

# Festive Favourites & Fantastic Savings

SAVE  
**50%**

**\$15<sup>99</sup>**

**Natural Factors  
SunVitamin D3 2500IU**  
500 Softgels

**PREVIEW OUR CHRISTMAS GIFT TRAY FLYER ON PG. 14**

**Cha's  
ORGANICS**

SAVE  
**\$1.00**

Cha's  
ORGANIC  
COCONUT MILK  
or CREAM  
400ml  
**\$3<sup>99</sup>**

Enjoy life  
Dark or Semi  
Sweet Chocolate  
Chips or chunks  
255g, 280g, or 283g  
**\$6<sup>79</sup>**

**GLUTEN FREE**

**CanPrev  
Zinc Bis-Glycinate 25mg**  
120 Capsules

- Helps to maintain healthy blood sugar levels by stabilizing insulin
- Crucial role in the body's immune and detoxification processes

**\$14<sup>99</sup>**

SAVE  
**\$4.00**

**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 **\$12<sup>99</sup>**

30ml **\$24<sup>99</sup>**

alive  
AWARDS  
GOLD

**now  
lavender oil**  
30ml

**\$10<sup>99</sup>**

SAVE  
**\$4.00**

TRUE lemon  
or TRUE lime  
32 Packets  
**\$3<sup>79</sup>**

SALE DATE: NOVEMBER 18 - 27, 2021



# prairienaturals® Men's Health

Reach the peak of your health potential

## SAVE 20%



## Canada's #1 Men's Health Brand

### Prairie Naturals liquid sleep solution

500 ml

- Health Canada approved formula to support healthy sleep & jet lag
- Contains therapeutic dose of Pharma GABA®
- Melatonin to help regulate the natural sleep cycle to prevent or reduce jet lag

**\$39<sup>99</sup>**



### Prairie Naturals Sport lean whey

908g

- Promotes fat loss
- Builds lean muscle mass
- Mixes instantly & tastes great
- Easily digested
- Canada's best-tasting whey
- Available in Chocolate, French Vanilla Cream, and Unflavoured

**\$43<sup>99</sup>**



### Prairie Naturals Sytrinol

60 Capsules

- Take control of cholesterol
- One-a-day is all you need
- Clinically studied
- Patented cholesterol-lowering supplement
- Made from compounds in citrus peel & palm fruit extracts

**\$44<sup>99</sup>**



### FLORA Super 8 Plus Probiotic

60 Capsules

- Contains high concentrations of Lactobacilli to support digestion, elimination and the health of the small intestine
- Formulated to help maintain yeast balance

**\$40<sup>99</sup>**



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

250ml

- 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

**\$13<sup>49</sup>**





### AOR Ortho Sleep

60 Capsules

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

**\$32<sup>49</sup>**



### AOR Ortho Adapt

120 Capsules

- Mobilizes internal energy stores
- Reduces the impact of stressful conditions
- Activates whole-body defenses
- Prevents the body from overreacting to a stressor

**\$36<sup>99</sup>**



### Naka PRO COLLAGEN EXTRA STRENGTH

425g

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

**\$32<sup>99</sup>**



### Naka Pure Colloidal Silver

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

**\$27<sup>99</sup>**



### Naka MAGNESIUM BISGLYCINATE

390 Capsules

- Helps to maintain proper muscle function
- Helps in the development and maintenance of bones and teeth
- Helps in tissue formation and helps the body to metabolize carbohydrates, fats and proteins
- A factor in the maintenance of good health

**\$44<sup>99</sup>**



### AOR Advanced B Complex

180 Capsules

- Active forms of B-vitamins in a form your body can utilize immediately
- Balanced ratios and clinically-supported doses
- Support for energy, stress and burnout, metabolism, and nerve function

**\$49<sup>99</sup>**



### AOR Lysine, Vitamin C & Hyaluronic Acid

60 Capsules

- The ideal formula for hair, skin and nails
- Cushions the joints and supports healthy cartilage
- Strengthens tendons and ligaments
- Now corn, wheat & gluten free

