

40 Years

NUTTERS
EVERYDAY NATURALS

OF SMALL TOWN HEALTHY

Since 1982



Sensational Savings Event

SALE DATES:

June 16 - 25, 2022

Welcome to our Summer Sensational Savings Flyer! Enjoy savings, information and helpful tips:

Find Oats for Heart Health on Page 2. Health benefits of Kombucha featured on Page 4. Page 6 also relates to heart health with information on Hemp Seeds. Pages 8 and 9 are dedicated to Nutters 40th Anniversary Celebration which took place at all Nutters location across Western Canada. These two pages capture the spirit and fun that our front line teams enjoyed with our customers. Page 10 offers up Nutters' famous Monster Cookie Recipe and we wrap up with 6 Great Things About Almonds on page 11.

So, put your shopping list together, and come on in for the savings.

BioSil HAIR, SKIN AND NAILS

60 Liquid Capsules

- Clinically proven to help in the formation of collagen
- Helps support hair, skin, and nail health

\$32¹⁹



prairienaturals prost force Bonus Size

140 capsules

- Synergistic blend of vitamins, minerals & phytonutrients
- Promotes healthy prostate function

Bonus Size

\$52⁹⁹

SAVE \$10⁰⁰



CanPrev Magnesium Bisglycinate

240 Capsules

- Provides a therapeutic 200 mg of pure elemental magnesium
- Designed for maximum absorption
- De-stress and relax

\$35⁹⁹

SAVE \$4⁰⁰



QUE PASA TORTILLA CHIPS

350g

- Deliciously crunchy
- Volcanic stone ground corn
- Real, simple ingredients

Select Varieties

\$3⁹⁹



innovite MELATONIN

60 Capsules

- 6-8 hour sustained-release melatonin to ensure a lasting effect during sleep time

\$11⁴⁹



La Croix Sparkling Water

355ml

- Crisp, clean and thirst-quenching

All Varieties

\$5⁹⁹ /8 PACK



www.nutters.com

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

SALE DATE: JUNE 16 - 25, 2022

NUTTERS • 1



OATS FOR BODY & HEART

ONLY OATS Gluten-Free Quick Oats

1kg

- Quick cook time of 3 minutes or less

\$9⁹⁹



ONLY OATS Gluten-Free Rolled Oats

1kg

- This type of oat is great for baking

\$9⁹⁹



Consumption of oats has been linked to improve the health of people with diabetes mellitus, hypertension, infection and cardiovascular disease

Alpha ORGANIC MCT OIL 1L

- Provides energy for workouts, weight management and body building
- Smoothest, Highest Quality, 100% MCTs

\$27⁹⁹



ULTIMATE MACA ENERGY 180 Capsules

- Provides a source of antioxidants
- Helps support healthy mood balance during menopause

\$30⁹⁹



ULTIMATE TESTOSTERONE BOOST 60 Capsules

- Ideal for men looking to support physical performance, energy levels, and vitality
- Helps promote healthy testosterone production in men

\$22⁸⁹



smart solutions LORNA VANDERHAEGHE Menosmart+

120 Capsules

- Relieves menopause symptoms
- Reduces hot flashes & night sweats
- Promotes a calm mood

\$28⁴⁹



LORNA VANDERHAEGHE smart SOLUTIONS Estrosmart

120 Capsules

- Supports estrogen-to-progesterone balance
- Supports detoxification

\$42⁴⁹



CanPrev Vitamin D3 + K2 120 Capsules

- Helps build and maintain bone health
- Vitamin D3 cholecalciferol from lanolin

\$24⁹⁹



innovite TYPE 2 COLLAGEN

60 Capsules

- Stimulates chondrocytes to build new cartilage to repair joint damage
- Effective in the treatment of arthritic type joint conditions

\$44⁹⁹



SierraSil Joint Formula 14 180 Capsules

- Supports gentle detoxification because of its clay mineral structure
- Supports joint, cartilage and muscle function

\$53⁴⁹



CanPrev BioActive B 90 Capsules

- A complete B-complex with all eight water-soluble B vitamins, plus choline and inositol

\$30⁹⁹



Garden of Life Dr. Formulated Organic Digest + 90 Chewable Tablets

- Promotes nutrient absorption and helps digestion after meals
- Whole Food Organic fruit and vegetable blend

\$36⁴⁹



FLORA Maria's Swedish Bitters 250ml

- Herbal bitters that help reduce gas and bloating and stimulate digestion

\$29⁹⁹



FLORA Original Swedenbitters 35g

- Contains herbs traditionally used in Herbal Medicine as digestive tonics to relieve symptoms such as dyspepsia and constipation

