



*Healthy Autumn
Lifestyles & Big
Savings*

**SAVE
25%**

**BONUS SIZE
\$25⁹⁹**

**Natural Factors
Hi Potency B Complex
Bonus Size
210 Capsules**





\$50.00 NUTTERS GIFT CARD!

THANK YOU FOR BEING AN EMAIL SUBSCRIBER

**ONE LUCKY
WINNER**

Swerve
Granular, Icing or
Brown Sweetener
340g

\$8⁹⁹

**SAVE
22%**

GRANULAR CONFECTIONERS

ONLY OATS
Gluten-Free Quick
or Rolled Oats
1kg

\$7⁶⁹

GLUTEN FREE

**CanPrev
Magnesium Bisglycinate**
240 Capsules

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

\$35⁹⁹ **SAVE \$4⁰⁰**



**prairienaturals
Vitamin D3 2500 IU Bonus Size**
550 Softgels

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

\$15⁹⁹



**Seventh Generation
Dish Soap**
561ml

\$3⁴⁹

ALL VARIETIES!



**BRAGG
APPLE CIDER
VINEGAR**
473ml

\$4⁹⁹

**BRAGG
APPLE CIDER
VINEGAR**
946ml

\$7⁹⁹

SAVE \$1⁰⁰



SALE DATE: OCTOBER 21 - 30, 2021

3 BRAINS MEMORY BOOST

120 Capsules

- Enhances memory and cognitive function
- Promotes mental sharpness and concentration
- Natural, non-habit forming way to support cognitive function

\$26⁵⁹



BioSil HAIR•SKIN•NAILS

120 Capsules

- Helps on the formation of collagen
- Supports hair, skin and nail health

\$58²⁹



Progressive VEGE GREENS

265g

- A combination of over 60 ingredients
- Land, Sea & Cruciferous Vegetables
- Green foods, plant oils, herbs & phytonutrients
- Nutrient equivalent of 6 to 8 servings of fresh vegetables

\$35⁹⁹



smart SOLUTIONS LORNA VANDERHAEGHE Menosmart+

120 Capsules

- Relieves menopause symptoms
- Stops hot flashes
- Halts night sweats
- Calms mood swings

\$28⁴⁹



NORDIC NATURALS ARCTIC COD LIVER OIL

237ml

- 1060 mg total omega-3s
- Made exclusively from 100% wild Arctic cod
- Promotes heart and brain health, and supports the immune and nervous systems
- Available in natural lemon, orange, or strawberry

\$34¹⁹



JOY of the MOUNTAINS Oil of Oregano

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

15ml

90 Capsules

\$16⁹⁹ \$30⁹⁹



Hyland's Restful Legs PM

50 Tablets

- Offers relief for the uncontrollable urge to move your legs

\$14⁹⁹



Land Art CHLOROPHYLL(E)

100ml

- Helping the body to eliminate toxins

\$23⁹⁹



SURO ELDERBERRY SYRUP KIDS or Original

237ml

- Fight colds, flu, cough and sore throat with SURO® syrup

\$18⁹⁹



CERTIFIED NATURALS APPLESLIM

90 Capsules

- Weight management for visceral fat and overall weight
- Cardiovascular support (cholesterol and triglyceride management)
- Glucose management
- Athletic performance
- Respiratory support

\$42⁴⁹



Omega-3 for EVERYDAY health and well-being

\$25³⁹

Sealicious
OMEGA-3
250ml



**BUILD YOUR ENERGY.
FEED YOUR BRAIN.**



CanPrev Synergy B

60 Capsules

- Complete B complex formula in preferred forms
- With 200mg of L-theanine daily to help promote mental relaxation
- Support for both the body and mind
- Contains spirulina for added natural source of B vitamins

\$25⁹⁹



CanPrev Zinc 50 Ultra Immune + Vitamin C

120 Capsules

- 50mg of highly absorbable zinc bis-glycinate
- With 400mg of vitamin C
- Essential nutrients for ultra immune support