**\$34<sup>99</sup>**



ALL VARIETIES

**\$44<sup>99</sup>**

W.GIFFORD-JONES  
Medi-C Plus with  
Calcium Ascorbate

600g

### AOR Zinc-Copper Balance

100 Capsules

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

**\$26<sup>79</sup>**



### AOR N-A-C

120 Capsules

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

**\$30<sup>79</sup>**



### SURO Chaga Chunks

57g

**\$10<sup>99</sup>**





### Natural Factors BioCgel

90 Softgels

- Helps in the development and maintenance of bones, cartilage, teeth, and gums
- Easy on sensitive stomachs
- Helps support immune function

**\$11<sup>99</sup>**



### Natural Factors Super Immune Formula

90 Liquid Softgels

- Supports immune function
- Helps in connective tissue formation and repair
- Supports healthy skin and mucous membranes

**\$11<sup>99</sup>**



### Natural Factors Oil of Oregano

60 Softgels

- Provides antioxidant protection
- Protects against infectious organisms, including bacteria, yeast, fungi, and parasites
- Reduces inflammation and supports the immune system

**\$15<sup>99</sup>**



### Natural Factors Lung, Bronchial & Sinus Health

90 Capsules

- Relieves sinus and respiratory congestion by thinning mucous and phlegm
- Soothes irritated airways and calms dry coughs
- Provides anti-inflammatory support for sinus pain

**\$22<sup>99</sup>**



### WHOLE EARTH & SEA SUPER MUSHROOM

60 Capsules

- Combines six organic mushrooms – maitake, shiitake, reishi, cordyceps, chaga, and lion's mane
- Improves immunity, increases energy, supports cognitive health, and helps with stress management

**\$41<sup>49</sup>**



### Natural Factors Black Elderberry

60 Softgels

- Helps relieve fever associated with the common cold and flu, as used in herbal medicine
- Traditionally used to relieve symptoms of colds and flu such as cough, sore throat, and catarrh of the upper respiratory tract
- Provides antioxidants
- Used in herbal medicine to promote detoxification via the kidneys, skin, and mucous membranes

**\$13<sup>99</sup>**



### Natural Factors Bee Propolis Throat Spray

30ml

- Used in herbal medicine to help relieve a sore throat
- Used in herbal medicine to help relieve mouth and throat infections
- Source of antioxidants for the maintenance of good health

**\$9<sup>99</sup>**



## ECHINAMIDE<sup>®</sup>

Get rid of your cold  
up to three times faster!



**\$13<sup>99</sup>**

Natural Factors  
Cold & Cough  
Syrup  
150ml

**\$12<sup>99</sup>**

Natural Factors  
Anti-viral  
50ml

**\$18<sup>99</sup>**

Natural Factors  
Anti-viral  
60 Softgels

**\$7<sup>99</sup>**

Natural Factors  
Quick-Blast  
30 Softchews



CANADA'S #1 COLD  
& VIRUS FIGHTER

SALE DATE: NOVEMBER 18 - 27, 2021



### ORGANIKA RED YEAST RICE PLUS

180 Capsules

- Helps lower LDL and total cholesterol blood levels
- Helps maintain healthy cholesterol levels
- Reduces dietary cholesterol absorption
- Reduces arterial buildup and other risk factors associated with heart disease and stroke

**\$32<sup>19</sup>**



### ORGANIKA ACTIVATED CHARCOAL

90 Capsules

- Homeopathic formula
- Non-gmo
- Sustainably sourced
- Gluten-free
- Vegan-friendly

**\$16<sup>49</sup>**



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

30 Capsules

- Source of probiotics to help support gastrointestinal health and promote a favourable gut flora
- 50 billion CFU<sup>1</sup> from 16 probiotic strains

**\$36<sup>99</sup>**



### ULTIMATE TESTOSTERONE BOOST

60 Capsules

- Helps promote healthy testosterone production in men
- Ideal for men looking to support physical performance, energy levels, and vitality

