

APRIL 18 - 27, 2024

ALL THINGS NATURAL, SPECIALTY & WELLNESS



FIND OUR HOTTEST DEALS!

Scan this QR code to view our flyer online or visit www.nutters.com/current-flyers



NUTTERS

EVERYDAY NATURALS

Healthy Living Starts Here



SAVE \$5.00

NATURAL FACTORS BioCoenzymated Active B Complex
Aids nutrient metabolism, to support energy production in the body and helps form red blood cells and tissues

120 Capsules
\$42.99



SAVE \$5.00

CANPREV Magnesium Bisglycinate
200mg of pure elemental magnesium per capsule

120 Capsules
\$24.99



SAVE 12%

HEALTHOLOGY Lung-Fx Formula
Helps to eliminate excess mucus

90 Capsules
\$32.59



SAVE \$4.00

PRAIRIE NATURALS NMN Rx 200mg
A powerful support for healthy aging and vitality

30 Capsules
\$32.99



SAVE 41%

LILY OF THE DESERT Aloe Gel or Juice
Supports immune health and gut health

946ml
\$9.49



SAVE 20%

MANITOBA HARVEST Hemp Hearts
10g of plant protein, 12g of Omega 3 & 6, and 9 essential amino acids

227g
\$7.99



SAVE 31%

WHOLESOME Organic Molasses
Offers a rich, full-bodied and robust flavor

1.33kg
\$10.99

www.nutters.com

NuttersNatural

EARTH DAY INITIATIVES 2024

PLANET VS. PLASTICS: REDUCE PLASTICS BY 60% BY 2040

The Planet vs. Plastics Earth Day campaign aims to unite the world in an unwavering commitment to call for the end of plastics for the sake of human and planetary health. They seek to reduce plastic production by 60% by the year 2040. To achieve this goal they are actively promoting awareness of the damage that can be done by plastics to human, animal and all biodiversity's health. Urging more research into the health implication of plastic and releasing more information regarding its effect on the public. Encourage the phasing out of single use plastics by 2030 and establishing policies to end the mass production of fast fashion and the vast amount of plastic waste it produces. And Lastly, they want to promote investing into innovative technologies and materials required to build a plastic-free world. "The Planet vs. Plastics campaign is a call to arms, a demand that we act now to end the scourge of plastics and safeguard the health of every living being upon our planet." [Read more at earthday.org/planet-vs-plastics](http://earthday.org/planet-vs-plastics)



All Varieties

EARTH'S OWN Oat Coffee Creamer
Best for your coffee and for the planet

946ml
\$7⁴⁹

SAVE 21%

NATURE'S PATH Crispy Rice
Organically sweetened brown rice crisps

750g
\$9⁵⁹

SAVE 21%

NATURE'S PATH Mesa Sunrise
Crunchy flakes of corn, flax and ancient grains

750g
\$9⁵⁹

SAVE 21%

NATURE'S PATH Honey'd Corn Flakes
Thick corn flakes that stay crunchy, even in milk and sweetened with honey

750g
\$9⁵⁹

SAVE 25%

DR. BRONNER'S 18-IN-1 Pure-Castile Soap
Multi-surface all-purpose cleaner that's good for just about any task. Made with organic and certified fair trade ingredients. Packaged in a 100% post-consumer recycled bottle. All-One!

946ml
\$22⁴⁹

All Varieties

GO MACRO Macrobar
Made with high-quality, sustainably sourced, plant-based ingredients

65g
\$3⁴⁹

All Varieties

NAKED & SAUCY Simmer Sauces
Organic, ethically sourced and does not contain soy

350g
\$7⁷⁹

All Varieties

ECO MAX Ultra Dish Wash
Powerful plant-based and biodegradable ingredients

750ml
\$5¹⁹

Select Varieties

ATTITUDE Nature+ Cleaners
Formulated with naturally derived ingredients, refillable and recyclable

800ml
\$4²⁹



CANPREV Collagen Full Spectrum

Helps build healthy skin, strong bones, muscles, cartilage and joints

250g
\$39⁹⁹



CANPREV D₃ & K₂ Drops

Liquid sunshine in a bottle with vitamin K to support bone health

15ml
\$21⁹⁹



CANPREV Magnesium Bisglycinate

300mg of pure elemental magnesium per Tbsp.

