

JANUARY 18 - 27, 2024

ALL THINGS NATURAL, SPECIALTY & WELLNESS



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NUTTERS

EVERYDAY NATURALS

Healthy Living Starts Here



SAVE
\$4.00

CANPREV Magnesium Bisglycinate

Preferred and highly absorbable Bis-glycinate form that is easy and gentle on the bowels with 200mg of pure elemental magnesium per capsule

240 Capsules

\$35⁹⁹



SAVE
18%

BELL Blood Sugar Metabolism

Supports healthy glucose metabolism

60 Capsules

\$30⁹⁹



SAVE
18%

SALUS Floradix

Iron is essential for the delivery of oxygen to every cell

250ml

\$25³⁹



SAVE
\$8.00

All Varieties

PRAIRIE NATURALS Lean Whey

Promotes fat loss and increases lean muscle mass

908g

\$46⁹⁹



SAVE
24%

MANITOBA HARVEST Hemp Hearts

10g of plant protein, 12g of Omegas 3 & 6, and all 9 essential amino acids

227g

\$7⁵⁹



SAVE
19%

YOGI Tea

A naturally tasty way to support your body and mind

16 Tea Bags

\$6²⁹



SAVE
22%

FILSINGER'S Apple Cider Vinegar

Organic, raw, unfiltered, and unpasteurized

945ml

\$7⁴⁹

www.nutters.com

NuttersNatural

SALE DATE: JANUARY 18 - 27, 2024

NUTTERS • 1

IMMUNE BOOSTERS

PROTECT YOURSELF IN COLD & FLU SEASON

Our bodies are usually very good at protecting us from germs and other things that may make us sick, but sometimes our Immune System can use a little boost to get it into tip top cold & flu fighting shape. When it comes to viruses, herbal remedies are more powerful than you might realize. Here are some herbs that you should add to your virus fighting arsenal:

Echinacea - The go-to North American herb for its anti-viral properties.

Elderberry - Another popular natural anti-viral ingredient, known for its effectiveness against influenza and other upper respiratory infections.

Oregano, Garlic & Ginger - While great culinary herbs, they have also proven to be effective immune system boosters. They aid in blocking virus replication as well as aid upper respiratory symptoms.

Give your antiviral remedies a boost by adding a tsp. of ground cinnamon to a tbsp of manuka honey as a delicious spread.



BEEKEEPER'S Kid's Throat Spray

Daily health support powered by propolis & a source of antioxidants

30ml

\$14⁹⁹



SAVE
33%

NATURE'S WAY Sambucus Gummies

Vitamin C and Zinc for immune support

60 Gummies

\$15⁹⁹



JOY OF THE MOUNTAINS Oil of Oregano

Fights off colds, flus and their symptoms

10ml

\$12⁹⁹

30ml

\$24⁹⁹



SURO Elderberry Syrup Adult

Fight colds, flu, cough and sore throat

236ml

\$17⁹⁹



SAVE
\$3⁰⁰

Bonus Size

NAKA PLATINUM Pure Colloidal Silver

Immune system support, heals wounds and skin conditions, anti-inflammatory. Sinus infection support, common cold and flu support as well as bronchitis and pneumonia support.

600ml

\$31⁹⁹



All Varieties

WEDDERSPOON Manuka Honey Drops

Perfect for cold, flu and allergy season

120g

\$8⁹⁹



SOVEREIGN SILVER Fine Mist Spray

Maintains, sustains and supports your immune system

59ml

\$17⁹⁹



BONUS
SIZE

NAKA NAC 600mg

Supports respiratory health and detoxification

150 Capsules

\$31⁹⁹



All Varieties

BACH Rescue Pastilles

Each pastille contains four drops of the Rescue Remedy® flower essences perfect for grab and go

35 Pastilles

\$8⁹⁹



HEALTHOLOGY Lung-Fx Formula

Helps eliminate
excess mucous

90 Capsules
\$32⁵⁹



ST. FRANCIS Mullein Tincture

Get relief from mucous
congestion, coughs, and
bronchitis.

