

Autumn Savings Spectacular

SAVE \$5.00

\$24.99

CanPrev D3 & K2 120 Softgels

MADE IN CANADA

CanPrev
D3 & K2
120 Softgels



LEARN HOW NUTTERS EMAIL SUBSCRIBERS ARE WINNING MONTHLY PRIZES

Full Details on Pg. 11



HEALTHOLOGY SLEEP-GREAT FORMULA

30 Capsules

- SLEEP-GREAT is a complete formulation that helps you fall asleep quickly, stay asleep and achieve deep, restful sleep

\$18.49



Naka PRO COLLAGEN EXTRA STRENGTH

425g

- Ease joint pain and inflammation
- Helps support bone density
- Supports healthy skin, hair & nails

\$32.99



BONUS SIZE



SAVE \$9.00

naked natural foods SOY-FREE SAUCE, or TERIYAKI SAUCE SESAME or CHILI

\$6.49

SAVE 28%

ALL VARIETIES!



Namaste Perfect Flour Blend

1.36kg

\$11.99

GLUTEN FREE

SAVE \$3.00



ACTUMUS CHLOROFORCE

500 ml

- Contains chlorophyll, a great source of antioxidants
- Helps to reduce body odour following colostomy, ileostomy or fecal incontinence
- Internal deodorant (Helps reduce body odour)

\$31⁹⁹



ACTUMUS CHLOROFORCE +KOOL

500 ml

- Cool mint flavour
- Contains chlorophyll, a great source of antioxidants
- Helps to reduce body odour following colostomy, ileostomy or fecal incontinence
- Internal deodorant (Helps reduce body odour)

\$31⁹⁹



smart SOLUTIONS LORNA VANDERHAEGHE Estrosmart

120 Capsules

- Halts breast lumps, fibroids and ovarian cysts
- Makes periods effortless
- Controls endometriosis
- Halts acne fast

\$47⁹⁹



Sunforce RespirActin

- Helps relieve seasonal allergy symptoms
- Thyme, fenugreek and marshmallow are traditionally used in herbal medicine to help relieve coughs, excess mucous of the upper respiratory passage and irritation of the oral and pharyngeal mucosa

237ml

\$16⁹⁹

948ml

\$46⁷⁹



enerex SERRAPEPTASE 120,000 SU

180 Capsules

- Reduces mucous; beneficial for sinus, ear, nose and throat congestion and infection
- Beneficial for arthritis, joint pain, muscle pain, sport injuries, carpal tunnel syndrome

\$43¹⁹



FLORA Udo's Oil Omega 3-6-9 Blend

- Each 30 mL serving of Udo's Oil Omega 3-6-9 Blend provides 13 grams of omega-3 and 6 grams of omega-6 fatty acids

250ml

\$13⁴⁹

500ml

\$24⁹⁹



Garden of Life mykind ORGANICS PLANT IRON

240ml

- Helps to reduce tiredness and fatigue caused by Iron Deficiency Anemia
- Helps to maintain immune health
- Whole Food Vitamin C from Organic Amla Berries for iron absorption

\$22⁴⁹



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

\$35⁴⁹



BALANCED

ENERGY

\$29⁹⁹
IRONVEGAN
BALANCED ENERGY
150g
ALL VARIETIES

NEW

INCREASE
ENERGY

SOURCE OF
ADAPTOGENS

ORGANIC
MUSHROOMS

- Consume once a day to combat mental fatigue
- Caffeine free*
- Sweetened with Stevia leaf extract & monk fruit extract
- Roasted coffee flavour: Made with Brazilian coffee beans

VEGAN, GLUTEN-FREE.



**St Francis
DEEP IMMUNE**

50ml

- Ideal all-around protective tonic
- Boost your body's natural defenses

\$19⁹⁹



**Living Alchemy
Your Flora PROFESSIONAL**

60 Capsules

- Is the perfection of years of research and development utilizing our diverse strain Kefir-kombucha fermentation process
- Helps support intestinal/gastrointestinal health and promotes a favorable gut flora.

\$55⁹⁹



**Living Alchemy
Your Flora WOMAN**

60 Capsules

- Combines our fermented Diverse Strain Kefir-Kombucha Fermentation Symbiotic with organic cranberry juice and roselle (hibiscus sabdariffa) specifically design to support women's digestion, vaginal, urinary & immune health

\$31⁹⁹



**Naka
Platinum K2 100 mcg**

150 Capsules

- Helps in the maintenance of bones
- Helps to prevent vitamin K deficiency

\$16⁴⁹



**Naka
Pure Colloidal Silver 10 ppm**

600ml

- Immune system support
- Heals wounds and skin conditions
- Water purification
- Anti-Inflammatory
- Sinus infection support
- Common cold and flu support
- Bronchitis and pneumonia support

