



NUTTERS

EVERYDAY NATURALS

Healthy New Year Savings

January 19th - 28th, 2023




SAVE 33%

60 Gummies

\$15⁹⁹

NATURE'S WAY Sambucus Gummies - Adult or Kids
Delicious tasting gummies with the added benefit of Vitamin C and Zinc for immune support



SAVE 22%

60 Capsules

\$29⁹⁹

120 Capsules

\$54⁹⁹

BELL Blood Pressure Formulation Combo
Helps maintain healthy blood pressure levels



SAVE \$5⁰⁰

180g

\$36⁹⁹

HEALTHOLOGY Gut-FX Formula
Supports healthy gut flora and gut health



SAVE \$5⁰⁰

200g

\$23⁹⁹

SALUS Red Beet Crystals
Organic source of antioxidants



SAVE \$5⁰⁰

120 Capsules

\$32⁹⁹

PURICA Ashwagandha
Helps reduce the symptoms of stress



SAVE 22%

227g

\$7⁴⁹

MANITOBA HARVEST Hemp Hearts
10g plant protein & Omega 3 & 6



SAVE 18%

735g

\$15⁴⁹

NUTS TO YOU Almond Butter
Available in Crunchy or Smooth

www.nutters.com

3 Ways to Shop • In-Person • Call & Collect • Call & Deliver

SALE DATE: JANUARY 19 - 28, 2023

NUTTERS • 1

IMMUNE HEALTH

PROTECT YOURSELF DURING COLD & FLU SEASON

How can you improve your immune system? On the whole, your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails: A germ invades successfully and makes you sick. Is it possible to intervene in this process and boost your immune system? Your first line of defense is to choose a healthy lifestyle! Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system working properly. In addition, research has shown that supplementing with certain vitamins, minerals, herbs, and other substances can help improve immune response and potentially protect against illness.



AOR N-A-C

Promotes respiratory health, helps clear excess mucus

120 Capsules
\$32⁹⁹



SISU Ester-C 500mg

Supports immune health, as well as skin, joints, and vision

90 Chewables
\$20⁹⁹



JOY OF THE MOUNTAINS Oil of Oregano

Fights off colds, flus and their symptoms

15ml
\$16⁹⁹
90 Capsules
\$30⁹⁹



BONUS SIZE

ST FRANCIS Deep Immune

Helps to prevent viral infections, colds & flu

120 Capsules
\$36⁹⁹



NAKA TRISTAR Probiotic Supremacy

Helps support intestinal/gastrointestinal health

60 Capsules
\$28⁹⁹



BONUS SIZE

NAKA PLATINUM Pure Colloidal Silver

Immune system support

600ml
\$24⁹⁹



NUTRISTART Quick D Liquid Vitamin D3 1000IU

Potent immune support

55ml
\$35⁹⁹



CANPREV Zinc Bis-Glycinate 25

Zinc plays an important role in immunity

120 Capsules
\$14⁹⁹



SAVE 25%

FLORA Super 8 Plus Probiotic

Up your intake of a key probiotic strain with Flora's Super 8 Plus Probiotic. This probiotic blend is designed with a high concentration of Lactobacillus acidophilus to support the gastrointestinal health of the small intestine and help maintain a healthy yeast balance.

60 Capsules
\$42⁹⁹



AOR Advanced B Complex
Support for energy, stress and burnout, metabolism, brain and nerve function

90 Capsules **\$37³⁹**
180 Capsules **\$52⁸⁹**



AOR Zinc-Copper Balance
Supports healthy skin, prostate and immunity

100 Capsules **\$27⁹⁹**



AOR Ortho Adapt
Reduces the impact of stressful conditions

120 Capsules **\$39²⁹**



SMART SOLUTIONS Menosmart+
Relieves menopause symptoms

120 Capsules **\$28⁴⁹**



GARDEN OF LIFE Once Daily Women's Probiotic
Supports a healthy microbiome

30 Capsules **\$37⁹⁹**



GARDEN OF LIFE Once Daily Men's Probiotic
Supports a healthy microbiome

30 Capsules **\$37⁹⁹**



HARMONIC ARTS Mushroom Powders
Support whole-body harmony and immune system intelligence. Feel the benefits of the world's top 5 mushrooms! Add to your coffee, tea, or favourite recipe.