\$13⁴⁹



Nature's Way
NutraSea Dry Eye Omega-3

120 Softgels

- Providing 1200 mg of EPA, 300 mg of DHA, and 150 mg of GLA to help relieve the symptoms of dry eye syndrome

\$39⁹⁹



Nature's Way
VITAMIN D3

60 Gummies

- Delicious Vitamin D gummies are a factor in the maintenance of good health

\$9⁹⁹



Nature's Way
ZINC

60 Gummies

- Delicious zinc gummies to help maintain and support immune function

\$9⁹⁹



Nature's Way
MELATONIN

60 Gummies

- Delicious melatonin gummies help to reduce the time it takes to fall asleep in people who fall asleep slowly

\$9⁹⁹



Nature's Way
NutraSea Omega-3 Liquid Lemon

500ml

- Supports the maintenance of good health, cardiovascular health and cognitive & brain function

\$39⁹⁹



Hyland's
Restful Legs

50 Tablets

- Relief for the uncontrollable urge to move the legs

\$8⁹⁹



Homeocan
Traumacare

50g

- Provides effective relief for muscle and joint pains, inflammation and minor injuries such as sprains, and contusions

\$18⁹⁹



Nutra Centials
WEIGHT off MAX!

45 Capsules

- Management Benefits Supports metabolism of carbohydrates and fats
- Provides support for healthy glucose metabolism

\$23⁹⁹



More Than Your Average Greens

YERBA MATÉ
FOR MENTAL FOCUS
AND ENERGY

\$46⁴⁹

Garden of Life
Perfect Food
207g - 285g

More Than Your Average Greens

RAW
JUICED
GRASS POWDER **34**
SUPERFOODS

RAW
JUICED
GRASS POWDER

**NON
GMO**
Project Verified

Certified NSF
**GLUTEN
FREE**

B12
AND 300mg
CAFFEINE

1.5 BILLION
PROBIOTIC CFU



34
SUPERFOODS

**USDA
ORGANIC**

VEGAN

x6
MORE
CONCENTRATION

13
Non-GMO
ENZYMES

**NON
GMO**
Project Verified

Certified NSF
**GLUTEN
FREE**

**NO
STEVIA**

**VITAMINS
MINERALS
ANTIOXIDANTS**



**USDA
ORGANIC**

VEGAN

x6
MORE
CONCENTRATION

13
Non-GMO
ENZYMES

1.5 BILLION
PROBIOTIC CFU



KOMBUCHA

HEALTH BENEFITS

GT's KOMBUCHA

480ml

- Authentic, raw kombucha fermented for 30 days. Perfect for new and experienced Kombucha drinkers alike

All Varieties
\$3⁹⁹



Why Kombucha?

1. Kombucha is a Potential Source of Probiotics
2. Kombucha Contains Antioxidants
3. Kombucha Can Kill Undesirable Bacteria & Yeasts
4. Kombucha May Reduce Heart Disease Risk
5. Kombucha May Help Manage Blood Sugar

Kombucha tea may offer benefits similar to probiotic supplements, including promoting a healthy immune system and preventing constipation

New Roots Lectro-Lytes

168g - 192g

- Electrolyte Rehydration Drink Mix
- Rich in Vitamin C, No Added Sugar

Available in Lemon-Lime & Coco-pineapple

\$27⁴⁹



New Roots Digestive Enzymes

100 Capsules

- Improves digestion, increases energy, and relieves bloating and gas
- Increases vitamin and mineral absorption from foods

\$33⁵⁹



New Roots Prostate Perform

60 Softgels

- Stops the urgency and strain of urination that keep you on edge during the day and up at night

\$73⁴⁹



New Roots Skin Lover's Oil

15ml

- Deeply hydrates dry skin, improves microcirculation and skin elasticity
- Rich in antioxidants and regenerates skin for a fresh and youthful glow

\$17⁸⁹



now Ashwagandha 400mg

90 Capsules

- Traditionally used in Ayurveda as Rasayana (rejuvenative tonic)
- 15:1 Concentrate

