

40 Years

NUTTERS
EVERYDAY NATURALS

OF SMALL TOWN HEALTHY

Since 1982

MADE IN CANADA

\$29⁹⁹

Natural Factors
Magnesium Bisglycinate 200mg
250 Capsules

SAVE 13%

Magnesium Bisglycinate
200 mg • Pure
MAINTAINS PROPER MUSCLE FUNCTION
250 Vegetarian Capsules
EASY ON THE STOMACH
natural Factors

Holiday Favourites & Festive Savings

SALE DATES:

November 17 - 26, 2022

Welcome to our Holiday Favorites flyer. You'll discover 16 pages of Festive Savings. We'll also share some valuable healthy lifestyle information, a fun festive recipe and give you a peek at our coming Christmas Gift Tray Collection for 2022!

Read about Iron for anemia and fatigue on pg. 2. Pg. 4 brings you helpful information on the Sunshine Vitamin, D3 and on Pg. 6 we talk about Prostate Health and Movember.

Read about Oats for Body and Heart on pg. 8 and learn more about the ancient Chinese Monk Fruit and its benefits on pg. 9.

Pages 12 and 13 offer a mouthwatering glimpse at our 2022 Christmas Gift Tray Collection and Pg. 15 offers a tasty seasonal recipe of Caramel Apple Cookies for some fun in the Kitchen!

Enjoy the read, then put your shopping list together and we'll see you soon at Nutters Everyday Naturals.

CanPrev Zinc Bis-Glycinate 25 120 Capsules

- Zinc is required for the normal growth and development, metabolism, and functions of all cells

**BUY ONE
GET ONE
50% OFF**



BRAGG ALL PURPOSE SEASONING 946ml

- Made from health-giving soybeans and purified water. They are an excellent, healthy, gourmet replacement for Tamari and Soy Sauce

\$8⁹⁹



innovite MELATONIN 3mg 60 Capsules

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

\$11⁴⁹



LAKANTO MONKFRUIT SWEETENER CLASSIC or GOLDEN 800g

- A healthy cup-for-cup alternative to ordinary sugar

\$17⁴⁹



KETO FRIENDLY

SAVE 27%

prairienaturals Vitamin D3 2500 IU 550 Softgels

- Vitamin D3 form for best absorption
- High potency of 2500 IU
- Immune-building

Bonus Size

\$19⁹⁹



SAVE 33%

pukka Teas 20 Tea Bags

- Every Pukka plastic-free tea bag comes in its own recyclable envelope to retain the essential oils in our organic herbs

All Varieties

\$7⁴⁹



SAVE 25%

www.nutters.com

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

SALE DATE: NOVEMBER 17 - 26, 2022

NUTTERS • 1



IRON FOR ANEMIA & FATIGUE

FLORA Iron+ 240ml

- Helps prevent iron deficiency anemia and associated tiredness and fatigue, while supporting the formation of red blood cells

\$18⁹⁹



USES OF IRON

Iron has many benefits and is one of the most important minerals for your body. Iron is needed for your body to produce hemoglobin, which helps red blood cells carry oxygen throughout the body, and myoglobin, which is a protein that helps provide oxygen to the cells in your muscles.

Anemia - Iron supplementation is helpful for anemia caused by iron deficiency. There are several different causes of anemia, but iron deficiency is the most common.

Fatigue - Iron may help manage unexplained fatigue, even in someone who isn't anemic but has a low ferritin level (an indicator of iron stores). This is especially common in women during their reproductive years.

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

100 Capsules

- Addresses zinc deficiency while reducing the risk of excess zinc
- Supports healthy skin, prostate and immunity

\$27⁹⁹



AOR Ortho Sleep

60 Capsules

- Helps one fall asleep, stay asleep, and wake up feeling refreshed
- The most comprehensive, natural sleep formula available

\$34³⁹



AOR Ortho Adapt

120 Capsules

- Mobilizes internal energy stores
- Reduces the impact of stressful conditions

\$39²⁹



AOR Lysine, Vitamin C & Hyaluronic Acid

60 Capsules

- The ideal formula for hair, skin and nails
- Cushions the joints and supports healthy cartilage

\$36⁹⁹



AOR N-A-C

120 Capsules

- Promotes respiratory health, helps clear excess mucus
- Protects the liver by boosting glutathione levels

\$32²⁹



CanPrev Magnesium Bisglycinate

240 Capsules

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

\$35⁹⁹



CanPrev Vitamin D3 + K2

120 Capsules

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

\$22³⁹



innovite RED YEAST RICE

120 Capsules

- Helps lower cholesterol naturally
- Contains CoQ10 and Vitamin D3

\$57⁹⁹



orange NATURALS Liver Health Tincture

100ml

- Protects the liver and supports liver function

\$21⁹⁹



orange NATURALS MagPop!