**\$22<sup>19</sup>**



### Alpha SUPREME MCT OIL

1L

**KETO FRIENDLY**

- Provides energy for workouts, weight management and body building
- Smoothest, Highest Quality, 100% MCTs
- Support for age related cognitive decline

**\$31<sup>99</sup>**



### BELL Blood Pressure Formulation Combo

60 Capsules

- Promotes flexible, relaxed blood vessels and helps to maintain healthy blood pressure levels. Packed with herbal phytonutrients

**\$29<sup>99</sup>**



### BELL Prostate Ezee Flow Tea

120g

- Helps make urination more comfortable
- Helps reduce frequent urination in men for more restful nights

**\$26<sup>99</sup>**



### SierraSil Joint Formula 14

180 Capsules

- Supports joint, cartilage and muscle function
- Supports gentle detoxification because of its clay mineral structure

**\$51<sup>99</sup>**



# TASTE THE APPLE. NOT THE VINEGAR.



**goli**  
NUTRITION

WORLD'S FIRST  
APPLE  
CIDER  
VINEGAR  
GUMMIES

PREMIER AU MONDE  
GÉLIFIÉS AU  
VINAIGRE  
DE CIDRE  
DE POMME

Net WT. | 240 g | 60 gummies/gélifiés

**\$24<sup>99</sup>**

goli  
APPLE CIDER  
VINEGAR GUMMIES

60 Gummies





**smart SOLUTIONS**  
**LORNA VANDERHAEGHE**  
**Adrena smart**

90 Capsules

- Helps us handle stress better
- Stops night-time waking
- Normalizes cortisol, our stress hormone
- Calms anxiety

**\$25<sup>99</sup>**



**Progressive**  
**VEGESSENTIAL ALL-IN-ONE**

840g

- 27g of Protein - Representing more complete protein than 4 eggs, without relying on any animal sources
- 7g of Fibre - Including both soluble and insoluble forms
- Every scoop supplies more fibre than a whole bowl full of oatmeal

**\$54<sup>99</sup>**



**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<sup>49</sup>**



**Salus**  
**Floradix**

250ml

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

**\$23<sup>99</sup>**



**Salus**  
**Floradix Kindervital for children**

500ml

- vitamins C, B<sub>6</sub> and B<sub>12</sub> contribute to maintain a normal immune system
- pleasant - slightly malty - taste

**\$39<sup>99</sup>**



**INNOTECH**  
**LIQUID IONIC MAGNESIUM**

500ml

- An easy to digest Magnesium supplement
- Relax your body, sleep through the night

**\$32<sup>79</sup>**



**St Francis**  
**DEEP IMMUNE**

50ml

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

**\$19<sup>99</sup>**



**PartySmart**

1 Capsule

**2 FOR \$5<sup>00</sup>**



**Himalaya**  
**Toothpaste**

150g

**\$4<sup>99</sup>**



# Build Bone Strength

K2 from soy-free plant oils,  
Pure, bioactive and 100% trans-form.



**\$24<sup>99</sup>**

**CanPrev**  
**D3 & K2**  
120 Softgels



**CanPrev**  
**Magnesium Bis-Glycinate**

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

120 Capsules

**\$24<sup>99</sup>**

240 Capsules

**\$35<sup>99</sup>**



**NEW CHAPTER**  
**Turmeric force**

150 Capsules

- Full-spectrum Turmeric is used as an anti-inflammatory to help relieve joint pain, also used as a liver protectant
- Non-GMO Project Verified Formula
- 100% Vegetarian Product
- Gluten free

**\$54<sup>99</sup>**





**NutraSea  
Omega-3 Liquid Lemon**  
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

**\$39<sup>99</sup>**



**NutraSea  
HP Omega-3**  
60 Softgels

- Supports the maintenance of good health and brain function
- Helps support the development of the brain, eyes and nerves in children and adolescents
- Extra Strength EPA

**\$36<sup>99</sup>**



**NutraVege  
Omega-3 Plant Extra Strength**  
200ml

- 1000 mg of EPA+DHA from algal oil
- 100% vegetarian and vegan-friendly
- Helps to support the maintenance of good health as well as eye, brain, and cardiovascular health