500ml
\$27⁹⁹



SUKU Mega Magnesium

Helps your body maintain proper muscle function as well as bones and teeth

60 Gummies
\$20⁹⁹



SALUS Floradix Iron Liquid Formula

Prevents iron deficiency & maintains good health

500ml
\$41³⁹



SALUS Magnesium Liquid

Support for overall health and wellness

250ml
\$22⁶⁹

500ml
\$39⁹⁹



All Varieties

NATURAL CALM Magnesium Powder

Calms stress & regulates mood. Promotes a deeper, more restful sleep. Relaxes muscles, supports heart health, metabolism & more.

226g
\$29⁹⁹



ANCIENT NUTRITION Bone Broth Collagen

Get the health benefits of real beef bone broth in a collagen powder

321g - 357g
\$41⁹⁹



All Varieties

AQUA OMEGA Omega-3 Kids

Boosts immunity and strengthens bones and muscles

60 Gummies
\$32⁹⁹



SAVE
\$7⁰⁰

3 BRAINS Memory Boost

Enhances memory and cognitive function

120 Capsules
\$29⁹⁹



NATURE'S WAY Less Stress Gummies

Helps to reduce the symptoms of stress

60 Gummies
\$13⁹⁹



NOW D-Mannose

Supports urinary tract health and reduces the risk of recurrent UTIs

120 Capsules
\$25⁹⁹



NOW Super Enzymes

Aids in digestion by breaking down protein, fats & carbs

90 Capsules
\$22⁹⁹



ULTIMATE Testosterone Boost

Promotes healthy testosterone production

60 Capsules
\$24⁹⁹



ORGANIKA Electrolytes

Thirst-quenching nutrients that hydrate faster than drinking water alone

20x 3.5g
\$24⁹⁹



**NATURAL FACTORS
Magnesium
Bisglycinate 200mg**

Helps maintain proper muscle function

250 Capules
\$32⁹⁹



**NATURAL FACTORS
Bio-Coenzymated B12**

Helps in the normal function of the immune system

30 Tablets
\$10⁹⁹



**NATURAL FACTORS
Ultimate Multi
Probiotic**

Helps restore and maintain intestinal health

60 Capsules
\$23⁹⁹



**NATURAL FACTORS
Mental Calmness**

Helps reduce feelings of stress and nervousness and promotes relaxation

60 Tablets
\$19⁹⁹



**NATURAL FACTORS
Ashwagandha**

Helps increase resistance to stress and anxiety and supports libido

60 Capsules
\$21⁹⁹



**NATURAL FACTORS
Regenerlife Berberine**

Supports healthy glucose metabolism and cardiovascular health

90 Softgels
\$56⁹⁹



**NATURAL FACTORS
CranRich 50mg**

36:1 Concentrate. Prevents/Treats Urinary Tract Infections

180 Capsules
\$27⁹⁹



**NATURAL FACTORS
Gaba Chewables**

Helps promote relaxation and reduce nervousness

60 Tablets
\$22⁹⁹

25% OFF ALL WHOLE EARTH & SEA PRODUCTS!



Celebrating
EARTH DAY
2024

Factors Farms in the Okanagan Valley of British Columbia.

How choosing **Whole Earth & Sea**® can make an impact.

Whole Earth & Sea is part of a global community that encourages each of us to support a sustainable future in whatever way we can, whether it's buying organic, saying "no" to GMOs, helping in a community garden, or educating future generations on the importance of caring for the planet.

