

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

NUTTERS • 1

CASTILES

142a

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)

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)



smart SOLUTIONS LORNA VANDERHAEGHE Estrosmart

120 Capsules

• Halts breast lumps, fibroids and ovarian cysts

ACTUMUS

CHLOROFORCE

500 m

- Makes periods effortless •
- Controls endometriosis •
- Halts acne fast



Sunforce RespirActin

237ml

948m

- 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

RespirActi

699

79



STAT SOLUTIONS

Estrosmart

LOOK

FLORA

Blend

250ml

500ml

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





VEGAN, GLUTEN-FREE.

Udo's Oil Omega 3-6-9

- 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



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

2⁴⁹

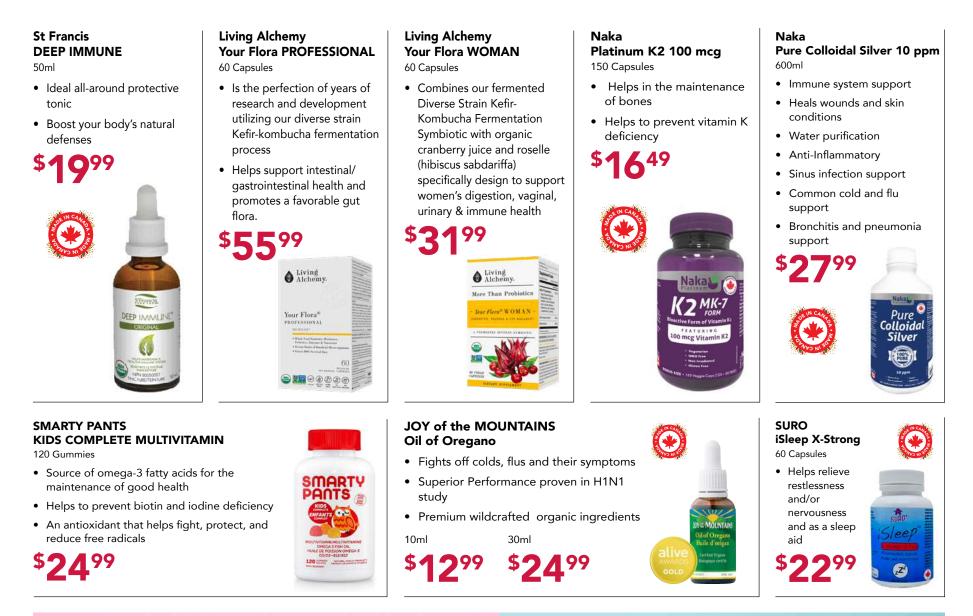
HEALTHOLOGY **GUT-FX FORMULA** 180g

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



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EXCLUSIVE SIZE

NEW CHAPTER Turmeric force 150 Capsules



NEW CHAPTER Bone Strength take care

- Plant-Sourced Calcium, Not ٠ Limestone
- Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis





nu-life ENERGY

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





Hyland's 4 Kids Nighttime Syrup 113g

NEWCHAPTER. O VERIFIED FORMULA

TETARY SUPPLEMEN

R. 2. D.

• Safe for children 2–12 years old

Turmeric

force

 Relief from common cold symptoms, formulated for nighttime to help with sleeplessness



Hyland's 4 Kids All Day Syrup 113g

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

All Day Syrup

ds 'n Coue

\$**8**99

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 $4 \times$ longer in the blood
- Formulated with 10 super plant antioxidants



New Roots Probiotics Recovery

- Ultimate potency probiotic to help repopulates intestinal flora
- UFC with 7 dairy, 2 plant, and 11 human strains
- PH⁵D enteric coating for optimal results

5299





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





New Roots Colon Care Probiotics 30 Capsules

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







- 30 Capsules

 - Potent formula of 120 billion
 - Features our water-based

Salus

Floradix Kindervital Shrink 500ml + 250ml

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





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 ٠ certified and non-GMO Project verified