\$20⁹⁹



Naka Vital GREENS

500ml

- Ginseng to help energize
- Chlorophyll to detoxify and deodorize
- Nutrients and botanicals help with digestion
- Superfood Complex to aid pH balance and help stop craving

\$36⁹⁹



Naka LIPOSOMAL C1000

600ml

- Helps in collagen formation to maintain healthy bones, cartilage, teeth and/or gums
- Helps in the development and maintenance of bones, cartilage, teeth and gums and in connective tissue formation

\$36⁹⁹



Naka Nutri Flex SUPREME

500ml

- Helps provide improvements for arthritis pain and other herbal ingredients traditionally used in herbal medicine to help relieve joint pain associated with osteoarthritis

\$40⁹⁹



innovite ELDERBERRY

90 Capsules

- For cold and flu symptoms
- Specifically useful for helping to relieve fever, and reducing upper respiratory tract infections
- Powerful antioxidant support

\$19⁹⁹



innovite MELATONIN SUSTAINED RELEASE 3mg

60 Capsules

- 6-8 hour sustained-release melatonin to ensure a lasting effect during sleep time
- Provides sleep support by helping to regulate the body's circadian rhythm

\$11⁴⁹



innovite KRILL OIL 500mg

60 Softgels

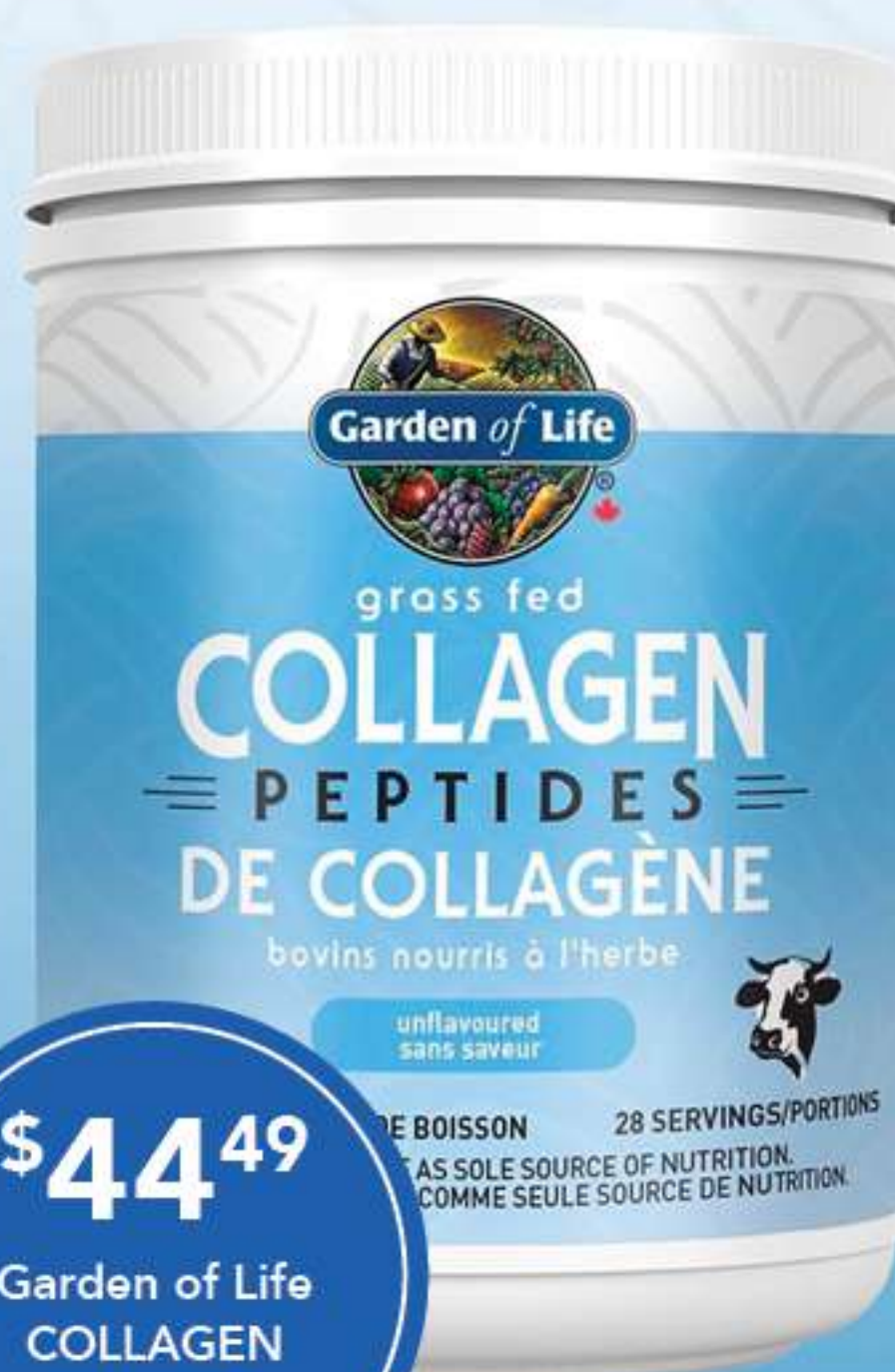
- Protect the heart
- Act as an anti-inflammatory
- Alleviate premenstrual symptoms
- Improve skin health