50ml
\$17⁹⁹



SUKU Kids Super Immunity

Supports a healthy
immune system

60 Gummies
\$22⁹⁹



SISU Ester-C 600mg

Supports immune health
and allergy relief

240 Capsules
\$53⁴⁹



All Varieties

FLOW Vitamin-Infused Water

Refreshing way to
support your immune
system while hydrating

500ml
\$2⁶⁹



SAVE
27%

AOR Zinc-Copper Balance

Supports healthy skin,
prostate and immunity

100 Capsules
\$27⁹⁹



AOR Advanced B Complex

Support for metabolism
and red blood cells

180 Capsules
\$52⁸⁹



AOR Advanced Magnesium Complex

Supports muscle function,
bone health and heart
health

90 Capsules
\$28⁷⁹



NATURAL CALM Magnesium Gummies

Vegan, gluten-free & less
than 1 gram of sugar per
serving

120 Gummies
\$36⁹⁹



BONUS
SIZE

NAKA Nattokinase

Promotes cardiovascular
health naturally

75 Capsules
\$33⁹⁹



Exclusive 150's Size

NEW CHAPTER Turmeric Force

Supports your body's
healthy inflammation
response

60 Capsules
\$28⁹⁹

150 Capsules
\$54⁹⁹



FLORA Circuvein

Reducing the visible
signs of varicose veins by
reducing swelling

60 Capsules
\$27⁴⁹

180 Capsules
\$75⁹⁹



SAVE
\$11⁰⁰

All Varieties

GARDEN OF LIFE All-In-One Shake

20g Protein, 44 Superfoods, 7g Fiber, 21 Whole Food Vitamins
and Minerals, 120 Calories, 1 g sugar, 28 Servings. Helps build
lean muscle when combined with regular training and a healthy
balanced diet

907g - 1038g
\$59⁹⁹

THE POPULARITY OF COLLAGEN

WHY HAS THIS PROTEIN BECOME SO POPULAR?

You have probably spotted collagen as an ingredient in many things ranging from skin creams, smoothies and supplements, but why is this protein in everything? Collagen is vital for our bones, muscles, tendons, and ligaments, and it acts like glue for joints. It's our skin's strongest ally, working in tandem with elastin to create resilience and elasticity. It's a building block for everyone.

As we start aging we slowly lose our body's collagen over time. To combat this more people are supplementing with collagen. Since collagen is a protein, getting our fill should be as easy as adding more protein-rich foods to our diet, right? Not quite. While eating collagen-rich foods like chicken, fish, and eggs is certainly beneficial, it may not be enough to counteract our natural loss of collagen.

In order to properly restore the loss of collagen in the body we must supplement with collagen peptides. These peptides are more easily digested and absorbed into the body. While collagen supplements are not an immediate fix, over time benefits do start to show. Collagen has shown to improve bone density, reduce joint pain, and improve skin elasticity.