Bach **RESCUE REMEDY SPRAY** 20ml

• Helps us relax, get focused and get the needed calmness ESCUE

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

\$**49**99



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



now **AIR DEFENSE Immune** 90 Capsules

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

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





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



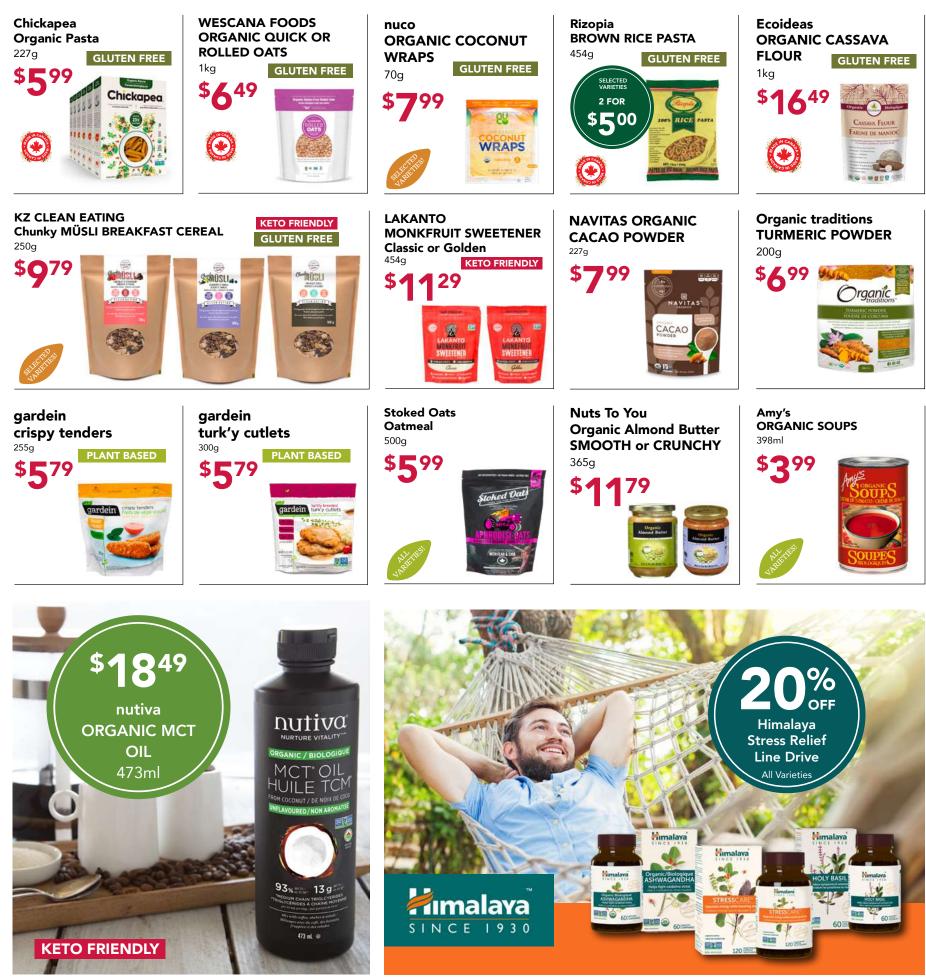


PURICA IMMUNE 7 120 Capsules

- 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



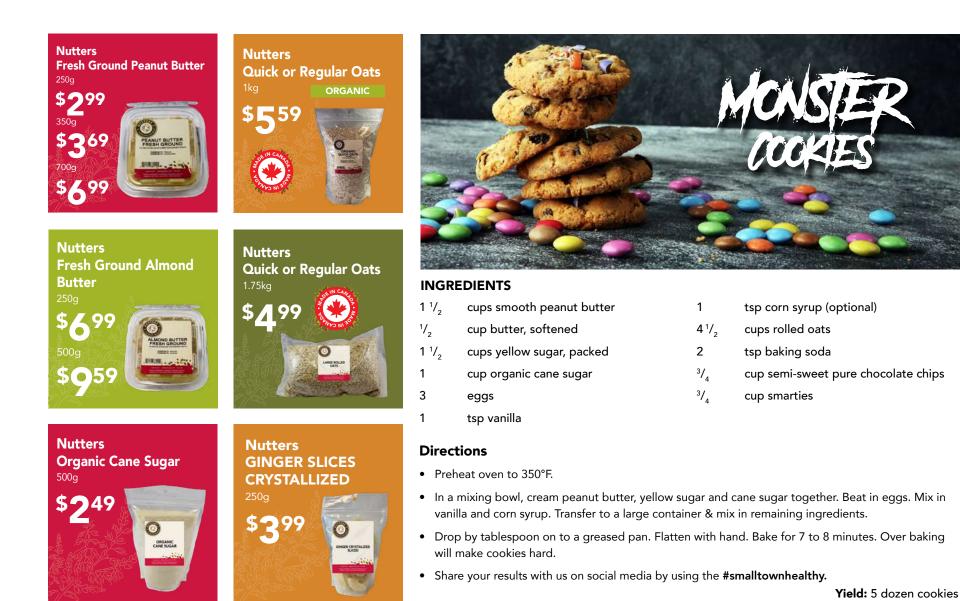




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Nutters

59

\$











Organic Popcorn Kernels



Dark Chocolate

Randomly Packaged Bulk

Cranberries

00



Dark Chocolate Chips

Randomly Packaged Bulk

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

¢ /100G







Nutters Raw Brazil Nuts 450a



Nutters

or Crumbs



Walnuts Halves & Pieces

Randomly Packaged Bulk

6 GREAT THINGS ABOUT ALMONDS

2

CHOLESIEROL FREE

Like all other plant foods,

almonds are also cholesterol free.

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).

IMPROVES BLOOD 6 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

Nutters

59¢

Organic Sunflower Seeds Randomly Packaged Bulk

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.



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 Nutters**



Blanched Almonds Whole, Slivered, **Ground or Sliced**



Nutters **Raw Cashews** 450g

Nutters Psyllium Husk

250g



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 s feeling of fullness this helpful before meals. Psyllium is one of the simplest, healthiest and most effective herbs for weight control.

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.



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.

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!



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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.



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RenewLife

Better Health for Back to School



20% OFF ALL RENEW LIFE PROBIOTICS & FISH OILS

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

