



Kootenay
co-op

member specials

OCTOBER
1 - 31, 2026

Cook the Cover:
Butternut
Squash Risotto

October is
Fairtrade
Month

Probiotic
Benefits

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

fairtrade month

hot deal

ORGANIC

FAIR TRADE

30% OFF

CAMINO Organic Bulk Chocolate
All Varieties

FAIR TRADE

ORGANIC

\$19.99 /EA

SAVE \$4

FERNWOOD COFFEE CO Organic Coffee
All Varieties | 454g

ORGANIC

FAIR TRADE

\$6.49 /EA

19% OFF

TRADITIONAL MEDICINAL Organic Herbal Tea
All Varieties | 16 bags

FAIR TRADE

ORGANIC

\$8.99 /EA

SAVE \$2

WHOLESOME SWEETENERS Organic Blackstrap Molasses
662g

FAIR TRADE

NON-GMO

\$6.49 /EA

SAVE \$1

LILY'S SWEETS Stevia Chocolate Bar
All Varieties | 85g

FAIR TRADE

ORGANIC

\$5.79 /EA

SAVE \$1

CHA'S ORGANICS Coconut Whipping Cream
400ml

hot deal

FAIR TRADE

ORGANIC

La Siembra, the co-op that owns Camino, works directly with over 25 producer co-ops in 14 countries, contributing to the livelihoods of over 47,500 small scale family farmers.

\$4.99 /EA

38% OFF

CAMINO Organic Chocolate Bars
All Varieties | 80-100g

Each October, we celebrate Fairtrade Month

— a time to recognize the farmers, workers, and communities behind the products we enjoy every day. By choosing Fairtrade, Canadians are standing up for fair wages, decent working conditions, and a more sustainable future.



For more than three decades, Fairtrade has been making an impact on the way trade works. We believe that every farmer and worker should have access to a better way of doing business, and a better way of living. Because when you treat farmers and workers fairly, everyone benefits.



A product with the **Fairtrade Mark** means farmers, workers and businesses have met internationally agreed standards which have been independently audited and certified.



Look for the **Fairtrade Mark** when you shop — it's your signal that the product meets rigorous social, environmental, and economic standards



grocery



\$12⁹⁹
/EA

SAVE \$2

KOOTENAY BAKERY
CAFE CO-OP
Spelt Pie Shells
2-pack | 500g



\$9⁹⁹
/EA

29% OFF

SWERVE
Natural Sweeteners
All Varieties | 340g



\$30⁹⁹
/EA

SAVE \$4

CANADIAN HERITAGE
Organic Maple Syrup
All Varieties | 1L



\$4⁴⁹
/EA

SAVE \$1

FARMER'S MARKET
Organic Pumpkin Puree
398ml



\$11⁹⁹
/EA

SAVE \$1.50

ORGANIC MEADOW
Organic Ice Cream
All Varieties | 946ml



15% OFF

ANITA'S
Baking Products
800g - 1kg

pumpkin pie

- 1¾ cups pumpkin purée
- ¾ cup full-fat coconut milk
- ½ cup brown sugar
- ¼ cup cornstarch
- ¼ cup maple syrup
- 1 tsp vanilla extract
- 2 tsp pumpkin pie spice
- ½ tsp ground cinnamon
- ½ tsp salt
- 1 Kootenay Bakery spelt pie crust
- Whipped cream

Preheat your oven to 350°F (180°C). Have your unbaked 9" pie shell ready.

Add the pumpkin, coconut milk, brown sugar, cornstarch, maple syrup, vanilla extract, pumpkin pie spice, cinnamon and salt to a blender or a large bowl. Mix well.

Pour the pumpkin mixture into the pie crust. Use a spatula to spread

the pumpkin evenly and smooth out the top.