CANPREV Full Spectrum Collagen

Building blocks for enhanced collagen production

250g

\$39⁹⁹



CANPREV Full Spectrum Collagen

Building blocks for enhanced collagen production

500ml

\$39⁹⁹



ORGANIKA Electrolytes + Collagen

Electrolyte-replenishing drink, with 0 g of sugar

360g

\$34⁹⁹



ORGANIKA Enhanced Collagen

Addresses low collagen levels contributing to overall health

500g

\$44⁴⁹



CANPREV Magnesium Bis-Glycinate Gentle

Supports bodily functions & alleviates constipation

120 Capsules

\$24⁹⁹



CANPREV Vitamin D₃ + K₂

Helps build and maintain bone health

120 Softgels

\$24⁹⁹



CANPREV Adrenal Pro

Helps increase energy and reduce stress and fatigue

120 Capsules

\$35⁹⁹



Sugar Free

ANIMAL PARADE Kids Multivitamin

Sugar-free chewable whole food supplement

90 Tablets

\$29⁹⁹



AERYON WELLNESS Löse It

Helps support endocrine system & metabolism

60 Capsules

\$37⁹⁹



SALUS Floradix Iron Liquid Formula

Prevents iron deficiency & maintain good health

500ml

\$41³⁹



SALUS Calcium Magnesium

Builds and maintains healthy bones and teeth

250ml

\$25³⁹

500ml

\$39⁹⁹



SALUS Red Beet Crystals

Organic source of antioxidants

200g

\$24⁹⁹

SOOTHE IBS SYMPTOMS

HOW TO AVOID TUMMY TROUBLES NATURALLY.

Research suggests that irritable bowel syndrome (IBS) is on the rise, especially among women and as many as 75% of cases may go undiagnosed. IBS is a gastrointestinal disorder that can cause cramping, constipation, bloating, gas, and diarrhea. While there's no cure for IBS, these natural remedies might just help tame your tummy troubles.

Eat Slower: Avoid distractions, pause for a minute or two between bites, take smaller bites or make sure to chew thoroughly.

Practice Mindfulness: The brain and gut are closely connected and stress can trigger or worsen IBS symptoms. Mindfulness such as meditation can decrease stress related flare ups.

Psyllium Powder (Fiber): Not just any fiber can offer relief. Increased insoluble fiber can sometimes cause bloating or gas so be sure to reach for soluble fibers. (Berries, oranges, peas, carrots & oats)

Probiotics: Probiotics can help maintain digestive health and also reduce pain and symptom severity in IBS. Fermented foods may also be beneficial.



HEALTHOLOGY Gut-Fx Formula

Repairs your intestinal
tract lining, heal

180g

\$38⁹⁹



HEALTHOLOGY Go-Lax Formula

Provides a gentle, effective
solution for occasional
constipation

60 Capsules
\$21²⁹

120 Capsules
\$32⁵⁹



LIVING ALCHEMY Your Flora Woman

Probiotics specifically for
digestive, vaginal and
urinary tract support

60 Capsules

\$35⁹⁹



SAVE
25%

THE CULTURED COCONUT Probiotic

Provides over 4 trillion
CFU and over 40
probiotic strains

460ml

\$22⁴⁹



All Varieties

WILDBRINE Sauerkraut

Raw, completely vegan,
gluten-free, and
traditionally fermented

500ml

\$9⁴⁹



All Varieties

ORGANIC TRADITIONS Supergreens Powders

Unlock healthy digestion,
improve cognitive function,
and boost energy levels

150g

\$14⁹⁹



BRIGHTSIDE Omega 3 Nutra Cleanse

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

1kg

\$35⁹⁹



All Varieties

BLUME Superfood Blends

Enjoy your favourites
without the syrups, refined-
sugars, and caffeine

100g

\$19⁹⁹



SAVE
16%

All Varieties

YOGGU! Yogurt

Immune system support, heals wounds and skin conditions,
anti-inflammatory. Sinus infection support, common cold and flu
support as well as bronchitis and pneumonia support.

450g

\$8³⁹

SNACKING HABITS

YOUR GUIDE TO SMART SNACKING

Those few hours between breakfast, lunch, and dinner can feel like centuries when your stomach is growling. Hanger can be a real thing, this is why so many of us make a habit of snacking throughout the day. However, smart snacking can mean the difference between feeling energetic or fatigued as well as strengthening or chiselling away at your immune system.

Proper snacking can help deliver the nutrients and antioxidants children need to properly develop, both physically and mentally. Too often, though, the between-meal nibbles that kids (and adults!) choose are nutritional duds, full of empty calories, which is precisely why snacking has such a bad rap as a healthy eating dead-end.

To keep calorie intake in check, most adults and kids should cap their snack frequency at two times a day, which can increase to three times for very active snackers who can benefit from a few more calories. Light grazing is the name of the game. Snacks with some protein and fibre have greater staying power within fewer calories. Remember to balance savoury & sweet! Try including at least one savoury snack in your daily menu.





