



NUTTERS

EVERYDAY NATURALS

Healthy Lifestyles Flyer Sale

May 18th - May 27th, 2023



SAVE
25%

CANPREV Magnesium Bis-Glycinate 200

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

120 Capsules
\$22³⁹



SAVE
21%

BELL Bladder & Yeast Infection

For mild urinary tract infections (UTIs) and supports urinary health

60 Capsules
\$27⁹⁹



SAVE
\$5⁰⁰

HEALTHOLOGY Liv-Great Liver Formula

Provides the liver with daily support

60 Capsules
\$36⁹⁹



SAVE
\$12⁰⁰

PURICA Curcumin BDM50 Extra Strength

Quickly alleviates inflammation and relieves joint pain

60 Capsules
\$62⁹⁹



SAVE
24%

All Varieties

LILY'S Chocolate Bars

Delicious, drool-worthy sweets that don't need any added sugar. That's sweets, reimagined

80g
\$4⁹⁹



SAVE
15%

Select Varieties

LITTLE NORTHERN BAKEHOUSE Wide Slice Bread

Delicious gluten-free

567g
\$7²⁹



SAVE
14%

All Varieties

HEALTHY HIPPO Candy

Low sugar, plant-based candy, sweetened solely with monk fruit

50g
\$4²⁹

www.nutters.com

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

SALE DATE: MAY 18 - 27, 2023

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VITAMINS & MENTAL HEALTH

VITAMIN DEFICIENCY CAN NEGATIVELY IMPACT MENTAL HEALTH

While it's common knowledge that vitamins promote physical health, fewer people know that the vitamins and minerals entering our bodies affect our mental health, too. For lots of people experiencing depression or other mental health disorders, there are several natural supplements for mental health which could be helpful when combined with the right medication and psychotherapy. Some common vitamins known for improving mental health and supporting brain function are: B Vitamins, Vitamin C, Vitamin D, Zinc, Magnesium and Omega-3's.

B vitamins are some of the best vitamins for mental health since they are known for their mood-altering properties. Many people who are deficient in Vitamin C experience depression and chronic fatigue. Some research has also shown that Vitamin C can help lower anxiety symptoms. People with low levels of Vitamin D in their system are more likely to experience bouts of depression, anxiety, and seasonal affective disorder. Taking Zinc supplements can be effective in reducing depressive symptoms, especially in women. Zinc has also been shown to have positive effects in treating ADHD and is even more effective when combined with magnesium. Increased magnesium intake can reduce depression, premenstrual syndrome in women, and hypertension in children with ADHD. Omega-3 fatty acids effects on mood disorders are becoming more widely researched after scientists discovered that depression was less common in nations that traditionally eat a diet rich in fish. Fatty acids can travel more easily through cell membranes where they can interact with molecules responsible for regulating mood.

Although vitamin deficiency has been linked to mental health, it is important to note that vitamin supplements cannot replace mental illness treatment.



CANPREV Vitamin D₃ + K₂
Helps build and maintain bone health

120 Softgels
\$22³⁹

SAVE 26%

W. GIFFORD-JONES Medi-C Plus
For heart health, joint health, teeth, gums, wound healing, and more

600g
\$51²⁹

LIFE CHOICE Zinc Picolinate
Supports growth and development of reproductive organs

90 Capsules
\$26²⁹

SALUS Epresat Multivitamin Liquid
Contains key B vitamins that support cognitive function and memory

250ml
\$27⁹⁹

500ml
\$42⁶⁹

PREFERRED NUTRITION Berberine 500mg
Helps maintain healthy glucose metabolism

120 Capsules
\$35⁸⁹

BIOFIL Hair•Skin•Nails
Activate your ability to generate & protect your own collagen

30ml
\$40⁶⁹

DR. FORMULATED Once Daily Women's
Designed to support a healthy microbiome

30 Capsules
\$38⁹⁹

mykind ORGANICS Women's Once Daily
Designed for women under 40 years

30 Capsules
\$32⁹⁹



CANPREV Collagen Full Spectrum
Helps build healthy skin, strong bones, muscles, cartilage & joints

500ml
\$39⁹⁹



ORANGE NATURALS Homeopathic Kids
100% safe and designed to address typical childhood health concerns

100ml
\$17⁹⁹



ORANGE NATURALS Ashwagandha
Supportive tonic for the nervous system

100ml
\$21⁹⁹



HEALTHOLOGY Cholestless
Helps support cardiovascular health by lowering cholesterol