35 Packets

- From bone building to muscle function, used by your body in over 800 different ways

\$19⁹⁹



FLORA Udo's Super 8 Probiotic

60 Capsules

- Designed to support the gastrointestinal health of the small intestine and help maintain a healthy yeast balance

\$42⁹⁹



NORDIC NATURALS
ARCTIC COD LIVER OIL
90 Soft Gels

- Promotes heart and brain health, and supports the immune and nervous systems
- 1060 mg total omega-3s

\$26⁹⁹



Naka
Nutri NAC 600mg
150 Capsules

- Supports Lung and Liver health
- Promotes Glutathione Synthesis

Bonus Size

\$25⁹⁹



Naka
Pure Colloidal Silver
600ml

- Immune system support
- Heals wounds and skin conditions
- Water purification

Bonus Size

\$24⁹⁹



Naka
LIPOSOMAL C1000
600ml

- Helps in collagen formation to maintain healthy bones, cartilage, teeth and/or gums

Bonus Size

\$33⁹⁹



PREFERRED NUTRITION
Berberine 500mg
120 Capsules

- Helps maintain healthy glucose metabolism and cardiovascular health

\$35⁸⁹



BELL
Blood Pressure Formulation Combo
60 Capsules

- Garlic is used in herbal medicine to maintain cardiovascular health in adults
- Helps maintain healthy blood pressure levels

\$29⁹⁹



HEALTHOLOGY
STRESS-FX
60 Capsules

- STRESS-FX is formulated to lower cortisol levels and promote a state of calmness and relaxation

\$33⁹⁹



HEALTHOLOGY
GUT-FX FORMULA
180g

- GUT-FX is the ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health

\$36⁹⁹





25% OFF

BioSil
HAIR • SKIN • NAILS
ALL SIZES



20% OFF

Living Alchemy
Your Flora
60 or 120 Capsules
All Varieties

SALE DATE: NOVEMBER 17 - 26, 2022



VITAMIN D3 THE SUNSHINE VITAMIN

prairienaturals
Vitamin D3 1000 IU
500 Softgels

- Vitamin D3 form for best absorption
- Helps strengthen bones
- Protects against dementia

\$15⁹⁹



Low vitamin D levels can cause depression, fatigue, and muscle weakness. Over time, a Vitamin D deficiency can lead to weak bones, rickets in children, and osteoporosis in adults. Vitamin D helps control how much calcium and phosphate you absorb from food. Calcium is essential for bone health. Phosphate is needed for healthy bones, teeth, muscles, nerves, and basic bodily functions.

Vitamin D is called the sunshine vitamin since it is made in the skin after exposure to sun. Reduced daylight in winter can diminish the skin's ability to make vitamin D. In the winter, humans are also exposed to more infections and spend less time outside.

By consuming more vitamin D during the winter, your gut microbes will be healthier, and you'll be more resistant to infection and inflammation year-round

Salus
Floradix

- Iron is a nutrient that essential for the delivery of oxygen to every cell in the body

250ml

\$23⁹⁹

500ml

\$39⁹⁹



JOY of the MOUNTAINS
Oil of Oregano

- Fights off colds, flus and their symptoms
- Superior Performance proven in H1N1 study
- Premium wildcrafted organic ingredients

10ml

\$12⁹⁹

30ml

\$24⁹⁹



SURO
Elderberry Syrup Age 19+
236ml

- Relieves symptoms of cold and flu such as coughs, sore throat and mucus build up of the upper respiratory tract

\$19⁹⁹



NEW CHAPTER
TURMERIC FORCE

- Healthy Inflammation Response & Heart & Brain Support

60 Capsules

\$29⁹⁹

150 Capsules

\$57⁹⁹



Salus
Calcium Magnesium

- Calcium, magnesium, zinc, and vitamin D are the four pillars of building and maintaining healthy bones and teeth

250ml

\$25³⁹

500ml

\$39⁹⁹



St. Francis
Mullein TINCTURE
50ml

- Excellent cough remedy
- Antimicrobial aid for respiratory infections
- Anti-inflammatory

\$17⁹⁹



ORGANIKA
CHICKEN BONE BROTH
300g

- Gut healing
- Supports bone & joint health
- Hormone and antibiotic free

\$39⁹⁹



NEW CHAPTER
BONE STRENGTH TAKE CARE

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

60 Capsules

\$31⁹⁹

120 Capsules

\$49⁹⁹



INNOTECH
LIQUID IONIC MAGNESIUM
480ml

- Helps in the development and maintenance of bones and teeth
- Helps to maintain proper muscle function

\$32⁷⁹



LIFE CHOICE
LAKTOKHAN probiotic complex
60 capsules

- Human origin strains remain within intestines
- All strains (10 billion) are clinically proven and scientifically tested
- Shelf-stable and blister packed

