

NUTTERS
EVERYDAY NATURALS

Spring Savings Flyer

March 23rd - April 1st, 2023



SAVE 43%

NATURAL FACTORS Vitamin D3 2500 IU
Helps reduce the risk of developing osteoporosis when combined with adequate calcium, a healthy diet, and regular exercise

500 Capsules
\$16⁹⁹

MADE IN CANADA

SAVE \$8⁰⁰

PURICA Lion's Mane Memory Support
Promotes cognitive function

120 Capsules
\$49⁹⁹

MADE IN CANADA

SAVE \$5⁰⁰

CANPREV Vitamin D3 & K2
Helps build and maintain bone health

120 Capsules
\$24⁹⁹

MADE IN CANADA

SAVE 22%

CERTIFIED NATURALS Calcium Magnesium
An easy way of getting daily calcium requirements cherry or orange flavour

450ml
\$23⁹⁹

MADE IN CANADA

SAVE 28%

ENDANGERED SPECIES Chocolate Bar
Creamy, dreamy and deliciously decadent

85g
\$4²⁹

MADE IN CANADA

All Varieties

SAVE 14%

ENJOY LIFE Chocolate Chips
Delicious in cookies or straight from the bag

255g
\$8⁵⁹

MADE IN CANADA

All Varieties

SAVE 25%

TRADITIONAL MEDICINALS Teas
Bagged teas for all your wellness needs

16 Tea Bags
\$5¹⁹

MADE IN CANADA

All Varieties

www.nutters.com

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

ALLERGIES & IMMUNITY

ALLERGIES ARE CONNECTED TO OUR IMMUNE SYSTEM?

Allergies are one of the most common chronic health conditions in the world. Hay fever (allergic rhinitis), eczema, hives, asthma, and food allergy are some types of allergic reactions

Did you know allergic reactions begin in your immune system? When a harmless substance such as dust, mold, or pollen is encountered by a person who is allergic to that substance, the immune system may over react by producing antibodies that "attack" the allergen. They can cause wheezing, itching, runny nose, watery or itchy eyes, and other symptoms



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

100 Capsules
\$27⁹⁹



CANPREV
Zinc Bis-Glycinate 25
Zinc plays an important
role in immunity

120 Capsules
\$14⁹⁹



ST. FRANCIS
Deep Immune
Strengthens the immune
system, helping to
prevent viral infections

50ml
\$20⁹⁹



NAKA PLATINUM
Pure Colloidal Silver
Immune system
support

**BONUS
SIZE**

600ml
\$31⁹⁹



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

15ml
\$16⁹⁹

90 Capsules
\$30⁹⁹



HOST DEFENSE
Lion's Mane
Supports a balanced
immune response

60 Capsules
\$47⁹⁹



NATURE'S WAY
Sambucus Gummies
Vitamin C and Zinc for
immune support

60 Gummies
\$15⁹⁹



NATURAL FACTORS
Methylcobalamin B12
Supports healthy immune
function

210 Tablets
\$15⁹⁹



**SAVE
23%**

NATURAL FACTORS Anti-Viral Tincture

Harnesses the power of nature to help you fight viruses. A proprietary blend of clinically proven ECHINAMIDE with well-researched antiviral herbs, this formula helps relieve symptoms and shorten the duration of colds and flus

100ml
\$24⁹⁹

COLLAGEN FORMATION

WHAT IS COLLAGEN & WHY DO WE NEED IT?

Collagen is the most abundant protein in the human body. It is found in the bones, muscles, skin, and tendons. It is an essential component of connective tissue and plays a crucial role in holding the body's cells together. It also provides strength and elasticity to the skin. The breakdown and depletion of collagen is linked to various health problems & as people get older, their collagen levels fall, and collagen fibers become thinner and weaker. Some experts believe this may contribute to skin aging. For this reason, many skin care products contain forms of collagen. The best way to protect your skin is prevention! Eating healthy, avoiding smoking and using sunscreen can all help prevent collagen loss and protect your skin as you age



AOR Lysine, Vitamin C & Hyaluronic Acid

Supports collagen development and joint health

60 Capsules
\$36⁹⁹



INNOVITE Type 2 Collagen

Collagen that's clinically proven to repair joint damage

60 Tablets
\$49⁹⁹



CANPREV Collagen Full Spectrum Powder

Designed to build up the body's collagen stores

SAVE
20%

250g
20% OFF



CANPREV Collagen Full Spectrum Liquid

Collagen helps build healthy skin, strong bones, muscles, & joints.