\$35⁹⁹



Which Collagen is Right for You?

GRASS-FED COLLAGEN PEPTIDES



\$44⁴⁹

Garden of Life
COLLAGEN
PEPTIDES
560g

20g Grass-fed & pasture-raised collagen peptides per 20g serving

1.5 Billion CFU probiotics for added digestive support

Mixes easily in hot or cold foods and beverages

Perfect for shakes, smoothies, coffees, drinks or can be used in baking

Natural Factors Magnesium Bisglycinate 200mg

120 Capsules

- Helps maintain proper muscle function, including the heart muscle
- Helps maintain the body's ability to metabolize nutrients

\$19⁹⁹



Natural Factors RxOmega-3 900mg TRIPLE STRENGTH

150 Softgels

- Improves cognition, mood, and symptoms of depression, bipolar disorder, and ADHD
- Reduces risk for age-related macular degeneration, Alzheimer's disease, and other forms of dementia

\$39⁹⁹



Natural Factors Anti-Viral

100ml

- Helps shorten the duration and severity of colds and flu
- Effective relief for sore, irritated throats
- Used in herbal medicine to fight off infections, especially of the upper respiratory tract

\$23⁹⁹



Natural Factors Vitamin C 1000 mg TIME RELEASE

210 Tablets

- Time released over 8 hours
- Enhances immune system
- Helps in connective tissue formation and wound repair
- Helps build strong and healthy bones, cartilage, teeth, and gums

\$18⁹⁹



Natural Factors SunVitamin D3 2500IU

180 Softgels

- Supports healthy immune system function
- Aids in the normal development and maintenance of bones and teeth

\$6⁹⁹



Relax

Supplements for Stress Relief...

If you're already feeling overwhelmed, extensive changes to your lifestyle might seem out of reach. Certain nutrients and supplements can give your body a helping hand to create a little breathing room. Once the pressure's off, you can focus on things like meditation, exercise, and healthy eating without getting even more stressed...

SAVE
20%

Natural Factors
Stress Relax
Line Drive
All Sizes



Serenity Formula *Helps relieve symptoms of chronic stress and anxiety*

- Adrenal exhaustion resulting from chronic stress
- Broad spectrum help for a variety of stress-related disorders



100% Natural GABA *Fast-acting relief for nervousness and acute stress*

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



Kava Kava 250/400 mg *Promotes relaxation and a sense of calm*

- Supports mental focus and clarity
- Relieves occasional anxiety and minimizes the negative effects of stress



Tranquil Sleep *Helps relieve mild insomnia and calms nervousness*

- Helps you fall asleep and stay asleep
- Works in harmony with your body's natural sleep hormones



Magnesium Citrate *A relaxing magnesium drink mix*

- Calms the symptoms of anxiety and stress
- Relaxes skeletal muscles, smoothes muscles, and the GI tract