Bake for 60 minutes. When you remove it from the oven, the edges will be slightly cracked and the middle will still look wobbly. Let cool, and then chill uncovered in the fridge for a minimum of 4 hours or overnight until completely set. Serve plain or with whipped cream.



grocery



\$12⁹⁹
/EA
SAVE \$2

PORTA
Pizza
All Varieties | 400-439g



\$12⁹⁹
/EA
SAVE \$4

GINGERBUG
Ginger Beer
All Varieties | 4x355ml



\$6⁹⁹
/EA
SAVE \$1

LITTLE NORTHERN
BAKEHOUSE
**Gluten Free
Bagels**
All Varieties | 400g



\$3⁴⁹
/EA
13% OFF

MAPLE 3
**Sport Maple
Water**
All Varieties | 500ml



\$10⁹⁹
/EA
SAVE \$3

AKAVA
**Akava Coffee
Substitute**
250g



\$6⁹⁹
/EA
22% OFF

BAR HARBOR
Clam Chowder
All Varieties | 429ml



\$10⁹⁹
/EA
SAVE \$4

CARBONE
Pasta Sauce
All Varieties | 660ml



\$2²⁹
/EA
23% OFF

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



\$3⁴⁹
/EA
SAVE \$1

HAPPY GUT
Water Kefir
All Varieties | 355ml



\$6⁹⁹
/EA
30% OFF

MANITOBA HARVEST
Hemp Hearts
227g



15% OFF

NONNA PIA'S
**Nonna Pia
Products**
All Varieties



20% OFF

NUTS TO YOU PLUS
**Nuts To You
Plus Products**
365g

grocery



\$12⁹⁹ /EA
SAVE \$2

BUBBIES
**Kosher
Dill Pickles**
1L

dill pickle caesar

- A few dashes of your favourite hot sauce
- A few dashes Worcestershire sauce
- ½ oz Bubbies Kosher Dill Pickle brine
- 4 oz Caesar mix
- 1 cup ice
- Salt for rimming
- Charcuterie skewer and pickle for garnish
- Optional: 1.5 oz vodka or gin

Rim the edge of a highball glass, tumbler or mason jar with salt.

Fill the glass with ice cubes.

Add hot sauce, Worcestershire sauce, pickle brine, and Caesar mix. Add vodka or gin, if desired.

Stir well to combine.

Garnish with a charcuterie skewer and dill pickle.

Serve and enjoy!



\$10⁹⁹ /EA
15% OFF

BOYLAN CRAFT SODA
**Cane Sugar
Soda**
All Varieties | 4x355ml



SAVE \$1

AMANO
Organic Miso
All Varieties | 400g



\$4⁹⁹ /EA
SAVE \$1

THE GOOD CRISP
Potato Crisps
All Varieties | 160g



\$10⁹⁹ /EA
SAVE \$3

ACROPOLIS ORGANICS
**Organic
Balsamic Glaze**
200ml



\$5⁴⁹ /EA
35% OFF

BETTER RAMEN
**Brown Rice
Ramen**
280g



28% OFF
2 for \$5

LOOP
Wellness Shot
All Varieties | 60ml



\$4⁹⁹ /EA
29% OFF

LE GRAND
**Organic Vegan
Butter**
Salted | Unsalted | 227g



\$4⁴⁹ /EA
SAVE \$1

MAISON ORPHEE
**Organic
Mustard**
All Varieties | 250ml



\$3⁹⁹ /EA
15% OFF

KETTLE
Potato Chips
All Varieties | 198g

grocery



\$4⁴⁹
/EA

10% OFF

HUMBLE POTATO
Potato Chips
All Varieties | 135g



\$5⁹⁹
/EA

8% OFF

HARDBITE
Vegetable Chips
All Varieties | 150g



\$5⁹⁹
/EA

25% OFF

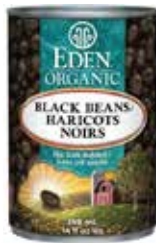
HABIB'S
Hummus
All Varieties | 450g



\$6⁹⁹
/EA

SAVE \$1

ENDANGERED
SPECIES
Chocolate Bar
All Varieties | 85g



\$4⁷⁹
/EA

SAVE \$1

EDEN
Organic Canned Beans
All Varieties | 398ml



\$8⁹⁹
/EA

25% OFF

ECO-MAX
Dishwasher Pacs
20x18g



\$7⁹⁹
/EA

20% OFF

EARTH'S OWN
Oat Café Creamer
All Varieties | 946ml



\$24⁹⁹
/EA

SAVE \$4

CHOSEN FOODS
Avocado Oil
750ml



\$13⁹⁹
/EA

SAVE \$3

BOB'S RED MILL
1 to 1 Gluten-Free Flour
1.24kg



STAHLBUSH
ISLAND FARMS
Frozen Fruit
All Varieties | 300g

SAVE \$1

In 2009, Stahlbush built the first biogas plant of its kind in North America to generate electricity from fruit and vegetable by-products. Today, the Biogas plant produces two times the processing plant's annual energy consumption, and they are able to sell green energy back to the grid.

