

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.





120 Capsules

\$14⁹⁹



NUTTERS • 2

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.

SALE DATE: JANUARY 19 - 28, 2023

60 Capsules



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!





SALE DATE: JANUARY 19 - 28, 2023



NUTTERS • 4



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.





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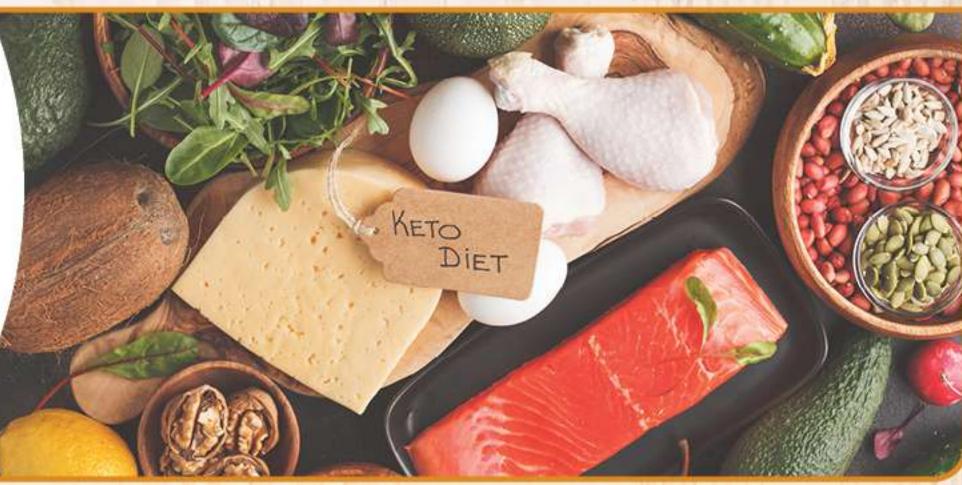
NUTTERS · 6



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.

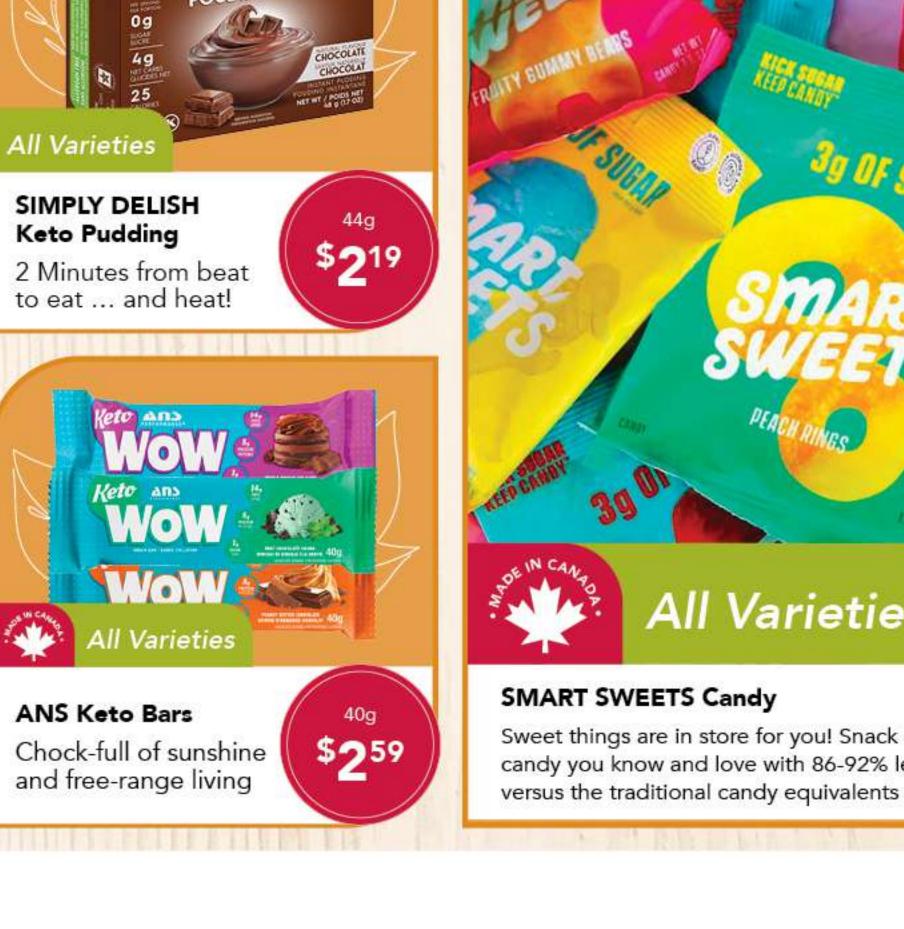
It occurs when you significantly reduce your consumption of carbohydrates, limiting your body's supply of glucose (sugar), which is the main source of energy for the cells. Following a ketogenic diet is the most effective way to enter ketosis. Generally, this involves limiting carb consumption to around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





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SAVE

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.





NUTTERS • 8



Select Varieties

vatermelon + lime flavored water

> a shallow pit of \$1 mL (16.9 FL OZ)

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 **\$1**59

20%

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

SALE DATE: JANUARY 19 - 28, 2023

Ea.



NUTTERS Quick or Rolled Oats 1.75kg



NUTTERS Organic Quick or Regular Oats 1kg





NUTTERS • 10

20% NUTTERS Packaged Beans & Lentils All Sizes & Varieties

SAVE

20%



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

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!



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5037A-50 St • 403.845.2225

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North Battleford #5 - 11204 Railway Ave E • 306.446.3666

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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.

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