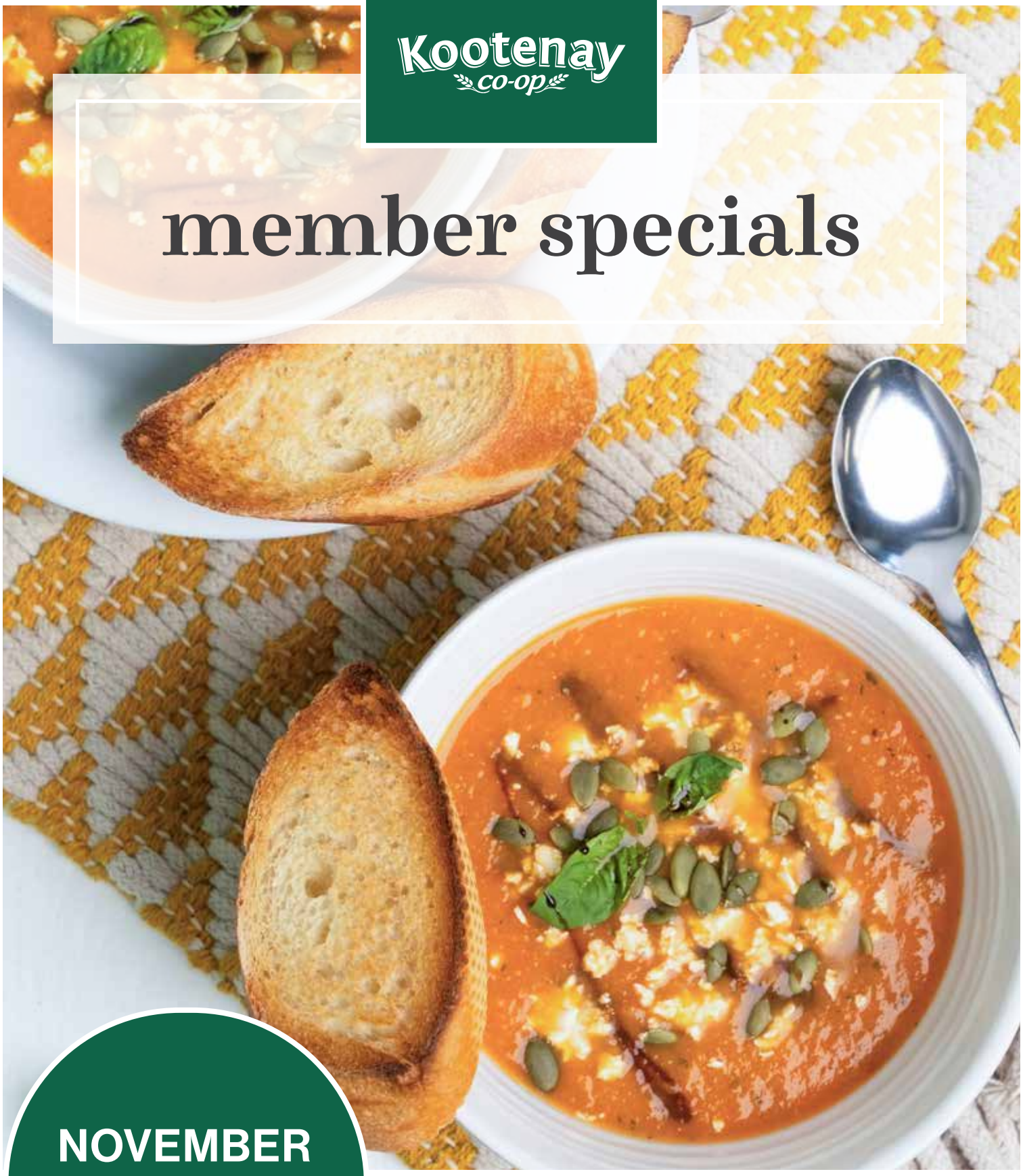
Kootenay co-op

member specials



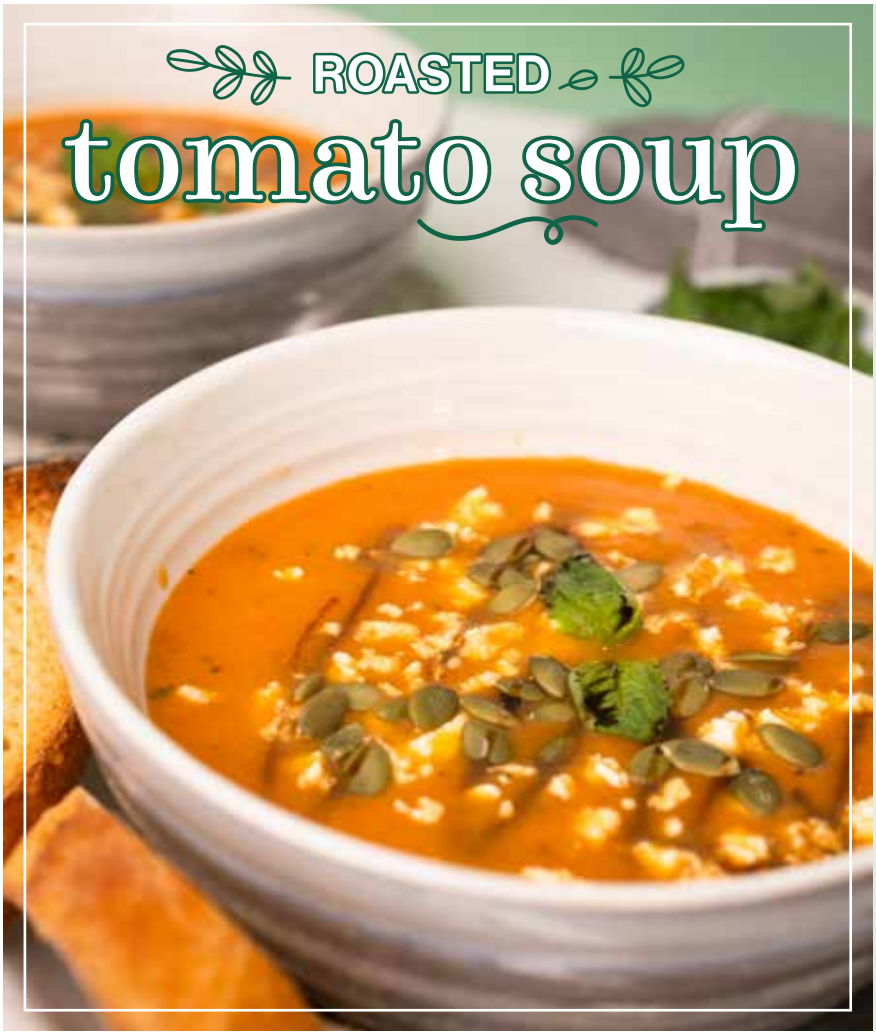
NOVEMBER 1 - 30, 2026

Cook the Cover:
Roasted
Tomato Soup

Support your
Immune System

November
Bulk Sale

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



- 4-5 large heirloom tomatos
- 1 large carrot
- 1 pepper
- 1 onion (optional)
- 4 cloves garlic
- olive oil
- handful basil
- 500ml chicken broth or bouillon
- salt
- pepper
- feta cheese, pumpkin seeds, balsamic glaze (optional, for toppings)

Halve onion and cut carrot lengthways and place on sheet pan with whole tomatoes and pepper. Break off 4 garlic cloves, skin on, and add to sheet pan. Generously drizzle with oil and place in 375 degree oven for 45 minutes or until veggies are well roasted.

Take out and pull crisped skin off pepper and remove seeds and stem, cut top off carrot and remove skin from garlic and onion and place all veggies in the blender (or pot if mashing or using immersion wand). Pour the oil and juices from the sheet pad into blender too. Throw in basil, add broth, salt and pepper, and blend until smooth consistency. Add more broth until you get the consistency you desire.

If using broth, you will need to add more salt to cut through the acidity of the tomatoes, while bouillon should be salty enough. Heat if needed, and then serve with crumbled feta, pumpkin seeds, and drizzle with of balsamic glaze on top. Enjoy with some crusty sourdough bread and butter!