\$13⁹⁹



now GABA 500mg with Vitamin B-6

100 Capsules

- Helps to temporarily promote relaxation

\$14⁹⁹



now D-Mannose 500mg

120 Capsules

- Reduces the risk of recurrent UTIs
- Supports Urinary Tract Health

\$22⁹⁹



NEW CHAPTER TURMERIC FORCE

- Healthy Inflammation Response & Heart & Brain Support

60 Capsules

\$28⁹⁹

150 Capsules

\$54⁹⁹



NEW CHAPTER BONE STRENGTH TAKE CARE

- Promotes bone, joint & heart support while reducing the risk of osteoporosis

60 Capsules

\$29⁹⁹

120 Capsules

\$47⁹⁹



Bob's Red Mill GLUTEN FREE PANCAKE MIX

680g

- Gluten Free Pancake Mix makes light and fluffy flapjacks that raise the standard of how good gluten free foods can be

\$6⁹⁹

GLUTEN FREE



RAINCOAST WILD SKIPJACK TUNA

142g

- Pole & line caught from a sustainable Maldives fishery
- 100% traceability from boat to can

Salted or Un-Salted

\$3⁹⁹



LET'S DO ORGANIC Organic Coconut Milk

195ml

- The perfect dairy-free substitute for decadent desserts as it boasts wonderful taste and versatility

\$6⁴⁹

DAIRY FREE



Natural Factors BioCgel

210 Softgels

- Helps in the development and maintenance of bones, cartilage, teeth, and gums

Bonus Size

\$24⁹⁹



Natural Factors Hi Potency B Complex

210 Capsules

- Helps the body convert carbohydrates, fats, and proteins to energy
- Provides essential B vitamins to maintain energy levels

Bonus Size

\$26⁹⁹



Natural Factors Magnesium Citrate 150 mg

210 Capsules

- Aids in the development of strong bones and teeth
- Supports the nervous system during times of stress

Bonus Size

\$17⁹⁹



Natural Factors Quercetin LipoMicel Matrix

60 Liquid Softgels

- Provides a source of antioxidants
- Used in herbal medicine as a blood vessel protectant

\$35⁹⁹



Natural Factors Activated Charcoal

90 Softgels

- Relieves symptoms of excess gas
- Relieves pain due to gas

\$15⁴⁹

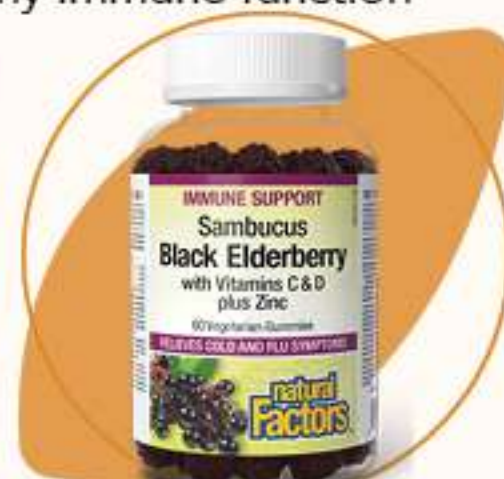


Natural Factors Sambucus Black Elderberry

60 Gummies

- Helps relieve cold and flu symptoms, such as fever, cough, sore throat, and congestion
- Supports healthy immune function

\$16⁹⁹

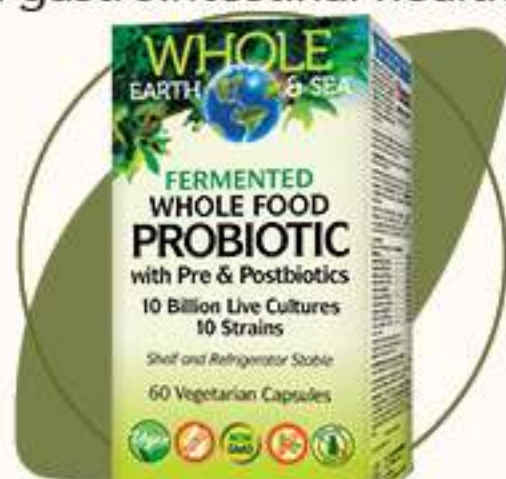


WHOLE EARTH & SEA WHOLE FOOD PROBIOTIC

60 Capsules

- Reduces the frequency of gas, constipation, and irregularity
- Helps support gastrointestinal health and digestion

\$27⁹⁹



WHOLE EARTH & SEA MEN'S MULTIVITAMIN or 50+

60 Tablets

- Raw, whole-food bioenergetic formula featuring active vitamins for direct use
- Specially designed to meet the nutritional needs of men

\$35⁴⁹



It's just RealEasy!