SAVE
23%

All Varieties

SEA SNAX Roasted Seaweed Snacks

A healthier alternative to chips to satisfy

5g
\$1⁹⁹



All Varieties

HIPPIE SNACKS Cauliflower Crisps

Plant-Based. Non-GMO. Gluten Free. 5g of protein

70g
\$4⁶⁹



All Varieties

HIPPIE SNACKS Avocado Crisps

Plant-Based. Non-GMO. Gluten Free. 5g of Protein

70g
\$4⁶⁹



All Varieties **Gluten Free**

MADE GOOD Soft Baked Bars

Start your morning with a bar all wrapped and ready to grab and go

5 x 30g
\$4⁶⁹




All Varieties

ZEVIA Soda

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

6 x 355ml
\$7⁵⁹



BOB'S RED MILL Bob's Bars

Made with whole grain oats, peanut butter and organic honey

50g
\$1⁹⁹



All Varieties

KETTLE Potato Chips

Made from the whole potato and seasoned with authentic recipes

198g
\$4¹⁹



NUTS TO YOU Almond Butter Smooth/Crunchy

Recyclable glass jars with BPA-free metal lids

735g
\$15⁴⁹



All Varieties

FODY Pasta Sauce

Delicious sauces worry-free, no added sugar & gluten-free

547ml
\$7⁹⁹



BRAGG Coconut Liquid Aminos

A soy-free seasoning made from organic coconut blossom nectar

296ml
\$9⁷⁹



All Varieties

PRIMAL KITCHEN Dressings

Made with avocado oil. Dress, drizzle, marinate

227ml
\$9⁴⁹



UNBUN Untortillas

High in fiber and a good source of protein

210g
\$8⁵⁹

BREAKFAST MISTAKES

OPTIMIZE THE MOST IMPORTANT MEAL OF THE DAY

Breakfast really is the most important meal of the day, and studies show that what you eat in the morning can have a huge impact on how you feel throughout the day. If you're hungry and low on energy a few hours later, you might be making some common breakfast mistakes.

Don't skimp on fiber! Fiber improves gut health and lowers blood sugar levels and cholesterol. But even if you eat a nutrient-packed diet, you might still be missing out on the recommended daily amount.

Avoid low protein, high-sugar foods. They will set you up for cravings and low energy the rest of the day. A protein-rich breakfast can also help keep blood sugar low, especially when you eat proteins with healthy fats.

Lastly, don't skip breakfast! You might not be meeting your daily vitamin and mineral requirements if you skip a nutrient-packed breakfast. Studies show that people who eat breakfast have healthier overall diets and better blood sugar control.



SAVE
20%

NATURE'S PATH Cereal Honey'd Corn Flakes

Made of organic corn & lightly sweetened

750g
\$9⁵⁹



SAVE
20%

NATURE'S PATH Cereal Crispy Rice

Organically sweetened brown rice crisps

750g
\$9⁵⁹



SAVE
20%

NATURE'S PATH Cereal Mesa Sunrise

Crunchy flakes of corn, flax, and ancient grains

750g
\$9⁵⁹



ELMHURST Plant Milk Cashew/Hazelnut/Walnut

Up to 4x more nuts per serving

946ml
\$8²⁹



CALIFIA FARMS Barista Blends

Froth, foam and steam perfectly for all your espresso creations

946ml
\$5¹⁹



EARTH'S OWN Oat Coffee Creamer

Best for your coffee and the planet

473ml
\$4²⁹



All Varieties Gluten-Free

O'DOUGHS Bagel

A good source of dietary fibre and 7 essential nutrients from plants

300g
\$5²⁹



All Varieties

LITTLE NORTHERN BAKEHOUSE Wide Slice

Made with sandwich-making in mind

567g
\$6⁹⁹



RW KNUDSEN Just Tart Cherry or Prune Juice

Really great juices with really great produce. Made responsibly with the planet in mind. Add to your favourite smoothies, cocktails, mocktails and more

