

Holiday Favourites & Festive Savings

November 16th - November 25th, 2023







Frequency of Urination



\$1100







The tastiest way to get

13 essential vitamins and





www.nutters.com

and is essential for good

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

SALE DATE: NOVEMBER 16 - 25, 2023 NUTTERS • 1

\$1999

STRESS MANAGEMENT

BE HEALTHIER, HAPPIER AND MORE PRODUCTIVE

Stress is a normal psychological and physical reaction to the demands of life. A small amount of stress can be good, motivating you to perform well. But many challenges daily can push you beyond your ability to cope. Without stress management your body can get stuck in the "fight-or-flight" mode and over time chronic stress can lead to serious health problems. One of the easiest forms of stress management is identifying sources of your stress. A stress journal can help identify regular stressors in your life and to help deal with them, practice the 4 A's of stress management; avoid, alter, adapt, or accept. AVOID: Avoid unnecessary stress. ALTER: If you can't avoid a stressful situation, try to alter it. ADAPT: Adapt to stressful situations and regain your sense of control by changing your expectations and attitude. ACCEPT: Acceptance may be difficult, but it is often easier than fighting against a situation you cannot change. Find a coping strategy that works for you! Keep in mind not all coping strategies are healthy. They may temporarily reduce stress, but long term can cause more damage. Don't wait until stress damages your health, relationships or quality of life, practice stress management techniques.





NATURAL FACTORS Methylcobalamin B12

Helps form red blood cells & support immune function



NATURAL FACTORS Hi Potency B Complex

Provides essential B vitamins to maintain energy levels





NATURAL FACTORS BioCoenzymated B1

Supports normal growth, nerve function, and energy production





NATURAL FACTORS
BioCoenzymated Active
B Complex

Aids nutrient metabolism, to support energy production

120 Capsules \$4299

SAVE

Calming solutions to STRESS, ANXIETY, and INSOMNIA

25% OFF

Stress-Relax Stress-Relax Nighttime Magnesium Tranquil Sleep HELPS RELIEVE MILD INSOM & CALMS NERVOUSNESS Bisglycinate th MELATONIN, GABA & L-THEANINE Stress-Relax Stress-Relax Ashwagandha GABA Mental Calmness FAST-ACTING RELIEF FOR YOUSNESS AND ACUTE STRESS HELPS INCREASE RESISTANCE TO STRESS & ANXIETY 100% L-Theanine PROMOTES DEEP RELAXATION & MENTAL CLARITY 0 mg · 30 Vegetarian Cap 00 mg • 60 Chewable Tablets TROPICAL FRUIT FLAVOUR

NATURAL FACTORS Stress Relax Gaba Chewables, Mental Calmness, Ashwagandha, Tranquil Sleep, Night Time Magnesium

Calming solutions to stress, anxiety, and insomnia. Fast-acting Stress-Relax products can help you cope with occasional and chronic stress, and promote sound, healthy sleep.

All Sizes 25% OFF



CANPREV Magnesium Stress Release

For fatique, sleeplessness, irritability & concentration





CANPREV Adrenal-Pro

Helps increase energy and reduce stress and fatigue





CANPREV BioActive B-complex

A complete source of B vitamins your body needs for support





CANPREV D, & K, Drops

Liquid sunshine in a bottle, with vitamin K to help support bone health 19⁹⁹



NATURAL FACTORS Magnesium Bisglycinate plus L-theanine 125mg

Helps reduce feelings of occasional stress





LIFE CHOICE Sweet Dreams Melatonin

Relieves insomnia and promotes a good night's







CANPREV Zinc Bis-Glycinate 25

Aids in normal growth and development, metabolism, & cell function





CANPREV Pro-Biotik

Helps restore natural gut flora. 15 Billion CFU





NEW ROOTS Ashwagandha, D-Stress, Sleep 8, or Chill Pills

Reduce anxiety with Ashwagandha. Get a rest from stress with D-Stress. Wouldn't 8 be great? Fall asleep, stay asleep longer with Sleep 8. Get your chill on with Chill Pills to promote relaxation