**\$36<sup>99</sup>**



**Nature's Way  
sambucus ORIGINAL or KIDS**  
120ml

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

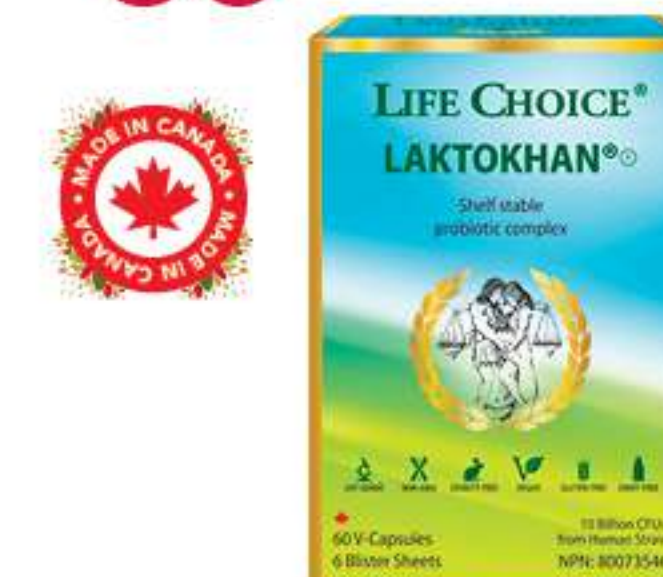
**\$12<sup>99</sup>**



**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

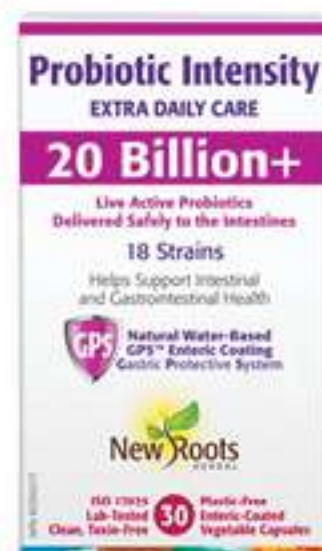
**\$36<sup>99</sup>**



**New Roots  
Probiotic Intensity**  
30 Capsules

- Daily probiotic that promotes gut flora
- Leading-edge formula that features 18 different strains, plus colostrum for maximum beneficial effects
- Features our water-based PH<sup>5</sup>D enteric coating for optimal results

**\$21<sup>89</sup>**



**New Roots  
Liver PROTECTS**  
90 Capsules

- Promotes liver cell regeneration and detoxification
- Protects the liver from the effects of alcohol and environmental toxins
- Helps support liver function and relieve digestive disturbances

**\$40<sup>29</sup>**



**New Roots  
Vitamin C<sup>8</sup>**  
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

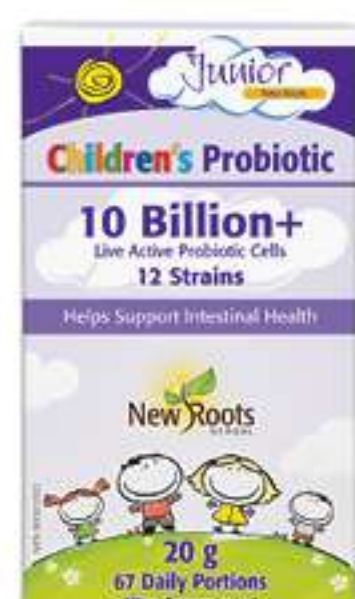
**\$20<sup>19</sup>**



**New Roots  
Children's Probiotic Powder**  
20g

- Ultraconcentrated formula with 10 billion CFU per portion (67 portions per bottle) of specific children's probiotics from 12 beneficial strains
- Tiny dose easily added to food without changing taste or texture