45g **\$31⁴⁹**
100g **\$59⁴⁹**

MULTIVITAMINS

DON'T LET YOUR SCHEDULE AFFECT YOUR HEALTH

A diet that includes plenty of fruits, vegetables, whole grains, good protein sources, and healthful fats should provide most of the nutrients needed for good health. But not everyone manages to eat a healthful diet. Certain groups are at higher risk for a nutrient deficiency such as the Elderly & Pregnant Women. Other people at risk also include those with Mal-absorption conditions that may interfere with their digestive system. Examples of these conditions are celiac and cystic fibrosis. Some illnesses may also offset your digestive track and prevent some nutrients from being absorbed. It is important to remember that a multivitamin cannot in any way replace a healthful well-balanced diet!




SMARTY PANTS Kids Multivitamin
Designed to support immunity, bone health, energy metabolism

All Varieties **25% OFF**



SUKU Women's Multi
Delivers 21 essential micro-nutrients designed for women

60 Gummies **\$25⁹⁹**



SUKU Men's Multi
Delivers a powerful blend of 21 essential micro-nutrients for men

60 Gummies **\$25⁹⁹**



HERBALAND Kids Multivitamin
Get Kids 13 essential vitamins and minerals

90 Gummies **\$20⁹⁹**



HEALTHOLOGY Go-Lax
Healthy digestion is the foundation of a healthy body

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



HEALTHOLOGY Sleep-Great
Helps you fall asleep quickly & stay asleep

30 Capsules **\$21²⁹**
60 Capsules **\$35⁴⁹**



SALUS Floradix Iron Tablets
Iron is essential for the delivery of oxygen

80 Tablets **\$22⁶⁹**
120 Tablets **\$29³⁹**



SALUS Floravit
Iron is a nutrient that essential for the delivery of oxygen

250ml **\$23⁹⁹**
500ml **\$39⁹⁹**



NAKA Pro Collagen
Eases joint pain and inflammation, and supports bone density

425g **\$32⁹⁹** **SAVE 23%**



NATURAL CALM Magnesium Powder
Calm stress & regulate mood

226g **\$25⁹⁹** **All Varieties**



NUTRISTART Quick B12 Jumbo
Improves energy levels

100ml **\$26⁹⁹**



ORGANIKA Göutrin
Relieves joint pain, stiffness and inflammation

120 Capsules **\$25⁹⁹**



BACH Rescue Pastilles
Perfect remedy to grab and go. Black Currant or Original

35 Pastilles **\$7⁹⁹**



NEOCELL Collagen Protein Peptides
Helps support healthy collagen production

406g **\$36⁹⁹**



MEGAFOOD Blood Builder
Increase iron levels without side effects

72 Capsules **\$47⁹⁹** **BONUS SIZE**



RENEW LIFE ParaGone
A powerful parasite cleansing formula

Ea. **\$33⁵⁹**



RHOZIVA Brain
Designed to help with cognitive function by supporting memory

60 Capsules **\$31⁹⁹**



FLORA Flor-Essence
Supports your body's detoxification organs in removing toxins

500ml **\$33⁴⁹**



CANPREV Magnesium Bis-Glycinate 200
Offers a potent dose of 200mg of magnesium

240 Capsules **\$35⁹⁹**



CANPREV D3 & K2
Helps build and maintain bone health

120 Capsules **\$24⁹⁹**



ORANGE NATURALS Kids Magnesium Chewables

Calms the body's stress response

120 Chewables
\$19⁹⁹



ORANGE NATURALS MagPop!

Used for bone building to muscle function

35 Packets
\$14⁹⁹



PREFERRED NUTRITION Berberine

Helps maintain healthy glucose metabolism

120 Capsules
\$35⁸⁹



ALPHA MCT OIL

100% pure medium chain triglycerides from coconut oil

1L
\$30⁹⁹



BIOFIL Hair•Skin•Nails

Generate and protect your own collagen

120 Capsules
\$60³⁹



PRAIRIE NATURALS Lean Whey Protein Powder

Canada's # 1 Best Tasting, High Quality Whey Protein. Grass-Fed Whey. Easy to digest & well-absorbed. Mixes instantly & Gluten- Free.