Mental Calmness *Promotes deep relaxation and mental clarity*

- Reduces feelings of stress and anxiety
- Promotes relaxation without drowsiness



Mind Retreat™ *Calms the mind and promotes restful sleep*

- Fosters a sense of calm, relaxed alertness, and mental clarity
- Helps relieve occasional restlessness in times of stress

Natural Factors Zinc Lozenges

60 Lozenges

- Helps maintain immune function
- Relieves cold and flu symptoms, such as cough, sore throat, and congestion, as used in herbal medicines

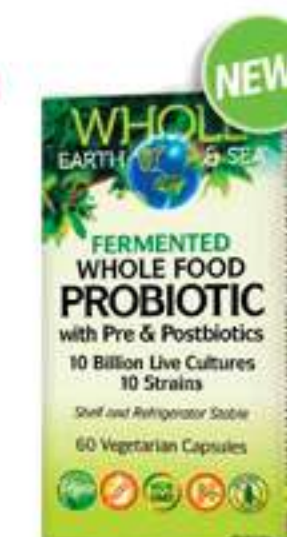
\$10⁹⁹



Whole Earth & Sea Whole Food Probiotic

60 Capsules

\$24⁹⁹



20% OFF
Nanton
Nutraceuticals
Line Drive

Rhoziva™
PURE. POTENT. POWERFUL.
HIGHEST QUALITY RHODIOLA ROSEA
100mg 60 Veggie Capsules

ENERGY • MENTAL FATIGUE • STRESS • MOOD

MADE IN CANADA

\$22.99
Nature's Way
Calcium Magnesium
Citrate 2:1 with K2
500ml

Calcium & Magnesium
Citrate 2:1
with Vitamin K2 and Collagen
vitamine K2 et collagène

*Available in Blueberry, Orange and Strawberry

**FLORA
CircuVein**
60 Capsules

- This unique herbal formula is clinically proven to reduce the visible signs of varicose veins
- Strengthens the blood vessels and supports healthy circulation, while alleviating inflammation and swelling in the legs and ankles

\$22.99



**Salus
Red Beet CRYSTALS**
200g

- Carefully obtained from the juice of freshly harvested beet tubers
- Blend well into fruit juices, milk and milk products, soups, muesli, cereals, and other dishes
- Delicious taste

\$23.99



**Salus
Floravit**
250ml

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

\$23.99



**Nature's Way
sambucus ELDERBERRY
GUMMIES ORIGINAL or
KIDS**
60 Gummies

- Provides 25 mg of Standardized Black Elderberry, plus 45 mg Vitamin C and 3.75 mg Zinc
- Traditionally used in herbal medicine to relieve symptoms of colds and flus such as cough and sore throats and helps maintain immune function

\$17.99



**Nature's Way
FENUGREEK + BLESSED
THISTLE**
180 Tablets

- Traditionally used in Herbal Medicine as a galactagogue/lactagogue to help promote breast milk production/secretion

\$23.99



**FLORA
Swedenbitters**
35g

- Relieves symptoms such as dyspepsia and constipation

\$12.99



**FLORA
Ultimate Digestive Enzyme**
60 Capsules

- Formulated to help digest fats, proteins, carbohydrates and fibre
- Replaces natural enzymes that are lost from cooking

\$19.99



**Nature's Way
ASHWAGANDHA**
60 Capsules

- Traditionally used in Ayurveda as a sleep aid, for memory enhancement, to balance aggravated Vata (nervine tonic, sedative), to relieve general debility, especially during convalescence or old age and as a Rasayana (rejuvenating tonic)

\$24.99



Ener-C
Multivitamin Drink Mix -
1000 mg Vitamin C

30 Packets

\$13⁹⁹



ALL
VARIETIES!