946ml
\$13⁵⁹



LUNDBERG Organic White Basmati Rice

A natural fit for curry, stir-fry, salad, pilaf, and dessert recipes

907g
\$13²⁹



LUNDBERG Organic Brown Basmati Rice

A natural fit for curry, stir-fry, salad, pilaf, and dessert recipes

907g
\$13²⁹



LUNDBERG Organic Sushi Rice

Just the right amount of stickiness for rice salads, desserts, and more

907g
\$13²⁹



BONE BREWHOUSE Beef Bone Broth

Frozen bone broths are delicious to sip on or in a recipe

600ml
\$11⁷⁹



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



PACIFIC FOODS Cream of Chicken

Perfect over rice or steamed vegetables, or in casseroles and sauces

284ml
\$3³⁹



PACIFIC FOODS Cream of Mushroom

Great as a base for soups, casseroles and sauces

284ml
\$3³⁹



All Varieties

TEECCINO Mushroom Herbal Tea

Each tea bag contains 6g of Teeccino

10 Tea Bags
\$7⁷⁹



ORGANIC INDIA Tulsi Teas

Contains 3 varieties of Tulsi (Rama, Vana and Krishna)

25 Tea Bags
\$5⁹⁹



SAVE 29%

NATURE'S AID Skin Gel

Aloe vera, tea tree, witch hazel, rosemary and vitamin E

125ml
\$11²⁹



All Varieties

ECO MAX Ultra Dish Wash

Powerful plant-based and biodegradable ingredients

740ml
\$5³⁹



All Varieties

MITCHELL'S SOUP COMPANY Soup Mixes

Mom's cooking. Made by hand, made with love, the same way we make every meal at Mitchell's Soup Co

Ea.
\$8⁹⁹



LAKANTO Powdered Monkfruit Sweetener

454g

\$14⁴⁹

Contains zero net carbs, zero calories, and is zero-glycemic



NAVITAS Organic Cacao Powder

227g

\$9⁹⁹

Packed with nutrients and a rich chocolate taste



SAVE 20%

SOBER CARPENTER Non-Alcoholic Beer

473ml

\$3¹⁹

A range of non alcoholic beers so good that you won't have to compromise on taste if you also want a healthier lifestyle. So good that you'll forget it's non-alcoholic