grocery



\$9⁹⁹
/EA

SAVE \$3

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



\$6⁹⁹
/EA

SAVE \$2

KII NATURALS
Organic Crisps
All Varieties | 150g



\$5⁴⁹
/EA

21% OFF

BLUE MONKEY
Organic Coconut Water
1L



\$7⁹⁹
/EA

SAVE \$2

JONNY POPS
Organic Ice Pops
All Varieties | 5x55ml



\$6⁹⁹
/EA

SAVE \$2

PRANA
Organic Chia Seeds
All Varieties |
200g-300g



\$4⁹⁹
/EA

SAVE \$1

THE SNACK FACTORY
Pretzel Crisps
All Varieties | 200g

28% OFF



2 for \$5

EVERLAND
Organic Canned Beans
All Varieties | 398ml



\$5⁴⁹
/EA

21% OFF

FLOATING LEAF
Rice Blends
All Varieties | 400g



\$7⁴⁹
/EA

SAVE \$1

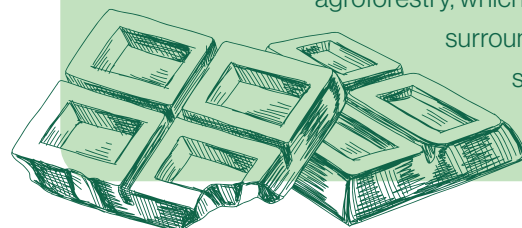
SAN-J
Cooking Sauces
All Varieties | 296ml



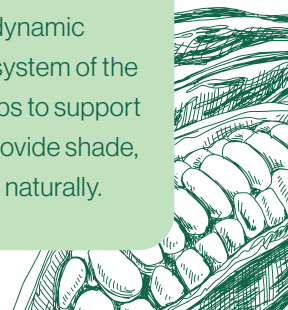
\$5⁷⁹
/EA

11% OFF

ALTER ECO
Chocolate Bar
All Varieties | 80g



Alter Eco promotes regenerative agriculture practices in cacao cultivation through their Alter Eco Foundation. Their foundation is committed to assisting their cacao suppliers in Ecuador to transition to dynamic agroforestry, which mimics the natural ecosystem of the surrounding rainforest. This helps to support soil health, store water, provide shade, and manage pests naturally.





butternut squash risotto

This Butternut Squash Risotto with goat cheese and cranberries is a perfect fall comfort food. It's creamy, comforting, and filled with cozy autumn flavor. Perfect for an elegant weeknight meal or as a vegetarian side for the holidays.

- 1 butternut squash, cut into cubes
- 2 Tbsp olive oil
- 1 tsp kosher salt
- 4 cups vegetable broth
- 1 shallot, minced
- 2 garlic cloves, finely chopped
- 1 tsp chopped fresh thyme
- 1½ cups Arborio rice
- ½ cup dry white wine
- ½ cup grated Parmesan cheese
- ¼ cup chopped fresh flat-leaf parsley
- ¼ tsp nutmeg
- Fresh ground black pepper
- 1 cup crumbled goat cheese
- ½ cup dried cranberries

Preheat the oven to 400°F and line a large baking sheet with parchment paper. Toss your squash cubes with olive oil + salt and place evenly on the baking sheet. Roast 30 to 35 minutes or until golden brown around the edges.

Add broth and 1 cup of roasted squash to a blender, blend on high until smooth. Add the mixture to a medium saucepan, bring to a simmer and reduce the heat to low. Cover and keep warm.

In a large skillet, heat the oil over medium heat. Add shallot + salt and cook until softened, 2 to 3 minutes.

Add the garlic, thyme, and rice. Stir and let cook for about 1 minute then add the wine. Stir and cook for 1 to 3 minutes, or until the wine cooks down.

Add the broth mixture, ¾ cup at a time, and stir continuously to allow each addition of broth to

be absorbed before adding the next. Continue cooking until the rice is done, but has a bite to it, it should be creamy in texture and will take about 20-25 minutes.

Mix in the parmesan, half of the parsley, and nutmeg. Season to taste with salt and pepper.

Plate alongside the remaining roasted squash. Top with parsley, goat cheese and dried cranberries. Serve immediately.