**\$26<sup>19</sup>**



**Quantum  
TheraZinc Echinacea or Elderberry**  
12 Lozenges

**\$4<sup>49</sup>**





**SiSU  
Ester-C 600 mg**  
120 Capsules

- Supports immune health and allergy relief, and helps maintain strong bones, gums, and teeth
- Increases vitamin C levels in the body for up to 24 hours
- Vegan, non-GMO formula contains no dairy, gluten, or soy

**\$27<sup>99</sup>**



**SiSU  
Ester-C energy BOOST**  
30 Packets

- Energy-Boosting Formula; Added B vitamins for improved energy metabolism and electrolytes for better hydration
- Provides 24-hour immune system support, improves hydration and boosts metabolism

**\$18<sup>99</sup>**



**Terry Naturally CANADA  
Curamin® with DLPA**  
60 Capsules

- Anti-Inflammatory
- Relief of Joint Pain
- Helps Relieve Pain and Inflammation

**\$39<sup>49</sup>**



**Terry Naturally CANADA  
CuraPro Optimum**  
60 Softgels

- An all curcumin anti-inflammatory\* herbal medicine
- Grown using traditional methods without the use of synthetic chemicals and pesticides

**\$63<sup>99</sup>**



**HerbaLand  
ACAI BERRY TWIST**  
90 Gummies

- Provides antioxidants and supports a strong immune system
- Rich in Anthocyanins and boost antioxidant levels to fight free radicals
- Rich in dietary fiber, which promotes a healthy digestive system and detoxification

**\$14<sup>99</sup>**



**Kyolic  
CHOLESTEROL CONTROL**  
180 Capsules

- Supports healthy cholesterol levels and healthy nerve function and quenches free radicals that oxidize LDL cholesterol and damage heart tissue

**\$28<sup>99</sup>**



**HOST DEFENSE  
LION'S MANE Mushrooms**  
60 Capsules

- Essential for supporting natural immunity

**\$45<sup>59</sup>**



**now  
Ashwagandha 400mg**  
90 Capsules

- Traditionally used in Ayurveda as Rasayana (rejuvenative tonic)

**\$12<sup>99</sup>**



**now  
almond oil**  
118ml

- Pure Moisturizing Oil
- Nourishing

**\$5<sup>29</sup>**





**Karthein's  
SIMPLE or TRADITIONAL  
SAUERKRAUT**

750ml

**\$10<sup>49</sup>**



**Organic traditions  
CACAO POWDER**

227g

**\$8<sup>99</sup>**



**Organic traditions  
CACAO NIBS**

227g

**\$8<sup>99</sup>**



**CANADIAN HERITAGE  
Maple Syrup**

250ml

**\$7<sup>69</sup>**



**zazubean  
COCONUT SUGAR  
CHOCOLATE BARS**

85g

**\$3<sup>89</sup>**



ALL VARIETIES!



**daiya  
cheese shreds**

200g

**\$4<sup>79</sup>**

DAIRY FREE



ALL VARIETIES!



**theo  
ORGANIC Chocolate Bars**

85g

**\$4<sup>49</sup>**

ALL VARIETIES!



**SANTA CRUZ ORGANIC  
APPLE JUICE**

2.8L

**\$13<sup>49</sup>**



**GALERIE AU Chocolat  
Chocolate Bars**

100g

**\$4<sup>79</sup>**

ALL VARIETIES!



**NAKED & SAUCY  
SWEET THAI CHILI or  
PEANUT SAUCE**

296ml

**\$5<sup>99</sup>**



**STASH  
Christmas Teas**

18 Tea Bags

**\$4<sup>99</sup>**

SELECT VARIETIES!



**pukka  
Teas**

20 Tea Bags

**\$6<sup>79</sup>**

ALL VARIETIES!



**TRADITIONAL MEDICINALS  
Single Herbal Teas**

20 Tea Bags

**\$4<sup>99</sup>**

SELECT VARIETIES!



**earth mama  
Pregnancy Teas**

16 Tea Bags

**\$6<sup>29</sup>**



**La Croix  
Sparkling Water**

355ml

**\$5<sup>99</sup>**  
/ 8 PACK

ALL VARIETIES!