ORGANIC

22% OFF

BIOITALIA
Organic Pasta + Sauce
All Varieties | 500g



ORGANIC

$3.99 /EA
20% OFF

OTELIA
Protein Pasta
All Varieties | 200g



ORGANIC

$4.99 /EA
SAVE $1

ILIOS
Organic Broth
All Varieties | 946ml



ORGANIC

$6.49 /EA
SAVE $1.50

PACIFIC
Organic Soup
All Varieties | 1L



ORGANIC

$3.99 /EA
20% OFF

GOBIO
Organic Bouillon Cubes
All Varieties | 66g



ORGANIC

$4.99 /EA
SAVE $1.50

YORKSHIRE VALLEY
Organic Chicken Soup
Noodle | Rice | 398ml

Even more great items on sale in-store + online!




ORGANIC FROM BC

$5.49 /EA

SAVE $1.50

NATURE'S PATH
Organic Toaster Pastries
Cherry | Berry Strawberry | 312g



FROM BC ORGANIC

$4.99 /EA

SAVE $1.50

NATURE'S PATH
Organic Waffles
All Varieties | 210g



$3.99 /EA

20% OFF

LOOP
Cold-Pressed Juice
All Varieties | 300ml



GLUTEN FREE FROM BC

$6.99 /EA

SAVE $1

LITTLE NORTHERN BAKEHOUSE
Gluten-Free Bread
All Varieties | 482g




FROM BC ORGANIC

25% OFF

EVERLAND
Organic Nut Butter
All Varieties | 340g



ORGANIC

$12.99 /EA

SAVE $4

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



Recipe from www.nutstoyou.ca

salted maple cereal squares

- 2¼ cups rice cereal
- ½ cup chopped toasted nuts/ seeds, chocolate chips or dried fruit
- ½ cup Nuts to You Tahini
- ¼ cup coconut oil
- ¼ cup maple syrup
- 1 tsp vanilla extract
- Pinch of salt for garnish

Line a regular-sized (8½" x 4½") loaf pan with parchment paper.