SAVE 21%

CHA'S Coconut Cream or Milk

400ml

\$4³⁹

Perfect for everyday cooking and as a non-dairy substitute

Dairy-Free



PATIENCE Organic Cranberry Juice

946ml

\$11⁴⁹

No added water or sugar



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Easy Overnight Oats



ROLLED OATS

1/2 cup

FRUIT OF CHOICE

1 Serving

MILK OF CHOICE

1/2 cup

NUT BUTTER

1 Tablespoon

GREEK YOGURT

1/2 cup

CHIA SEEDS

3 Teaspoons



SAVE
25%

NUTTERS
Quick or Regular Oats
1.75kg

1.75kg
\$5⁹⁹



SAVE
28%

Organic

NUTTERS
Organic Quick or
Regular Oats
1kg

1kg
\$4⁹⁹



SAVE
21%

NUTTERS
Psyllium Husks
250g

450g
\$10⁹⁹



NUTTERS
All Purpose Flour
1kg or 2kg

1kg
\$2⁹⁹

2kg
\$5⁴⁹



NUTTERS
Gluten-Free All
Purpose Flour
1kg

SAVE
23%

1kg
\$12⁹⁹



NUTTERS
Gluten-Free Almond
Flour
500g

SAVE
23%

500g
\$9⁹⁹



NUTTERS
Schmidt Organic
Whole Wheat Flour
2kg or 4kg

Organic

2kg
\$5⁹⁹

4kg
\$10⁹⁹



NUTTERS
Organic Coconut
Flour
1kg

SAVE
16%

1kg
\$7⁴⁹



NUTTERS
Whole Natural
Almonds
Bulk

100g
\$1⁷⁵



FOLEY'S
Dark Chocolate
Cranberries
Bulk

100g
\$1⁹⁹



NUTTERS
JuJubes
Bulk

100g
69¢



NUTTERS
Dried Mango Slices
250g

SAVE
16%

250g
\$7⁴⁹



NUTTERS
Dried Cranberries
250g

SAVE
17%

250g
\$4⁵⁹

INGREDIENTS

- | | |
|--------------------------------|--------------------------|
| 2 cups Nutters 9 Bean Soup Mix | 1 bell pepper - chopped |
| 8 cups water | 2 cloves garlic - minced |
| 1 cup diced ham | 2 tbsp ham base |
| ½ tsp salt | 1 can tomatoes |
| 2 tbsp dried onion | |

DIRECTIONS

1. Clean and rinse soup mix and place in a large bowl. Cover with cold water (2 1/2 inches over) Soak overnight in a cool place.
2. Drain bean soup mix and place in pot. Cover with fresh water and boil for 10 minutes. Reduce heat and simmer 30-45 minutes or until beans start to get tender.
3. Add ham, onion, garlic, bell pepper, salt and ham soup base. Continue simmering for another 45 minutes until beans are tender.
4. Do not drain tomatoes, just chop and add to the mixture. Summer 30 munutes more, stirring occasionally.
5. Top with basil or add a delicious crusty bread.

Nine Bean Soup

Easy, tasty and a perfect way to warm up on a cold day!

SAVE
16%

Organic

NUTTERS
Organic 9 Bean
Soup Mix
400g

400g
\$4⁹⁹

SAVE
18%

NUTTERS
Beef or Chicken
Soup Base
250g

250g
\$6⁴⁹

250g
\$11⁹⁹

NUTTERS
Nutritional Yeast
250g & 500g

500g
\$22⁹⁹

SAVE
16%

Organic

NUTTERS
Organic Red Kidney
Beans
350g

350g
\$4⁹⁹

SAVE
21%

Organic

NUTTERS
Organic Garbanzo
Beans (Chick Peas)
400g

400g
\$5⁴⁹

SAVE
18%

Organic

NUTTERS Organic
Black Eyed Bean
400g

400g
\$6⁴⁹

SAVE
15%

Organic

NUTTERS
Instant Potato Flakes
200g

200g
\$5⁵⁹

SAVE
20%

Organic

NUTTERS
Mac & Cheese
Sauce Mix
500g

500g
\$11⁹⁹

SAVE
16%

NUTTERS
Golden Raisins
455g

455g
\$7⁴⁹

SAVE
15%

NUTTERS
Super Puff Popcorn
2kg

2kg
\$10⁹⁹

SAVE
16%

Organic

NUTTERS
Organic Popcorn
1kg

1kg
\$7⁴⁹

SAVE
21%

NUTTERS
Japanese Sencha
Green Tea
200g

200g
\$10⁹⁹

500g
\$6⁹⁹

NUTTERS
Hot Apple Cider
500g or 1kg

1kg
\$12⁹⁹

ALL THINGS NATURAL, SPECIALTY & WELLNESS



NUTTERS

EVERYDAY NATURALS



Participating Locations

JANUARY 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

Olds
4810 50th Ave • 403.556.1100

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

BRITISH COLUMBIA

Cranbrook
1107 Baker Street • 250.426.5519

Kamloops
440 Seymour St • 236.425.0669

SASKATCHEWAN

Melfort
102 McKendry Ave W • 306.752.1900

Moose Jaw
605B Main St N • 306.694.0111

Prince Albert
365 Marquis Road W • 306.922.3835

Saskatoon
835A Broadway Ave • 306.934.8385

Swift Current
1A, 306 Central Ave N • 306.773.6560



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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.