\$46⁸⁹



ORGANIKA
BEEF BONE BROTH
300g

- Gut healing
- Supports bone & joint health
- Hormone and antibiotic free

\$39⁹⁹



ORGANIKA
ENHANCED COLLAGEN
504g

- Chocolate flavour makes a decadent, smooth and creamy beverage made with real cocoa and 0g of sugar

\$41⁹⁹



SALE DATE: NOVEMBER 17 - 26, 2022

Renew Life EXTRA CARE PROBIOTIC

72 Capsules

- Helps support digestive health and help manage antibiotic-associated diarrhea with 100 billion live cultures from 12 probiotic strains

Bonus Size

\$36⁹⁹



Natural Factors regenerLife

81g

- Helps maintain cardiovascular health, cognitive health, and brain function
- Helps increase energy production (ATP) at the cellular level

\$49⁹⁹



Natural Factors regenerLife

120 Capsules

- Helps maintain cardiovascular health, cognitive health, and brain function
- Helps increase energy production (ATP) at the cellular level

\$43⁹⁹



Natural Factors Methylcobalamin 1000mcg

210 Tablets

- Helps form red blood cells and supports healthy immune function

Bonus Size

\$15⁹⁹



Natural Factors GABA

60 Chewable Tablets

- Reduces acute stress and nervousness, and quickly restores mental calmness
- Promotes mental clarity and physical relaxation without drowsiness

\$21⁹⁹



Natural Factors Ashwagandha 600mg

30 Capsules

- Helps increase resistance to stress and anxiety in individuals with a history of chronic stress

\$13⁹⁹



Natural Factors Saffron Extract

30 Capsules

- Supports mood balance in adults, adolescents, and youth ages 12 years and up

\$26⁹⁹



Natural Factors Coenzyme Q10 100mg

120 Softgels

- Supports heart health and maintains normal heart function
- Potent antioxidant

\$27⁹⁹



Boost Your

IMMUNITY



**natural
Factors**





MOVEMBER PROSTATE HEALTH

New Roots Prostate Perform

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

\$74⁵⁹



Why Movember?

November is all about educating men on preventable health issues and the importance of talking to your doctor. Nearly 1 in 7 American men will be diagnosed with prostate cancer at some point in their lives, but cancer isn't the only problem men have to worry about when it comes to their prostates.

Even when men don't have prostate cancer, the prostate still grows over time. The result is a tough time emptying the bladder and a need to go more frequently. Infections of the prostate are also common and can have similar symptoms. The good news is there are many treatments!

New Roots Vitamin E⁸

- Contains all 8 active forms of vitamin E: 4 mixed tocopherols and 4 mixed tocotrienols, all non-GMO

\$35⁶⁹



New Roots Curcumin 500mg

- Premium extract of curcumin standardized to 95% curcuminoids
- Strengthens immune-system performance for better disease resistance

\$28¹⁹



New Roots DMSO Liquid

- Delivers intense, targeted relief from the acute pain and inflammation of arthritis

\$13⁹⁹



PartySmart Fast Acting One Capsule

- Our anti-hangover supplement starts working right away and is taken with your first drink

1 Capsule

\$2⁴⁹

6 Capsules

\$15⁹⁹



PURICA LION'S MANE

120 Capsules

- Boosts brain health and power
- Improves cognitive function

\$49⁹⁹



Ener-C Multivitamin Drink Mix - 1000mg Vitamin C

30 Packets

- Containing 1000mg of Vitamin C plus essential vitamins and minerals

All Varieties

\$14⁹⁹



now Super Enzymes

90 Tablets

- Breaks down Fats, Carbs & Protein
- Enzymes to aid digestion
- Comprehensive formula

\$19⁹⁹



now Potassium Citrate 99mg

180 Capsules

- Supports Electrolyte Balance and Normal pH
- Proper Muscular Contraction

\$11⁹⁹



now D-Mannose 500mg

120 Capsules

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

\$22⁹⁹



Nature's Way NutraSea Arthritis

200ml

- Helps to reduce the pain of Rheumatoid Arthritis in adults in conjunction with conventional therapy

\$32⁹⁹



Nature's Way Omega-3 + Vitamin D

150 Softgels

- Just two liquid gels a day, for the maintenance of good health; 750 mg of EPA + 500 mg DHA + 1000 IU vitamin D

\$44⁹⁹



Nature's Way sambucus ORIGINAL or Kids

120ml

- A delicious tasting syrup for kids, traditionally used in Herbal Medicine to help relieve symptoms of colds and flus

\$12⁹⁹



**Dr. Formulated
PROBIOTICS Once Daily Men's**

30 Capsules

- Source of probiotics to help support gastrointestinal health and promote a favourable gut flora

\$37⁹⁹



**Dr. Formulated
PROBIOTICS Once Daily Women's**

30 Capsules

- Source of probiotics to help support gastrointestinal health and promote a favourable gut flora

\$37⁹⁹



**SiSU
Ester-C 600mg**

120 Capsules

- The advanced immune-supporting properties of Ester-C® enhanced with 100 mg of citrus bioflavonoids for superior absorption

- Daily use formula

\$28⁹⁹



**SiSU
Ester-C energy BOOST**

30 Packets

- A daily vitamin drink mix with 1000 mg of Ester-C®, B vitamins and electrolytes in 4 delicious flavours

All Varieties

\$17⁹⁹



MOVEMBER®

prairien**naturals**

Be a Man with a Plan!