Increasing the percentage of plant-based products we consume daily could impact the world's food supply. This single strategy has profound implications for food availability and protecting the environment. By reducing land, water, and energy use, and protecting the web of life, organic, sustainable agriculture benefits the entire human race.

**Organic.
Non-GMO.
Vegetarian.
Sustainably
Sourced.**

Many of the nutrient-dense plant ingredients in Whole Earth & Sea are grown on our own Factors Farms® in the Okanagan Valley of British Columbia, where we've been harvesting 100% organic crops from our non-GMO seeds for almost a quarter of a century. It takes strong roots to flourish.



**NATURAL FACTORS
Nighttime Magnesium
Bisglycinate**

Promotes relaxation and calm, restful sleep

90 Capsules
\$29⁹⁹



**NATURAL FACTORS
Multi Enzyme**

Helps improve digestion and reduces heartburn after eating

120 Capsules
\$42⁹⁹

**SAVE
\$10⁰⁰**



JOY OF THE MOUNTAINS Oil of Oregano
Fights off colds, flus and their symptoms

10ml **\$13⁹⁹**
30ml **\$25⁹⁹**



ST. FRANCIS Mullein Tincture
Get relief from mucous congestion, coughs and bronchitis

50ml **\$17⁹⁹**



HEALTHOLOGY Go-Lax Formula
Provides a gentle, effective solution for occasional constipation

60 Capsules **\$21²⁹**
120 Capsules **\$32⁵⁹**



BULLETPROOF MCT Oil
Provides brain fuel and supports energy and metabolism

Keto-Friendly
473ml **\$21⁹⁹**

PLANT-BASED GOODNESS

THE PLANT-BASED DIET: A BEGINNER'S GUIDE

Whole foods, plant-based diets minimize the consumption of processed ingredients and animal products. This eating pattern is environmentally friendly and may also be associated with many health benefits. The basic principles are: prioritize minimally processed foods, limit animal products, focus on plants (vegetables, whole grains, fruits, seeds and nuts), avoid refined foods like added sugars and processed oils. Pay more attention to food quality, such as locally sourced or organic food options. Many studies have shown plant-based diets to be very beneficial in weight management as well as lower your risk of cognitive decline and diabetes. Studies suggest that diets rich in antioxidants such as the plant-based diet are strongly associated with a reduction in cognitive decline. Well known brain-boosting superfoods are in fact plant-based. While not only good for your health this diet allows you to adopt more sustainable eating habits which are great for the planet. Try add a little more plant-based fuel to your diet in support of Earth Day!




HIMALAYA Boswellia
Provides plant-based support to promote flexibility, movement and range of motion of joints

60 Capsules **\$15⁹⁹**



FLORA Swedenbitters
Relieve symptoms such as dyspepsia and constipation

35g **\$15⁹⁹**



SALUS Red Beet Crystals
Organic source of antioxidants

200g **\$24⁹⁹**



SPERRI Plant-Based Meal Replacement
Designed to help people get well and stay well

All Varieties
330ml **\$5⁶⁹**



CLIF Energy Bars
Delivers a source of plant-based protein and 23 vitamins & minerals

All Varieties
68g **\$21⁹⁹**



O'DOUGHS Bagel Thin
A good source of dietary fibre and 7 essential nutrients from plants

Select Varieties Gluten-Free
300g **\$5²⁹**



PB2 Powdered Peanut Butter
1.5 g of fat per serving and 6 g of plant-based protein

454g **\$9⁹⁹**



LE GRAND Organic Vegan Yogurt
Quality ingredients, combined with vivid and unexpected flavors