BULLETPROOF
MCT OIL **KETO FRIENDLY**

473ml

\$18⁴⁹



now
Better Stevia Flavoured

60ml

\$12⁹⁹

ALL
VARIETIES!



now
Whole Psyllium Husks

454g

- Gentle relief of occasional constipation

\$13⁹⁹



now
Melatonin

59ml

- Helps re-set the body's sleep-wake cycle

\$9⁴⁹



LIFE CHOICE
ZINC PICOLINATE

90 Capsules

- Supports growth and development of reproductive organs
- Promotes burn and wound healing
- Aids in connective tissue formation

\$20⁹⁹



Natural CALM
MAGNESIUM CHLORIDE
SPRAY

- Magnesium Chloride Spray is a topical magnesium, which means it penetrates the skin, delivering magnesium directly to cells
- Easy to use anytime, anywhere

118ml

\$11⁹⁹

237ml

\$17⁹⁹



prairienaturals
Bone broth Protein

300g

- 100% organic
- Grass fed beef / Free-range chicken
- 98% protein beef / 92% protein chicken
- Minimally processed and spray-dried
- Antibiotic-free

\$42⁹⁹



prairienaturals
hair force + ultra-silica

90 Softgels + 60 capsules

- Canada's first & best natural hair health formula
- Effective blend of 22 vitamins, minerals & herbs
- Restores, repairs & nourishes hair

\$36⁹⁹



FREE
WITH
PURCHASE



EnzymeHealth

Digestion • Absorption • Inflammation



20% OFF

prairienaturals
Enzyme Line
Drive

Enzymes for Life!

Everyone knows the saying: "You are what you eat." More accurately, "You are what you digest!" Digestive enzymes are the keys to healthy digestion. Supplementing our diets with a variety of natural digestive enzymes ensures that we will unlock, break down, and utilize the many complex and nourishing components of our food. Enzymes have healing power far beyond their use as digestive aids. Enzymes may help to reduce inflammation, improve acid reflux & IBS, relieve constipation, balance pH, increase mineral absorption and reduce intestinal infections.



HEALTHOLOGY GO-LAX BOWEL FORMULA

60 Capsules

- Healthy digestion is the foundation of a healthy body, and a healthy colon plays a key role in your overall digestive health

\$19⁸⁹



HEALTHOLOGY LUNG-FX FORMULA

90 Capsules

- Works by supporting the lungs' natural defense systems, helps to expel mucous, promotes detoxification to protect the lungs from damage caused by pollutants and toxins, and contains anti-inflammatories and antioxidants to heal and soothe damaged lung tissue

\$29⁷⁹



New Roots Digestive Enzymes

100 Capsules

- Improves digestion, increases energy, and relieves bloating and gas
- Increases vitamin and mineral absorption from foods
- Helps your body break down and absorb vitamins, minerals, proteins, fibres, and fats

\$32⁵⁹



New Roots Ultra B Complex 100mg

90 Capsules

- Advanced flush-free formula
- Specially formulated with active forms of vitamins for optimal absorption
- Non-GMO and tested in an ISO 17025-accredited laboratory

\$31⁴⁹



New Roots Quercetin

90 Capsules

- Exerts powerful antihistamine and anti-inflammatory action
- Delivers protection from upper respiratory infections
- Formulated to protect cells from oxidative stressors

\$23⁹⁹



ORGANIKA GOUTRIN

120 Capsules

- One-of-a-kind gout formulation
- Relieves joint pain, stiffness and inflammation around joints
- Lowers uric acid levels

\$23⁹⁹



SiSU Ester-C 600 mg

240 Capsules

- Enhanced bioavailability
- Improved absorption and retention up to 24 hours
- Non-acidic and gentle on the stomach
- The best-researched form of buffered vitamin C

\$47⁹⁹



ORGANIKA ENHANCED COLLAGEN

250g

- Supports skin rejuvenation, hydration and texture
- Strengthens and promotes the growth of hair and nails
- Helps maintain healthy joints

\$20⁹⁹



Starting your
New Chapter
IS AS EASY AS
1-2-3 GO!



SALE DATE: OCTOBER 21 - 30, 2021

NUTTERS • 7

Organic KONJAC
Better than Rice, Pasta or Noodles

14oz

\$4¹⁹



ALL VARIETIES!