In a mixing bowl, combine puffed rice and nuts/seeds/chocolate/dried fruit. Set aside.

Place the tahini, coconut oil, maple syrup and vanilla extract in a small pot. Heat on medium and stir until melted and well combined. Pour into the bowl of puffed cereal and mix well.

Drop this mixture into the prepared loaf pan. Use a spatula or the back of a spoon to press and flatten the mixture into a flat layer.

Sprinkle with salt and put in the refrigerator for 30 minutes or until firm.

Cut into 8 bars and serve chilled!



ORGANIC FAIR TRADE

$8.99 /EA

SAVE $3

NUTS TO YOU
Organic Tahini
500g

grocery



FROM BC

$13.99 /EA

SAVE $2

AELO
Non-Alcoholic Cocktails
All Varieties | 4x355ml



$10.99 /EA

SAVE $4

SIMPLY COCKTAILS
Cocktail Mixers
All Varieties | 480ml



FROM BC

$5.99 /EA

25% OFF

GONE CRACKERS
Gourmet Crackers
All Varieties | 142g



PLANT-BASED

$11.99 /EA

25% OFF

GREEN GODDESS FROMAGERIE
Artisan Vegan Cheese
All Varieties | 200g



PLANT-BASED | GLUTEN FREE | FROM BC

$8.49 /EA

15% OFF

OKANAGAN RAWSOME
Veggie Crisps
All Varieties | 145g



ORGANIC

$13.99 /EA

25% OFF

SOTA
Adaptogen Sparkling Tea
All Varieties | 6x355ml





FROM BC | PLANT-BASED

$7.99 /EA

SAVE $2

MILLSIE
Cashew Spread
All Varieties | 185g





GLUTEN FREE | NON-GMO

$4.99 /EA

SAVE $1

RICEWORKS
Rice Chips
All Varieties | 155g



ORGANIC

20% OFF

ELAN
Organic Nuts and Berries
All Products | 125g-250g





FROM BC

$1.99 /EA

29% OFF

NOOCHPOP
Nutritional Yeast Popcorn
All Varieties | 20g



NON-GMO

$4.99 /EA

SAVE $1

FINN CRISP
Original Rye Crispbread
200g



FAIR TRADE

$6.49 /EA

SAVE $1.50

GALERIE AU CHOCOLAT
Chocolate Bars
All Varieties | 100g

Even more great items on sale in-store + online!



$4.99 /EA

21% OFF

LIBERTE
Mediterranean Yogurt
All Varieties | 500g



NON-GMO

FROM BC

$4.49 /EA

SAVE $1

POPTASTIC
Popcorn
All Varieties | 130g



NON-GMO

$11.49 /EA

SAVE $3.50

KEFIR KULT
Coconut Kefir
All Varieties | 359ml



ORGANIC

$4.99 /EA

SAVE $1

LA TORTILLA
Organic White Flour Tortillas
216g



FROM BC

GLUTEN FREE

PLANT-BASED

$7.49 /EA

25% OFF

BLISS BALLS
Energy Balls
All Varieties | 150g



NON-GMO

$11.99 /EA

SAVE $3

ABOKICHI
Japanese Chili Oil
All Varieties | 230ml

TRUE LOCAL

Natural Farmworks

Brad and Sheila are the owners of Natural Farmworks, a 400-acre farm in Bridesville. They are proud to grow premium herbal infusions using regenerative farming practices, prioritizing soil biology over chemical shortcuts. The natural conditions of the region's unique climate and mineral-rich soil, create the ideal environment for growing nutrient-dense greens. Their on-farm processing methods are designed to preserve every nutrient. They slow-dry the leaves to preserve their vibrant green color and nutrient profile, then hand-blend them to create balanced, gut-friendly infusions.