\$27⁹⁹



**SMARTY PANTS
KIDS COMPLETE MULTIVITAMIN**

120 Gummies

- Source of omega-3 fatty acids for the maintenance of good health
- Helps to prevent biotin and iodine deficiency
- An antioxidant that helps fight, protect, and reduce free radicals

\$24⁹⁹



**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

30ml

\$12⁹⁹ \$24⁹⁹



**SURO
iSleep X-Strong**

60 Capsules

- Helps relieve restlessness and/or nervousness and as a sleep aid

\$22⁹⁹



\$23⁷⁹

SUKU
WOMEN'S MULTI
60 Gummies



\$23⁷⁹

SUKU
MEN'S MULTI
60 Gummies



EXCLUSIVE SIZE

\$51⁹⁹

**NEW CHAPTER
Turmeric force
150 Capsules**

\$27⁹⁹

**NEW CHAPTER
Turmeric force
60 Capsules**



**NEW CHAPTER
Bone Strength take care**

- Plant-Sourced Calcium, Not Limestone
- Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis

60 Capsules

120 Capsules

\$27⁹⁹ \$44⁹⁹



**nu-life
ENERGY**

60 Capsules

- With 9 types of Ginseng and other botanicals
- Increases stamina & focus quickly
- Combats stress & fatigue daily

\$16⁴⁹



**Hyland's 4 Kids
Nighttime Syrup**

113g

- Safe for children 2-12 years old
- Relief from common cold symptoms, formulated for nighttime to help with sleeplessness

\$8⁹⁹



**Hyland's 4 Kids
All Day Syrup**

113g

- Safe for children 2-12 years old
- Multi-symptom relief without sleepy or stimulant side effects

\$8⁹⁹



**New Roots
Vitamin C⁸**

90 Capsules

- Shortens and relieves cold symptoms
- Provides superior penetration into white blood cells for a stronger immune system
- Allows better absorption via 8 pathways and remains 4x longer in the blood
- Formulated with 10 super plant antioxidants

\$20¹⁹



**New Roots
Sleep⁸**

60 Capsules

- Rescues your body and mind by naturally delivering the 8 hours of sleep you need
- Restores your body's natural circadian rhythm
- Fast-acting without residual drowsiness upon waking up

\$23⁴⁹



**New Roots
Probiotics Recovery**

30 Capsules

- Ultimate potency probiotic to help repopulates intestinal flora
- Potent formula of 120 billion UFC with 7 dairy, 2 plant, and 11 human strains
- Features our water-based PH⁵D enteric coating for optimal results

\$52⁹⁹



**New Roots
Colon Care Probiotics**

30 Capsules

- Colon Care Probiotics is a comprehensive, high-potency, broad-spectrum probiotic formula for intestinal health, with a direct therapeutic focus on the colon (large intestine)

\$43⁸⁹



**NASOL
Nasal Spray**

30ml

- Quickly relieves headache pain, allergy symptoms and sinus problems

\$19⁹⁹



**Quantum
TheraZinc Echinacea or
Elderberry**

12 Lozenges

\$4²⁹



Salus Floradix Kindervital Shrink

500ml + 250ml

- Vitamins C, B₆ and B₂ contribute to maintain a normal immune system
- Pleasant - slightly malty - taste

\$49⁹⁹



Salus Floravit Shrink

500ml + 250ml

- Helps to prevent iron deficiency (anemia) in adults (includes breastfeeding women) and adolescents
- Assists the formation of red blood cells and their proper functions

\$49⁹⁹



Salus Floradix Shrink

500ml + 250ml

- With iron from ferrous gluconate which is a particularly absorbable form
- With fruit juices and herbal extracts for a good taste and tolerability

\$49⁹⁹



Salus Calcium Magnesium Shrink

500ml + 250ml

- Helps safeguard the balance of calcium, magnesium, zinc and vitamin D
- Contains several fruit juice concentrates and selected herbs for a pleasant taste

\$49⁹⁹



PURICA IMMUNE 7

120 Capsules

- Potent blend of extracts from six medicinal mushrooms
- Unmatched full-spectrum immune supporting effect
- Organic and GMO-free Mushrooms
- Proprietary whole-mushroom complex includes mycelium, fruiting body, spores and primordial/extracellular compounds

\$45⁹⁹



Nature's Way SLIPPERY ELM BARK

100 Capsules

- Traditionally used in herbal medicine as a demulcent to soothe inflammation of the gastrointestinal tract
- Vegetarian, TRU-ID certified and non-GMO Project verified

\$10⁹⁹



NutraSea Omega-3 Liquid Chocolate

500ml

- Supports the maintenance of good health, cardiovascular health and cognitive & brain function
- It also helps support the development of the brain, eyes and nerves in children

\$39⁹⁹



Bach RESCUE REMEDY SPRAY

20ml

- Helps us relax, get focused and get the needed calmness

\$15⁹⁹



now AIR DEFENSE Immune

90 Capsules

- Helps to Maintain Immune Function.
- Uniquely features clinically-proven, anti-inflammatory PARACTIN®

\$22⁹⁹



**Chickapea
Organic Pasta**

227g

GLUTEN FREE

\$5⁹⁹



**WESCANAFOODS
ORGANIC QUICK OR
ROLLED OATS**

1kg

GLUTEN FREE

\$6⁴⁹



**nucO
ORGANIC COCONUT
WRAPS**

70g

GLUTEN FREE

\$7⁹⁹

SELECTED
VARIETIES!



