Kootenay co-op

CASE LOT

$50 LIFETIME MEMBERSHIP

EASY TO JOIN

14 DAYS OF GREAT MEMBER SAVINGS

IN-STORE + ONLINE

Friday, October 16th - Thursday, October 29th

UP TO 45% OFF

ORGANIC



BUY 3 $2.99 /EA

BUY 6 $2.49 /EA

REG. $4.49

BIOITALIA

Organic Pasta

All Varieties | 500g

44% OFF

FAIR TRADE

ORGANIC



$14.99 EA

REG $26.99

EVERLAND

Organic Coconut Milk

Rich + Creamy | 6x400ml

36% OFF



$44.99 /EA

REG $69.99

SAN REMO

Extra Virgin Olive Oil

3L

29% OFF



$9.99 /EA

REG $13.99

CRATE 61

Bar Soap

All Varieties | 3 pack

Cold-pressed, plant-based soaps made with skin-nourishing ingredients and essential oils.

35% OFF



GOOD PROTEIN

All In One Shake

Vanilla + Chocolate | 880g

Protein, fibre, enzymes + probiotics in one.

UP TO 36% OFF

FROM BC



BUY 1 $15.99 /EA

BUY 2 $13.99 /EA

REG. $21.99

ENER LIFE

Ener C

All Varieites | 30 pack

Energizing vitamin C and B, as well as minerals.