18 % OFF

NATURAL FARMWORKS
Super Greens Tea
All Varieties | 45g-100g



hot deal

NON-GMO

$11.99 /EA

SAVE $5

MANITOBA HARVEST
Hemp Hearts
454g





hot deal

ORGANIC

$4.99 /EA

SAVE $2

ANNIE'S HOMEGROWN
Bunny Grahams
Chocolate | Honey | 213g





ORGANIC

GLUTEN FREE

$6.99 /EA

SAVE $2

FOOD EARTH
Simmer Sauce
All Varieties | 290ml



PLANT-BASED

GLUTEN FREE

FROM BC

$7.99 /EA

22% OFF

REBEL FOODS
Gluten-Free Cookies
All Varieties | 300g

22% OFF





FROM BC

PLANT-BASED

2 for $7

TAJ MAHAL
Indian Meals
All Varieties | 285g



hot deal

FROM BC

ORGANIC

$6.49 /EA

35% OFF

SAY WHEN!
Organic Chai
All Varieties | 946ml



grocery



$12.99 /EA

SAVE $3

MAISON ORPHEE
The Perfect Oil
500ml



GLUTEN FREE · ORGANIC

$5.99 /EA

20% OFF

LUNDBERG
Rice Cake Thins
All Varieties | 167g

33% OFF



hot deal

2 for $4

BLUE MONKEY
Sparkling Juice
All Varieties | 330ml

22% OFF



GLUTEN FREE

2 for $7

BARBARA'S BAKERY
Cheese Puffs
All Varieties | 155g-198g



NON-GMO · FROM BC

$3.79 /EA

SAVE $1

HARDBITE
Kettle Chips
All Varieties | 150g



$19.99 /EA

SAVE $7

CABOO
2-Ply Toilet Tissue
24 Rolls



ORGANIC

$10.99 /EA

12% OFF

BRAGG
Apple Cider Vinegar
946ml

16% OFF





GLUTEN FREE · NON-GMO

2 for $5

CHIMES
Ginger Chews
All Varieties | 42.5g



PLANT-BASED · FROM BC · NON-GMO

$5.49 /EA

SAVE $1

DAIYA
Dairy-Free Shreds
All Varieties | 200g



PLANT-BASED · NON-GMO

$6.99 /EA

SAVE $2

DANDIES
Vegan Marshmallows
283g



NON-GMO · PLANT-BASED

$9.99 /EA

SAVE $2

ENJOY LIFE
Allergen-Free Chocolate Chips
All Varieties | 255g



$13.99 /EA

SAVE $3

ECO-MAX
Hypoallergenic Laundry Pacs
30x18g

grocery



PLANT-BASED · NON-GMO · GLUTEN FREE

$3.29 /EA

SAVE $1

TRUBAR
Energy Bars
All Varieties | 50g



FROM BC · PLANT-BASED

$9.99 /EA

SAVE $3

VINKER FOODS
Korean Chick'n
Spicy | Crispy |
255g-325g



NON-GMO · GLUTEN FREE · PLANT-BASED

$8.49 /EA

15% OFF

AMY'S KITCHEN
Curry Bowls
All Varieties |
269g-283g



NON-GMO

$6.99 /EA

SAVE $1

FOOD FOR LIFE
Tortillas
All Varieties |
283g-340g



GLUTEN FREE · NON-GMO

$6.49 /EA

28% OFF

CHICKAPEA PASTA
Pasta Meals
All Varieties | 198g



$11.99 /EA

SAVE $2

GT'S SYNERGY KOMBUCHA
Raw Kombucha
All Varieties | 1.4L



ORGANIC

$14.99 /EA

SAVE $3

MATEINA
Loose Leaf Yerba Mate
454g

22% OFF



GLUTEN FREE

2 for $7

RICE UP
Rice Chips
All Varieties | 120g



ORGANIC · GLUTEN FREE

$4.49 /EA

SAVE $1

MADE GOOD
Mini Cookies
All Varieties | 5x24g



FROM BC

$6.99 /EA

SAVE $2

HAPPY PLANET
Smoothies
All Varieties | 900ml



FROM BC · ORGANIC

$3.99 /EA

20% OFF

HEALTHY HOOCH
Organic Kombucha
All Varieties | 500ml

Even more great items on sale in-store + online!



ORGANIC

$3.79 /EA

SAVE $1

RISE
Organic Kombucha
All Varieties | 414ml



NON-GMO

$2.99 /EA

21% OFF

THIRSTY BUDDHA
Coconut Water
Original | With Pulp | 490ml



NON-GMO

PLANT-BASED

$6.99 /EA

SAVE $2

TOFURKY
Plant-Based Chick-n
227g



ORGANIC

$5.99 /EA

23% OFF

YOGI
Organic Tea
All Varieties | 16 bags

hot deal

FROM BC



$6.49 /EA

35% OFF

BETTER ACRES
Ice Cream
All Varieties | 473ml



ORGANIC

$10.99 /EA

SAVE $3

KARTHEIN'S
Organic Sauerkraut
All Varieties | 750ml



Beth Campbell creates small-batch chocolate magic from her rural home in the Kootenays using superfoods, alternative sweeteners and mindfully-sourced and fairly-traded cacao. Beth was drawn into the world of small-batch artisan chocolate and decided to combine her love of alchemy, medicinal ingredients and flavour combinations to bring you chocolate that's real. Beth also found a way to accelerate the benefits of this magical superfood.



28% OFF

TRUE LOCAL

2 for $13

VIVA CACAO
Superfood Chocolate Bars
All Varieties | 50g

butcher shop



$23.33/KG
15% OFF

CUTTER RANCH
Pork Side Ribs



$28.75/KG
10% OFF

CUTTER RANCH
Pork Loin Chops
Boneless



$27.40/KG
10% OFF

CUTTER RANCH
Pork Loin Roast
Boneless



$27.40/KG
10% OFF

CUTTER RANCH
Pork Chops
Bone-in



$26.50/KG
10% OFF

CUTTER RANCH
Pork Roast
Bone-in



$13.87/KG
25% OFF

BRADNER ORGANICS
Chicken Wings
Frozen



$3.35/100G
20% OFF

CASTELLO
Tickler Mature Cheddar



$3.75/100G
20% OFF

CASTELLO
Aged Havarti



$5.59/EA
30% OFF

TRE STELLE
Ricotta
475g



$9.99/EA
20% OFF

WOOLWICH
Soft Goat Chevrai
All Varieties | 300g



$5.19/100G
20% OFF

BELTON FARM
Red Fox
Aged Red Leicester



$5.47/100G
25% OFF

COOMBE CASTLE
Blueberry Wensleydale

Even more great items on sale in-store + online!