20% OFF

SIMPLY ORGANIC
Spices + Seasonings
All Varieties



\$12.99 /EA
SAVE \$2

BETTER THAN BOUILLON
Organic Bouillon
All Varieties | 227g



\$13.99 /EA
SAVE \$3

LUNDBERG
Arborio Rice
907g



puff pastry pot pie

- 6 Tbsp salted butter
- 1 medium onion, diced
- 3 cloves garlic, minced
- 6 Tbsp all-purpose flour
- 2 cups chicken broth
- 1 cup milk
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp dried thyme
- 15 oz bag frozen peas + carrots
- 2 cups shredded chicken
- 1 sheet frozen puff pastry, thawed
- 1 large lightly beaten egg + 1 Tbsp water

Preheat the oven to 400°F degrees.

Add salted butter to a medium saucepan over medium heat. Once melted, add diced onion and cook for 2 minutes, stirring occasionally. Add minced garlic and cook for 30 seconds, stirring constantly.

Whisk in all-purpose flour and cook for 30 seconds, continuing to whisk.

Gradually add chicken broth and milk to the flour mixture. Bring to a boil, and then let it boil for 2 minutes, whisking constantly.

Remove from the heat. Whisk in garlic powder, onion powder, salt, black pepper and dried thyme.

Stir in peas + carrots and shredded chicken.

Transfer the chicken mixture to an 8x8-inch casserole dish.

If necessary, roll out 1 sheet frozen puff pastry, thawed (push together any seams) so it fits across the top of the casserole dish with about ½" on all sides. Place the puff pastry on top and cut 4 slits on top for steam to escape.

Whisk together 1 large lightly beaten egg + 1 Tablespoon water. Brush a little of this egg wash on the puff pastry.

Bake until the pastry is golden, about 25 to 30 minutes.

grocery



\$15.99 /EA

SAVE \$3

DUFOUR Puff Pastry
Original - Plant Based
| 396g



\$10.99 /EA

SAVE \$2

EARTHBOUND FARM Organic Frozen Vegetables
Sweet Corn | Green Peas | 900g



\$8.99 /EA

31% OFF



KETTLE & FIRE Bone Broth
All Varieties | 454ml



hot deals

Sign up for your co-op's weekly newsletter and receive all our best weekly deals!



cheese + tapas



\$4⁷⁹
/EA

20% OFF

ARLA
Cream Cheese
All Varieties | 200g



\$7¹⁹
/EA

20% OFF

BOURSIN
Cream Cheese
All Varieties | 150g
Vegan Garlic +
Herb excluded



\$7⁴⁹
/EA

25% OFF

RUSTIC BAKERY
Artisan Crisps
All Varieties | 141g



\$5⁵⁹
/EA

25% OFF

RUSTIC BAKERY
Flatbread Crackers
All Varieties | 112g



\$2⁶⁹
/KG

20% OFF

DIVINA
Pickled Brussels Sprouts
From Service Case



\$5³⁹
/KG

20% OFF

KAISER CHAMPS
Cambozola



25% OFF

TERRA BREADS
Artisan Sourdough

Since 1993, Terra Breads has been baking artisan bread and small-batch granola in their bakery cafes in Vancouver, BC.

MADE
HERE

BAKED FETA

Find all of your Co-op
Deli's Ready-to-Bake
Feta Varieties on sale
this October.



READY-TO-BAKE
FIG + OLIVE FETA



READY-TO-BAKE
SUNDRIED TOMATO +
ARTICHOKE FETA

\$11⁹⁹
/EA

25% OFF

KOOTENAY CO-OP
Italian Feta Bake

wellness



\$5⁴⁹ /EA
21% OFF



KL SKIN
Bar Soap
All Varieties
Shaving soap, shampoo +
conditioner bars also on sale



\$16⁹⁹ /EA
41% OFF

PLANTD
Hand + Body Cream
All Varieties | 237ml |
Made using organic, fair
trade and regenerative
ingredients.



\$12⁹⁹ /EA
28% OFF



TANIT
Deodorant
All Varieties | 60g |
Vegan deodorants in a
biodegradable cardboard
tube.



30% OFF

ANDALOU NATURALS
Face + Body Care
All Products |
Formulated with fruit stem
cell technology, to target
specific skincare needs,
naturally.



\$6⁹⁹ /EA
30% OFF

DR. BRONNER'S
All-One Toothpaste
All Varieties | 140g |
Made with 70% organic ingredients and is free from
synthetic detergents and foaming agents.