SAVE
20%

500ml
20% OFF

250ml
\$23⁹⁹

500ml
\$39⁹⁹

250ml
\$23⁹⁹

500ml
\$39⁹⁹

80 Tablets
\$22⁶⁹

120 Tablets
\$29³⁹

SAVE
UP TO
23%



SALUS Floradix Liquid Iron & Iron Tablets, Floravit Liquid Iron Formula Products

Iron picks up oxygen from the lungs, loads it onto red blood cells, and transports it to every cell in the body. Once our cells receive oxygen, they use it to make the fuel that allows our bodies to function. If we do not have enough iron to carry oxygen to our cells, we are not able to make energy, and we feel tired



SALUS Red Beet Crystals
Organic source of antioxidants

200g
\$23⁹⁹



**CARLSON
Cod Liver Oil**

Promotes cardiovascular,
cognitive, and joint function.
Lemon or unflavored

500ml
\$68⁹⁹



**INNOVITE
Muscle Rescue**

Clinically proven to
reduce muscle loss

196g
\$53⁹⁹



FLORA Ferritin+

Helps to prevent iron
deficiency anemia and
fatigue

30 Capsules
\$26⁹⁹



**HEALTHOLOGY
Gut-FX Formula**

Support healthy gut flora
and heals inflammation

180g
\$36⁹⁹

SAVE
\$5⁰⁰



**HARMONY
Menopause Max**

Relieves symptoms
associated with menopause

60 Tablets
\$32⁹⁹



NAKA NAC 600mg

Supports respiratory
health and
detoxification

150 Capsules
\$31⁹⁹

BONUS
SIZE



**NAKA Serrapeptase
120,000 SU**

Natural pain relief and
anti-inflammatory

150 Capsules
\$31⁹⁹

BONUS
SIZE



**HEALTHOLOGY
Go-Lax Formula**

Provides a gentle, effective
solution for occasional
constipation

60 Capsules
\$21²⁹

120 Capsules
\$32⁵⁹



**NATURE'S WAY
Ashwagandha**

Help increase energy
and resistance to stress

60 Capsules
\$26⁹⁹



**NATURE'S WAY
NutraSea Omega-3**

A great tasting, liquid
omega-3

500ml
\$41⁹⁹



ORGANIKA Göutrin

A unique blend of
ingredients that targets
gout from all angles

120 Capsules
\$25⁹⁹



**ORGANIKA Bone
Broth Protein**

Clean, all-natural
ingredients

300g
\$39⁹⁹



**PREFERRED NUTRITION
Berberine 500mg**

Helps maintain healthy
glucose metabolism

120 Capsules
\$35⁸⁹



AOR Advanced B Complex

Support for energy, stress
and burnout, metabolism,
brain and nerve function

180 Capsules
\$52⁸⁹



ALPHA MCT Oil

Smoothest, highest
quality, 100% MCTs

1L
\$29⁹⁹



**DR. FORMULATED
Mood+ Probiotics**

Helps manage chronic
stress & provides 16
probiotic strains

60 Capsules
\$42⁴⁹

NATURAL FACTORS Real Easy Meal Replacement 830g - 940g
 Supports weight reduction as part of an energy-reduced diet
\$49⁹⁹

NATURAL FACTORS Magnesium Bisglycinate 250 Capsules
 Helps maintain proper muscle function
\$31⁹⁹

NATURAL FACTORS Ultimate Multi Probiotic 60 Capsules
 Helps restore and maintain intestinal health
\$22⁹⁹

NATURAL FACTORS Theracurmin 120 Capsules
 Supports a healthy inflammatory response
\$79⁹⁹

NATURAL FACTORS Stress-Relax Gaba 60 Tablets
 Reduces acute stress and nervousness
\$20⁹⁹

NATURAL FACTORS Quercetin 120 Softgels
 Provides a source of antioxidants
\$61⁹⁹

NATURAL FACTORS Vitamin K2 100mcg 180 Capsules
 Helps in the normal development of bones and teeth
\$19⁹⁹

NATURAL FACTORS Hi Potency B Complex 210 Capsules
 Provides essential B vitamins to maintain energy levels
\$27⁹⁹

Redefining beauty from the inside out

Total Body Collagen™ provides hydrolyzed collagen alongside synergistic nutrients to promote healthy skin and connective tissues, reduce joint pain associated with osteoarthritis, and support lean muscle growth and recovery after a workout. Collagen is the key structural protein within your connective tissues that supports healthy skin, hair, joints, and muscles.

NATURAL FACTORS Total Body Collagen

Supports formation of collagen and connective tissue for joint health. Helps nourish skin, hair, nails, bones, teeth and gums. Also helps to reduce joint pain associated with osteoarthritis



SAVE 20%

All Sizes
20% OFF



MADE IN CANADA
All Varieties

ENER-D Vitamin D3

Sugar-free powdered drink mix with 1000IU of plant-based Vitamin D3

24 Packets
\$13⁹⁹



MADE IN CANADA
All Varieties

ENER-C Vitamin C

Sugar-free with 1000mg Vitamin C plus additional essential vitamins

30 Packets
\$13⁹⁹



MADE IN CANADA

PRAIRIE NATURALS ReCleanse

Effective 7-Day whole body detoxification

ea.
\$19⁹⁹



LIFE CHOICE Laktokhan

Human origin strains remain within intestines

60 Capsules
\$49⁹⁹



SAVE
\$6⁰⁰

MADE IN CANADA

RENEW LIFE Cleanse More Bonus Size

Made with naturally sourced ingredients containing 115 mg of the mineral Magnesium hydroxide along with natural herbal ingredients to help stimulate a laxative effect.