$2.99 /100G
25% OFF

CASTELLO
Traditional Danish Blue Cheese



FROM BC

20% OFF

MOCCIA URBANI
Italian Style Salami
All Varieties | 170g



$2.99 /100G
25% OFF

DIVINA
Mediterranean Olive Medley
With Pits



$2.95 /100G
20% OFF

KRINOS
Green Olive with Feta
Only available at the service case



$5.59 /EA
20% OFF

MESTEMACHER
European Rye Breads
All Varieties | 500g



$6.39 /EA
20% OFF

SAPUTO
Parmigiano Reggiano Wedge
150g

L&C French Bakery

These traditional loaf cakes (gâteaux de voyage) are crafted in true French style—rich, dense, balanced, and nostalgic. Made fresh right here in Nelson, these are the exact treats French kids grow up enjoying for goûter (afternoon snack) and adults pair with their morning espresso.









Quatre-Quarts au Citron
Lemon Pound Cake

Baked to buttery perfection, finished with a bright, crisp lemon glaze that cuts through the richness.

Gâteau Marbré
Marble Cake with Chocolate Rocher Glaze

Swirled light and rich cocoa cake coated with a chocolate glaze studded with crunchy cocoa nibs for a satisfying texture.

TRUE LOCAL

L&C FRENCH BAKERY

wellness



$12.99 EA

24% OFF

ACTIVE HUMANS

Deodorant Spray

All Varieties | 30ml



26% OFF

BIRCH BABE

Face care

All Products

Clean, sustainable skincare products.



$16.99 EA

23% OFF

CURELLE

Shampoo + Conditioner

All Varieties | 500ml

500ml Body Lotion also on sale



20% OFF

DR. HAUSCHKA

Face Care Line

All Products

Formulated with the finest plant oils and essences derived from plants grown biodynamically, organically, or responsibly harvested in the wild.



20% OFF

MOUNTAIN SKY

Castile Soap, Bar Soap + Hair Care Bars

All Varieties

Lip balm also on sale



$17.99 EA

22% OFF

HERBATINT

Hair Colour

All Varieties

Formulated with minimal chemical ingredients, balanced with natural herbal extracts.



$19.99 EA

23% OFF

SEAWEED BATH CO

Lotion + 3 in 1 Wash

All Varieties | 887ml

NON-GMO



25% OFF

DESERT ESSENCE

Dental Care Products

hot deal



29% OFF

ACURE

Natural Face + Hair Care

All Products

hot deal



$19.99 EA

50% OFF

HERITAGE STORE

Castor Oil

946ml

Highly versatile, castor oil can be used for detoxifying castor packs, for hydrating skin + hair, and for building bolder brows + lashes.

wellness

FROM BC



21% OFF

OM NATURALE
Face + Body Moisturizers
All Products
Made using organic, regeneratively farmed ingredients grown on their family farm.

FROM BC



20% OFF

PURE POTENT WOW
Essential Oils
All Varieties
Organic, wildcrafted, and sustainably sourced essential oils.



15% OFF

SANTEVIA
Water Filtration Systems
All Products | Santevia's one-of-a-kind filtration systems mimic the natural process of mineralization to create perfectly balanced alkaline water.



27% OFF

ROUTINE
Natural Luxurious Body Care
All Products
Personal care products that feel + smell incredible, complimenting your pheremones without compromise!

ORGANIC

hot deal



33% OFF

WELEDA
Baby Care Line
Formulated with gentle plants + flowers.



$15.99 EA
24% OFF

HERITAGE STORE
Rose Floral Water
240ml
Provides hydration, sets makeup, and refreshes!
Mouthwash also on sale



25% OFF

SAAVY
Body Care
All Products
Luxurious body care to delight your senses and nourish your skin.
Candles also on sale



$10.49 EA
25% OFF

SCHMIDT'S NATURALS
Deodorant
All Varieties | 75g
Gentle, all day odor protection.

ORGANIC



25% OFF

ORGANYC
Menstrual + Beauty Products
All Products
Made from organic cotton.

hot deal



29% OFF

RADIUS
Oral Care Products
All Products
Sustainable solutions for a brighter smile!

ORGANIC



$14.99 EA
25% OFF

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

Nourish Your Immunity



As the days grow shorter and the temperature begins to drop, many of us start looking forward to the season ahead: the first snowfall, cozy evenings indoors, and weekends on the ski hill. Unfortunately, colder weather also tends to bring sore throats, sniffles, and seasonal illnesses. The good news is that there are many natural ways to support a healthy immune system, from eating nutrient-dense foods and managing stress to incorporating targeted supplements into your routine. Read more about ways to nourish your immunity by scanning the QR Code!