\$49⁹⁹

Natural Factors
RealEasy
830g - 940g



- Supports weight reduction as part of an energy-reduced diet
- Reduces appetite to help you feel full longer and manage food cravings
- Brings blood sugar to normal levels
- Lowers total cholesterol levels
- Provides a healthy and nutritious meal replacement



HEMP SEEDS FOR HEART HEALTH

MANITOBA HARVEST HEMP HEARTS

227g

- 9 Essential Amino Acids
- 12g Omega 3 & 6
- 10g Protein

\$7⁴⁹



The vitamins, minerals, and nutrients in hemp seeds can provide some significant health benefits. For example, hemp oil is rich in vitamin E, which is useful for helping keep your immune system functioning. It also acts as an antioxidant, helping reduce free radicals that can cause cell damage in your body.

Getting enough healthy fats in your diet is important for keeping your heart and cardiovascular system healthy. Hemp seeds are particularly rich in these healthy fats, including omega-3 and omega-6 fatty acids. Both of these fats are known for improving heart health by reducing cholesterol, blood pressure, and triglycerides. Adding hemp to your diet may reduce your risk of heart problems in the future.

RW KNUDSEN JUST CRANBERRY JUICE

946ml

- Each 8 FL OZ Cup Provides a 1 Cup Serving of Fruit
- Unsweetened

\$7⁹⁹



RW KNUDSEN JUST TART CHERRY JUICE

946ml

- Each 8 FL OZ Cup Provides a 1 Cup Serving of Fruit
- Unsweetened

\$7⁹⁹



RW KNUDSEN JUST PRUNE JUICE

946ml

- Each 8 FL OZ Cup Provides a 1 Cup Serving of Fruit
- Unsweetened

\$7⁹⁹



wildbrine Organic Sauerkraut

500ml

- Our unpasteurized sauerkraut is raw, completely vegan, gluten-free, and traditionally fermented to provide you with the essential probiotics your tummy needs

All Varieties

\$7⁹⁹



TRUE lemon lemonade

10 Packet

- Our 10-calorie Drink Mixes are made with simple, Non-GMO ingredients including real fruit, natural Stevia & a touch of sugar

All Varieties

\$3⁶⁹



MAISON ORPHEE Organic Mustards

250ml

- This mustard is made with 100% organic mustard seeds, organic cider vinegar and sea salt. A simple recipe, but so effective

All Varieties

\$3⁶⁹



Nuts to You Nut Butter Inc. Almond Butter Smooth

365g

- Dry-roasted almonds
- Recyclable glass jars with BPA-free metal lids

\$8³⁹

735g

\$15⁴⁹



Nuts to You Nut Butter Inc. Almond Butter Crunchy

735g

- Dry-roasted almonds
- Recyclable glass jars with BPA-free metal lids

\$15⁴⁹



HoneyBar Snack Bar

40g

- Kosher
- Vegetarian
- Low Sodium

All Varieties

\$1⁵⁹



Zevia Soda

355ml

- The better-for-you alternative to conventional sodas and diet sodas. Has all the flavor you crave, with zero artificial sweeteners

All Varieties

\$5⁸⁹
/6 PACK

KETO FRIENDLY



CARBONAUT SEEDED BREAD

544g

- Carbonaut is on a mission: to bring you low carb bread that tastes like it came from the corner bakery

\$6⁵⁹

KETO FRIENDLY



CARBONAUT WHITE BREAD

544g

- Carbonaut is on a mission: to bring you low carb bread that tastes like it came from the corner bakery

\$6⁵⁹

KETO FRIENDLY



DERMA • E
Oil-Free Sunscreen spf 30 FACE or BODY

- Soothes and protects skin from harmful UVA/UVB rays while reducing the signs of aging

56g

\$19⁷⁹

113g

\$19⁷⁹



HERITAGE STORE
Rosewater Toner
 237ml

- Draws moisture into skin due to its humectant properties
- Gently exfoliates skin and refines pores

\$12⁶⁹



BADGER
MINERAL SUNSCREEN CREAM
 87ml

- Nourish and protect your skin with this clean mineral sunscreen cream, perfect for beach days and light outdoor activities

All Varieties

\$17⁶⁹



Himalaya
Toothpaste
 150g

- Free from Fluoride, Triclosan, Carrageenan, SLS, and Gluten, and loaded with the foamy texture and great taste you love

All Varieties

\$4⁹⁹



**Keep on
 Cruizin'**

ALL VARIETIES

\$4²⁹

**SANTA CRUZ
 LEMONADE**

946ml



NUTTERS 40TH ANNIVERSARY CELEBRATED IN 23 COMMUNITIES!