**Wholesome  
ORGANIC MOLASSES**

1.33kg

**\$10<sup>99</sup>**



**\$6<sup>39</sup>**

SONOMA  
CREAMERY  
CHEESE CRISPS  
64g

• SINCE 1931 •  
**SONOMA  
CREAMERY**

**PEPPER JACK CRISPS**  
CRUNCHY REAL CHEESE SNACKS

10g Protein  
Per Serving

ALL VARIETIES



**\$7<sup>69</sup>**

ONLY OATS  
Gluten-Free Quick  
or Rolled Oats  
1kg





**Go Bio!**  
ORGANIC BOUILLON  
CUBES CHICKEN,  
VEGETABLE or BEEF  
6 x 11g

**\$2<sup>59</sup>**



**Coco Natura**  
COCONUT SAUCE  
236ml

**\$7<sup>99</sup>**



**sukin**  
Facial Moisturizer Pump  
125ml

**\$7<sup>99</sup>**



**Marseille's Remedy**  
Thieves Balm  
25ml

**\$9<sup>99</sup>**



**Marseille's Remedy**  
Thieves Oil  
30ml

**\$21<sup>99</sup>**



**BRAGG**  
All Purpose Seasoning  
473ml

**\$5<sup>49</sup>**



**GRAMMA BEE'S**  
HONEY  
750g

**\$9<sup>29</sup>**



**sukin**  
Foaming Facial CLEANSER  
125ml

**\$7<sup>99</sup>**



**WELEDA**  
Skin Food Original or Light  
75ml

**\$16<sup>49</sup>**



**giovanni**  
Shampoo or Conditioner  
250ml

**\$9<sup>79</sup>**



**the cultured coconut**  
PROBIOTIC COCONUT  
MILK  
460ml

**\$20<sup>99</sup>**



**La Cocina**  
Tortilla Chips  
300g

**\$3<sup>99</sup>**



**DESERT ESSENCE**  
TOOTHPASTE  
176g

**\$6<sup>99</sup>**



**SUNDHED**  
PURE HIMALAYAN  
BATH SALT  
850g

**\$6<sup>99</sup>**



**Nature's Essential Garden**  
Bath Salts  
240g

**\$5<sup>29</sup>**

1kg

**\$14<sup>49</sup>**



**2 FOR**  
**\$5<sup>00</sup>**  
love goodfats  
bars  
39g

ALL VARIETIES  
**KETO FRIENDLY**

**SAVE**  
**20%**  
Le'Comptoir  
Diffusers  
All Varieties



**ALL VARIETIES**  
**\$3.29**  
**SMART SWEETS**  
 50g

KICK SUGAR  
KEEP CANDY

3g OF SUGAR

SMART SWEETS  
PEACH RINGS

MADE IN CANADA

**Nuts To You  
Organic Sesame Tahini**

500g

**\$7.49**



**Bob's Red Mill  
STEEL CUT OATS**

680g

**\$6.99**

GLUTEN FREE



**WISE BITES  
soft mini cookies**

150g

**\$5.29**

GLUTEN FREE



**Lucky  
SPRING ROLLS THAI  
STYLE or ORIGINAL**

241g

**\$6.79**

GLUTEN FREE



**ALL VARIETIES**  
**\$4.99**  
**LILY'S  
Chocolate Bars**  
 85g

GLUTEN FREE  
 KETO FRIENDLY

COCO DARK CHOC  
 55% Cocoa ~ Stevia Sweetener

DARK & RICH

NO SUGAR ADDED

NET WEIGHT 3 OZ (85g)