150 Capsules
\$30⁹⁹

PERSONAL CARE ITEMS

GOOD FOR YOU AND YOUR CONSCIENCE!

Our shelves are lined with natural personal care products from shampoo and soap to insect repellents and toothpaste. We believe we should treat our skin and our body the way we treat our food – naturally.

Organic skin care products are good for you and don't hurt the planet in the bargain. These products combine essential vitamins, botanicals, and minerals that heal and restore our skin—without harming our planet.

Shop for products that are kind to your body & kind to the planet!



DERMA•E Vitamin C Serum

Brightens the appearance of skin & re-textures complexion

60ml
\$26⁹⁹



DERMA•E Vitamin C Night Cream

Even the skin tone and supports collagen health with Vitamin C

56g
\$26⁹⁹



All Varieties

ANDALOU NATURALS Body Lotion

Nourish your body's largest organ and restore dry skin on your body. Enriched with potent natural skincare ingredients, these lotions are specially formulated to soothe and deeply hydrate dry skin all over.

SAVE
35%

236ml
\$8³⁹

NATURAL GROCERY

FOOD THAT TASTES GOOD & IS GOOD FOR YOU

Food is what fuels us and delivers the calories and nutrients our body needs to function. If our diet is deficient in calories or one or more nutrients, our health may suffer. Additionally, the quality of your diet affects your disease risk, longevity, and mental health. Healthy eating doesn't involve any particular diet. Rather, it means prioritizing your health by fueling your body with nutrient-rich foods. As a general rule, try to mostly eat foods that are high in nutrients like protein, fiber, healthy fats, vitamins, and minerals. Tips like cooking at home, grocery shopping, eating a lot of plant foods, choosing filling meals and snacks, and honoring your dislikes can help you create and maintain a healthy eating pattern



All Varieties

HARDBITE
Avocado Oil Chips

No preservatives, no
GMOs, no trans fat!

128g
\$3.69



All Varieties

PATIENCE FRUIT & CO
Sour Cran

Cranberry that tastes like
sour candy, perfect for
snacking any time of day

60g
\$2.59



GREENICHE Stevia

All natural, calorie and
carb free sweetener with
a glycemic index of zero

100 Tablets
\$3.99



All Varieties

LILY'S Baking Chips

Baking chips that hold
their shape but still get
melty, gooey and all that
other good stuff

SAVE
20%

255g
\$7.99



ANNIE'S
Mac & Cheese or
White Cheddar

Made the Annie's way –
without artificial flavours

170g
\$4.39



TRUE LEMON or LIME
Crystallized Drink Mix

The taste of fresh
squeezed lemon or lime
wherever you go

32 Packets
\$3.99



All Varieties

AMY'S Organic Soups

Slow-simmered broth,
organic vegetables, hearty
grains. Enjoy rich, savory
flavor with every spoonful

398ml
\$5.29



Gluten-Free

NAMASTE
Perfect Flour Blend

The perfect substitute for
wheat flour in recipes

1.36kg
\$14.49



Keto Friendly All Varieties

GOOD TO GO
Snack Bar

Delicious, healthy snacking
while keeping your blood
sugar levels in check

40g
\$2.39



CANADIAN HERITAGE
Organic Maple Syrup

No artificial additives,
coloring or chemicals

250ml
\$7.79



Gluten-Free All Varieties

HORNBY Energy Bar

Gluten-free rolled
oats, peanut butter
and raw honey

80g
\$2.69



Keto Friendly

LAKANTO
Monkfruit Sweetener
Golden or Classic

It tastes, bakes, and
cooks like sugar

800g
\$19.49



Easter

Baking

Headquarters

Nutters
Digital Cookbook
Easter Favourites
www.nutters.com



PG. 176



Easter Egg Brownies

PREP: 30 mins

COOK: 30 mins

SERVINGS: 9

INGREDIENTS

- 185g unsalted butter, cut into small chunks, extra for greasing
- 185g best dark chocolate, broken into pieces
- 3 large eggs
- 275g yellow sugar
- 85g plain flour
- 40g cocoa powder
- 5 fondant filled eggs (Cadbury's Creme Eggs)
- 150g mini eggs (Cadbury's or Smarties Brand)