Ecoideas
RAW MACA

227g

\$12⁹⁹



Redmond
REAL SALT

737g

\$11⁹⁹



CALIFIA FARMS
DAIRY FREE CREAMER

500ml

\$3⁹⁹

DAIRY FREE



ALL VARIETIES!

earth balance
Original Buttery Spread

425g

\$5⁴⁹

DAIRY FREE



SAN REMO
ORGANIC BEANS

398ml

\$1⁹⁹



ALL VARIETIES!

Organic traditions
LATTES

150g

\$14⁹⁹



ALL VARIETIES!

Bob's Red Mill
1 to 1 Baking Flour

1.24kg

\$10⁹⁹

GLUTEN FREE



YUM EARTH
organic strawberry or black licorice

142g

\$5⁹⁹

GLUTEN FREE



GOOD TO GO
NUT & SEED BITES

100g

\$4⁹⁹

GLUTEN FREE



SELECT VARIETIES!

CAULIPOWER
CAULIFLOWER PIZZA

310g

\$10⁴⁹

GLUTEN FREE

KETO FRIENDLY



SELECT VARIETIES!

LILY'S
DARK or SEMI SWEET CHOCOLATE BAKING CHIPS

255g

\$8⁹⁹

KETO FRIENDLY



Lesser Evil
PALEO PUFFS

142g

\$5⁴⁹

KETO FRIENDLY



ALL VARIETIES!

ANS PERFORMANCE
KETO PANCAKE MIX

454g

\$20⁴⁹

KETO FRIENDLY



Omega Nutrition
Organic Coconut Oil

908g

\$15⁴⁹

KETO FRIENDLY



MADE IN CANADA

\$24⁵⁹

HARMONIC ARTS MUSHROOM POWDERS

45g

HARMONIC ARTS CORDYCEPS
CONCENTRATED MUSHROOM POWDER
ORGANIC / BIOLOGIQUE 45g
CURRY - ENERGY - ADRENAL SUPPORT

HARMONIC ARTS REISHI
CONCENTRATED MUSHROOM POWDER
ORGANIC / BIOLOGIQUE 45g
ADAPTOGENIC - GROUNDING - VITALITY

HARMONIC ARTS CHAGA
CONCENTRATED MUSHROOM POWDER
ORGANIC / BIOLOGIQUE 45g
IMMUNITY - ANTI-OXIDANT - POWER

HARMONIC ARTS TURKEY TAIL
CONCENTRATED MUSHROOM POWDER
ORGANIC / BIOLOGIQUE 45g
GUT HEALTH - DEEP IMMUNITY

HARMONIC ARTS 5 MUSHROOM
CONCENTRATED MUSHROOM POWDER
ORGANIC / BIOLOGIQUE 45g
GUT HEALTH - IMMUNE SUPPORT

HARMONIC ARTS LION'S MANE
CONCENTRATED MUSHROOM POWDER
ORGANIC / BIOLOGIQUE 45g
FOCUS - MEMORY - NERVE SUPPORT

*Available in all varieties

\$8⁴⁹

MITCHELL'S SOUP CO. SOUP MIX

Ea.

MITCHELL'S SOUP CO.
OLD FASHIONED BEEF BARLEY SOUP MIX
NET WT. 400g

*Available in all varieties

HERBARIA HERBAL TEA

25 Tea Bags

\$3⁸⁹



ALL
VARIETIES!

Numi Organic Herbal Teas

18 Tea Bags

\$6⁷⁹



SELECT
VARIETIES!

Uncle Lee's Tea Legends of China Organic Green or White Tea

100 Tea Bags

\$6⁴⁹



ANDALOU SHAMPOO or CONDITIONER

340ml

\$9⁷⁹



SANTEVIA Mineralized Alkaline Water Pitcher

ea.

• Available in White or Black

\$49⁴⁹



SANTA CRUZ ORGANIC APPLE JUICE

2.8L

\$13⁹⁹



Zevia Soda

355ml

\$5⁷⁹
/6 PACK



ALL
VARIETIES!