Classic & Organic VEGAN YOGURT FOR ALL UNSWEETENED
500g **\$5⁷⁹**



ANDERSON'S Health Solutions ConcenTrace

Ideal for restoring minerals and flavor to purified water

240ml
\$20⁹⁹



All Varieties

ROAR Organic Electrolyte Drink

Electrolytes, Vitamins, & antioxidants to provide functional hydration

532ml
\$3⁵⁹



BLUE MONKEY Organic Pure Coconut Water

100% pure, and a great source of hydration

1L
\$5¹⁹



FLOW Alkaline Spring Water

Delicious organic flavors and zero sugar, calories or sweeteners

500ml
\$1⁵⁹



All Varieties

ZEVIA Soda

The better-for-you alternative to sodas and diet sodas

6 x 355ml
\$7⁸⁹



All Varieties

REMEDY Kombucha

Your new no-sugar, no alcohol gut-lovin' BFF. Organic and fridge flexible

4 x 330ml
\$8³⁹



All Varieties

PARTAKE BREWING Non-Alcoholic Beer

Non-alcoholic beer that can take you from recreation to relaxation

4 x 355ml
\$8²⁹



All Varieties

SÖTA Sparkling Tea

Thirst quenching, delicious and with ingredients that help you feel your best

355ml
2\$5 FOR



STAHLBUSH Organic Whole Kernel Corn

High in fiber, antioxidants and is naturally low-glycemic

350g
\$3⁴⁹



STAHLBUSH Organic Green Peas

A good source of plant-based protein, fiber and vitamin C

350g
\$3⁴⁹



Keto-Friendly

NATURE'S HOLLOW Maple or Raspberry Syrup

Rich flavor without added sugars or corn syrup

294ml
\$7⁴⁹



All Varieties

TRADITIONAL MEDICINALS Teas

Bagged herbal teas for all your wellness needs

16 Tea Bags
\$5¹⁹



SAVE
30%

BRAGG All Purpose Seasoning

Excellent, healthy, gourmet replacement for Tamari and Soy Sauce

473ml
\$6⁹⁹



FILSINGERS Organic Apple Cider Vinegar

Raw, unfiltered and unpasteurized

945ml
\$7⁹⁹



THE CULTURED COCONUT Probiotic

Provides over 4 trillion CFU and over 40 probiotic strains

460ml
\$22⁹⁹



SIMPLY ORGANIC Vanilla Extract

Made from Madagascar Bourbon vanilla beans and has no added sugar

118ml
\$22⁹⁹

CUT BACK ON SUGAR, NOT TASTE

TAKE CONTROL OF YOUR SUGAR INTAKE FOR BETTER HEALTH

Many of the foods we consume on a daily basis may contain more sugar than we realize. Reading product labels can be a helpful first step to lowering our added sugar intake. We can also limit added sugars by choosing whole foods and full-fat foods over processed and low-fat versions. Added sugar has shown to contribute to obesity, type 2 diabetes, heart disease, cancer and tooth decay. The World Health Organization recommends less than 5% of our daily calories should come from added sugar in order to achieve optimal health. Research suggests the average person consumes anywhere from 12%-16% of their daily calorie intake in added sugars. There are many alternatives out there that can help satisfy a sweet tooth without all the added sugars. Reach for more natural sugars such as fruit or dark chocolate. Low-fat varieties of your favourite foods are everywhere and if you've been told fat is bad, it may be more appealing to reach for these alternatives. However, the truth is they usually contain more sugar and sometimes more calories. Choose full-fat instead.



All Varieties Keto-Friendly

ENLIGHTENED Keto Ice Cream

473ml
\$819

8g net carbs per pint or fewer, with no added sugar

All Varieties Keto-Friendly

SWERVE Sugar Replacements

340g
\$999

Zero-calorie, low-glycemic and measures cup-for-cup like sugar

SAVE 28%

All Varieties Keto-Friendly

LOVE GOOD FATS Keto Bars

39g
\$229

These ridiculously delicious keto certified bars are made with premium natural ingredients and containing only 1-2g sugar. Clean, natural and wholesome ingredients. Try frozen or straight out of the box

SAVE 17%

All Varieties Keto-Friendly

SMART SWEETS Low Sugar Candy

50g
\$379

Enjoy the candy you know and love with less sugar per serving versus traditional candy. Naturally flavoured, free from artificial colours and no artificial sweeteners. Kick sugar, keep candy!