32% OFF

Assorted Products

hot deal

A. VOGEL

Immune Support Products

Made with fresh echinacea extract providing immune support as well as offering antiviral properties. Prevents and fights infection more effectively reducing cold and flu symptoms by 65%. Choose between different delivery and combination formats that best suit your needs.



23% OFF

500ml | *Elderberry crystals also on sale*

ORGANIC

FLORA

Sambuguard Elderberry Liquid

Enhanced with echinacea + licorice to optimize the anti viral, anti-inflammatory and mucus membrane soothing effects.



$28.99 EA

24% OFF

90c

FROM BC

NATURAL FACTORS

Quercetin Complex 250mg

Boosts immune function to shorten the duration of colds and flus and reduces inflammation and histamine overload.



$20.99 EA

25% OFF

210t

FROM BC

NATURAL FACTORS

Vitamin C 1000mg



$17.99 EA

40% OFF

500c

hot deal

FROM BC

NATURAL FACTORS

Vitamin D 2500 IU

For optimized immune support and mental wellbeing during the winter months



$21.49 EA

20% OFF

100ml

NAKA PLATINUM

Emulsified Vitamin D3

Build up your vitamin D levels for winter to support immune and mood health.



31% OFF

Peach + Watermelon | 10t

hot deal

ORGANIKA

Instant C Immunity



$22.99 EA

21% OFF

30ml | *15ml + 50ml also on sale*

FROM BC

HEDD WYN

Oregano Oil

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

Even more great items on sale in-store + online!



22% OFF

Cold Defense | Immune Depth | Vira Support | Throat Spray | *All other tincture blends also on sale*

FROM BC

HARMONIC ARTS
Cold and Flu Products
Tinctures to bolster immunity, fight off + clear infections, and recover faster.



25% OFF

90c

CANPREV
Cold-Pro
Prevents and aids in the speedy symptomatic relief of colds + flus.



25% OFF

90c

CANPREV
Healthy Lung
Thins mucus, reduces inflammation + repairs lung tissue.



$21.99 EA

21% OFF

All Varieties | 6 pack

BIO K PLUS
Bio-K Regular
Blend of three live bacteria protected + nourished in various substrates for superior efficacy.



28% OFF

All Varieties

FLORA
Probiotics
Symbiotic probiotic strains grown together for optimal compatability with the human digestive tract.



$34.99 EA

19% OFF

Raw | 340g

WEDDERSPOON
Manuka Honey 16+



$15.99 EA

20% OFF

300ml

NIN JIOM
Cough Syrup Pei Pa Koa



$24.99 EA

31% OFF

473ml | *941ml also on sale*

ORGANIC

hot deal

SURO
Breathe
Soothes + relaxes bronchial airways, clears excess mucus + improves congestion during colds.



$15.99 EA

20% OFF

100g | *Acai + Amla also on sale*

ORGANIC

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



20% OFF

Colostrum | Sea Buckthorn Berry | 5 + 16 Mushroom Blend | *Nettle + Pine Pollen + Lions Mane also on sale*

ORGANIC

NEW EARTH ORGANICS
Medicinal Mushrooms + Superfoods
Support immunity + resilience to both physical and mental stress as well as offering antioxitants and natural Vitamin C to reduce inflammation.



21% OFF

Cod Liver Oil | Norwegian Omega-3 | Icelandic 1250mg

NAKA PLATINUM
Omega-3 Products
For brain, heart, joint, mood and general anti-inflammatory support. Especially beneficial during cold + flu recovery or to prevent cellular damage during infections.



$59.99 EA

20% OFF

All Varieties

GRASS-FED

CONFIDENT

Big Beef Protein

A blend of collagen + beef isolate supporting muscle repair, growth, and recovery. Includes MCT to optimize energy production.



$77.99 EA

19% OFF

All Varieties | 720g

KAHA NUTRITION

New Zealand Whey Isolate



$69.99 EA

19% OFF

All Varieties | 720g

KAHA NUTRITION

New Zealand Whey Concentrate

Cross flow microfiltration whey with up to 10% immunoglobulins and high levels of Alpha whey fraction supports muscle recovery, blood sugar balance and immunity. Hormone and Antibiotic-free.



26% OFF

All Varieties | 600g

ORGANIC

GENUINE HEALTH

Fermented Vegan Proteins+

Smooth textured protein. Fermented for optimal digestion and assimilation. Strengthens gut health and amplifies nutrition.



$23.99 EA

25% OFF

Chocolate | Vanilla | 579g

LEANFIT

Protein + Greens

Blend of pea, rice, and hemp protein, with a nutritional boost from kale, broccoli, spinach, and alfalfa.



$31.99 EA

20% OFF

Vanilla | 375g

750g also on sale

ORGANIC

SUNWARRIOR

Classic Rice Protein

Hypoallergenic sprouted + fermented brown rice protein, balanced amino acid profile + BCAA's.