33% OFF

TRUE LOCAL

ORGANIC



$9.99 EA

REG $14.99

LINDEN LANE FARM

Organic Carrots

Orange | 5lb bag

22% OFF

FROM BC

ORGANIC



$12.70 KG

REG $16.29

BRADNER ORGANIC

Whole Organic Chicken

Frozen

UP TO 40% OFF



BUY 3 $4.59 /EA

BUY 6 $3.99 /EA

REG. $6.59

CASTELLO

Brie + Camembert

125g

buy more • save more

15% OFF

TRUE LOCAL



$56.99 EA
REG $66.99

SWAN VALLEY
Honey
3kg

UP TO 33% OFF

FROM BC

ORGANIC



BUY 2
$11.99 /EA
BUY 4
$9.99 /EA
REG. $14.99

NEW WORLD
Peanut Butter
All Varieties | 1kg

UP TO 38% OFF

FROM BC

PLANT-BASED



BUY 3
$3.49 /EA
BUY 6
$2.79 /EA
REG. $4.49

TAJ MAHAL
Indian Meals
All Varieties | 285g

26% OFF

FROM BC

ORGANIC



BUY 2
$16.99 EA
REG $22.99

EVERLAND
Organic Apple Juice
3.78L

12% OFF

FROM BC

ORGANIC



$37.99 EA
REG $42.99

WARKENTIN FARM
Organic Frozen Blueberries
5lb

UP TO 29% OFF

FROM BC

ORGANIC



BUY 2
$6.99 /EA
BUY 4
$5.99 /EA
REG. 8.49

EVERLAND
Organic Pasta Sauce
All Varieties | 739ml

22% OFF

TRUE LOCAL



$24.99 EA
REG $31.99

KASLO SOURDOUGH
Sourdough Pasta
Radiatori | Rotini | Elbow Mac | 2kg

20% OFF

TRUE LOCAL



$43.99 EA
REG $54.99

KASLO SOURDOUGH
Sourdough Pasta
Spaghetti | Linguine | 3kg

UP TO 43% OFF

ORGANIC



BUY 6
$2.79 /EA
BUY 12
$2.29 /EA
REG. $3.99

HONEY STINGER
Energy Chews
All Varieties | 50g

21% OFF

TRUE LOCAL



$13.49 EA
REG $16.99

FEED YOUR SOUL FOODS
Sunflower Mushroom Patties
4-pack

20% OFF

TRUE LOCAL



$19.99 EA
REG $24.99

FEED YOUR SOUL FOODS
Spanakopita | Curry Triangles
Par-baked | 6-pack

21% OFF

TRUE LOCAL



$14.99 EA
REG $18.99

FEED YOUR SOUL FOODS
Soup
Thai Yam Peanut | Black Bean Lime | 850g

grocery

UP TO 26% OFF

TRUE LOCAL



BUY 2 $14.99 /EA

BUY 4 $13.99 /EA

REG. $18.99

OSO NEGRO

True Local Coffee

All Whole-Bean Varieties | 340g

UP TO 39% OFF

FROM BC



BUY 3 $6.49 /EA

BUY 6 $5.49 /EA

REG. $8.99

OLD COUNTRY PASTA

Fresh Stuffed Pasta

All Varieties | 350g

UP TO 33% OFF

NON-GMO



BUY 4 $2.29 /EA

BUY 8 $1.99 /EA

REG. $2.99

BEAR

Fruit Rolls

All Varieties | 20g

UP TO 36% OFF

ORGANIC



BUY 2 $17.99 /EA

BUY 6 $15.99 /EA

REG. $24.99

FOUR TREES

Organic Extra Virgin Olive Oil

750ml

UP TO 31% OFF

NON-GMO



BUY 3 $4.29 /EA

BUY 6 $3.79 /EA

REG. $5.49

NORA SNACKS

Nori Snacks

All Varieties | 28g-45g

UP TO 38% OFF

FROM BC

ORGANIC



BUY 2 $8.99 /EA

BUY 5 $7.99 /EA

REG. $12.99

NATURE'S PATH

Eco Pac Cereal

All Varieties | 650g-907g

30% OFF

ORGANIC



$45.88 /EA

REG $65.88

SAN REMO

Organic Canned Tomatoes