60 Softgels
\$39⁹⁹



NUTRASEA Dry Eye
Helps relieve the symptoms of dry eye syndrome

120 Softgels
\$41⁹⁹



NAKA Pro Collagen
For hair, skin, nails, joint health, digestive health and bone strength

425g
\$39⁹⁹



NAKA Quercetin 500mg
May help support cellular health, provide seasonal allergy relief

120 Capsules
\$50⁹⁹



NAKA Organic Black Seed 500g
Used to help treat ailments of the respiratory tract

150 Softgels
\$25⁹⁹



ST FRANCIS Mullein
Relief from mucous congestion, coughs, and bronchitis

50ml
\$17⁹⁹



SALUS Floradix Liquid
For people experiencing fatigue or low iron levels

250ml
\$23⁹⁹

500ml
\$39⁹⁹



INNOTECH Fasting Days Drink Mix
Helps in energy metabolism & maintain normal blood glucose levels

360g
\$47⁷⁹



SALUS Floradix Iron Tablets
For people experiencing fatigue or low iron levels

80 Tablets
\$22⁶⁹

120 Tablets
\$29³⁹



Beet Power.

SALUS Red Beet Soluble Crystals
Made from organic beetroot juice that is fresh pressed within 2-3 hours of harvesting and dried. All the benefits of organic beetroot juice in a convenient crystal form that is easy to add to smoothies, soups, yogurt, cereals, and meals.

200g
\$23⁹⁹



SAVE 25%

ORGANIKA Activated Charcoal

Helps to remove toxins from the body

90 Capsules
\$16⁴⁹



HIMALAYA Organic Ashwagandha

Keeps you going on busy days, and relaxes you during nights

60 Capsules
\$23⁹⁹



FLORA CircuVein

Reduces the visible signs of varicose veins by reducing swelling

60 Capsules
\$27⁴⁹



PASCOE Lymphdiaral

Used to relieve symptoms of swelling, inflammation, and infection

50ml
\$34⁹⁹



HERBALAND Sweet Dreams Gummies

Contains a blend of sleep-aid and relaxation-promoting herbs and essential nutrients such as L-theanine, melatonin, lemon balm, and vitamin B6. Helps you to fall asleep faster, improve your sleep quality and support resetting your sleep-wake cycle

90 Gummies
\$17⁹⁹

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.




Gluten-Free Organic

WESCANA FOODS Quick Oats

Tracked from seed to package, our oats are certified Gluten-Free

1kg
\$9⁹⁹



Gluten-Free Organic

WESCANA FOODS Rolled Oats

Tracked from seed to package, our oats are certified Gluten-Free

1kg
\$9⁹⁹



Gluten-Free

PAMELA'S Baking & Pancake Mix

Premium ingredients like cultured buttermilk and almond meal

1.8kg
\$27²⁹



All Varieties Gluten-Free

THE GOOD CRISP Potato Crisps

Loaded with flavor, and made without the top allergens

160g
\$5²⁹



Gluten-Free

BEANFIELDS Chips
Fiber, protein and potassium. None of the empty calories from corn chips

156g
\$6²⁹



SAVE 28%

Gluten-Free

ENDANGERED SPECIES Chocolate
Responsibly sourced ingredients with zero artificial sweeteners

85g
\$4²⁹



Gluten-Free

KETTLE BRAND Chips
Made from the whole potato and seasoned with authentic recipes

198g
\$4¹⁹



Gluten-Free

UDI'S Hamburger Bun
Perfect for all of your favorite foods—from burgers to sandwiches

296g
\$7¹⁹



Gluten-Free

SCHÄR Ciabatta Rolls
Packed with ancient grains and crafted with our European recipe

200g
\$6⁹⁹



Gluten-Free

SCHÄR Baguettes
Soft'n chewy & amazing in taste and texture. Perfect for your next sandwich

350g
\$6⁹⁹



Gluten-Free

GLUTINO Pretzel Sticks
Crunchy, craveable gluten free pretzels

400g
\$9²⁹



Gluten-Free

GLUTINO Pretzel Twists
No gluten, no wheat, no casein, no soy

400g
\$9²⁹



Select Varieties **Gluten-Free**

RIZOPIA Brown Rice Pasta
Made with whole grain brown rice and has a nice chewy texture