FAIRTRADE

CERTIFIED BOTANICALLY SWEETENED

**BARBARA'S  
CHEESE PUFFS**

155g

**\$3.29**

GLUTEN FREE



**GluteNull  
ENERGY PROTEIN BARS**

240g

**\$11.99**

GLUTEN FREE



**Eve's  
CRACKERS**

108g

**\$7.39**

KETO FRIENDLY  
GLUTEN FREE



**WESCANA FOODS  
ORGANIC QUICK OR  
ROLLED OATS**

1kg

**\$6.79**

GLUTEN FREE



**Annie's  
Rice Pasta or Shells**

170g

**\$3.39**

GLUTEN FREE



**Namaste  
Chocolate or Spice  
Cake Mix**

737g

**\$7.49**

GLUTEN FREE







**Nutters**  
**Glazed Cherries Red or Green**  
 450g  
**\$6<sup>99</sup>**



### INGREDIENTS

¾ cup	Butter	12	Eggs	1 tsp.	Ground nutmeg
½ cup	Brewed coffee	½ cup	Green glazed cherries	½ tsp.	Ground cloves
2 cups	White sugar	½ cup	Molasses	2 cups	Slivered or sliced almonds
½ tsp.	Baking Soda in 1tsp. water	2 cups	Sultana raisins	2 cups	Currants
4 cups	Flour (use 2 cups to flour fruit)	1 tsp.	Ground allspice	4 tsp.	Ground cinnamon
1½ cups	Red glazed cherries	4 cups	Nutter's regular or deluxe glazed fruit mix	1 cup	Dates, chopped
				½ cup	Grape juice

### Directions

Cream butter and sugar, add 2 eggs at a time, then add molasses, spices, grape juice, coffee, and baking soda. Beat, adding 2 cups flour gradually. Separately combine 2 cups flour with all fruits and nuts. Then blend all ingredients together. Put in greased pans. Bake at 275°F for 2 1/2 hours or more (test for doneness). Make 2 large or 4 small fruit cakes.