20% OFF

MOOI
Face + Body Care
All Products |
Natural and ethical skin
care products, made right
here in Nelson!



\$10⁹⁹ /EA
31% OFF

PRIMARY
Facial Toner
All Varieties | 355ml |
Revitalize + hydrate your
skin with witch hazel,
aloe vera and Tremella
mushroom based toners.



30% OFF

REFRESH BOTANICALS
Face Care
All Products | Certified
organic skincare,
made using micro-
encapsulation, for
targeted nutrient delivery.



\$18⁹⁹ /EA
27% OFF

NOW
Hyaluronic Acid Firming Serum
30ml | Helps smooth the
skin's surface to protect
delicate tissues, while
balancing moisture levels.



\$11⁹⁹
/EA

25% OFF

**AFRICAN FAIR TRADE
Shea Butter**

All Varieties | 114g |
Skin nourishing, deeply
moisturizing body butters.



\$11⁹⁹
/EA

25% OFF

**EDORI
Shampoo +
Conditioner**

All Varieties | 237ml |
Designed to help nourish,
strengthen and enhance
your hair's natural beauty.

castor oil

Castor oil has been used for generations as a therapeutic compress - applied with heat, it supports lymph circulation and drainage, while its anti-inflammatory and analgesic compounds help reduce pain, swelling, and congestion.

USE AS A WARM COMPRESS

Soak a piece of flannel in the oil, cover with plastic wrap or a castor pack wrap, and apply a hot water bottle for 30-60 minutes. Use 1-3 times daily for acute conditions, or 1-3 times weekly for chronic ones. Do not apply to open wounds.

Conditions that respond well include muscle sprains, joint pain, post-surgery swelling, chest congestion, indigestion, menstrual cramps, and swollen lymph nodes.

FOR SKIN AND HAIR

Castor oil's hydrating, antimicrobial, and anti-inflammatory properties make it effective for dry or inflamed skin, acne, eczema, psoriasis, dandruff, and dry scalp. Mix 1:1 with a carrier oil - jojoba, almond, apricot, grapeseed, or rosehip - for face, scalp, body, hair, or eyebrow application.



\$12⁴⁹
/EA

22% OFF

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



**23%
OFF**

**LAFE'S
Deodorants**

All Products | Natural
antibacterial deodorants
formulated with
magnesium salts and
organic essential oils.



\$9⁹⁹
/EA

29% OFF

**NOW
Xyliwhite
Toothpaste**

All Varieties | 181g |
Fluoride-free toothpaste
made with 25% natural Xylitol.
*Mouthwash and kids toothgel
also on sale*



\$16⁴⁹
/EA

25% OFF

**KALAYA
Extra Strength
Pain Relief Rub**

120g | Fast-acting and
long-lasting relief for
aches + pains.
Vaporizing rub also on sale



\$14⁹⁹
/EA

25% OFF

**NATURAL FACTORS
Tea Tree Oil**

50ml | Helps heal
wounds, infections, and
a wide range of skin
conditions.



\$7⁹⁹
/EA

20% OFF

**SENSIBLE CO.
Hand Soap**

All Varieties | 475ml |
Made with Aloe and
Vitamin E to help leave
skin soft and moisturized.



\$5⁹⁹
/EA

25% OFF

**EVERYONE
Hand Sanitizer**
Lemon | 59ml

Are probiotics really worth taking?



Despite what you may have heard online, probiotics can provide meaningful benefits, even if they don't permanently colonize the gut. Probiotics communicate with the immune system, produce beneficial compounds like lactic acid and short-chain fatty acids to support the gut lining, and help build a balanced microbiome. Probiotic supplements, prebiotic fibers, omega-3s, digestive enzymes, and stress management work together to support a healthy, resilient gut ecosystem. Scan the QR code to learn more on this month's Wellness Blog.



\$35⁹⁹
EA
25% OFF

Regular Varieties | 60c
Professional also on sale



LIVING ALCHEMY

Your Flora Probiotic

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



25% OFF

Plant + Fish
based



NUTRA SEA + NUTRA VEGE

Omega 3 Supplements

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



23% OFF

60c



NEW ROOTS HERBAL

Plant Digestive Enzymes

Supports breakdown of food to optimize digestion and assimilation of nutrients.