454g
\$23⁹⁹

908g
\$43⁹⁹

GLUTEN-FREE GROCERY

EAT A VARIETY OF FOODS WHILE AVOIDING GLUTEN!

A gluten-free diet is essential for managing signs and symptoms of celiac disease and other medical conditions associated with gluten. Following the diet and avoiding cross-contamination results in fewer symptoms and complications of the disease.

A gluten-free diet is also popular among people who haven't been diagnosed with a gluten-related medical condition. The claimed benefits of the diet are improved health, weight loss and increased energy.

Following a gluten-free diet requires paying careful attention to food selections, the ingredients found in foods, and their nutritional content.




BONE BREWHOUSE Chicken Bone Broth

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

600ml
\$8⁷⁹



FODY Pasta Sauce

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

547ml
\$8²⁹



HIPPIE SNACKS Cauliflower Crisps

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

70g
\$4⁶⁹



HIPPIE SNACKS Avocado Crisps

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

70g
\$4⁶⁹



BOB'S RED MILL
1 to 1 Baking Flour
Transform traditional recipes into gluten free

1.24kg
\$12⁵⁹



SKINNY POP
Popcorn
Pure popped perfection

All Varieties
125g
\$4⁹⁹



NATURE'S PATH Cereal
Honey'd Corn Flakes
Made of organic corn & lightly sweetened

750g
\$9⁶⁹



NATURE'S PATH Cereal
Crispy Rice
Organically sweetened brown rice crisps

750g
\$9⁶⁹



CROFTER'S
Organic Jam
The choicest of fruit and fresh methods

All Varieties
383ml
\$6⁵⁹



CHOSEN FOODS
Avocado Mayo
Made with 100% pure avocado oil

355ml
\$13¹⁹



BRAGG
Apple Cider Vinegar
Made from delicious, organically grown apples

946ml
\$9⁵⁹



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

750g
\$9⁶⁹



LITTLE NORTHERN BAKEHOUSE
Wide Slice
Made with sandwich-making in mind

SAVE **24%**
567g
\$6⁴⁹



RICEWORKS Snacks
Our whole grain, gluten free chips are so full of flavor

All Varieties
155g
\$4⁶⁹



HOLOS Organic
Overnight Muesli
Helps give your body long-lasting energy

All Varieties
90g
\$4⁸⁹



COCONUT SECRET
Soy Free Sauce
Use like soy sauce in dressings, marinades, sautes, and with sushi

237ml
\$7⁸⁹



NUTIVA Organic
Coconut Manna
Made of pure, dried coconut flesh

445ml
\$10⁵⁹



UNBUN Untortillas
High in fiber and a good source of protein

1g net carbs
210g
\$8⁴⁹



MADE GOOD
Soft Baked Bars
Baked with gluten-free oats & organic ingredients

All Varieties
5/30g Bars
\$4⁴⁹



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

1kg
\$31⁹⁹



All Varieties

BETTER THAN Konjac
Healthy alternatives to regular pasta, noodles and rice

385g
\$4⁹⁹



All Varieties

SEA SNAX Roasted Seaweed Snacks
A healthier alternative to chips to satisfy

5g
\$1⁹⁹



All Varieties

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

500ml
\$9⁵⁹



Select Varieties

NICK'S STICKS Grassfed Beef Stick
Chock-full of sunshine and free-range living

48g
\$4²⁹

KETOGENIC GROCERY

LOW IN CARBS, HIGH IN FATS!

The keto diet is a low carb, high fat diet. It lowers blood sugar and insulin levels and shifts the body's metabolism away from carbs and toward fat and ketones. Ketosis is a metabolic state in which your body uses fat for fuel instead of carbs.

It occurs when you significantly reduce your consumption of carbohydrates, limiting your body's supply of glucose (sugar), which is the main source of energy for the cells. Following a ketogenic diet is the most effective way to enter ketosis. Generally, this involves limiting carb consumption to around 20 to 50 grams per day and filling up on fats, such as meat, fish, eggs, nuts, and healthy oils.