**Nutters**  
**SULTANA RAISINS**  
 1kg  
**\$6<sup>99</sup>**

**Nutters**  
**Deluxe Glazed Fruit Mix**  
 450g  
**\$6<sup>99</sup>**

**Nutters**  
**ORGANIC DARK THOMPSON RAISINS**  
 455g  
**\$4<sup>99</sup>**  
 750g  
**\$7<sup>99</sup>**

**Nutters**  
**Pitted Cooking Dates**  
 500g  
**\$3<sup>29</sup>**

**Nutters**  
**Currants**  
 225g  
**\$3<sup>79</sup>**

**Nutters**  
**California Pitted Dates**  
 250g  
**\$4<sup>29</sup>**  
 500g  
**\$7<sup>59</sup>**

**Nutters**  
**Golden Raisins**  
 455g  
**\$4<sup>99</sup>**  
 750g  
**\$7<sup>99</sup>**

**Nutters**  
**Schmidt Organic Whole Wheat Flour**  
 1kg  
**\$2<sup>99</sup>**  
 2kg  
**\$4<sup>79</sup>**

**Nutters**  
**All Purpose Flour**  
 1kg  
**\$2<sup>19</sup>**  
 2kg  
**\$3<sup>49</sup>**

**Nutters**  
**APRICOTS**  
 250g  
**\$3<sup>99</sup>**  
 500g  
**\$6<sup>99</sup>**

**Nutters**  
**Dried Cranberries**  
 250g  
**\$3<sup>79</sup>**  
 500g  
**\$6<sup>59</sup>**

**Fermipan**  
**INSTANT DRY YEAST**  
 450g  
**\$5<sup>49</sup>**

**Nutters**  
**ACTIVE DRY YEAST**  
 255g  
**\$3<sup>99</sup>**

**Nutters**  
**Gluten Free All Purpose Flour**  
 1kg  
**\$8<sup>99</sup>**



**Tart Shells Sweetened  
or Unsweetened**

3" 24 Pack 2" 24 Pack

**\$5.49 \$4.99**



**Nutters  
Mincemeat**  
550ml

**\$4.99**

1000ml

**\$8.59**



*Chocolate Making  
Headquarters*



*Fun In The Kitchen Starts Here!*

**Nutters  
Peanuts Roasted & Salted  
or Unsalted**

Randomly Packaged Bulk

**59¢**  
/100G



**Nutters  
Cashews Roasted &  
Salted or Unsalted**

Randomly Packaged Bulk

**\$2.29**  
/100G



**Nutters  
Olympic Trail Mix with  
Christmas Smarties**

Randomly Packaged Bulk

**\$1.09**  
/100G



**Nutters  
Deluxe Cashew Mixed  
Nuts Roasted or Unsalted**

Randomly Packaged Bulk

**\$2.79**  
/100G



**Nutters  
Walnuts Halves & Pieces  
or Crumbs**

Randomly Packaged Bulk

**\$1.89**  
/100G



*Foley's*

**White Dipping Chocolate**

Randomly Packaged Bulk

**\$1.09**  
/100G



*Foley's*

**Dark or Milk Dipping  
Chocolate**

Randomly Packaged Bulk

**99¢**  
/100G



**Nutters  
Pecans Halves**

Randomly Packaged Bulk

**\$2.79**  
/100G



**Pecans Pieces**

**\$2.19**  
/100G



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

Randomly Packaged Bulk

**\$1.99**  
/100G



**Nutters  
Whole Natural Almonds**

Randomly Packaged Bulk

**\$1.79**  
/100G



*Foley's*

**Milk or Dark Chocolate  
Almonds**

Randomly Packaged Bulk

**\$1.49**  
/100G



**Nutters  
JuJubes**

Randomly Packaged Bulk

**49¢**  
/100G



*Foley's*

**Dark Chocolate Chips**

Randomly Packaged Bulk

**99¢**  
/100G



**Nutters  
Citric Acid**  
All Sizes

**SAVE  
25%**



**Nutters  
Dark or Light Cocoa Powder**  
All Sizes

**20% OFF**



**Nutters  
Baking Powder**  
All Sizes

**20% OFF**



**Nutters  
Quick or Regular Oats**  
1.75kg

**\$4.99**



**Nutters  
Quick or Regular Oats**  
1kg

**ORGANIC**

**\$5.59**



*Foley's*

**Dark Chocolate  
Ginger Chunks**  
Randomly Packaged Bulk

**\$1.99**  
/100G





# NUTTERS

## Christmas

### COLLECTION

2021



**A**

**25<sup>95</sup>**  
1.75 lb

**32<sup>95</sup>**  
2.56 lb

**48<sup>95</sup>**  
4.08 lb



**B**

**64<sup>95</sup>**  
3.29 lb



**C**

**21<sup>95</sup>**  
1.68 lb

*Truly....wonderful  
Christmas traditions  
have arrived!*





**D**  
29<sup>95</sup>  
1.94 lb

**E**  
34<sup>95</sup>  
1.79 lb



*Many Christmas stars are in these delicious selections.*

**F**  
21<sup>95</sup>  
1.31 lb



**G**  
29<sup>95</sup>  
2.13 lb



*Chocolate lovers... enjoy and devour these Foley's sweets.*



**H**  
26<sup>95</sup>  
2.27 lb

**I**  
19<sup>95</sup>  
1.39 lb







## 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

#### Red Deer

20A, 5250-22 St • 403.347.4211

#### Rocky Mountain House

5037A-50 St • 403.845.2225

### BRITISH COLUMBIA

#### Cranbrook

1107 Baker Street • 250.426.5519

### SASKATCHEWAN

#### Estevan

1295 - 400 King St • 306.634.9577

#### Moose Jaw

605B Main St N • 306.694.0111

#### North Battleford

#5, 11204 Railway Avenue E • 306.446.3666

#### Prince Albert

365 - 36th Street 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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DISCOUNTS NOTED ARE OFF THE REGULAR PRICE

**FOLLOW US** 

SALE DATE: NOVEMBER 18 - 27, 2021

**RenewLife®**

**made for you**



**FIBRE SMART®  
120 CAPSULES**

**\$21.99**



**FIBRE SMART®  
454 g**

**\$25.99**



**DIGEST MORE®  
ULTRA STRENGTH  
60 CAPSULES**

**\$31.99**

**NEW CHAPTER  
MULTIVITAMIN  
LINE DRIVE**

**20%  
OFF**

**NEW CHAPTER  
MULTIVITAMIN  
Line Drive**

All Sizes



*All Varieties Available*