WATKINS Food Coloring

Free from artificial colors and made by nature

4 Pack
\$10⁹⁹



All Varieties

HONIBE Honey Lozenges

Combines real honey with menthol and eucalyptus for fast soothing relief

10 Lozenges
\$3⁶⁹



BRIGHTSIDE Omega 3 Nutra Cleanse

Blend into a smoothie to give your gut some get up and go

1kg
\$38⁴⁹



SAVE
33%

Select Varieties

GINGER PEOPLE Ginger Chews

These chewy treats are an enjoyable alternative to anti-nausea medicine

84g
\$3⁹⁹



GREEN BEAVER SPF50 Mineral Sunscreen

100% natural. Non-greasy, non-whitening and easy-to-apply

90ml
\$16⁷⁹



DERMA•E Thickening Shampoo

Increases body and volume while also deeply hydrating and nourishing

296ml
\$12⁹⁹



DERMA•E Thickening Conditioner

Deeply nourishes the hair and scalp while thickening the look of hair

296ml
\$12⁹⁹



SAVE
25%

All Varieties

DIVINE ESSENCE Essential Oils

Used in aromatherapy or in recipes for added fragrance

All Sizes
25% OFF



New Episodes Monthly
Health, Wellness & Everything In-Between



Hosted By:

Paul Mann, Director of Marketing



JUST A NUTTER PODCAST
Nutters Everyday Naturals



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MAY

2024

**A CALL
TO BE
KIND**

**JOIN THE CAUSE
HELP FUND SUPPORT
FOR MENTAL HEALTH!**



**ROUND UP FOR
MENTAL
HEALTH**



We all have the capacity to be compassionate. Nutters is partnering with **CMHA** for our annual **Round Up For Mental Health Campaign**. Customers can choose to round up their purchases to the nearest dollar, or more throughout the month of May. Nutters will contribute the funds raised at each store to local mental health services and supports offered by **Canadian Mental Health Association** Offices in their respective communities. Say **YES** to the call. Say **YES** to Nutters Round Up For Mental Health.

#CompassionConnects

CMHA Mental Health Week

May 6 - 12, 2024

MentalHealthWeek.ca



Nutters Eat More Bars

Great for Kid's lunches or a quick snack!

INGREDIENTS

- 1 cup corn syrup or honey
- 1/2 cup peanut butter
- 2 cups chocolate chips
- 1 cup crushed peanuts
- 1/2 cup sunflower seeds
- 1/2 cup rice krispies

DIRECTIONS

1. Mix corn syrup, peanut butter and chocolate chips together in a saucepan and heat until boiling.
2. Remove from heat, add remaining ingredients and mix well.
3. Spread on buttered cookie sheet and let cool. Cut into squares.