[The earlier men start thinking about how they age, the better]

25% OFF

All Prairie Naturals Men's Health products

Proudly Supporting



Prostate Health

Libido Support

Testosterone & Energy

Hormone Health

Sleep & Recovery

Increase Energy

Relieve Stress

Support Testosterone

Trevor Linden

Trevor Linden #16
Prairie Naturals Men's Health Ambassador

Canada's #1 Men's Health Brand
Scan for more Info





OATS FOR BODY & HEART

ONLY OATS Gluten-Free Quick Oats

- Quick cook time of 3 minutes or less

\$10⁷⁹



ONLY OATS Gluten-Free Rolled Oats

- This type of oat is great for baking

\$10⁷⁹



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

NutriStart Quick B12

50ml

- Supports memory, concentration and mood
- Builds healthy red blood cells
- Improved energy levels

\$18⁹⁹



zazubean Chocolate Bars

85g

- These bite-sized chews include 70% RDA of Vitamin C and natural energy from honey

All Varieties

\$4¹⁹



Amy's ORGANIC SOUPS

398ml

- Slow-simmered broth. Organic vegetables. Hearty grains. With Amy's soups, you can enjoy rich, savory flavor with every spoonful

All Varieties

\$5²⁹



PATIENCE FRUIT & CO WHOLE DRIED CRANBERRIES

142g

- Delicately infused with sugar, they retain just enough of the cranberry's unique tartness

\$3⁴⁹



Herbamare Herbed Sea Salt

- A delicious combination of herbs and vegetables. A staple for every kitchen

125g

\$3⁴⁹

250g

\$5⁹⁹



Herbamare Spicy Sea Salt

- A touch of red pepper and horseradish to pep up your dishes

125g

\$3⁴⁹

250g

\$5⁹⁹



cultured coconut FERMENTED ORGANIC COCONUT MILK

460ml

- The Cultured Coconut's exceptionally high concentration of live bacterial strains contributes to healthy gut flora

\$22²⁹



SKINNY POP POPCORN CHEDDAR or SEA SALT & PEPPER

125g

- Starts with a premium popcorn kernel, sunflower oil and the perfect amount of salt

Select Varieties

\$4⁹⁹



Go Bio ORGANIC BOUILLON CUBES CHICKEN or BEEF

6 Cubes

- Made with the best organic ingredients, our range of flavours and dietary options make it simple for people to prepare great-tasting, better-for-you meals at home

\$3¹⁹



Karthein's SIMPLE or TRADITIONAL SAUERKRAUT

750ml

- Karthein's Sauerkraut is unpasteurized and contains naturally occurring digestive enzymes and beneficial probiotic bacteria

\$10⁵⁹



PATIENCE FRUIT & CO DRIED CRANBERRIES SWEETENED WITH FRUIT JUICE

113g

- Dried just enough for them to retain their tenderness and allow you to experience their incredible texture

\$3⁴⁹



Kaslo Sourdough Pasta

227g

- Delicious, easy-to-digest, and highly nutritious alternative to regular wheat pasta

All Varieties

\$5⁸⁹



**L'ANCÊTRE
MOZZARELLA CHEESE**
200g

- This gluten-free Quebec cheese adds a unique touch to cooked dishes and all your salads

\$7⁸⁹



**L'ANCÊTRE
SWISS CHEESE**
200g

- We offer healthy and tasty organic Quebec cheeses from farms in harmony with the environment

\$7⁸⁹



**Enjoy Life
CHOCOLATE CHIPS**
283g

- Dairy-free, nut-free and soy-free
- Delicious in gluten free cookies or straight from the bag

All Varieties
\$6⁹⁹

GLUTEN FREE



**CANADIAN HERITAGE ORGANICS
Organic Maple Syrup**
250ml

- Manufactured naturally with absolutely no artificial additives, coloring, preservatives or chemicals

\$7³⁹



**Zevia
ZERO CALORIE ENERGY**
355ml

- We deliver the clean energy you deserve naturally sweetened without the sugar. Zevia Energy contains zero sugar, zero calories, and packs 120 mg of organic caffeine!