- 60 Capsules % OFF



ORGANIKA Enhanced Collagen

From healthy hair, glowing skin and strong nails to gut and joint health





ORGANIKA Activated Charcoal

Helps to remove toxins from the body







SALUS Red Beet Crystals

Organic source of antioxidants



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ENEREXSatisfaction for Men

Multi-faceted approach to increasing libido and supporting sexual health





NUTRASEA Omega-3 Kids Gummies

With 500mg of EPA+DHA plus 500 IU of vitamin D3. Supports brain, eyes & nerves

30 Gummies \$2199



NATURE'S WAY Calcium & Magnesium

Helps in the maintenance of bones and teeth





BOTANICA Perfect Greens

Highly concentrated organic greens powder

\$3199



Be a Man with a Plan!

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

25% OFF



A portion of all sales will go directly to the **Canadian Men's Health Foundation**

Canada's[#]**1** Men's Health Brand

Scan for more Info





Live the Healthy Life*

prairienaturals*

All Sizes 25%

PRAIRIE NATURALS Men's Health Line

Being a man is full of rewards. It's also full of challenges. At Prairie Naturals, we believe the best investment any man can ever make is to invest in his own health and well-being. Our premium quality men's natural health formulas give you the confidence, vigor and stamina to stand up to life's many changes and challenges





ST FRANCIS Canadian Bitters Original/Maple

Soothing relief of uncomfortable digestive symptoms





FLORA CircuVein

Reduces the visible signs of varicose veins by reducing swelling





SMART SOLUTIONS Menosmart+

Relieves menopause symptoms



GUT & JOINT INFLAMATION

IS BAD GUT HEALTH LINKED TO ACHY JOINTS?

It may seem like one has nothing to do with the other, but there's a growing body of research suggesting a very real connection between gut health and our joints. The source of joint pain can often be linked to one thing; inflammation and not surprisingly, getting your gut health in order appears to improve joint pain.

Our gut microbiome is associated with a wide range of chronic inflammatory diseases such as osteoarthirits. Repairing poor gut health is a powerful, yet easy, way to reduce systemic inflammation, leading to joint relief. Especially those with arthritis. Begin with your diet, make sure you're getting enough fiber. In addition, anti-inflammatory foods, like those containing omega-3 fatty acids, should be at the top of your shopping list. Taking a daily probiotic, which naturally balances the gut microbiome, can also help boost overall gut health.

Getting your gut health under control comes with some pretty significant added benefits, like improved immunity, mental clarity and much more.





AQUA OMEGA Omega-3 Chewables

Highest concentrated DHA Omega-3 supplement





NORDIC NATURALS Arctic Cod Liver Oil

Sustainably sourced. Support the heart, brain, and nervous system





MARSEILLE'S REMEDY Balm

Rub on sore muscles and joints to relieve pain and inflammation





PURICA Curcumin BDM50 Extra Strength

Quickly alleviates inflammation & relieves joint pain

60 Capsules \$5599



HEALTHOLOGY Gut-FX Formula

Support healthy gut flora and heals inflammation



SAVE 28% SLIPPERY E LANGUE ORMER COLOR OR

NATURE'S WAY Slippery Elm Bark

Helps to soothe gastrointestinal inflammation





RENEW LIFE Ultimate Flora Women's

Maintains healthy vaginal bacteria and yeast levels and supports urinary tract





NAKA Serrapeptase 120,000 SU

Natural pain relief and anti-inflammatory

150 Capsules \$3149

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PREFERRED NUTRITION
Berberine 500mg