R.W. KNUDSEN Organic PRUNE JUICE & TART CHERRY

946ml

\$7⁹⁹



ginger people GINGER JUICE

147ml

\$5⁹⁹



teeccino MUSHROOM HERBAL TEA

10 Tea Bags

\$7⁷⁹



ALL
VARIETIES!

RISE KOMBUCHA

1L

\$8²⁹



ALL
VARIETIES!

KIND Healthy Grains Bars

5 x 35g

\$4¹⁹



SELECT
VARIETIES!

eco max Laundry Wash

3L

\$15⁴⁹



ALL
VARIETIES!

shape Milled Flax Seed, Whole Flax Seed or Flax Meal

454g

\$4⁹⁹



SELECT
VARIETIES!

Earth Island ORGANIC VEGANAISE

473ml

\$6⁹⁹



PRIMAL KITCHEN
DRESSING &
MARINADE

237ml

\$7⁴⁹



*Available in all varieties

HONEY
STINGER WAFFLES

30g

2 FOR

\$3⁰⁰

ANITA'S Buckwheat or Einkorn Flour

1kg

**20%
OFF**



Simply Organic PURE vanilla EXTRACT

118ml

\$22⁹⁹



*Available in all varieties
SALE DATE: OCTOBER 21 - 30, 2021

Nutters Yellow Sugar
500g
\$1⁹⁹
1kg
\$3²⁹
2kg
\$5²⁹



Tart Shells Sweetened or Unsweetened
3" 30 Pack 2" 40 Pack
\$6⁹⁹ \$8⁹⁹





INGREDIENTS

1 ½ cups Dark Raisins
¾ cup Yellow Sugar
¾ cup Corn Syrup
2 Eggs, slightly beaten

30 - 3" Frozen Tart Shells
⅓ cup Butter
⅛ tsp Salt
1 tsp Vanilla

2 tsp. Vinegar
Dash of nutmeg,
cinnamon or all spice

Directions

Pour boiling water over raisins and let stand for 10 minutes. Drain & Dry. Set aside. Combine butter, sugar, corn syrup and salt. Mix well. Stir in eggs, vanilla, vinegar, and spice. Do not use electric mixer or hand beater as beating makes the mixture too frothy causing the filling to boil over pastry during baking. Place frozen tart shells on cookie sheet. Sprinkle 1 to 2 tsp. raisins in the bottom of each shell. Fill shells 2/3 full. Bake in a 400°F oven for 10 minutes. Reduce heat to 350° and bake for 5 to 10 minutes longer or until pastry is golden.

Nutters SULTANA RAISINS
1kg
\$6⁹⁹



Nutters California Pitted Dates
250g
\$4²⁹
500g
\$7⁵⁹



Nutters ORGANIC DARK THOMPSON RAISINS
455g
\$5²⁹
750g
\$8²⁹



Nutters Dried Cranberries
250g
\$3⁹⁹
500g
\$6⁹⁹



Nutters Citric Acid
All Sizes
SAVE 25%



Nutters Currants
225g
\$3⁹⁹



Nutters Pitted Cooking Dates
500g
\$3⁵⁹



Nutters Mincemeat
550ml
\$4⁹⁹
1000ml
\$8⁵⁹




Nutters Quick or Regular Oats
1.75kg
\$4⁹⁹




Nutters Pitted Prunes
375g
\$5⁵⁹
750g
\$9⁹⁹



Nutters APRICOTS
250g
\$3⁹⁹
500g
\$6⁹⁹



Nutters Golden Raisins
455g
\$5²⁹
750g
\$8²⁹



Nutters Ginger Slices Crystallized
250g
\$4⁵⁹



Nutters Quick or Regular Oats
1kg
\$5⁵⁹
ORGANIC




Nutters
Gluten Free All Purpose
Flour
1kg **GLUTEN FREE**

\$8⁹⁹



Nutters
Gluten Free White Rice
Flour
1kg **GLUTEN FREE**

\$8²⁹



Nutters
Gluten Free Tapioca
Flour
1kg **GLUTEN FREE**

\$8⁹⁹



Nutters
Gluten Free Brown Rice
Flour
1kg **GLUTEN FREE**

\$8²⁹




*Home Baking
Headquarters*

Fun In The Kitchen Starts Here!