Diced | Crushed | 12x796ml

30% OFF

ORGANIC



$23.48 /EA

REG $33.48

SAN REMO

Organic Canned Beans

Black Beans | Chickpeas | 12x398ml

UP TO 40% OFF

GLUTEN FREE

FROM BC



BUY 2 $6.99 /EA

BUY 5 $5.99 /EA

REG. $9.99

BLISS BALLS

Energy Balls

All Varieties | 150g

28% OFF

FROM BC

ORGANIC



BUY 2 $5.49 /EA

BUY 5 $4.99 /EA

REG. $6.99

QUE PASA

Organic Salsa

All Varieties | 420ml

UP TO 31% OFF

FROM BC

GLUTEN FREE

ORGANIC



BUY 2 $4.29 /EA

BUY 5 $3.79 /EA

REG. $5.49

QUE PASA

Organic Tortilla Chips

Original Varieties + Rounds | 300g-350g

UP TO 35% OFF

ORGANIC



BUY 2 $9.99 /EA

BUY 4 $8.49 /EA

REG. $12.99

WILDBRINE

Sauerkraut + Kimchi

All Varieties | 500ml

buy more • save more

31% OFF

GLUTEN FREE

NON-GMO



BUY 2
$10.99 /EA
REG $15.99

BRAGG
Liquid Soy Seasoning
946ml

25% OFF

GLUTEN FREE



BUY 4
$4.49 /EA
REG $5.99

RUMMO
Gluten-Free Pasta
All Varieties | 400g

UP TO 42% OFF

NON-GMO



BUY 3
$3.19 /EA
BUY 6
$2.49 /EA
REG. $4.29

DARRELL LEA
Australian Licorice
All Varieties | 200g

UP TO 33% OFF

ORGANIC



BUY 3
$6.99 /EA
BUY 6
$5.99 /EA
REG. $8.99

CROFTERS
Premium Fruit Spread
All Varieties | 383ml

32% OFF

ORGANIC



BUY 2
$22.99 /EA
REG $33.99

EVERLAND
Organic Maple Syrup
All Varieties | 1L

UP TO 50% OFF

GLUTEN FREE



BUY 3
$2.49 /EA
BUY 6
$1.99 /EA
REG. $3.99

HOT KID
Rice Crackers
All Varieties | 100g

UP TO 33% OFF

FROM BC

GLUTEN FREE

ORGANIC



BUY 3
$3.49 /EA
BUY 6
$2.99 /EA
REG. $4.49

PLUMM GOOD
Brown Rice Thins
All Varieties | 95g

33% OFF

FROM BC

ORGANIC



SUNRISE SOYGANIC
Organic Tofu
All Varieties | 300g-500g

UP TO 36% OFF



BUY 6
$3.79 /EA
BUY 12
$3.19 /EA
REG. $4.99

RAINCOAST GLOBAL
Skipjack Tuna
Salted | Unsalted | 142g

29% OFF

FROM BC

ORGANIC



$29.88 /EA
REG $41.88

HORNBY ORGANIC
Energy Bars
All Varieties | 12x80g

35% OFF

ORGANIC



BUY 6
$1.49 /EA
REG $2.29

BIOITALIA
Organic Purees
All Varieties | 120g

35% OFF

ORGANIC



BUY 2
$10.99 /EA
REG $16.99

BIOITALIA
Organic Sunflower Oil
750ml

grocery

21% OFF

ORGANIC



BUY 2
$11.79 /EA
REG $14.99

L'ANCETRE
Organic Butter
Salted | Unsalted | 454g

UP TO 33% OFF

GLUTEN FREE



BUY 6
$3.49 /EA
BUY 12
$2.99 /EA
REG. $4.49

EARTH'S OWN
Oat Beverage
Original | Zero Sugar | 946ml

UP TO 36% OFF

NON-GMO



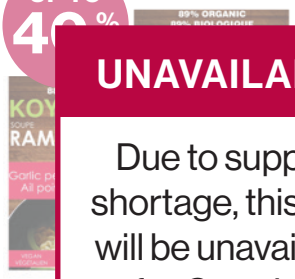
BUY 6
$5.49 /EA
BUY 12
$4.49 /EA
REG. $6.99

EARTH'S OWN
Barista Blend
All Varieties | 946ml

UP TO 40% OFF

UNAVAILABLE

Due to supplier shortage, this item will be unavailable for Case Lot.