Helps maintain healthy glucose metabolism



NOW D-Mannose 500mg

Reduces the risk of recurrent UTIs & supports urinary health





NOW Potassium Citrate 99mg

Supports electrolyte mineral balance and maintains good health





NOW Double Strength L-Lysine 1000mg

Helps to reduce the recurrence of cold sores



FIGHT COLD & FLU SEASON

PREVENTION, SUPPORT & TREATMENT FOR COLD & FLU

Prevention is the first line of defense against the yearly cold & flu season. Practicing good hygeine habits can help stop the spread of germs and sickness. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. Cover your mouth and nose when coughing or sneezing. Wash your hands often or use a alcohol based hand sanitizer. Get plenty of sleep, stay active, manage stress, drink plenty of fluids and eat nutritious foods to give your immune system the best chance to defend you.

You can support your immune system in otherways such as anti-viral supplements. Anti-virals can help to lessen the severity of symptoms associated with cold and flu and shorten the duration of sickness. If you do end up getting sick it is much easier to deal with mild symptoms.

There is no cure for the common cold, the best thing you can do is take care of yourself while your body recovers. Make yourself as comfortable as possible, get plenty of rest and stay hydrated.





SURO Elderberry Syrup Adult or Kids

Fight colds, flu, cough and sore throat

236ml \$18⁹⁹



ENER-C Vitamin C

Sugar-free with 1000mg Vitamin C plus additional essential vitamins 30 Packets \$13⁹⁹



INNOTECH Colflex Mint or Cinnamon

Immune system support

^{25ml} **\$16**⁷⁹



SUNFORCE RespirActin

Helps to bring the respiratory system back into balance

\$49⁴⁹





NAKA Nutri NAC 600mg

Supports lung and liver health

150 Capsules \$3199



NAKA PLATINUM Pure Colloidal Silver

Immune system support

\$3199



MARSEILLE'S REMEDY Thieves' Oil

An effective antibacterial, antifungal, and antiviral Thieves' Oil \$2199

their symptoms

SPECIALTY DIET GROCERY

GLUTEN-FREE, KETO, SUGAR-FREE, DAIRY-FREE & MORE

We all have to eat. But what ends up on the plate can be very different from one person to the next. Understanding food and cooking is important for people with specialty diets. They need to ensure they are getting the proper nutrition they need while avoiding allergy triggers or foods that do not fit their lifestyle choices. Navigating these lifestyles can be challenging, but it doesn't have to be. It is entirely possible to achieve a healthy lifestyle and still enjoy a large variety of foods even while sticking to dietary restrictions.

At Nutters, we have specialty diets in mind. We offer a variety of quality products for every lifestyle and diet. Restrictive diets don't have to mean restricted taste. Our team can help you find products to accommodate dietary restrictions and food sensitivities. We are the perfect destination for alternative products.

Whether you are a long time vegan, diabetic, gluten-intolerant or just transitioning into one of these diets, we are here to support you!





PLANT AHEAD Feta Cheese Blocks

Virtually indistinguishable from its dairy-based counterpart

\$**Q**49



Select Varieties

Cheddar Cheese

L'ANCÊTRE

Can be enjoyed on its own or in recipes

325a

Dairy-Free



THE CULTURED **COCONUT Probiotic**

Contributes to healthy gut flora



Gluten-Free

Organic

NEAL BROTHERS Corn Chips

Extraordinary Taste. Simple Ingrédients. So Good Together



WILDBRINE Sauerkraut

Raw, completely vegan, gluten-free, and traditionally fermented





All Varieties

Gluten-Free

ZAZUBEAN **Chocolate Bars**

Made with wholesome cacao and added nutrition **\$_1**59



Organic Sesame Tahini

Mechanically hulled, dry-roasted, organic, fair trade sesame seeds

\$849



CAFE ALTURA Fair Trade Instant Organic Coffee

Organically grown Arabica coffees soured from South America, Asia and Africa

100g **\$13**49



LAKANTO Monkfruit Sweetener Golden or Classic

It tastes, bakes, and cooks like sugar

\$749



KARTHEIN'S Kimchi

Inspired by a traditional Korean recipe, loaded with organic vegetables & slowly fermented