Select Varieties

LAKANTO Monkfruit Sweetener
It tastes, bakes, and cooks like sugar

235g
\$6⁷⁹



All Varieties

SIMPLY DELISH Keto Pudding
2 Minutes from beat to eat ... and heat!

44g
\$2¹⁹



All Varieties

ENLIGHTENED Keto Ice Cream
8g net carbs per pint or fewer, no added sugar

473ml
\$7⁵⁹



All Varieties

ANS Keto Bars
Chock-full of sunshine and free-range living

40g
\$2⁵⁹



SAVE 20%

All Varieties

SMART SWEETS Candy
Sweet things are in store for you! Snack on the delicious candy you know and love with 86-92% less sugar per 50g versus the traditional candy equivalents

50g
\$3¹⁹

DAIRY FREE GROCERY

WANT TO AVOID DAIRY IN YOUR DIET?

Dairy-free products contain no milk or milk products. Typically, these products are made using plants, nuts, and grains. For example, most almond milk beverages are considered to be dairy-free alternatives. Other examples may include coconut beverages and soy beverages.

Believe it or not, you don't necessarily need milk or dairy to cook your favorite dishes. Milk alternatives such as almond milk and coconut milk taste great and add a unique flavor to your favorite recipes. Plus, they're still a great source of vitamins, minerals, and protein.



SAVE
27%

EARTH BALANCE Buttery Spread

A critical ingredient in
your dairy-free baking

425g

\$7²⁹



All Varieties

YOGGU! Yogurt

Good for the gut,
earth and tastebuds.
Source of MCT fats

450g

\$8³⁹



THE CULTURED COCONUT Probiotic

Contributes to healthy
gut flora

460ml

\$22²⁹



CHA'S Coconut Cream

Perfect for everyday
cooking and as a non-
dairy substitute

400ml

\$4³⁹



L'ANCÊTRE Mild Cheddar Cheese

Can be enjoyed on its
own or in recipes

325g

\$12⁹⁹



L'ANCÊTRE Medium Cheddar Cheese

Can be enjoyed on its
own or in recipes

325g

\$12⁹⁹



EARTH'S OWN Coffee Creamer

Rich n' creamy and oh so
planet savin' dreamy

473ml

\$4¹⁹



CHA'S Coconut Milk

Perfect for everyday
cooking and as a non-
dairy substitute for
milk

400ml

\$4³⁹



STAHLBUSH Organic Green Peas

Providing protein,
fiber, iron, & potassium

350g

\$3⁴⁹



STAHLBUSH Organic Whole Kernel Corn

Contains vitamin B12,
iron, and folic acid

350g

\$3⁴⁹



All Varieties

RISE Kombucha

5 Billion living cultures on
average at bottling, raw
and unpasteurized

1L

\$8⁹⁹



RW KNUDSEN Just Black Cherry Juice

100% Juice from ripe,
whole black cherries

946ml

\$6⁹⁹



All Varieties

HEALTHY PLANET Oatz Shake

Packed with 10g of protein & 3g of fibre

250ml
\$2¹⁹



SANTA CRUZ Organic Lemon Juice

Containing 100 percent juice not from concentrate

473ml
\$7⁵⁹



SANTA CRUZ Organic Lime Juice

Containing 100 percent juice not from concentrate

473ml
\$7⁵⁹



All Varieties

ZEVIA Soda

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

6 x 355ml
\$6⁴⁹



All Varieties

ECO MAX Laundry Wash

A plant-based laundry wash

3L
\$17⁴⁹



SAVE **21%**

All Varieties

TRADITIONAL MEDICINALS Herbal Teas

Bagged Teas for all your wellness needs

16 Tea Bags
\$5¹⁹



All Varieties

HERBARIA Herbal Tea

Made from wild-crafted herbal ingredients

25 Tea Bags
\$4⁵⁹



All Varieties

YOGI Herbal Teas

a naturally tasty way to support your body and mind

16 Tea Bags
\$5⁹⁹



SAVE **20%**

MADE IN CANADA

Select Varieties

FLOW Alkaline Spring Water

100% naturally alkaline spring water (pH ±8.1), zero calories, zero sugar, zero juice, zero sweeteners and infused with delicious organic flavors