**Rizopia
BROWN RICE PASTA**

454g

GLUTEN FREE

SELECTED
VARIETIES
**2 FOR
\$5⁰⁰**



**Ecoideas
ORGANIC CASSAVA
FLOUR**

1kg

GLUTEN FREE

\$16⁴⁹



**KZ CLEAN EATING
Chunky MÜSLI BREAKFAST CEREAL**

250g

**KETO FRIENDLY
GLUTEN FREE**

\$9⁷⁹

SELECTED
VARIETIES!



**LAKANTO
MONKFRUIT SWEETENER
Classic or Golden**

454g

KETO FRIENDLY

\$11²⁹



**NAVITAS ORGANIC
CACAO POWDER**

227g

\$7⁹⁹



**Organic traditions
TURMERIC POWDER**

200g

\$6⁹⁹



**gardein
crispy tenders**

255g

PLANT BASED

\$5⁷⁹



**gardein
turk'y cutlets**

300g

PLANT BASED

\$5⁷⁹



**Stoked Oats
Oatmeal**

500g

\$5⁹⁹

ALL
VARIETIES!



**Nuts To You
Organic Almond Butter
SMOOTH or CRUNCHY**

365g

\$11⁷⁹



**Amy's
ORGANIC SOUPS**

398ml

\$3⁹⁹

ALL
VARIETIES!



\$18⁴⁹

nutiva
ORGANIC MCT
OIL
473ml



KETO FRIENDLY

**20%
OFF**

Himalaya
Stress Relief
Line Drive
All Varieties



Himalaya
SINCE 1930



Low Sugar. School Ready.

\$5⁹⁹

welo
Kids Bars
5/20g
ALL VARIETIES



SeaSnax
ORIGINAL PREMIUM
SEAWEED SNACK

5g

\$1⁵⁹



ALL VARIETIES!

LUNDBERG
ORGANIC SUSHI RICE

907g

\$9²⁹



LUNDBERG
ORGANIC BROWN
BASMATI RICE

907g

\$9²⁹



LUNDBERG
WHITE ARBORIO RICE

907g

\$9²⁹



Pacific FOODS
ORGANIC LOW SODIUM
Vegetable Broth

946ml

\$4²⁹



Pacific FOODS
ORGANIC Chicken
Broth or LOW SODIUM

946ml

\$4²⁹



Wedderspoon
MANUKA HONEY DROPS

120g

\$7⁴⁹



ALL VARIETIES!

BREMNER'S
Premium Frozen
BLUEBERRIES

600g

\$7⁵⁹



ATTITUDE
FOAMING HAND SOAP

473ml

\$6⁴⁹



ALL VARIETIES!

ANDALOU
SHAMPOO

340ml

\$9⁴⁹



ALL VARIETIES!



\$4⁹⁹

HIPPIE SNACKS
snack crisps
70g
ALL VARIETIES

SALE DATE: SEPTEMBER 23, 2021 - OCTOBER 2, 2021

NUTTERS • 7

Nutters
Fresh Ground Peanut Butter
250g
\$2⁹⁹
350g
\$3⁶⁹
700g
\$6⁹⁹



Nutters
Quick or Regular Oats
1kg
\$5⁵⁹ **ORGANIC**





Nutters
Fresh Ground Almond Butter
250g
\$6⁹⁹
500g
\$9⁵⁹



Nutters
Quick or Regular Oats
1.75kg
\$4⁹⁹




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 chocolate chips |
| 3 | eggs | 3/4 | cup smarties |
| 1 | tsp vanilla | | |

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.
- Share your results with us on social media by using the #smalltownhealthy.