More Recipes

Nutters Digital Cookbook

www.nutters.com/recipes/digital-cookbook-entry/

www.nutters.com/recipes



NUTTERS
Salted & Unsalted
Peanuts
Bulk

100g
59¢



NUTTERS
Salted & Unsalted
Sunflower Seeds
Bulk

100g
69¢



FOLEY'S
Milk Chocolate Chips
Bulk

100g
\$1.29

SAVE 20%



NUTTERS
Fresh Ground
Almond Butter
350g

\$11.99

SAVE 16%



NUTTERS
Fresh Ground
Peanut Butter
700g

\$9.99

Organic



NUTTERS
Organic Pumpkin
Seeds
Bulk

100g
\$1.29



NUTTERS
Whole Natural
Almonds
Bulk

100g
\$1.59

FOLEY'S



FOLEY'S
Milk or Dark Chocolate
Covered Almonds
Bulk

100g
\$1.49

SAVE 15%



NUTTERS
Almond Flour
500g

\$10.99

SAVE 25%



NUTTERS
Organic Coconut Flour
1kg

\$5.99

SAVE 20%



NUTTERS
Gluten-Free Brown or
White Rice Flour
1kg

\$11.99

SAVE 23%



NUTTERS
Gluten-Free
Tapioca Flour
1kg

\$9.99

SAVE 20%



NUTTERS
Unsweetened Coconut
Chips or Shredded
400g

\$3.99

Nutritional Yeast Flakes



LOW-SUGAR



LOW-FAT



GOOD PROTEIN SOURCE



250g
\$11.99

NUTTERS
Nutritional Yeast
Flakes
250g or 500g

500g
\$22.99



SAVE
25%

NUTTERS
Quick or Regular Oats
1.75kg

1.75kg
\$5.99



SAVE
28%

Organic

NUTTERS
Organic Quick or
Regular Oats
1kg

1kg
\$4.99



1

Sprinkle on popcorn, pasta, salads, rice, casseroles or roasted vegetables for extra seasoning

2

Use in soups, stews or chilies to thicken and deepen the flavors

3

Blend into smoothies for an extra source of vitamins, minerals and protein

4

Use in cheese sauces or as a vegan alternative to parmesan cheese



SAVE
15%

NUTTERS
Raw Cashews
450g

450g
\$10.99



SAVE
17%

NUTTERS
Raw Brazil Nuts
450g

450g
\$13.99



SAVE
18%

NUTTERS Raw
Macadamia Nuts
250g

250g
\$8.99



SAVE
20%

Organic

NUTTERS
Organic Popcorn
1kg

1kg
\$7.99



SAVE
20%

NUTTERS
Popcorn Coconut Oil
350g

350g
\$7.99



SAVE
25%

NUTTERS
Dried Apricots
250g

250g
\$5.99



SAVE
16%

NUTTERS
Crystallized Ginger
Slices
250g

250g
\$4.99



SAVE
22%

NUTTERS
Dried Mango Slices
250g

250g
\$6.99



SAVE
25%

NUTTERS
Dried Apple Rings
250g

250g
\$5.99



SAVE
20%

NUTTERS
Dried Bing Cherries
200g

200g
\$7.99

ALL THINGS NATURAL, SPECIALTY & WELLNESS



Participating Locations

APRIL 18 - 27, 2024

 NuttersNatural 

ALBERTA

Airdrie
#102, 400 Main St NE • 403.948.6354

Camrose
4964-50 St • 780.672.8685

Canmore
900 Railway Ave • 403.678.3335

Cochrane
2137 - 239 Griffin Road E • 403.996.2960

Jasper
622 Patricia St • 780.852.5844

Lethbridge
#102, 920 2nd Ave "A" N • 403.329.3100

Lloydminster
3106-50 Ave • 780.875.4617

Medicine Hat
#107, 1601 Dunmore Rd SE • 403.529.1664

Okotoks
900 Village Lane • 403.938.1740

Red Deer
20A, 5250-22 St • 403.347.4211

Rocky Mountain House
5037A-50 St • 403.845.2225

Sylvan Lake
#250 49 Hinshaw Dr • 403.858.1314

SASKATCHEWAN

Estevan
1295 - 400 King St • 306.634.9577

Melfort
102 McKendry Ave W • 306.752.1900

Moose Jaw
605B Main St N • 306.694.0111

North Battleford
#5 - 11204 Railway Ave E • 306.446.3666

Saskatoon
835A Broadway Ave • 306.934.8385

Swift Current
1A, 306 Central Ave N • 306.773.6560

BRITISH COLUMBIA

Cranbrook
1107 Baker Street • 250.426.5519

Kamloops
440 Seymour St • 236.425.0669

DISCOUNTS NOTED ARE TAKEN OFF THE REGULAR PRICE

During this sale, Nutters stores will make every effort to supply sufficient merchandise to meet your needs. Due to floor space limitations some of the advertised items may not be available in all locations. We reserve the right to limit quantities. Product descriptions and articles are meant for informational purposes only. You should always seek prompt medical care for any specific health issue and consult a physician before starting a particular health or fitness regimen.