454g
\$2²⁹



Gluten-Free

FROM THE GROUND UP Cauliflower Crackers
Whether you top it, dip it, or eat it just remember to snack it

100g
\$4⁶⁹



HAND ROASTED • RÔTIES À LA MAIN

MARCONA ALMONDS

LEMON • CITRON

AMANDES DE MARCONA

HANDFUEL™
Dry roasted Spanish almonds with sea salt and freshly squeezed lemon
Amandes Espagnoles, rôties à sec avec sel de mer et citron fraîchement pressé

150 g

Gluten-Free **Keto Friendly**

HANDFUEL Nut Mixes and Nut Clusters
Hand roasted snacks crafted to fuel your day. Wholesome snacks that match your uncompromising standards. The finest ingredients are used to ensure every products is healthy and irresistible

120g - 150g
\$6⁷⁹



All Varieties **Gluten-Free**

COVERED BRIDGE Potato Chips
Made to satisfy any palate with a punch in every crunch

170g
\$3⁷⁹



Gluten-Free

NUTS TO YOU Organic Sesame Tahini
Mechanically hulled, dry-roasted, organic, fair trade sesame seeds

250g
\$4⁹⁹

500g
\$8⁴⁹

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



HARMLESS HARVEST Organic Coconut Water

The closest you can come to drinking straight from a coconut

473ml

\$7³⁹



MAISON ORPHÉE Extra Virgin Olive Oil

Available in Balanced or Delicate flavor profiles

750ml

\$17⁷⁹



SAVE
21%

THE CULTURED COCONUT Probiotic

Provides over 4 trillion CFU and over 40 probiotic strains

460ml

\$23⁷⁹



EDEN Black Beans or Organic Pinto Beans

Superb with whole grain, in soup, stew, dips, and spreads

398ml

\$3²⁹



All Varieties

TRADITIONAL MEDICINALS Herbal Teas

Bagged Teas for all your wellness needs

16 Tea Bags

\$5¹⁹



All Varieties

ZEVIA Soda

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

6 x 355ml

\$6⁹⁹



ORGANIC TRADITIONS Acai Berry Powder

A great source of fiber and antioxidants

100g

25% OFF



ORGANIC TRADITIONS Camu Camu Berry Powder

Nature's richest source of whole food vitamin C

100g

25% OFF



All Varieties

Keto Friendly

NO SUGAR COMPANY Keto Bomb

Keto-friendly snack made with a mix of fats and coconut oil MCT's

17g

\$1²⁹



All Varieties

Dairy-Free

DAIYA Cheese Shreds

Deliciously melty, cheesy goodness your taste buds want without dairy

200g

\$5¹⁹



All Varieties

RISE Kombucha

3 Billion living cultures on average at bottling

414ml

\$4¹⁹



All Varieties

KEFIRKULT Probiotic Fermented Drink

High in probiotics and is great for promoting gut health

236ml

\$3⁹⁹



SAVE 26%

NATURE'S AID Skin Gel
500ml
\$28⁹⁹

Made with aloe vera, tea tree, witch hazel, rosemary, and vitamin E



CHIMES Ginger Chews
100g
\$2⁷⁹

Natural ingredients for a reward with benefits you can taste and feel



Dairy-Free

EARTH'S OWN Oat Creamer Café
473ml
\$4¹⁹

rich n' creamy and oh so planet savin' dreamy



BRAGG All Purpose Seasoning
473ml
\$6⁹⁹

Excellent, healthy, gourmet replacement for Tamari and Soy Sauce



PHILLIP ADAM Apple Cider Vinegar Shampoo or Conditioner
355ml
\$13⁵⁹

Balances the PH levels of your hair and scalp while gently detangling and cleansing.



#MyStory May 1 - 7 2023

AMOUNT RAISED FOR CMHA DURING MENTAL HEALTH WEEK

\$6,396.71

Thank You!

For Helping Fund The Fight For Mental Health!

Since the first annual Mental Health Golf Classic hosted back in August of 2022, Nutters teams have planned to expand mental health fundraising in 2023. This year we decided to run an in-store fundraising campaign at our checkouts in our corporately owned stores in Alberta and Saskatchewan. This campaign was set to run during **Mental Health Week, May 1st - 7th** and if successful, expand to franchise stores who wish to join in 2024.