Yield: 5 dozen cookies

Nutters
Organic Cane Sugar
500g
\$2⁴⁹



Nutters
GINGER SLICES
CRYSTALLIZED
250g
\$3⁹⁹



Nutters
All Purpose Flour
1kg
\$2¹⁹
2kg
\$3⁵⁹



Nutters
MANGO SLICES
250g
\$5⁹⁹



Nutters
Organic Popcorn Kernels
1kg
\$6⁵⁹



Foley's
Dark Chocolate Cranberries
Randomly Packaged Bulk
\$1⁹⁹ /100G




Foley's
Dark Chocolate Chips
Randomly Packaged Bulk
99¢ /100G




Nutters
Schmidt Organic Whole Wheat Flour
1kg **ORGANIC**
\$3²⁹
2kg
\$5²⁹



Nutters
Organic Unbleached White Flour
1kg **ORGANIC**
\$4⁴⁹
2kg
\$7⁹⁹




Nutters
Super Puff Popcorn
1kg
\$4⁵⁹
2kg
\$7⁹⁹




Foley's
Dark Chocolate Ginger Chunks
Randomly Packaged Bulk
\$1⁹⁹ /100G




Foley's
Milk or Dark Chocolate Almonds
Randomly Packaged Bulk
\$1⁴⁹ /100G



Nutters
JuJubes
Randomly Packaged Bulk
49¢ /100G



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.

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.

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.



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 Whole Natural Almonds

Randomly Packaged Bulk

\$1.59
/100G



Nutters Raw Brazil Nuts

450g

\$13.59



Nutters Pecans Halves

Randomly Packaged Bulk

\$2.79
/100G



Pecans Pieces

\$1.99
/100G



Nutters Walnuts Halves & Pieces or Crumbs

Randomly Packaged Bulk

\$1.79
/100G



Nutters Organic Sunflower Seeds

Randomly Packaged Bulk

59¢
/100G



Nutters Organic Pumpkin Seeds

450g

\$6.59



Nutters Blanched Almonds Whole, Slivered, Ground or Sliced

Randomly Packaged Bulk

\$1.59
/100G



Nutters Raw Cashews

450g

\$10.59



Did You Know:

Psyllium is quickly becoming one of the top recommendations for people using low-carb Atkins-style diets. It is very difficult to get enough fibre in a diet when you eliminate the carbohydrates in cereals, whole grains and fruits. Psyllium is an easy way to take care of this problem. It fills you with fibre, reducing appetite without over stimulating the nervous system; a much healthier approach than formulas containing ephedra. Psyllium is the husk of the seed of the Plantago and is a top herb using 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 this helpful before meals. Psyllium is one of the simplest, healthiest and most effective herbs for weight control.

Nutters Psyllium Husk

250g

\$8.99



Your Essential Thanksgiving Dinner Checklist

- Turkey or Ham
- Vegetables - Green Beans, Carrots, Brussel Sprouts, Onions
- Spices - Garlic, Sage, Ground Pepper, Poultry Seasoning
- Turkey Stuffing (Gluten-Free or Traditional)
- Potatoes or Yams
- Gravy
- Cranberries (Make your own cranberry sauce)
- Salad Items
- Dinner rolls
- Pumpkin Pie or Tarts
- Your Favourite Dinner Beverages



[CLICK HERE](#)

To View Thanksgiving Meal Recipes in our Digital Cookbook!



Organic Pumpkin Pie
[Click Here For Recipe Video](#)

FARMER'S MARKET
ORGANIC Pumpkin
Puree

398ml

\$3.59



SAVE
25%

Nutter's Brand
Bottled Spices
All Varieties

SAVE
25%

Nutter's Packaged
Bulk Soup Bases
All Varieties





Nutters Sustainability Program – Update!

As the clock is ticking towards the end of 2021, it's a good time to remind ourselves that Canada wide legislation becomes effective at year end which signals the end of single use plastics.

Of course, the most sustainable approach to bagging your Nutters purchases is to bring your own reusable bags. We have Nutters tote bags available for sale at all stores including a light weight folding option that fits easily into a handbag.

We also wanted to point out that in all Nutters flyers we now identify Canadian made products with the 'Made In Canada' icon, which is part of our ongoing effort to reduce our transportation footprint and support products created closer to our locations.

Finally, as we continue to reduce the number of flyers we print each year, we've added several 'digital only' flyers which are distributed to our email database subscribers, thus far reducing the printing of approximately 600,000 flyers each year. We hope to improve on that fact as our email database grows enabling us to reach more customers without the use of printed flyers.

If you are reading this, you are already a subscriber and we'll take this moment to thank you for belonging, and also remind everyone that we now do a monthly prize draw exclusively for our subscribers such as blenders, cookware, electronics and more. Stay tuned. This month we're awarding a Maxwell + Williams 2.6 litre Casserole Cooker.



MegaFood
Supplements for a more sustainable future

20% OFF ALL MEGAFOOD PRODUCTS

©FoodState, Inc. 2021

RenewLife

Better Health for Back to School

20% OFF ALL RENEW LIFE PROBIOTICS & FISH OILS

RenewLife Critical Omega Norwegian Gold Fish Oil
RenewLife Kids Ultimate Flora Probiotic

SALE ENDS OCTOBER 2, 2021

Find a Store



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

