg

Helps to maintain and repair lung tissue especially beneficial for people exposed to polluted environments.



\$21.99 EA

24% OFF

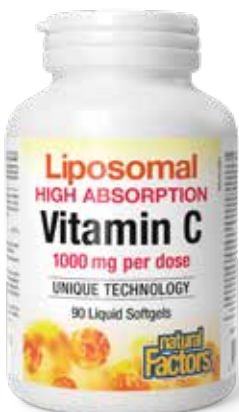
60c



NATURAL FACTORS

BioActive Quercetin 50mg

A highly bioavailable form of quercetin – a flavonoid that exerts significant anti-inflammatory effects.



\$16.99 EA

23% OFF

90c



NATURAL FACTORS

Liposomal Vitamin C 1000mg



\$17.99 EA

40% OFF

180c



NATURAL FACTORS

Vitamin K+D

Increases calcium absorption and helps build strong bones.



\$34.49 EA

20% OFF

340g



WEDDERSPOON

Manuka Honey 16+

Antimicrobial and soothing.

organization *of the* month



Kootenay Carshare Cooperative

Kootenay Carshare Cooperative helps our community drive less and live more sustainably. By sharing vehicles, members save money, reduce emissions, and support local cooperative values. All profits are reinvested into greener transportation, community initiatives, and partnerships that promote low-carbon living across the Kootenays.

www.carsharecoop.ca



make a donation

add \$2
to your bill

drop cash in the
change box



\$6⁹⁹
/16OZ

orange creamsicle latte

Organic espresso, organic
orange syrup, organic milk,
organic vanilla ice cream



\$5⁹⁹
/16OZ

peach iced tea

Organic Virtue white
tea, honey, organic
peach puree



TRUE
LOCAL

local lives here