\$21⁹⁹
EA
33% OFF

180g



SMARTSOLUTIONS

Gutsmart

Combines probiotics with low-FODMAP acacia fibre to support a healthy gut flora while also relieving IBS associated abdominal pain.



32% OFF

Raspberry |
450g +15g Trial pack



ORGANIKA

Belli-Bliss Fibre

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

wellness



\$26⁹⁹ EA

18% OFF

All Varieties | 60c
7pack also on sale

BLUME Superbelly

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



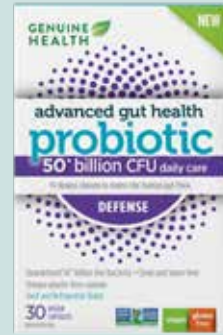
30% OFF

Summer Berry | 273g



GENUINE HEALTH Gut Superfood

Rich in fibre, provides a source of iron and supports digestive health through the power of fermentation.



30% OFF

All Varieties



GENUINE HEALTH Advanced Gut Health Probiotic

Contains 15 strains that mimic human gut flora in a delayed-release capsule for delivery straight to your gut!



\$17⁹⁹ EA

28% OFF



NAVITAS ORGANICS Greens + Berry Superfood Blend

Add to smoothies for a micro nutrient + fiber boost



28% OFF

All Varieties



BOTANICA Greens, Proteins, and Concentrated Herbal Blends

Support your daily fibre intake + alkalize, detoxify and energize with a blend of microalgae, grasses and leafy greens. 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.



26% OFF

All Varieties | 440g



GOOD PROTEIN All In One Shake

21g of protein, 7g of fibre, digestive enzymes + probiotics in delicious flavours.



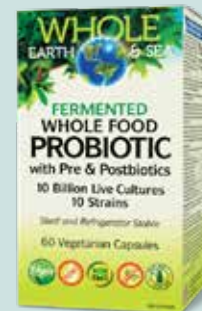
30% OFF

All Varieties | 655g
Fermented Greens
also on sale



WHOLE EARTH + SEA Fermented Protein + Greens

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



23% OFF

60c



WHOLE EARTH + SEA Fermented Whole Food Probiotic

Synergistic blend of 10 strains in a base of fermented whole foods, providing pre, pro + postbiotics for optimal gut support.

wellness



30% OFF

Ramen | French
Onion | 300g



ORGANIKA

Chicken Bone Broth

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



33% OFF

Enhanced Collagen
Pure Beauty
Bone + Joint
Chocolate



ORGANIKA

Collagen Products

Natural source of collagen-building peptides for skin, hair, joint, and bone health. Sourced from grass-fed cows.



30% OFF

All Varieties



ANCIENT NUTRITION

Bone Broth Collagen

Hot drink options rich in collagen + minerals.



\$19.99 EA

23% OFF

946ml



MANITOBA HARVEST

Hemp Oil

A rich source of essential fatty acids.



\$63.99 EA

15% OFF

All Varieties |
763-800g



AERYON WELLNESS

No Whey Beef Protein

Combining Beef protein isolate, collagen, and broth for a dairy-free option for muscle, joint, skin, hair, and gut lining support.



\$15.99 EA

20% OFF

300g



NOORISH FOODS

Sunshine In a Cup Golden Spiced Honey

Raw honey whipped with all the essential spices to boost your immunity and lower inflammation.



\$18.99 EA

21% OFF

Moon | Sun |
200g



NOORISH FOODS

Cocoa Ritual Sipping Chocolate

Two blends enhanced with adaptogenic herbs + mushrooms to either energize or restore.



\$16.99 EA

22% OFF

Matcha | Turmeric |
Lavender | 150g



ORGANIC TRADITIONS

Latte Blends

Delicious dairy-free nourishing and energizing superfood blends.

wellness



25% OFF

All Products



LIVING ALCHEMY

Fermented Activated Herbal Formulations

Fermentation of herbs + whole foods enhance bioavailability and preserve synergistic co-factors of active constituents for enhanced effectiveness.



23% OFF

All Products | 60t



WHOLE EARTH + SEA

Whole Food Nutritional Products

Highest quality vitamins + minerals in a base of raw whole foods optimizing nutritional support.



33% OFF

60/40 | 500ml



ALPHA

Supreme MCT Oil

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



\$18.99 EA

24% OFF

454g



ORGANIC TRADITIONS

Beetroot Powder

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



\$51.99 EA

17% OFF

All Varieties | 1kg



NATURAL FACTORS

Whey Factors Natural Whey Protein

Builds and maintains lean muscle mass.