\$849



Sugar Free Spreads

added sugars or fruit concentrates. Low calorie





JOVIAL Cassava Pasta

Free from gluten, grains, legumes, gums, and lectin, this is a pasta that everyone can enjoy

227g \$**5**99

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ORGANIC TRADITIONS Cacao Powder

Pure, rich, and natural with no added flavourings or sweeteners

\$**8**99



ORGANIC TRADITIONS Cacao Nibs

Packed with magnesium and fiber & no added flavourings or sweeteners

²²⁷⁹ **\$8**99



MAISON ORPHÉE Organic Mustard

100% certified organic Canadian mustard seed ^{250ml} **\$439**



GO BIO Organic Bouillon Cubes

Made with the best organic ingredients. Bring inspiration to your kitchen

6 Cubes \$339



BREMNER'S Frozen Blueberries

Highest quality locally grown blueberries

600g **\$9**49



Select Varieties

PACIFIC FOODS Organic Soups

Enjoy on its own as a meal or add it to your favorite recipes for a flavor boost 946ml **\$619**

Organic



STASH Christmas Tea

Tea bags packaged in foil to retain freshness

18 Tea Bags \$639



All Varieties

es Organic

PUKKA Herbal Tea

Made with care from the highest quality organic herbs our beautiful planet has to offer 20 Tea Bags **\$7**59



HALF-C LUNCHBOX CHART IN CHART

HARMON'S Non-Alcoholic Ale

Harmon's is full-flavoured craft beer that happens to be non-alcoholic

4 x 355ml **\$949**



TRUE LEMON or LIME Crystallized Drink Mix

The taste of fresh squeezed lemon or lime wherever you go

32 Packets \$419



SANTEVIA Mina Alkaline Pitcher

Creates clean, mineralized alkaline water

\$5399



NELLIE'S Laundry Soda

A highly concentrated formula that dissolves quickly in cold or hot water and is septic safe 100 Loads \$2899

CLEVER Premium Mocktails

Non-alcoholic cocktails made from natural ingredients and botanical infusions. Low calorie, made without preservatives and 100% alcohol free

NUTTERS · 8

All Varieties



WELEDA Skin Food

A universal savior of dry, rough skin on faces, elbows, hands and feet



\$1/149



NATURE'S ESSENTIAL GARDEN Bath Salts

Unwind after a hard week with aromatherapeutic bath salts. 100% natural



Select Varieties

THE GREEN BEAVER **COMPANY Toothpaste**

100% natural toothpaste enriched with calcium and vitamin C, safe to swallow





LAVILIN 72h Deodorant

Aluminum-free, alcoholfree, and paraben-free suitable for hypo-allergenic and sensitive skin





This pH balanced, gentle astringent is derived from a timehonored formula, developed to cleanse, tone, and moisturize skin. Formulated with naturally-derived grain alcohol and a blend of Aloe Vera and non-distilled Witch Hazel





















450g



Bulk





FOLEY'S Dark or Milk **Chocolate Almonds** \$149













Bulk





NUTTERS White Sugar 500g





NUTTERS Organic Cane Sugar 500g

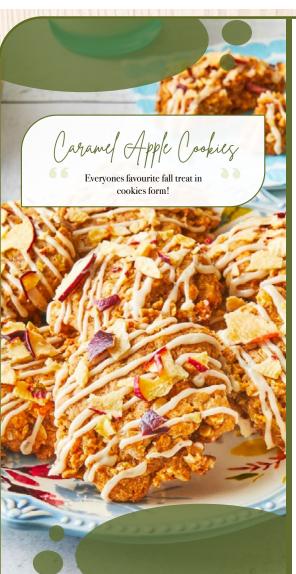
\$349





NUTTERS Fine Table Salt





INGREDIENT

COOKIES

3/4 cup salted butter

½ cup dark brown sugar

1/4 cup granulated sugar

1 large egg

1 tsp vanilla

2 cups all-purpose flour

1/4 tsp baking soda

1/2 tsp kosher salt

1 tsp apple pie spice

3/4 cup rolled oats

CARAMEL ICING

1 ½ cups powdered sugar

2 tbsp apple cider

3 tbsp caramel sauce

1/2 cup apple chips, chopped

1 granny smith apple, grated

1/2 cup chopped apple chips



- 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
- 2. 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 oats and 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 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.
- 6. 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 All Purpose Flour \$549 1kg or 2kg