20% OFF

All Varieties | 500g

Multi Collagen also on sale

FROM BC

TOTAL BODY

Collagen

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



$54.99 EA

31% OFF

All Varieties | 775g

ORGANIC

hot deal

YOUNITED

All in One Protein + Superfood



$44.99 EA

30% OFF

All Varieties | 292g

ORGANIC

hot deal

YOUNITED

All in Organic Superfood

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

wellness



29% OFF

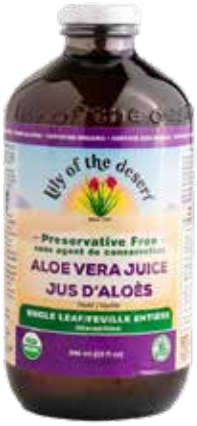
600g

hot deal

ORGANIKA

Collagen Protein + Greens All In One

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



$13.99 EA

22% OFF

946ml

ORGANIC

LILY OF THE DESERT

Aloe Vera Juice

Enhances absorbtion of other nutrients and soothes gut inflammation.



$11.99 EA

33% OFF

500ml

hot deal FROM BC

ALPHA

Flax Oil

Rich source of anti-inflammatory omega-3 fats.



$22.99 EA

28% OFF

454g

FAIR TRADE ORGANIC

NAVITAS ORGANICS

Cacao Powder

Made from Fairtrade and Regenerative Organic Certified cacao beans that are naturally fermented and minimally processed, to retain valuable nutrients.



$9.49 EA

21% OFF

200g

Maca also on sale

ORGANIC

ORGANIC TRADITIONS

Ashwagandha

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



$13.99 EA

22% OFF

218g

Fibre Fuel also on sale

ORGANIC

ORGANIC TRADITIONS

Fiber Flow

Delivering 8g of plant-based prebiotic fiber plus probiotics that dissolve instantly for smooth, simple, everyday support for digestion and gut health.



$47.99 EA

25% OFF

180c

FROM BC GRASS-FED

LAND PROMISE

Pure Liver



$51.99 EA

25% OFF

180c

FROM BC GRASS-FED

LAND PROMISE

Essential Organs

Freeze dried beef liver, heart + kidney delivering broad-spectrum vitamins, minerals + cofactors such as coQ10 for optimal energy, immune, and overall wellness support



21% OFF

Enhanced Digestive Enzyme | Bromelain | Saccharomyces Boulardii

NAKA PLATINUM

Digestive Support Products

Improve overall digestion to enhance nutrient breakdown and assimilation with digestive enzymes and probiotics. Clear up pathogenic gut bacteria with heat stable Saccahromyces Boulardii.

wellness



19 % OFF

500ml

ORGANIC

FLORA

MCT Oil

Excellent source of short chain fatty acids providing fast fuel for brain and body.



21 % OFF

200g

ORGANIC

FLORA

Red Beet Crystals

Delicious and nutritious. Boost your iron and oxygen levels for optimum energy.



16 % OFF

500ml | 941ml

ORGANIC

FLORA

Udo's Oil 3-6-9 Blend

This unrefined oil blend is designed to provide the ideal 2-to-1 ratio of omega-3 and omega-6 fatty acids.



20 % OFF

120c

FLORA

Daily Maintenance Enzymes

Relief for gas and bloating while also enhancing nutrient availability for absortion.



26 % OFF

FLORA

Flor Essence 7-Day Purification Program

The essential liquid blood cleansing formula combined with fiber and urinary cleansing herbs for a complete gentle detox.



24 % OFF

240ml | 445 ml

FLORA

Iron+

Ferrous gluconate combined with B vitamins to optimize absorption and body utilization.



24 % OFF

30c

NEW ROOTS HERBAL

Iron Bisglycinate

Plant-sourced amino acid bound iron.



25 % OFF

120c

NEW ROOTS HERBAL

Wild Omega 3

Anti-inflammatory support for heart, brain, joint, and cardiovascular health support.



23 % OFF

90c

NEW ROOTS HERBAL

Evening Primrose Oil 1000mg

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

Even more great items on sale in-store + online!



30% OFF

473ml | 60c

hot deal

E3 LIVE
E3 Live Power ON
This blue green algea is a rich source of vitamins, minerals, amino acids and essential fatty acids as well as P-phenalenine to enhance mood and mental focus.



26% OFF

Aqua Greens | Chlorella | Spirulina | Moringa | 180c + 180t

FROM BC

ORGANIC

FAIR TRADE

PRAIRIE NATURALS
Microalgea + Moringa Supplements
Nutrient-rich micro algaes and super greens providing vitamins, minerals, amino acids, and antioxidants.



20% OFF

All Varieties | 250g | 400g

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



21% OFF

90t | 180t

Bamboo Silica also on sale

ENEREX
Osteo Cal Mag
A balanced bone building formula combining chelated calcium and magnesium with bamboo silica, boron, Vitamins D + K in a green kale superfood base.



20% OFF

60c | 180c

ENEREX
Serrapeptase 120,000 SU
Serrapeptase is a natural enzyme that effectively reduces pain, inflammation, as well as mucous build-up.