We're pleased to report, this first in-store fundraising campaign was successful! We had over **2,780** customers who donated, bringing us to a total of **\$6,396.71** raised during Mental Health Week. All funds raised will be directed to the local Mental Health office serving that community or region where the donations were collected. The cumulative result will be added to the 2023 Mental Health Golf Classic total once the tournament completes in mid August.

We hope that between the tournament and in-store efforts, we will see up to \$45,000 raised in 2023. With the addition of franchise stores in 2024, we potentially could surpass \$50,000.

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
Natural Whole Almonds
Bulk

100g
\$1.59



350g
\$4.99

NUTTERS
Ground Peanut Butter
350g & 700g

700g
\$8.59



NUTTERS
Fresh Ground Almond Butter
350g

350g
\$10.99



Non-GMO

NUTTERS
Organic Popcorn
1kg

1kg
\$6.99



NUTTERS
Super Puff Popcorn
1kg & 2kg

1kg
\$5.99

2kg
\$10.59



NUTTERS
Organic Gummy Bears
or WineGums (vegan)
175g

175g
\$6.29



Organic

NUTTERS
Organic Sunflower Seeds
Bulk

100g
69¢



Organic

NUTTERS
Organic Pumpkin Seeds
Bulk

100g
\$1.29



NUTTERS
Raw Brazil Nuts
450g

450g
\$12.99



Foley's

FOLEY'S
Chocolate Covered Almonds
Milk or Dark
Bulk

100g
\$1.69



NUTTERS
JuJubes
Bulk

100g
69¢



Organic

NUTTERS
Quick or Regular Oats
1kg

1kg
\$5⁹⁹



NUTTERS
Quick or Regular Oats
1.75kg

1.75kg
\$6⁵⁹



NUTTERS
All Purpose Flour
1kg & 2kg

1kg
\$3²⁹
2kg
\$5²⁹



NUTTERS
Baking Soda
250g & 500g

250g
\$2⁹⁹
500g
\$4⁵⁹



Organic

NUTTERS
Organic Dark Thompson Raisins
455g or 750g

455g
\$5⁵⁹
750g
\$7⁹⁹



NUTTERS
Sultana Raisins
1kg

1kg
\$7⁹⁹



Foley's

FOLEY'S
Dark Chocolate Chips
Bulk

100g
\$1¹⁹



NUTTERS
Organic Unbleached White Flour
1kg & 2kg

1kg
\$7⁹⁹
2kg
\$13⁹⁹



Organic

NUTTERS
Schmidt Organic Whole Wheat Flour
1kg & 2kg

1kg
\$3⁹⁹
2kg
\$6⁹⁹



Organic Keto Friendly

NUTTERS
Organic Coconut Flour
1kg

1kg
\$5⁹⁹



Oatmeal Raisin Cookies

Nutters is your Baking supplies headquarters. Everything from flour to yeast. Your favourite recipe begins with the best ingredients & Nutters is the place to find it all!

INGREDIENTS

- 3/4 cup butter, softened
- 3/4 cup organic white sugar
- 3/4 cup light yellow sugar, packed
- 2 eggs
- 1 tsp pure vanilla extract
- 1 1/4 all purpose flour
- 1 tsp baking soda
- 3/4 tsp ground cinnamon
- 1/2 tsp salt
- 2 3/4 cups regular oats
- 1 cup organic dark thompson raisins or 1 cup dark semi-sweet chocolate chips

DIRECTIONS

- Preheat oven to 375°F.
- In a large bowl, cream together butter, white sugar and yellow sugar until smooth
- Beat in eggs and vanilla until fluffy.
- Stir together flour, baking soda, cinnamon and salt. Gradually beat into butter mixture. Stir in oats and raisins. Drop by teaspoonfuls onto ungreased cookie sheet.
- Bake 8 to 10 minutes in preheated oven, or until golden brown.



Keto Friendly Gluten-Free

NUTTERS
Ground Almond Flour
500g

500g
\$10⁹⁹



NUTTERS
Mango Slices
250g

250g
\$6⁵⁹



NUTTERS
Crystallized Ginger
250g

250g
\$4⁹⁹

HEALTHY ISN'T
A GOAL
IT'S A WAY
OF LIVING



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

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

Melfort

102 McKendry Ave W • 306.752.1900

Moose Jaw

605B Main St N • 306.694.0111

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 MAY 27, 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.