All Varieties
\$2⁷⁹



**NAKED & SAUCY
SOY FREE SAUCE**
296ml

- Has 75% less sodium and a beautiful umami savouriness to it with a hint of sweetness

\$6⁹⁹



**Nuts to You Nut Butter Inc.
Organic Sesame Tahini**

- Mechanically hulled, dry-roasted, organic, fair trade sesame seeds
- Recyclable glass jars with BPA-free metal lids

250g
\$4⁶⁹

500g
\$8²⁹



**GALERIE AU Chocolat
Chocolate Bars**
100g

- We use exquisite, gourmet ingredients so you can indulge in the experience of our chocolate, savoring every bite and every moment

All Varieties
\$4⁶⁹



Inspiring Tzatziki with Garlic Scapes

INGREDIENTS

1 - 2	tsp Le Petit Mas fermented garlic flowers	1/3	cup fresh herbs (mint, coriander, parsley)
1	tbsp Lemon juice	1 1/2	cups Greek yogurt
1	tbsp Olive Oil	1/2	English cucumber

DIRECTIONS

- Cut English cucumber lengthwise, remove seeds and grate it. Put grated cucumber in a colander and sprinkle with salt.
- Let cucumber drain for 20-30 minutes. Meanwhile, combine fermented garlic flowers, lemon juice, olive oil and fresh herbs (and do something else!).
- Rinse grated cucumber and pat dry with paper towels. Combine with other ingredients.



MONK FRUIT TASTY SWEETS

Healthy Hippo Candy

60 Softgels

- Low-sugar gummy candy to be sweetened entirely with monk fruit juice concentrate to enhance the naturally fruity flavours

All Varieties

\$4²⁹



Why Monk Fruit?

Many people avoid Stevia and Sugar Alcohols as they can cause gastrointestinal issues, and many don't like the aftertaste of Stevia.

Stevia belongs to the same plant family as ragweed, estimated that 15% of Americans have a ragweed allergy.

Monk fruit is a fruit native to Southern China - it's been used in traditional Chinese medicine for centuries!

Known also as *luo han guo* or *Siraitia Grosvenorii* by its friends, the small melon-shaped fruit is only 15-20x sweeter than sugar.

TRUE lemon Crystallized Lemon

32 Packets

- Enjoy the taste of fresh squeezed lemon wherever you go with True Lemon

\$3⁹⁹



TRUE lime Crystallized Lime

32 Packets

- Enjoy the taste of fresh squeezed lime wherever you go with True Lime crystallized lime packets

\$3⁹⁹



TRADITIONAL MEDICINALS Herbal Teas

16 Tea Bags

- Our herbalists have carefully created over 50 high quality herbal teas and products. Find which type of plant power works for you

All Varieties

\$4⁹⁹



Namaste Perfect Flour Blend

1.36kg

- Substitute one cup of our Perfect Flour Blend for one cup of wheat flour in your favorite everyday recipes

\$12⁹⁹

GLUTEN FREE



earth mama Herbal Tea

16 Tea Bags

- And all formulated to safely — and effectively — address common issues experienced during the entire journey of motherhood

All Varieties

\$7²⁹



Santevia Mineralized Alkaline Water Pitcher

ea.

- Mineralization is the key to healthier water. Available in Black or White

\$53⁹⁹



daiya GLUTEN-FREE PIZZA CLASSIC

472g

- 100% plant-based, 100% mouth-watering. You'll forget all about delivery with one bite of this thin crust, herby, cheeze-y goodness

\$9³⁹

GLUTEN FREE



daiya GLUTEN-FREE PIZZA SUPREME

550g

- 100% plant-based, 100% mouth-watering. You'll forget all about delivery with one bite of this thin crust, herby, cheeze-y goodness

\$9³⁹

GLUTEN FREE



daiya GLUTEN-FREE PIZZA MUSHROOM

443g

- 100% plant-based, 100% mouth-watering. You'll forget all about delivery with one bite of this thin crust, herby, cheeze-y goodness

\$9³⁹

GLUTEN FREE



SMART SWEETS CANDY

50g

- Naturally flavoured low sugar gummy candy
- Plant-based goodness

All Varieties

\$3¹⁹



Hardbite Avocado Oil Chips

128g

- Every chip is made with no preservatives, no GMOs, no trans fat, no gluten, no cholesterol... no artificial anything

All Varieties

\$3⁷⁹



Organic traditions DARK CHIA SEEDS

- Superseed packed with calcium, iron, fiber and omega-3 fatty acids

227g

\$7¹⁹

454g

\$11⁹⁹



**PHILIP ADAM
lotion**

400ml

- So light and non-greasy you can dress immediately after applying
- Leaves the skin hydrated and radiant looking

All Varieties

\$14²⁹



**giovanni
Shampoo**

250ml

- This sulfate-free Giovanni shampoo will not dull, strip, or damage your hair. It's color-safe, paraben-free, and cruelty-free