Saturday, May 14th was very special as Nutters Everyday Naturals celebrated it's 40th Anniversary. Thousands of customers joined the fun and took home fantastic savings on Natural Factors Products at 40% Off. Nutters Team members are featured on these pages with thanks to each and everyone for helping to make it an exceptional event.



TEAM MELFORT



TEAM MEDICINE HAT



TEAM CRANBROOK



TEAM MOOSE JAW



TEAM JASPER



TEAM LLOYDMINSTER



TEAM PRINCE ALBERT



TEAM LEDUC



TEAM CAMROSE



TEAM NORTH BATTLEFORD



TEAM RED DEER



TEAM OKOTOKS



TEAM ROCKY MOUNTAIN HOUSE



TEAM OLDS



TEAM CANMORE



TEAM SWIFT CURRENT



TEAM LETHBRIDGE



TEAM W'ETASKIW'IN

40 Years
NUTTERS
EVERYDAY NATURALS
OF SMALL TOWN HEALTHY
Since 1982

**Nutters
Fresh Ground Peanut Butter**

350g

\$4²⁹

700g

\$7⁴⁹



**Nutters
Yellow Sugar**

500g

\$2³⁹

1kg

\$3⁹⁹

2kg

\$7²⁹



**Nutters
Organic Cane Sugar**

500g

\$2⁴⁹

ORGANIC



**Nutters
Quick or Regular Oats**

1.75kg

\$5⁹⁹



**Nutters
All Purpose Flour**

1kg

\$2⁵⁹

2kg

\$4²⁹



**Nutters
Quick or Regular Oats**

1kg

\$5⁹⁹

ORGANIC



**Nutters
Mango Slices**

250g

\$5⁹⁹



**Nutters
Crystallized Ginger Slices**

250g

\$4⁵⁹



**Nutters
Sultana Raisins**

1kg

\$6⁹⁹



**Nutters
Organic Dark Thompson Raisin**

455g

\$5⁴⁹

ORGANIC

750g

\$7⁹⁹



**Nutters
Schmidt Organic Whole Wheat Flour**

1kg

\$3²⁹

2kg

\$5⁵⁹



**Nutters
Ground Almond Flour**

500g

\$9⁹⁹

GLUTEN FREE

KETO FRIENDLY



**Foley's
Dark Chocolate Chips**

100g

\$1⁰⁹

/100G



**Nutters
Organic Unbleached White Flour**

1kg

\$6²⁹

2kg

\$10⁹⁹



**Nutters
Organic Coconut Flour**

1kg

\$6⁵⁹

GLUTEN FREE

KETO FRIENDLY



**Nutters
Gluten Free All Purpose Flour**

1kg

\$8⁹⁹

GLUTEN FREE



INGREDIENTS

- | | | | |
|-------|---------------------------|----------------|---------------------------|
| 1 1/2 | cups smooth peanut butter | 1 | tsp corn syrup (optional) |
| 1/2 | cup butter, softened | 4 1/2 | cups rolled oats |
| 1 1/2 | cups yellow sugar, packed | 2 | tsp baking soda |
| 1 | cup organic cane sugar | 3/4 | cup semi-sweet pure |
| 3 | eggs | <i>Foley's</i> | chocolate chips |
| 1 | tsp vanilla | 3/4 | cup smarties |

Directions

- Preheat oven to 350°F.
- In a mixing bowl, cream peanut butter, yellow sugar and cane sugar together.
- Beat in eggs. Mix in vanilla and corn syrup.
- Transfer to a large container & mix in remaining ingredients.
- Drop by tablespoon on to a greased pan. Flatten with hand.
- Bake for 7 to 8 minutes. Over baking will make cookies hard.

Yield: 5 dozen cookies

Nutters
Whole Natural Almonds
Randomly Packaged or Bulk

\$1.69
/100G



PSYLLIUM
THE DIET HERB

Nutters
Psyllium Husk
250g

\$8.99



Psyllium is the husk of the seed of the Plantago and is a top herb used in weight control and for general intestinal health. It contains a spongy fiber that reduces appetite, improves digestion and cleanses the system, making it an excellent choice for healthy dieting. The herb also provides a feeling of fullness, which proves to be helpful before meals. Psyllium is one of the simplest, healthiest and most effective herbs for weight control.

6 GREAT THINGS ABOUT ALMONDS

1 SOURCE OF HEALTHY FATS

Almonds contain healthy unsaturated fats, predominantly mono-unsaturated fat (66% of total fat), plus have a low proportion of saturated fat (7% of total fat).