NUTTERS Gluten Free All Purpose Flour 1kg

\$1299

SAVE



Keto Friendly

NUTTERS Ground Almond Flour 500q

\$099



NUTTERS Schmidt Organic Whole Wheat Flour 2kg & 4kg

^{\$}10⁹⁹



\$_159

Baking Soda

250g or 500g

SAVE

NUTTERS Dry Active Yeast 250g



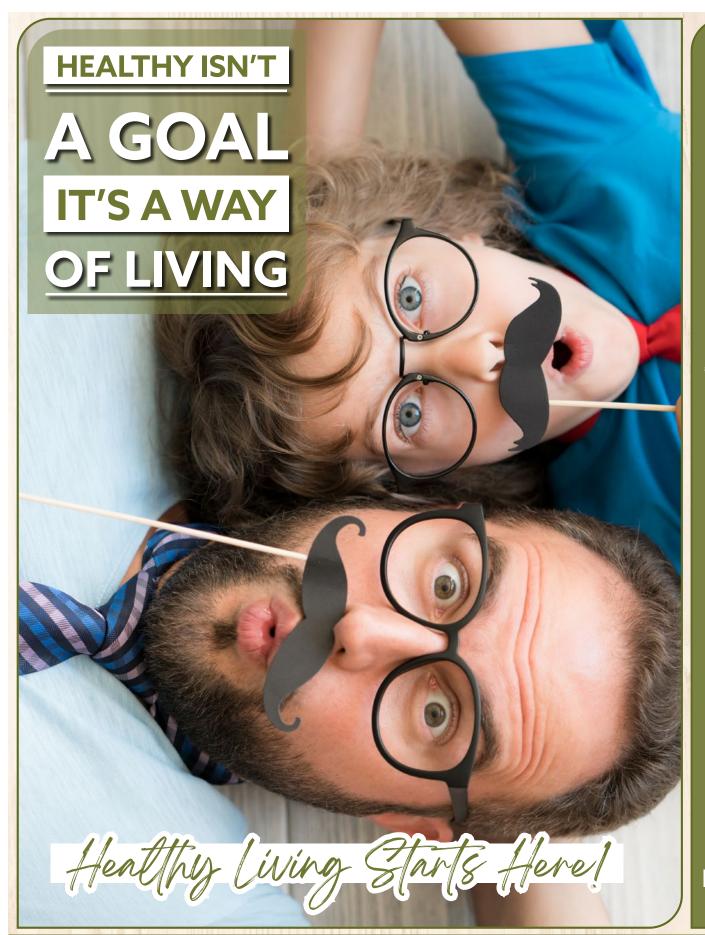
NUTTERS Quick or Regular Oats \$599 1.75kg



NUTTERS Quick or Regular Oats 1kg



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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

Cochrane

2137 - 239 Griffin Road E

Jasper

622 Patricia St • 780.852.5844

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

Sylvan Lake

#250 49 Hinshaw Dr • 403.858.1314

BRITISH COLUMBIA

Cranbrook

1107 Baker Street • 250.426.5519

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 Marquis Road W • 306.922.3835

Saskatoon

835A Broadway Ave • 306.934.8385

Swift Current

1A, 306 Central Ave N • 306.773.6560

SALE ENDS NOVEMBER 25, 2023



DISCOUNTS NOTED ARE TAKEN OFF THE REGULAR PRICE

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.