500ml
\$1⁵⁹



MADE IN CANADA

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.
\$7⁹⁹



NUTTERS
Quick or Rolled Oats
1.75kg

1.75kg
\$6.69



Organic

NUTTERS
Organic Quick or Regular Oats
1kg

1kg
\$5.99



NUTTERS
Yellow Sugar
500g, 1kg, & 2kg

500g
\$2.49

1kg
\$3.99

2kg
\$7.59




Gluten-Free

NUTTERS
Gluten Free All Purpose Flour
1kg

1kg
\$9.99



NUTTERS
All Purpose Flour
1kg & 2kg

1kg
\$2.79

2kg
\$4.99



Organic Keto Friendly

NUTTERS
Organic Coconut Flour
1kg

1kg
\$6.69



NUTTERS
Psyllium Husks
250g

250g
\$9.99



NUTTERS
Crystalized Ginger
250g

250g
\$4.49



Keto Friendly Gluten-Free

NUTTERS
Ground Almond Flour
500g

500g
\$9.99



Organic

NUTTERS
Organic 100% Whole Wheat Schmidt Flour
1kg & 2kg

1kg
\$3.29

2kg
\$6.49



NUTTERS
Nutritional Yeast Flakes
250g & 500g

250g
\$9.59

500g
\$18.59



NUTTERS
Dried Mango Slices
250g

250g
\$5.99



NUTTERS
Dried Cranberries
250g & 500g

250g
\$3.99

500g
\$6.99



SAVE
20%

NUTTERS Packaged Beans & Lentils
All Sizes & Varieties

20%
OFF



SAVE
20%

**NUTTERS
Soup Bases**
All Sizes & Varieties

20%
OFF



SAVE
20%

**NUTTERS
9 Bean Soup Mix**
400g & 500g

20%
OFF



Non-GMO

**NUTTERS
Organic Popcorn**
1kg

1kg
\$6.99



**NUTTERS
Super Puff Popcorn**
1kg

1kg
\$4.99

2kg
\$7.99



**NUTTERS
Pitted Prunes**
375g & 750g

375g
\$6.69

750g
\$11.99



**NUTTERS
Apricots**
250g & 500g

250g
\$5.49

500g
\$9.99



NUTTERS NINE BEAN SOUP

Ingredients

- 2 cups Nutters Nine Bean Soup Mix*
 - 8 cups water
 - 1 cup diced ham
 - 1/2 tsp salt
 - 2 tbsp dried onion
 - 1 bell pepper - chopped
 - 2 cloves minced garlic
 - 2 tbsp ham base
 - 1 can tomatoes
- *find the Nine Bean Soup Mix in this flyer!



Directions

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.

Drain bean soup mix and place in pot. Cover with fresh water and boil 10 minutes, reduce heat and simmer 30-45 minutes or until beans start to get tender.

Add ham, onion, garlic, bell pepper salt and ham soup base, continue simmering for another 45 minutes until beans are tender.

Do not drain tomatoes, just chop and add to mixture. Simmer 30 minutes, stirring occasionally.

Top with basil or add a delicious crusty bread!



**NUTTERS
Natural Whole Almonds**
Randomly packaged bulk

100g
\$1.59



**FOLEY'S
Dark Chocolate
Cranberries**
100g

100g
\$2.59



**NUTTERS
JuJubes**
100g

100g
59¢

New Year!

New Start!



NUTTERS
EVERYDAY NATURALS

Healthy Living Starts Here!



NUTTERS
EVERYDAY NATURALS

Participating Locations

ALBERTA

Airdrie

#102, 400 Main St NE • 403.948.6354

Camrose

4964-50 St • 780.672.8685

Canmore

900 Railway Ave • 403.678.3335

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

BRITISH COLUMBIA

Cranbrook

1107 Baker St • 250.426.5519

Kamloops

440 Seymour St • 236.425.0669

SASKATCHEWAN

Moose Jaw

605B Main St N • 306.694.0111

Melfort

102 McKendry Ave W • 306.752.1900

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

SALE ENDS JANUARY 28, 2023

NuttersNatural

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.