All Varieties

\$12⁴⁹



**giovanni
Conditioner**

250ml

- This conditioner will not dull, strip, or damage your hair. It's 100% color-safe, paraben-free, and cruelty-free

All Varieties

\$12⁴⁹



**Nature's Essential Garden
Bath Salts**

- Sea Salt and Sea minerals, pure oils of Lavandula angustifolia essential oils

All Varieties

240g

\$5²⁹

1kg

\$14⁴⁹



**sukin
PORE REFINING FACIAL SCRUB**

125ml

- Our most gentle facial exfoliator in our collection! It is perfect for an oily skin type, and is gentle enough to use on blemish prone skin

\$10⁵⁹



**sukin
DETOXIFYING FACIAL SCRUB**

125ml

- Our favourite and not just because it's our scrubbiest Facial Scrub, or the amazing sweet fruity scent, but because it leaves the skin so soft and glowy

\$10⁵⁹



**sukin
Nutrient Rich Facial MOISTURISER**

125ml

- enriched with Super Greens extracts of Kale, Spirulina, Parsley and Chlorella to give your skin a nutrient boost to promote a radiant, glowing and healthy complexion

\$10⁵⁹



**Himalaya
Toothpaste**

150g

- Himalaya Whitening Toothpaste is free from Fluoride, Triclosan, Carrageenan, SLS, and Gluten, and loaded with the foamy texture and great taste you love

All Varieties

\$5⁴⁹



Delicious and hearty is what Fall Food is all about

New! FALL RECIPES

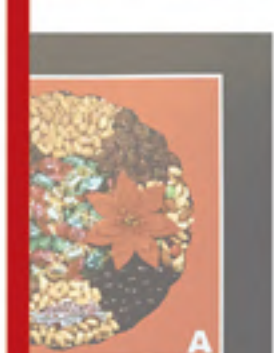
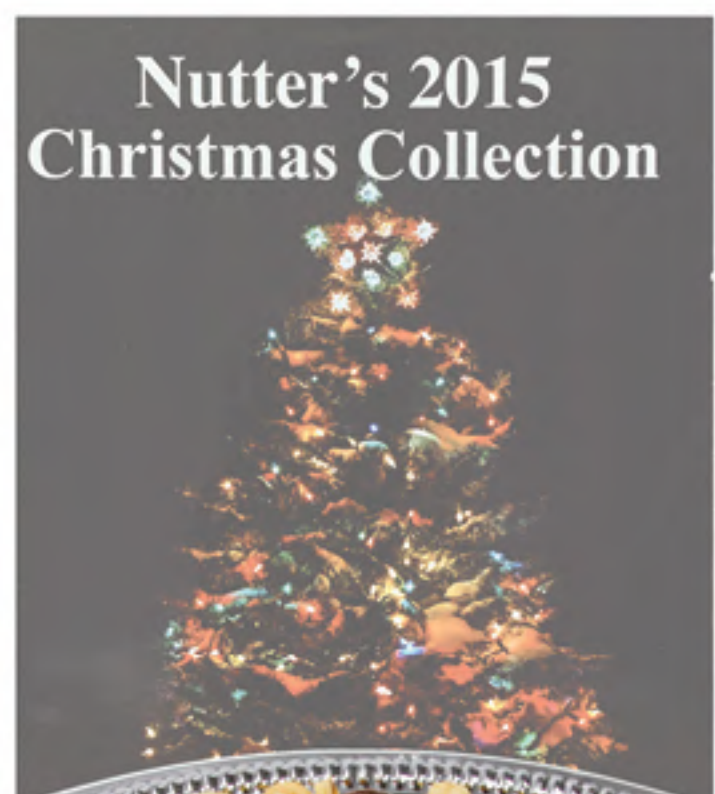
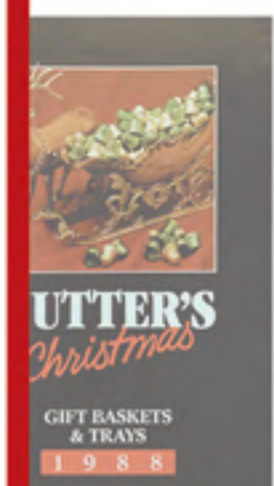
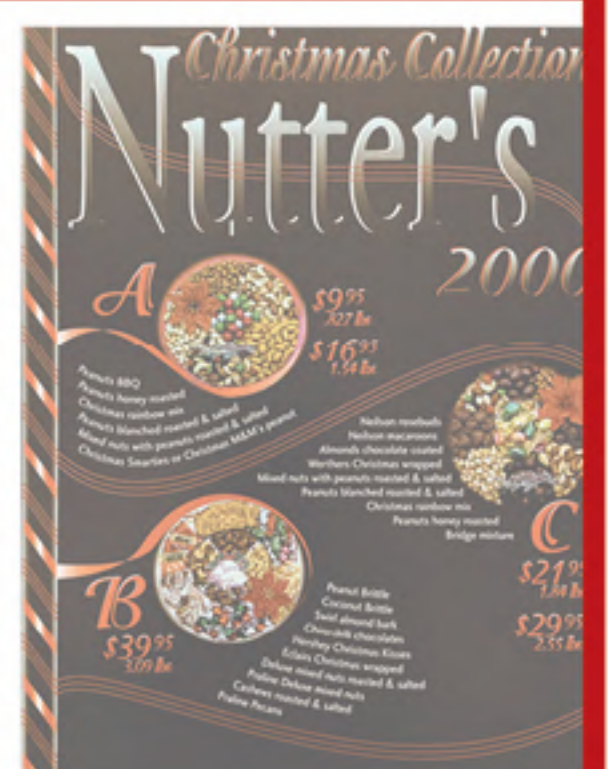
Now Available Online Through
Our Digital Cookbook at
nutters.com