DIRECTIONS

- Put the butter and the chocolate in a medium-sized heatproof bowl and set over a pan of simmering water, stirring occasionally until melted.
- Heat oven to 180°C/160°C Fan/Gas 4. Grease a 20cm square tin with butter and line.
- Break the eggs into a large bowl and tip in the caster sugar. Whisk the eggs and sugar for around 5-8 minutes or until they look thick and creamy and have doubled in size.
- Pour the cooled chocolate mixture over the egg mixture, then gently fold together.
- Sieve the flour and cocoa into the wet ingredients then continue to fold the mixture gently, try not to over-mix.
- Pour the mixture into the prepared tin and carefully level the mixture with the spatula. Put in the middle of the oven and bake for 20 minutes.
- Cut the creme eggs in half and set aside. Crush a few of the mini eggs but leave some whole.
- Once baked, top with the remaining mini eggs, leave to cool completely then place in the fridge for about 1hr to firm up. Lift it out of the tin using the strips of baking paper and cut into squares to serve. Decorate with little Easter chicks if you like.



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**Health, Wellness
& Everything
In-Between**



Hosted By:

Paul Mann, Director of Marketing



JUST A NUTTER PODCAST
Nutters Everyday Naturals



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SAVE 20%

NUTTERS White Sugar
500g

20% OFF



SAVE 20%

NUTTERS Yellow Sugar
1kg or 2kg

20% OFF



SAVE 20%

NUTTERS Organic Cane Sugar
500g

20% OFF



Grandma Irene's Hot Cross Buns

PREP: 3 hours

COOK: 15 mins

SERVINGS: 30

INGREDIENTS

- 3 cups milk
- 4 tbsp melted butter
- 4 tbsp sugar
- 1 tsp salt
- 1 cup lukewarm water
- 1 package dry active yeast (or 1 tbsp)
- 1 tsp. sugar
- 2 tsp cinnamon
- 6-8 cups flour
- 2 cups Nutters regular fruit mix

DIRECTIONS

1. Heat the milk but do not boil. Melt the butter and combine with milk, sugar and salt. Let cool until lukewarm. In a separate bowl mix lukewarm water, dry active yeast, sugar, and cinnamon. Let stand for 15 minutes then add to the milk mixture. Add 6-8 cups of flour and 2 cups of Nutters regular fruit mix.
2. Knead until firm. Grease a bowl twice the size of the dough. Grease the top of the dough and let it rise until double in size.
3. Form into buns; put a cross on each bun with bun dough and brush with egg whites (beat with fork). Let rise until double in size.
4. Bake for 15 minutes at 375°F. Yields approximately 30 buns. Glaze buns after they are cooled.



SAVE 20%

NUTTERS Packaged Flour
All Varieties & Sizes

20% OFF



NUTTERS Dry Active Yeast
250g

250g \$6.99



NUTTERS Quick or Regular Oats
1.75kg

1.75kg \$6.69



Organic

NUTTERS Organic Dark Thompson Raisins
455g or 750g

455g \$5.49
750g \$7.89



NUTTERS Regular Fruit Mix
450g

450g \$7.99



Organic

NUTTERS Organic Quick or Regular Oats
1kg

1kg \$5.99



NUTTERS Dried Cranberries
250g

250g \$3.99



NUTTERS
Whole Natural Almonds
Bulk

100g
\$1.59



NUTTERS
Raw Brazil Nuts
450g

450g
\$13.79



NUTTERS
Pecan Halves & Pieces
Bulk

100g
\$3.59



NUTTERS
Walnut Halves & Pieces
Bulk

100g
\$1.69



Organic

NUTTERS
Organic Sunflower Seeds
Bulk

100g
69¢



Organic

NUTTERS
Organic Pumpkin Seeds
Bulk

100g
\$1.29



Foley's

FOLEY'S
Dark Chocolate Chips
Bulk

100g
\$1.09



Foley's

FOLEY'S
Dark or Milk Chocolate Almonds
Bulk

100g
\$1.69



PSYLLIUM HUSK

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.




NUTTERS
Psyllium Husk
250g

1.75kg
\$9.99

Congratulations



JANINE FAVREAU

**Franchise Owner
Prince Albert Location**

The Nutters teams across Western Canada want to congratulate Janine Favreau, franchise owner of Nutters Everyday Naturals in Prince Albert. Janine was awarded the Queen Elizabeth II Platinum Jubilee Medal in recognition of her exceptional qualities and outstanding service to the Prince Albert community and province of Saskatchewan in the field of Business & Commerce. Janine is also our longest running franchise operator. We're certain that Janine's many customers will also be delighted at this news. Congratulations Janine!



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
- 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

- 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 St W • 306.922.3835
- Saskatoon**
835A Broadway Ave • 306.934.8385
- Swift Current**
1A, 306 Central Ave N • 306.773.6560

SALE ENDS APRIL 1, 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.