Nutters
INSTANT DRY YEAST
230g

\$4²⁹



MADE IN CANADA

Fermipan
INSTANT DRY YEAST
450g

\$5⁹⁹



Foley's
White Dipping Chocolate
Randomly Packaged Bulk

\$1⁰⁹ /100G



MADE IN CANADA

Foley's
Dark or Milk Dipping
Chocolate
Randomly Packaged Bulk

99¢ /100G



MADE IN CANADA

Nutters
Glazed Cherries Red or
Green
450g

\$6⁹⁹



MADE IN CANADA

Nutters
Pecans Halves
Randomly Packaged Bulk

\$2⁷⁹ /100G



Pecans Pieces
\$2¹⁹ /100G



Nutters
GROUND ALMOND
FLOUR
500g **GLUTEN FREE**
KETO FRIENDLY

\$10⁹⁹



Foley's
Milk or Dark Chocolate
Almonds
Randomly Packaged Bulk

\$1⁴⁹ /100G



Nutters
JuJubes
Randomly Packaged Bulk

49¢ /100G



Foley's
Dark Chocolate Chips
Randomly Packaged Bulk

99¢ /100G



MADE IN CANADA

Nutters
Deluxe Glazed Fruit Mix
450g

\$6⁹⁹



MADE IN CANADA

Nutters
Walnuts Halves & Pieces
or Crumbs
Randomly Packaged Bulk

\$1⁸⁹ /100G



Nutters
Whole Natural Almonds
Randomly Packaged Bulk

\$1⁷⁹ /100G



Nutters
Blanched Almonds
Whole, Slivered,
Ground or Sliced
Randomly Packaged Bulk

\$1⁸⁹ /100G



Foley's
Dark Chocolate
Ginger Chunks
Randomly Packaged Bulk

\$1⁹⁹ /100G



MADE IN CANADA

Nutters
Dark Cocoa Powder
200g 400g

\$3⁹⁹ \$6⁹⁹





Tasty "Better For You" Halloween Treat Options At Nutters!

We asked some of our team members across Western Canada to provide suggestions for this article.

Lets start with a fun Halloween night warm up idea for your trick and treaters suggested by our Medicine Hat store. **Dandies Vegan Pumpkin Flavoured Marshmallows** with plant based ingredients, perfect in a mug of hot cocoa once the kids have made their rounds. There are no artificial flavours or colours, no gelatin, no gluten. This is a new product, so as of this writing may not yet be available in all Nutters locations. This product can also be used in Holiday Baking, or as a snack right out of the bag.



From Nutters in Cranbrook, **Viva Cacao, Vegan Chocolate Bars**, made in Slocan ,BC.

Our Moose Jaw team suggested **Pur Gum** in 9 Packs, a no sugar treat and **Bad Monkey Mini Bags (60 grams) of popcorn** in Caramel or Maple.

Nutters Camrose team recommended **Smart Sweets** in all flavours. There are several choices, and all very low sugar. The Camrose team also suggested small bags of **Hard Bite Potato Chips** and **Kiss My Keto Gummies!**



And here are a few more tasty ideas from our Canmore team. **Patience Sour Cran** (flavoured cranberries that taste like gummy candies. **Koochikoo Lollipops**, sugar free and organic, and finally **Gin Gin's Ginger Chews**, gluten free and vegan.

Of course, many Nutters locations also carry a selection of wrapped candies and other confections suitable for safe handouts at Halloween, too many to include in the space available here.

We invite you to look around on your next visit. We're betting you'll find some "better for you" treat choices for Halloween before the last leaves fall and the goblins appear!



Also Check Out Our Halloween
Snack Mix Recipe!

[CLICK HERE](#)





20% OFF SELECT BOTANICA PRODUCTS



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

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