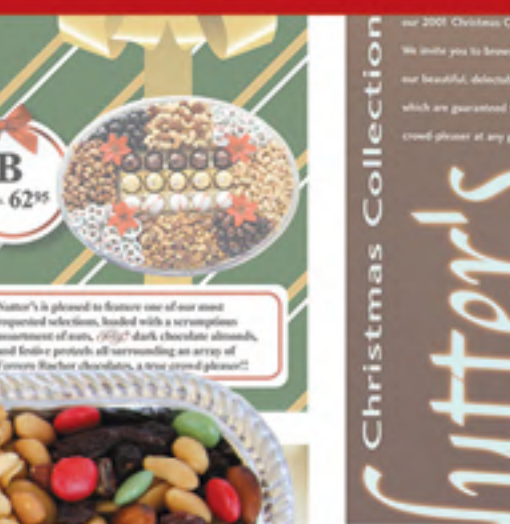
40th anniversary Christmas collection 2022



Truly...
wonderful
Christmas
traditions have
arrived.

A yummy
array of
Santa
approved
festive
treats!





J

28⁹⁵
1.31 lb

39⁹⁵
3.06 lb



K

24⁹⁵
1.98 lb

These trays are packed with an assortment of great treats.

L

24⁹⁵
1.70 lb



M

31⁹⁵
2.29 lb

N

21⁹⁵
1.49 lb

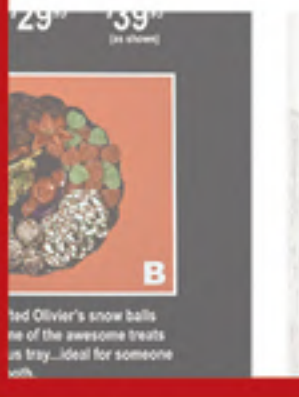


O

26⁹⁵
1.64 lb



Yummm.....
Foley's chocolates
taste so good.



**Nutters
Dried Cranberries**

250g

\$3⁸⁹

500g

\$6⁹⁹



**Nutters
Organic Dark Thompson
Raisins**

455g

\$4⁹⁹

ORGANIC



**Nutters
Apple Cider**

500g

\$4⁶⁹

1kg

\$7⁹⁹



**Nutters
Glazed Cherries Red or
Green**

450g

\$6⁹⁹



**Nutters
Deluxe Glazed Fruit Mix**

450g

\$7⁹⁹



**Nutters
Cinnamon Sticks**
Randomly Packaged or Bulk
3" or 6"

\$3⁹⁹
/100G



**Foley's
White Dipping Chocolate**
Randomly Packaged or Bulk

\$1⁰⁹
/100G



**Foley's
Dark or Milk Dipping
Chocolate**
Randomly Packaged
or Bulk

99¢
/100G



**Foley's
Dark Chocolate Chips**
Randomly Packaged or Bulk

\$1⁰⁹
/100G



**Foley's
Milk or Dark Chocolate
Almonds**
Randomly Packaged or Bulk

\$1⁴⁹
/100G



**Foley's
Dark Chocolate Cranberries**
Randomly Packaged or Bulk

\$1⁹⁹
/100G



**Nutters
Mincemeat**

550g

\$5⁴⁹

1kg

\$8⁹⁹



**Nutters
Olympic Trail Mix with
Christmas Smarties**
Randomly Packaged or Bulk

\$1¹⁹
/100G



**Nutters
No MSG Soup Base
Chicken or Beef**

250g

\$4⁸⁹



**Nutters
Walnut Halves or Pieces**
Randomly Packaged or Bulk

\$1⁶⁹
/100G



**Nutters
Raw Brazil Nuts**

450g

\$13⁷⁹



**Nutters
Pecans Halves**
Randomly Packaged or Bulk

\$3⁵⁹
/100G



Pecans Pieces

\$2⁹⁹
/100G



**Nutters
Whole Natural Almonds**
Randomly Packaged or Bulk

\$1⁵⁹
/100G



**Nutters
Low Sodium Soup Base**
250g (Chicken)

\$4⁵⁹

250g (Beef)