KOYO
Ramen
All Varieties | 60g

UP TO 36% OFF

ORGANIC



BUY 3
$3.99 /EA
BUY 6
$3.49 /EA
REG. $5.49

MADE GOOD
Organic Bars + Bites
All Varieties | 5x24g

UP TO 30% OFF

ORGANIC



BUY 2
$7.99 /EA
BUY 4
$6.99 /EA
REG. $9.99

RISE
Organic Kombucha
All Varieties | 1L

32% OFF



BUY 2
$14.99 /EA
REG $21.99

NUTS TO YOU
Almond Butter
Smooth | Crunchy | 735g

UP TO 35% OFF

GLUTEN FREE



BUY 2
$26.99 /EA
BUY 3
$21.99 /EA
REG. $33.99

PAMELA'S
Gluten-Free Baking + Pancake Mix
1.81kg

24% OFF

ORGANIC



BUY 6
$3.79 /EA
REG $4.99

SPRAGUE
Organic Soup
All Varieties | 398ml

25% OFF

FROM BC

ORGANIC



BUY 2
$8.99 /EA
REG $11.99

RED CROWN
Pomegranate Juice
No Pulp | With Pulp | 1L

UP TO 47% OFF

NON-GMO



BUY 4
$2.99 /EA
BUY 8
$2.29 /EA
REG. $4.29

DELIZIE DEL RE
Passata
660g

UP TO 33% OFF

NON-GMO

FROM BC



BUY 2
$14.99 /EA
BUY 4
$13.49 /EA
REG. $19.99

TERRA BREADS
Original Granola
All Varieties | 800g

buy more • save more

35% OFF



DILMAH
Tea
All varieties | 100 bags

UP TO 40% OFF



ORGANIC

BUY 1 $14.99 /EA
BUY 2 $11.99 /EA
REG. $19.99

FILSINGERS
Organic Apple Cider Vinegar
1.89L

UP TO 39% OFF



FAIR TRADE
ORGANIC

BUY 3 $6.49 /EA
BUY 6 $5.49 /EA
REG. 8.99

NUMI
Organic Tea
All Varieties | 18 bags

UP TO 31% OFF



BUY 3 $5.49 /EA
BUY 6 $4.79 /EA
REG. 6.99

RAINCOAST TRADING
Wild Pink Salmon
Salted | Unsalted | 160g

25% OFF



ORGANIC

$7.49 /EA
REG $9.99

TAJ MAHAL
Organic Basmati Rice
White | Brown | 908g

30% OFF





BOREAL
Pet Food
All Varieties

UP TO 40% OFF



ORGANIC

BUY 3 $4.99 /EA
BUY 6 $4.19 /EA
REG. 6.99

PACIFIC
Organic Broth
All Varieties | 946ml

20% OFF



TRUE LOCAL
ORGANIC

BUY 2 $4.99 /EA
REG $6.59

JERSEYLAND
Organic Yogurt
All Varieties | 750ml



26% OFF



TRUE LOCAL
ORGANIC

$42.99 EA
REG $57.99

TREASURE LIFE
All-Purpose Flour
Unbleached | 10kg

26% OFF



TRUE LOCAL
ORGANIC

$25.99 EA
REG $34.99

TREASURE LIFE
Multipurpose Baking Flour
4.54kg

25% OFF



TRUE LOCAL
ORGANIC

$26.99 EA
REG $35.99

TREASURE LIFE
Thick Rolled Oats
4.54kg

butcher shop

25% OFF



$26.24 KG
REG $34.99

BRADNER ORGANIC FARM
Organic Chicken Breast
Frozen

25% OFF



$13.87 KG
REG $18.49

BRADNER ORGANIC FARM
Organic Chicken Wings
Frozen

30% OFF



$4.16 PER PORTION
$33.28 EA
REG $47.60

INTERCITY PACKERS
Salmon Packs
Frozen | 2 lb in 4oz portions

30% OFF



$3.15 PER PORTION
$25.20 EA
REG $36.00

INTERCITY PACKERS
Tuna Packs
Frozen | 2 lb in 4oz portions

15% OFF



$24.20 KG
REG $28.50

BRADNER ORGANIC FARM
Lean Ground Beef
Frozen

10% OFF



$22.00 KG
REG $24.45

CUTTER RANCH
Lean Ground Pork
Frozen

22% OFF



$25.65 KG
REG $32.89

ROSSDOWN FARMS
Ground Turkey
Frozen

50% OFF



$4.94 KG
REG $9.88

TARZWELL FARMS
Beef Soup Bones
Frozen

50% OFF



$4.94 KG
REG $9.88

BRADNER ORGANIC FARM
Beef Soup Bones
Frozen



bulk

28% OFF

ORGANIC



$17.99 EA

REG $24.99

Organic Dried Mango
500g

27% OFF

ORGANIC



$10.99 EA

REG $14.99

Organic Raw Pumpkin Seeds
1kg

21% OFF

ORGANIC



$14.99 EA

REG $18.99

Organic White Quinoa
1.81kg

24% OFF

ORGANIC



$18.99 EA

REG $24.99

Organic Thompson Raisins
1.81kg

45% OFF

ORGANIC



$5.99 EA

REG $10.99

Organic Raw Sunflower Seeds
1kg

26% OFF



$13.99 EA

REG $18.99

RED STAR
Yeast Flakes
454g

30% OFF

ORGANIC



$6.99 EA

REG $9.99

Organic Yellow Popcorn
1.5kg

38% OFF

ORGANIC



$14.99 EA

REG $23.99

Organic Split Red Lentils
1.81kg

26% OFF

ORGANIC



$28.99 EA

REG $38.99

Organic Walnut Halves
1kg

31% OFF

ORGANIC



$47.99 EA

REG $69.99

Organic Thick Rolled Oats
11.34kg

28% OFF



$19.99 EA

REG $27.99

Sushi Roll Rice Crackers
750g

22% OFF

ORGANIC



$34.99 /EA

REG $44.99

Organic Almonds
1kg

bulk

cleaning + laundry



27% OFF



$26.99 /EA
REG $36.99

ECO-MAX
Laundry Wash
All Varieties | 6.2L

31% OFF



$19.99 /EA
REG $28.99

ECO-MAX
Dish Wash Liquid
All Varieties | 4L

30% OFF



BUY 2
$8.99 /EA
REG $12.99

ECO-MAX
Laundry Strips
Fragrance-Free | Lavender | 32ct

20% OFF

Get an **EXTRA 10% OFF** when you BYOC

ECO-MAX
Bulk Cleaning Products

30% OFF

ORGANIC



$15.99 /EA
REG $22.99

Organic Cane Sugar
4.54kg

33% OFF

ORGANIC



$19.99 /EA
REG $29.99

Organic Raw Cashew Pieces
1kg

23% OFF

ORGANIC



$32.99 /EA
REG $42.99

Organic Dried Cranberries
1.81kg

20% OFF



$11.99 /EA
REG $14.99

Epsom Salt
2.5kg

29% OFF

ORGANIC



$24.99 /EA
REG $34.99

Organic Hemp Hearts
900g

48% OFF



$11.99 /EA
REG $22.99

Fine Himalayan Salt
2kg

produce



40% OFF
FROM BC
ORGANIC



$1.79 LB
REG $2.99

Organic Ambrosia Apples
Bulk
Okanagan

29% OFF
FROM BC
ORGANIC



$4.99 EA
REG $6.99

Organic Gala Apples
3lb bags
Okanagan

25% OFF
FROM BC
ORGANIC



$59.99 EA
REG $79.99

Organic Apples
Ambrosia | Gala | 38lb case
Okanagan

20% OFF
FROM BC
ORGANIC



$39.99 EA
REG $49.99

Organic Pears
Anjou | Bosc | 20lb case
Okanagan

33% OFF
ORGANIC



3 for $5
REG $7.49

Organic Hass Avocados
Mexico

33% OFF
FROM BC
ORGANIC



$1.99 LB
REG $2.99

Organic Cabbage
Green | Red
Lower Mainland

21% OFF
TRUE LOCAL
ORGANIC



$10.99 EA
REG $13.99

SPICER'S FARM
Organic Red Beets
5lb bag



produce

33% OFF

TRUE LOCAL ORGANIC



$9.99 EA

REG $14.99

LINDEN LANE FARM

Organic Carrots

Orange | 5lb bag



30% OFF

FROM BC ORGANIC



$6.99 EA

REG $9.99

Organic Red Russian Garlic

½ lb bag (226g)