\$22.99 EA

23% OFF

All Varieties | 157g
12 pack also on sale



ENER LIFE

Sport Electrolyte Drink Mix



25% OFF

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



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.



ST. FRANCIS

Immune + Cold + Flu Products

Expertly crafted herbal formulas to either strengthen resistance to cold + flu, prevent infections before they take hold or fight viral + bacterial infections, reduce inflammation, soothe mucus membranes and support expectoration.

25% OFF

Deep Immune | Echinaseal |
Virafect | Echinacea
Goldenseal | Respiracleanse |
RespiraFect | Mullein | Stop it
Cold Throat Spray
Kids Products also on sale



\$19.99 EA

31% OFF

236ml
5:1 Concentrate also on sale



SURO

Elderberry Syrup

Combining premium ingredients of elderberries, echinacea, propolis, and elderflower extract traditionally used for relief of cold and flu symptoms.

Ester C, a patented buffered form of Vitamin C, is not only gentle on the stomach but also offers enhanced bioavailability.

Unlike Regular Forms of Vitamin C, Ester C's naturally occurring metabolites such as calcium threonate support active transportation and up to 24 hour cellular retention.

This means better oxidative stress reduction.



SISU

Immune Support

Vitamin C supports normal collagen production, immune cell function + neutralizes free radicals to help reduce oxidative stress.

20% OFF

Ester C 600mg 120c |
Ester C Supreme 600mg
120c | Vitamin D 1000 IU
400T



20% OFF

300 MGO |
500 MGO |
250g



THE TRUE HONEY

Manuka Honey

300-500+ MGO manuka yielding high-strength antibacterial and anti-inflammatory properties for gut, skin, and immune support.



23% OFF

60c



NATURAL FACTORS

Quercetin 500mg with Zinc + Copper

Boosts immune function. Reduces inflammation and histamine overload.



\$19.99 EA

26% OFF

All Varieties |
180 chewables



NATURAL FACTORS

Natural Fruit Chew C 500 mg

wellness



20% OFF

Black Seed Oil | Colloidal Silver | Respiratory Essentials | Liposomal Vitamin C | Vitamin D Spray | Vitamin D3 + K2 | Extra Zinc + Copper



NAKA PLATINUM

Immune Support Products

Fight infections this winter with antimicrobial colloidal silver. Boost immunity with vitamin D. Reduce inflammation, swelling and oxidative damage with Blackseed oil + Vitamin C. Soothe mucus membranes with Respiratory Essentials.



27% OFF

90ml



PRAIRIE NATURALS

Cough + Cold

Prevents viral replication, clears infection and inflammation to combat cold + flu symptoms.



\$8.99 EA

25% OFF

Blood Orange | Elderberry | 18loz



QUANTUM

Organic Lozenges + Zinc

Delivering the soothing and immune-protective benefits of zinc in various formats for quick relief.



\$22.99 EA

21% OFF

30ml



HEDD WYN

Oregano Oil

Tackles bacterial, yeast, fungal, and parasitic infections.



\$17.99 EA

25% OFF

Cold + Flu Day Night | Immune Defense | 30t

MARTIN + PLEASANCE

Ki Immune Products

Strengthen your defenses with Astragalus + Shitake or treat infections with Andrographis, Ginger, and Zinc.



25% OFF

Select Varieties



HARMONIC ARTS

Concentrated Mushroom Extracts

Mushrooms are adaptogenic powerhouses supporting immune, heart, and cognitive health, improving endurance and recovery, reducing negative effects of stress and offering antioxidant support.



33% OFF

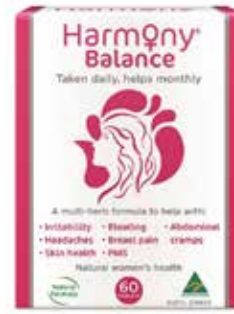
All Products



SMARTSOLUTIONS

Women's Health Products

Natural supplements for women of all ages to help optimize energy, assist with hormone balance at any stage, provide nutritional as well as sleep and stress support to optimize health.