2 CHOLESTEROL FREE

Like all other plant foods, almonds are also cholesterol free.

6 IMPROVES BLOOD CHOLESTEROL

Almonds lower total and LDL cholesterol levels. One study found that a 73g serving of almonds each day reduced LDL cholesterol by almost 10% while 37g, or around a handful, reduced LDL by around 5%. The consumption of almonds as part of a vegetarian diet which was also low in saturated fat, and high in plant sterols, soy protein and soluble fibre, was found to reduce LDL cholesterol by a third.

5 SOURCE OF PLANT PROTEIN

Almonds contain around 6g of protein in every 30g handful. Arginine is converted to nitric oxide in the body. Nitric oxide causes blood vessels to relax and remain elastic, and helps prevent blood clotting. Hardening of the arteries and blood clotting can lead to heart disease.



3 SOURCE OF VITAMIN E

Almonds are high in vitamin E with a 30g serving providing over 70% of the RDI. Vitamin E is an important fat soluble vitamin and antioxidant which can help maintain a healthy heart.

4 CONTAINS NATURAL PLANT STEROLS

Contains natural plant sterols which can help lower cholesterol levels by reducing cholesterol re-absorption in the intestine. Almonds contain 172mg of plant sterols per 100g.

Almonds are a versatile tree nut. They come whole, blanched, slivered, flaked and ground, to make useful ingredients adding texture and taste to meals. Plus, like fruit and vegetables, almonds are packed with vitamins, minerals, antioxidants, and phytochemicals beneficial to health. Enjoying a handful of nuts (30-50g) regularly as part of a healthy diet may reduce your risk of heart disease and type 2 diabetes and can help with weight management. So eat two servings of fruit, five servings of veggies and a handful of nuts everyday. A 30g serving of almonds is about 20 nuts. Have you had yours today?

Nutters
Organic Gummy Bears (Vegan)
175g

\$6.29



Nutters
Organic Veggie WineGums (Vegan)
175g

\$6.29



Nutters
Organic Pumpkin Seeds
Randomly Packaged Bulk

\$1.29
/100G



Nutters
Organic Popcorn Kernels
1kg

\$6.79

NON-GMO



Nutters
JuJubes
Randomly Packaged or Bulk

55¢
/100G



Nutters
Nutritional Yeast Flakes
250g

\$8.99

500g

\$16.29



Nutters
Super Puff Popcorn
1kg

\$4.79

2kg

\$8.29



Nutters
Ground Black Pepper
Bulk

\$2.79
/100G





Add more SuperFoods to Your Everyday!

20% OFF
all SuperFoods



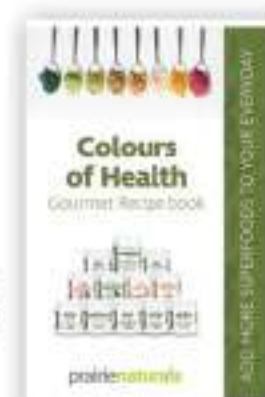
10 Ways to Add SuperFoods to Your Everyday!

- 1 Add to Salad Dressings
- 2 Infuse your Favourite Shampoo
- 3 DIY Masks and Scrubs
- 4 Add to Pesto's, Sauces and Spreads
- 5 Homemade Energy Bars
- 6 Superfood Popsicles and Ice Cream
- 7 Superfood Smoothies and Smoothie Bowls
- 8 Superfood Cocktails
- 9 Superfood Energy or Protein Balls
- 10 Superfood your Pets Treats

Scan QR code



for exciting superfood recipes



prairienaturals

LIVE THE HEALTHY LIFE®

prairienaturals.ca



ALL VARIETIES

\$3.29

pür gum
77g

40 Years
OF SMALL TOWN HEALTHY
Since 1982

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

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

SASKATCHEWAN

Estevan

1295 - 400 King St • 306.634.9577

Moose Jaw

605B Main St N • 306.694.0111

North Battleford

#5 - 11204 Railway Ave E • 306.446.3666

Prince Albert

365 - 36th Street W • 306.922.3835

Saskatoon

835A Broadway Ave • 306.934.8385

Swift Current

1A, 306 Central Ave N • 306.773.6560

SALE ENDS JUNE 25, 2022

Visit us at [nutters.com](https://www.nutters.com)

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.

DISCOUNTS NOTED ARE OFF THE REGULAR PRICE

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

www.nutters.com