Okanagan

20% OFF

TRUE LOCAL ORGANIC



$1.99 LB

REG $2.49

Organic Winter Squash

Assorted Varieties

True Local + Okanagan

36% OFF

ORGANIC



$6.99 EA

REG $10.99

Organic Lemons

2lb bag

Mexico

40% OFF

FROM BC ORGANIC



2 for $12

REG $19.98

Organic #2 Pugly Potatoes

Yellow | Red | Russet | 5lb bag

Lower Mainland

33% OFF

FROM BC ORGANIC



$5.99 EA

REG $8.99

Organic Onions

Yellow | Red | 3lb bag

Okanagan

38% OFF

FROM BC ORGANIC



$7.99 EA

REG $12.99

Organic Potatoes

Yellow | Russet | 5lb bag

Lower Mainland



25% OFF

TRUE LOCAL ORGANIC



3 for $9

REG $11.97

CHUCKLEBERRY FARM

Organic Shoots

Daikon | Pea | Sunflower | 50g | 75g

cheese + tapas

30% OFF



$35.10 KG
REG $50.2

ALEXIS DE PORTNEUF
Caprano Goat Cheddar
750g min

30% OFF



$11.89 EA
REG $16.99

SAPUTO
Friulano
500g

UP TO 30% OFF



SAPUTO
Parmesan Wedges
Pecorino Romano | Parmesan Reggiano | Grana Padano
150g

UP TO 30% OFF



BUY 1
$9.99 /EA
BUY 3
$8.69 /EA
REG. $12.49

WOOLWICH
Chevre
Plain | Fine Herb | 300g

UP TO 30% OFF



BUY 1
$10.39 /EA
BUY 3
$9.09 /EA
REG. $12.99

ALEXIS DE PORTNEUF
Double Cream Brie
300g

20% OFF



$17.59 EA
REG $21.99

TRE STELLE
Cow Feta
850g

25% OFF



$32.99 EA
REG $43.99

TRE STELLE
Grana Padano DOP
1kg

35% OFF



$18.50 KG
REG $28.4

FONTERRA
Mozzarella
1kg min

30% OFF



$19.90 KG
REG $28.4

FONTERRA
Old Cheddar
1kg min

UP TO 30% OFF

ORGANIC



L'ANCETRE
Organic Grass Fed Cheddar
All Varieties

Only 325g Varieties

freeze your cheese

Frozen cheese can change texture and become crumbly when thawed, but still works well in cooked dishes like sauces, soups and casseroles. Follow these tips and your cheese will keep for months:

- Store your cheese in the unopened original packaging, or in zip-top freezer bags with the air pressed out.
- If you intend to store sliced cheese, separate the slices using parchment paper and store it in a bag or airtight container.
- Cheddar, Gouda, Swiss, Chevre and Brie are all great options for freezing.
- Thaw cheese in the refrigerator or cook it from the frozen state on pizzas, in casseroles, or in a grilled cheese sandwich.
- Use thawed cheese within two to three days of pulling it from the freezer.
- Use frozen cheese within three months.

cheese + tapas

30% OFF



$7.59 EA
REG $10.79

CASTELLO
Creamy Havarti
425g

UP TO 40% OFF



BUY 3
$4.59 /EA
BUY 6
$3.99 /EA
REG. $6.59

CASTELLO
Brie + Camembert
125g

40% OFF



$19.99 EA
REG $33.49

KRINOS
Kalamata Olives
Pitted | 1kg

40% OFF



$18.79 EA
REG $31.29

KRINOS
Kalamata Olives
With Pits | 1kg

30% OFF



$26.59 EA
REG $37.99

DIVINA
Castelvetrano Olives
Pitted | 1kg

35% OFF



$22.69 EA
REG $34.99

DIVINA
Castelvetrano Olives
With Pits | 1kg

30% OFF



$22.99 EA
REG $32.99

DIVINA
Mediterranean Olive Medley
With Pits | 1kg

30% OFF



$26.59 EA
REG $37.99

DIVINA
Grilled Olives
Pitted | 1kg

30% OFF



$13.99 EA
REG $19.99

SAN REMO
Grilled Artichokes in Oil
1kg

25% OFF



$12.39 EA
REG $16.49

SAN REMO
Sundried Tomatoes in Oil
1kg

UP TO 40% OFF



BUY 3
$3.15 /EA
BUY 6
$2.69 /EA
REG. $4.49

ILLIOS
Crostinis
All Varieties | 175g

UP TO 30% OFF



DIVINA
Artisan Spreads + Jams
All Varieties

wellness

33% OFF

ORGANIC FAIR TRADE



$19.99 /EA
REG $29.99

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

34% OFF



$18.99 /EA
REG $28.99

how to dilute

Face: 2 or 3 drops of soap on wet hands, applied to wet face.