25% OFF

120c

15ml also on sale

CANPREV
Vitamin K2 120mcg
Helps to deposit calcium into the bone matrix to strengthen bone density.



21% OFF

All Varieties | 500ml

NATURE'S WAY
Calcium Magnesium Citrate 2:1
Cal Mag formula enhanced with bone supportive Vitamin D + K2, collagen peptides, manganese, and boron.



$46.99 EA

22% 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.



20% OFF

L-Glutamine | Creatine | L-Carnitine | Electrolytes + Energy | Complete Trace Minerals

NAKA PLATINUM

Sport Support + Hydration Formulations

Support muscle hydration, endurance + recovery with these targeted nutrients to optimize workout routines.



$18.99 EA

21% OFF

Men | Women | 60c

NAKA PLATINUM

Bioactive Multi

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



$29.99 EA

25% OFF

30c

ORGANIC

A. VOGEL

Prostate 1

This highly concentrated organic saw palmetto extra has been proven to prevent and relieve BPH symptoms with only one capsule a day.



26% OFF

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

PRAIRIE NATURALS

Men's Health Products

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.



Enhance nutrient absorbtion + testosterone production with Shilajit



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

23-25% OFF

All Products

FROM BC

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



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



PURICA

Joint, Stress + Sleep, Immune + Hormonal Support Products



20% OFF

Ortho Sleep | Thyro Support | Ortho Adapt

AOR

Stress Support

Manage stress more effectively by nourishing your adrenals, supporting regenerative sleep and reducing the negative effects of excess cortisol.



25% OFF

Magnesium Threonate | Magnesium Bisglycinate | Magnesium Bisglycinate Chewables

CANPREV

Magnesium Products

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



25% OFF

Gaba 100c + 90 Chewables | Relora | 5-HTP | Liquid Melatonin

NOW

Mood, Stress and Sleep Support Products

Manage stress, mood and sleep disturbances with these excellent formulas. Melatonin activiate the sleep cycle, Gaba relaxes the brain combating the effects of anxiety, Relora helps to reduce excess cortisol levels while 5-HTP supports mood + sleep.



$18.79 EA

25% OFF

60 lozenges

NOW

Methyl B-12 5,000 mcg

Support cellular energy production with this ultra potent B formulations.



Highest absorbable pure Magnesium Bisglycinate free from oxides, sterates and fillers.

25% OFF

Prizmag | Mag Trio | Sea Mag Flakes | Topical Gels | Sprays

ITL HEALTH

Magnesium Formulations

Pure, topical magneium, sourced from the Dead Sea, helps relieve muscle tenion, improves skin hydration and promotes relaxation.



$17.49 EA

24% OFF

90t

FROM BC

NATURAL FACTORS

Melatonin 10mg Time Release

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



$27.99 EA

24% OFF

210c

FROM BC

NATURAL FACTORS

Hi Potency B Complex 50mg

Supports energy production and proper brain and nerve function.



$13.49 EA

25% OFF

60t

FROM BC

NATURAL FACTORS

HemoFactors

A highly bioavailable form of elemental iron in a tasty chewable format-great for all ages.



$16.99 EA

26% OFF

30c

FROM BC

NATURAL FACTORS

Lutein 40mg

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



$22.99 EA

23% OFF

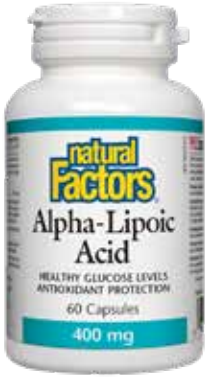
60c

FROM BC

NATURAL FACTORS

Astaxanthin 6mg

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



$16.99 EA

26% OFF

60c

FROM BC

NATURAL FACTORS

Alpha Lipoic Acid 400mg

Combats oxidative stress and age-related cellular degeneration.



$37.99 EA

24% OFF

60c

FROM BC

NATURAL FACTORS

Phosphatidylserine 100mg

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



26% OFF

120c

FROM BC

PREFERRED NUTRITION

Coenzyme Q10 150mg

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



23% OFF

All Products

FROM BC

SUKU

Nutritional Gummy Supplements

Formulated by a naturopath to provide supplements with significant amounts of nutrients in a sugar and sugar alcohol free option.

organization *of the* month



Nelson and Disctrict Hospice Society

Nelson + District Hospice Society is dedicated to providing compassionate emotional, spiritual and practical support for over 35 years to anyone navigating serious illness or experiencing grief. Their services are free, dependable, accessible and available wherever clients need them in the community, home, hospital or residential care.

Nelson and District Hospice Society

make a donation

add $2 to your bill

drop cash in the change box



NOVEMBER CAFÉ SPECIAL

pumpkin spice latte

Rich Espresso with creamy steamed milk and a house-made pumpkin spice syrup, finished with a swirl of cardamon whipped cream

$5.99 /12OZ



soup season

stirring up the best flavours of fall

Daily soup rotation

Combo up with focaccia or salad

Co-op Café
Mon - Sat
11 - 2:30pm



good food made here