\$29⁹⁹ EA

25% OFF

Balance |
Menopause Max



MARTIN + PLEASANCE

Harmony Supplements

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



25% OFF

Joint Pro | Curcumin
Unlocked | Antioxidant
Network | Pain-Pro



CANPREV

Joint Health and Anti-Inflammatory Support

Address inflammation, pain, structural degeneration and cellular aging with these pro formulas featuring joint nutrients, anti-inflammatories, or the stand-alone highly bioavailable water dispersible curcumin extract.



25% OFF

100c



CANPREV

Zinc Bis-Glycinate 50mg | Prostate-Pro + Maca Support

Reduces prostate hyperplasia, enhances circulation and boosts libido and stamina while zinc is critical for testosterone production.



27% OFF

30c | 90c



BIOSIL

BioSil 5mg

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



23% OFF

60c



NATURAL FACTORS

Joint Optimizer

Combines the most trusted, effective, herbal supplements in a synergistic formula for natural joint pain relief and healthy joint function.



\$19⁹⁹ EA

20% OFF

180c



NATURAL FACTORS

MSM and Glucosamine Sulfate

Helps to maintain joint mobility as well as prevent ongoing bone + cartilage degeneration.

wellness



24% OFF

120c



NATURAL FACTORS

Active B Complex

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



\$14⁹⁹ EA

25% OFF

60t



NATURAL FACTORS

B12 Methylcobalamin 5000mg

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



25% OFF

30c



NATURAL FACTORS

Saffron Extract 28mg

Supports mood balance, relieves restlessness + irritability.



\$13⁹⁹ EA

26% OFF

60t



NATURAL FACTORS

5-HTP 100mg Time Release

Enhances serotonin production for optimal mood support.



26% OFF

120g



NATURAL FACTORS

Nighttime Magnesium Bisglycinate

Magnesium Bisglycinate with melatonin, L-theanine, and Pharma GABA promotes relaxation and quiets the mind.



\$16⁹⁹ EA

26% OFF

60c



NATURAL FACTORS

Peaceful Zzz 250mg

Helps to reduce cortisol to improve sleep quality.



\$16⁹⁹ EA

26% OFF

180t



NATURAL FACTORS

Melatonin 5mg

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



\$55⁹⁹ EA

20% OFF

120c



NAKA PLATINUM

Magnesium L-Threonate 48mg

Crosses the blood-brain barrier providing optimal cognitive support.



24% OFF

120c



NEW ROOTS HERBAL

Magnesium Bisglycinate Plus 150mg

Enjoy better sleep and fewer muscle cramps. Delivers magnesium as an amino acid chelate to maximize intestinal absorption.

wellness



HERBALAND

Supplement Gummies for all Ages

Supplements in easy, delicious gummy format for young and old alike.

25 % OFF

Kids Multivitamin | Kids Immune Bears | Kids Calcium + D3 | Kids Calm + Chill | Sweet Dream | Ashwagandha | Calm Naturally | Creatine | Herba Cold | Senna | 60 gummies



\$23⁹⁹ EA

20% OFF

60 gummies



NUTRAMIN

Adult + Kids Multi Vitamin

Gummies are an easy way to ensure compliance for long term nutritional support.



21 % OFF

Magnesium Sleep | Magnesium Gummies | Magnesium Citrate Powder

NATURAL CALM

Magnesium Solutions



27 % OFF

Kindervital | Calcium Magnesium | Floradix | Floravit | Magnesium

SALUS

Salus Tonics

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



26 % OFF

Men's | Women's | 60c



PREFERRED NUTRITION

Multi Vitamins



23 % OFF

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.



33 % OFF



WILD ROSE

Herbal-D-Tox Kit

Providing a complete multi-system detoxification of the liver, kidneys and colon. Spring cleaning for your body.

organization of the month



Nelson Cares Society

Over the past four decades, Nelson CARES Society has grown into one of Nelson's largest and most diverse non-profit organizations. They support a wide variety of community programs and services including affordable rental housing; an emergency shelter; residential and employment services for adults with disabilities; legal information and victim services. This year they are raising funds for the Drop In Center.



make a donation

add \$2
to your bill

drop cash in the
change box

OCTOBER CAFÉ SPECIAL

apple pie latte

Espresso, Steamed milk, and house made Apple Syrup.

Warm, sweet, and spiced with notes of baked apple, cinnamon, and vanilla.

\$4.99
/12OZ





OCTOBER 16 - 29

CASE LOT

SALE

MEMBER SAVINGS IN-STORE + ONLINE