Body: one small squirt of soap on a wet washcloth, applied to a wet body.

All-purpose cleaner: ¼ cup of soap in a quart of water in a spray bottle. Add ¼ tsp. tea tree essential oil if desired.

Dishes (handwashing): Pre-dilute 1 part soap with 10 parts water. Squirt on a scrub brush and scrub dishes.

32% OFF



$14.99 /EA
REG $21.99

EVERYONE
3-in-1 Soap
All Varieties | 946ml

32% OFF



$6.79 /EA
REG $9.99

EVERYONE
Hand Soap
All Varieties | 377ml

Naturally moisturizing liquid hand soaps, scented with essential oils. Synthetic fragrance-free.

UP TO 33% OFF



BUY 1
$6.99 /EA
BUY 3
$5.99 /EA
REG. $8.99

HIMALAYA
Toothpaste
All Varieties | 150g

32% OFF



$16.99 /EA
REG $24.99

EVERYONE
3-in-1 Lotion
All Varieties | 946ml

32% OFF



$14.99 /EA
REG $21.99

EVERYONE
Kid's Soap
All Varieties | 946ml

UP TO 40% OFF



BUY 1
$3.99 /EA
BUY 3
$2.99 /EA
REG. $4.99

BAMBO NATURE
Wipes
64ct

29% OFF



$9.99 /EA
REG $13.99

CRATE 61
Bar Soap
All Varieties | 3 pack

Cold-pressed, plant-based soaps made with skin-nourishing ingredients and essential oils.

UP TO 35% OFF

ORGANIC



BUY 1
$6.49 /EA
BUY 3
$5.49 /EA
REG. $8.49

JONI
Tampons
Super | Regular | 16ct

wellness

35% OFF



$8.49 /EA
REG $12.99

NOW
Lemon Essential Oil
30ml

35% OFF



$7.79 /EA
REG $11.99

NOW
Eucalyptus Essential Oil
30ml

35% OFF



$12.99 /EA
REG $19.99

NOW
Lavender Essential Oil
30ml

36% OFF



$8.99 /EA
REG $13.99

NOW
Peppermint Essential Oil
30ml

33% OFF



$19.99 /EA
REG $29.99

ITL HEALTH
Magnesium Flakes
2kg

- Helps ease muscle tension, soreness, stiffness, and cramps after physical activity.
- Supports relaxation
- Hydrates dry skin, soothes inflammation, itching, and reduces flaking

DIY AROMATIC BATH SALT

Salts (magnesium or epsom) do not properly disperse essential oils in the bath alone. Combine the essential oils with a carrier oil and salt, then add to the bath.

HOW TO MAKE: Place 20-30 drops of essential oil in a bowl, add 2 Tablespoons of carrier oil. Add 2 cups of bathing salts. Store in glass jar. Add ½ cup to running bath water.

30% OFF



TRUE LOCAL

$13.99 /EA
REG $19.99

HONEY BEE ZEN
Tea Light Candles
12 pack



32% OFF



$14.99 /EA
REG $21.99

WELEDA
Original Ultra Rich Cream
Skin Food | 75ml

Transforms skin to appear more luminous.

36% OFF



ORGANIC

NEW ROOTS HERBAL
Rosehip Seed Oil
30ml

Revitalizes dry and dull skin, delays premature aging, and improves skin elasticity.

38% OFF



NEW ROOTS HERBAL
Body Muscle Massage Lotion
250ml

Provides optimal sore muscle relief.

41% OFF



$15.99 /EA
REG $26.99

SUKIN
Shampoo + Conditioner
Natural Balance | Hydrating | 1L

wellness

36% OFF

FROM BC

ORGANIC



ALPHA

Supreme MCT Oil

60/40 | 1L

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

28% OFF

ORGANIC



$17.99 /EA

REG $24.99

ORGANIC TRADITIONS

Cacao Powder

454g

Naturally fermented and minimally processed to retain valuable nutrients.