\$4⁹⁹



**Nutters
Brown Sugar**

500g

\$2⁴⁹

1kg

\$4¹⁹

2kg

\$7⁴⁹



**Nutters
White Sugar**

500g

\$1⁹⁹

2kg

\$5⁸⁹



**Nutters
All Purpose Flour**

1kg

\$2⁷⁹

2kg

\$4⁹⁹



**Nutters
Schmidt Organic Whole Wheat
Flour**

1kg

\$3²⁹

2kg

\$6⁴⁹



ORGANIC

**Nutters
Gluten-Free All Purpose
Flour**

1kg

\$9⁹⁹



**Nutters
Ground Almond Flour**

500g

\$9⁹⁹

GLUTEN FREE

KETO FRIENDLY



CARAMEL APPLE COOKIES

RECIPE

- 3/4 c. salted butter (1 1/2 sticks)
- 1/2 c. dark brown sugar
- 1/4 c. granulated sugar
- 1 large egg
- 1 tsp. vanilla
- 2 c. all-purpose flour
- 1/4 tsp. baking soda
- 1/2 tsp. kosher salt
- 1 tsp. apple pie spice
- 1/2 c. chopped apple chips
- 3/4 c. rolled oats
- 1 Granny Smith apple, grated (about 1/2 cup)

FOR THE CARAMEL ICING:

- 1 1/2 c. powdered sugar
- 2 tbsp. apple cider or juice
- 3 tbsp. caramel sauce
- 1/2 c. apple chips, chopped

*Find these items in this flyer



Recipe + Image from The Pioneer Women

METHOD

- For the cookies: Preheat the oven to 350°.
- Brown the butter by melting it over medium heat in a medium saucepan, then let it cook and bubble for an additional 3 to 5 minutes or until the foam and butter underneath is golden brown. Transfer it to a large, heatproof mixing bowl and swirl a few times to help stop the browning. Let it cool to room temperature, about 30 minutes.
- Meanwhile, whisk together the flour, baking soda, salt, and apple pie spice in a medium bowl; set aside.
- Add the brown and granulated sugars to the mixing bowl with the browned butter and beat with an electric mixer on medium speed for about 1 minute until creamy. Add the egg and vanilla, and mix on low just until combined.
- Add the dry ingredients to the butter mixture and mix until combined. Mix in the grated apple. Fold in the apple chips with a rubber spatula.
- Scoop the dough into balls, about 1 1/2 tablespoons in size, onto two parchment lined baking sheets and press gently with the bottom of a glass. Bake for 10 to 12 minutes, or until the edges are golden brown. Cool for 5 minutes on the sheet tray, before transferring to a wire cooling rack to cool completely.
- For the caramel icing: Whisk together the powdered sugar, apple juice, and caramel sauce. Using a spoon, drizzle the cookies generously with the icing and top with the chopped apple chips. Allow the glaze to set before serving, about 1 hour (at room temperature).
- Store in an airtight container at room temperature for up to 3 days.

**Nutters
Quick or Regular Oats**

1.75kg

\$6⁶⁹



**Nutters
Quick or Regular Oats**

1kg

\$5⁹⁹

ORGANIC



**Nutters
Baking Soda**

All Sizes

20% OFF



**Nutters
Dark or Light Cocoa
Powder**

All Sizes

20% OFF



**Nutters
Pie Filling (Cherry, Lemon or
Bavarian Crème)**

All Sizes

20% OFF



**Fermipan
Instant Dry Yeast**

450g

\$7⁹⁹



**Nutters
Active Dry Yeast**

230g

\$3⁹⁹



**Nutters
Citric Acid**

All Sizes

20% OFF



**Nutters
Organic Cane Sugar**

500g

\$2⁵⁹



**Tart Shells Sweetened
or Unsweetened**

3" 30 Pack

15% OFF

2" 40 Pack

15% OFF





Swerve: The Ultimate Sugar Replacement

Swerve is zero-calorie, non-glycemic and measures cup-for-cup like sugar. It's sweet, safe and natural.

KETO FRIENDLY

\$8⁴⁹

Swerve
Granular, Icing or
Brown Sweetener
340g



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ea.

- We create eco-friendly collection of diffusers made of respectful and recyclable materials

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Marseille's Remedy Oil

30ml

- Diffuse and breathe vapors to help fight sickness and clear air of pathogens

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Marseille's Remedy Balm

25ml

- Instantly clears congested airways
- Relief for bug bites, bruises, sore joints and muscles

\$9⁹⁹



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

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

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