38% OFF

ORGANIC



FLORA

Flax Oil

941ml

Rich in anti-inflamatory omega-3s.

33% OFF







FROM BC

ORGANIC

HARMONIC ARTS

Herbal Lattes

All Varieties

Cozy up with a smooth, full-bodied delicious, blends of nourishing matcha, or cacao + 5 restorative mushrooms in a base of oat milk powder.

33% OFF





FROM BC

ORGANIC

HARMONIC ARTS

Lion's Mane | Five Mushroom Blend

45g

IMPROVED BRAIN HEALTH

Creatine may support brain health by providing energy to brain cells, reducing mental fatigue and making it easier to focus.

It may reduce the risk of neurodegenerative diseases and or prevent further degeneration.

PHYSICAL HEALTH BENEFITS

Creatine helps produce ATP, the primary energy carrier in cells, which can boost overall energy levels, muscle strength as well as recovery after injury or intense physical exercise.

As we age, creatine can prolong an active lifestyle and prevent muscle + bone density loss.

METABOLIC BENEFITS

Better blood sugar control: Creatine supports sugar transport into muscles, improving blood sugar control and potentially reducing the risk of diabetes.



30% OFF

$24.49 /EA

REG $34.99

VEGA

Creatine

500g

35% OFF



GOOD PROTEIN

All In One Shake

Vanilla + Chocolate | 880g

Protein, fibre, enzymes + probiotics in one.

UP TO 36% OFF



FROM BC

BUY 1

$15.99 /EA

BUY 2

$13.99 /EA

REG. $21.99

ENER LIFE

Ener C

All Varieites | 30 pack

Energizing Vitamin C and B, as well as minerals.

wellness

In a busy world, relaxation is paramount to restoring balance in your system, creating greater mental as well as physical resilience.

Restorative sleep as well as daily nervous system support can help you take challenges in stride while also supporting a healthy digestive system.

36% OFF



FROM BC

$18.49 /EA

REG $28.99

NATURAL FACTORS
Gaba 100mg
60t

Reduces the effects of acute mental anxiety.

35% OFF



FROM BC

$16.99 /EA

REG $25.99

NATURAL FACTORS
Mental Calmness 100mg
60t

Supports a sense of calm mental focus + relaxation.

36% OFF



FROM BC

$17.99 /EA

REG $27.99

NATURAL FACTORS
Tranquil Sleep
Tropical Fruit | 60t

Contains Sun-L-theanine, melatonin, and 5-HTP for sound + restful sleep.

37% OFF



FROM BC

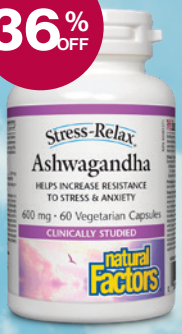
$16.99 /EA

REG $26.99

NATURAL FACTORS
Magnesium Citrate Powder
Berry | Tropical | 250g

Supports muscle function + relaxation.

36% OFF



FROM BC

$17.99 /EA

REG $27.99

NATURAL FACTORS
Ashwagandha 600mg
60c

Helps increase the body's resistance to stress. Supports sleep and memory.

37% OFF



FROM BC

$9.49 /EA

REG $14.99

NATURAL FACTORS
Melatonin 3mg
210t

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

39% OFF



FROM BC

NATURAL FACTORS
Magnesium Bisglycinate 200mg
250c

An essential mineral for muscle fuction, relief from muscle cramps, relaxation and better sleep.

36% OFF



FROM BC

$13.99 /EA

REG $21.99

NATURAL FACTORS
B12 Methylcobalamin
1000mg | 210t

Boosts energy, brain function, and memory.

34% OFF



FROM BC

NATURAL FACTORS
Theracurmin 30mg
60c

Provides whole body anti-inflammatory support.

40% OFF



FROM BC

$21.99 /EA

REG $36.99

NATURAL FACTORS
Co Q10 100mg
120c

Powerful antioxidant supporting brain + cardiovascular health as well as energy production.

36% OFF



FROM BC

NATURAL FACTORS
Ultimate Multi Probiotic 12 billion
120c

Multi-strain probiotic for broad spectrum gut health support.

wellness

37% OFF

$21.99 /EA
REG $34.99

FROM BC



NATURAL FACTORS
Anti-Viral
100ml

The body fights viral invasion on a daily basis, long before the first sign of fever, sore throats, or sniffles sets in.

Anti-Viral can be taken long term to boost resistance to cold and flus or at the beginning of cold & flu symptoms.

- **Immune Supportive herbs:** Astragalus, Reishi, Echinacea
- **Antiviral herbs:** Lomatium, Licorice

36% OFF



FROM BC

$15.99 /EA
REG $24.99

NATURAL FACTORS
Oil of Oregano
30ml

Antimicrobial that effectively tackles bacterial, yeast, fungal, and parasitic infections.

34% OFF



FROM BC

$24.99 /EA
REG $37.99

NATURAL FACTORS
N-Acetyl-L-Cysteine
Bonus | 180c

Thins mucus + repairs lung tissue.

34% OFF



FROM BC

$24.99 /EA
REG $37.99

NATURAL FACTORS
BioCgel
210t

- Combined with Berryrich + citrus flavonoids, this vitamin C offers a superior antioxidant profile
- Excellent for inflammation, vascular health, as well as tissue and bone maintenance
- Liposomal technology enhances absorption + maximizes cellular delivery

38% OFF



FROM BC

$15.99 /EA
REG $25.99

NATURAL FACTORS
Vitamin K2 120mcg
120c

Helps to decalcify arteries. Supports the building of strong bones.

33% OFF



FROM BC

$39.99 /EA
REG $59.99

NATURAL FACTORS
RxOmega-3
900mg | 150c

Cardiovascular, joint, and brain support.

36% OFF



FROM BC

$17.99 /EA
REG $27.99

NATURAL FACTORS
L-Glutamine
300g

Supports muscle recovery and gut lining.

40% OFF



FROM BC

PRAIRIE NATURALS
Vitamin D 2500IU
550c

Optimizes immune support and mental wellbeing during the winter months.

44% OFF



FROM BC

PREFFERED NUTRITION
Vitamin D 2500 IU
90 gummies

43% OFF



NATURE'S WAY
Zinc Gummies
60ct

Immune and mucus membrane support in delicious format.

wellness

38% OFF



$19.99 /EA
REG $31.99

NAKA PLATINUM
Heme Iron
60c

Helps to prevent iron deficiency. Protein-bound for easy assimilation. Animal sourced.

33% OFF



NEW ROOTS HERBAL
Ultra Zinc 30mg
90c

Supports immune and thymus gland function, strengthens cell membranes.

35% OFF



NEW ROOTS HERBAL
Ultra B Complex 50mg
90c

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

35% OFF



NEW ROOTS HERBAL
Liver
90c

Protect liver cells with concentrated antioxidants, supports bile production and detoxification.

35% OFF



NEW ROOTS HERBAL
Digestive Enzymes HCL
100c

Comprehensive digestive support to ease post meal heaviness or bloating + enhance nutrient assimilation.

- **Betaine HCL:** Supports healthy stomach acid levels.
- **Pancreatic Enzymes:** Supplies protease, amylase, and lipase to digest proteins, carbs, and fats.
- **Ox Bile:** Standardized to 45% cholic acids to help digest fats and support people with low bile production or a removed gallbladder.
- **Pepsin A + Papain:** Extra enzymes that help break down proteins

36% OFF

ORGANIKA



ORGANIKA
Organic Gelatinized Maca
400g

Supports hormone balance and increases stamina.

36% OFF



ORGANIKA
Bone Broth
Chicken | Beef | 300g

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

35% OFF



ORGANIKA
Full Body Collagen
500g

Collagen peptides, enhanced with L-tryptophan, hyaluronic acid, vitamin C + zinc for joint, skin and muscle support.

35% OFF



ORGANIKA
Digest Greens Gut Health
340g

Delicious greens powder designed to support overall digestive health and detoxification. Formulated with a potent blend of organic greens and herbal extracts such as Milk Thistle, Turmeric, Sweet Fennel, and Globe Artichoke, and liver supportive nutraceuticals Alpha lipoic Acid and N-Acetyl Cysteine, this powerhouse powder provides nutritional support of vitamins, Minerals and phytonutrients while simultaneously offering effective bloat relief and liver function support, helping you feel revitalized every day.

36% OFF



ORGANIKA
Basic Electrolytes
All Varieties | 210g

Supports hydration, muscle function and energy production.

shopping local matters

locally invested

Our **True Local** program spotlight's food + products grown or crafted **within 160km of your Co-op,** keeping dollars, jobs, and connections close to home. The closer to home your food is grown, the more resiliency it builds for your community.



Kootenay co-op

impact report

JUNE 1, 2025 - MAY 31, 2026







shared success

Your Co-op is owned by the people who shop here, which makes last year's story yours too. It's all in the Impact Report. Scan the QR code to read it.