

### Progressive Collagen

- Supports collagen and connective tissue formation
- Helps maintain strong bones, cartilage, teeth and gums

All Progressive collagen powders on sale



GREAT VALUE

500+250g  
**\$59<sup>99</sup>**

### Organika Veggie Broth

NEW!

- 4g of protein per 8g serving
- Made with organic veggies & adaptogenic mushrooms

All Organika bone broths on sale



Veggie 300g  
**\$37<sup>99</sup>**

SAVE \$11

### Progressive MCT Powder

NEW!

- 7g of MCT per scoop
- Easy to use powder
- Odourless, tasteless, and can be added to any liquid, hot or cold



SAVE **15%**

### VEGA Protein and Greens

- 20g of plant based protein with greens per serving with only 110-120 calories and upto 1g of sugar



600-618g  
**\$29<sup>99</sup>**

SAVE \$5

### Lily's Chocolate Bars and Baking Chips

- Premium, no sugar added chocolate for baking and snacking
- Botanically sweetened with stevia



85g Bars  
2 for **\$10**

BUY 2 SAVE \$1<sup>99</sup>

225g, Baking Chips  
**\$8<sup>99</sup>**

SAVE \$2<sup>50</sup>

### Garden of Life Probiotics

- Supports digestive and immune system health
- artificial colours or flavours
- Probiotics for the entire family



60 caps  
**\$37<sup>99</sup>**

SAVE \$12

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

SAVE \$10

30 vcaps  
**\$33<sup>99</sup>**

SAVE \$10

### Pure Lab Vitamins Bioactive B

LOCAL!

- Active forms and slow release formulation for maximum bioavailability
- Heart health, energy, cognitive and cellular support
- All Pure Lab Vitamins on sale



Slow B6 60 vcaps  
**\$21<sup>99</sup>**

SAVE \$6

Folic Acid 60 vcaps  
**\$19<sup>99</sup>**

SAVE \$5

Bioactive 120 vcaps  
**\$39<sup>99</sup>**

SAVE \$10

Bioactive 60 vcaps  
**\$23<sup>99</sup>**

SAVE \$6

Discover Easy Ways to Live Better



*Taste & quality you can trust.*  
**PRICES YOU WILL LOVE!**



"We want you to **love our products as much as we do!** We offer a **100% satisfaction guarantee** on every item and will **price match** with local health food competitors."

\* see details in store

**SAVE 15%**

✓ Mushroom blends formulated for immune support and wellness

✓ **All Host Defense products on sale**



**Host Defense**



**SAVE \$8**

**\$37<sup>99</sup>**  
1 Kit

- ✓ Whole body cleanse
- ✓ Eliminates toxins and waste
- ✓ 12 day program

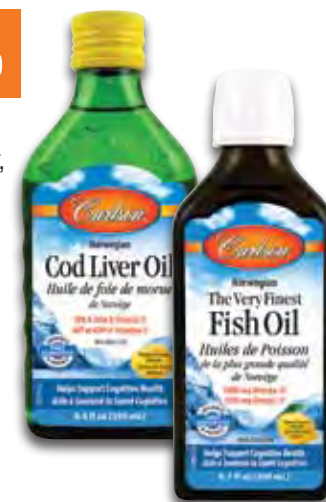


**Wild Rose Herbal D-Tox**

**SAVE 15%**

✓ Supports cardiovascular, brain and nerve, vision, immune, joint and skin health

✓ **Select Very Finest and Cod Liver varieties on sale**



**Carlson Fish Oils**

**SAVE \$5**

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

200g

- ✓ Each 200-gram jar contains the equivalent of 2.5 kg (15 cups) of organic beets
- ✓ Great for soups, smoothies and muesli!



**Salus Red Beet Crystals**



**SAVE 15%**

- ✓ Helps to develop and maintain healthy bones & teeth
- ✓ Includes organic coconut oil for enhanced absorption



**CanPrev Vitamin D3 and K2**



**SAVE \$7**

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

85g

- ✓ Helps reduce the risk of recurrent urinary tract infections in woman
- ✓ Protects the lining of the bladder



**NOW D-Mannose**



**SAVE \$8**

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

50ml

- ✓ Great topical relief for muscular aches and pains, bruising and stiffness
- ✓ Fast acting, non-greasy with a fresh scent



**A. Vogel Absolut Arnica**

## NATURAL SUPPORT FOR DIGESTIVE HEALTH

### Chewable Ginger

Provides effective natural relief from nausea and vomiting

### DGL

Helps heal peptic ulcers and prevent their recurrence

### High Potency Multi Enzyme

Helps improve digestion and reduces gas and bloating

### Gluten Relief

Digestive support for the consumption of gluten, dairy (including lactose and casein) and other difficult-to-digest foods

**12<sup>99</sup>**  
**SAVE \$2.00**  
90 chewable tablets

**8<sup>99</sup>**  
**SAVE \$2.00**  
90 chewable tablets

**41<sup>99</sup>**  
**SAVE \$5.00**  
120 vegetarian capsules

**19<sup>99</sup>**  
**SAVE \$5.00**  
90 vegetarian capsules



**natural Factors**

**Can't find your favourite product or don't see a product on the shelves?**

2 Ask a team member about a special order or email us at [Purchasing@kardishfoods.com](mailto:Purchasing@kardishfoods.com) to suggest we carry it!



Quality products, great prices  
and professional staff

**Kardish  
specials!**  
March 19<sup>th</sup>-April 1<sup>st</sup>, 2020

**Try exclusive Kardish products; formulated for you.**

**Kardish Organic Oil of Oregano**

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

30ml

- ❖ Cold-pressed, steam-distilled, chemical-free and assessed to contain a minimum of 85% carvacrol content
- ❖ Aids in fighting off colds, flus, bacteria, viruses, parasites and fungi



**Kardish Organic Virgin Coconut Oil**

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

500ml

- ❖ Over 60% Medium Chain Triglyceride (MCT) Content
- ❖ Cold-pressed: no processes exceed 40°C (104°F), preserving all nutrients and natural goodness



**Kardish Natural Hand-Crafted Soaps**

**BUY 3 SAVE \$1<sup>97</sup>**

**3 for \$10**

- ❖ Suitable for all skin types
- ❖ 100% naturally scented with essential oils and plant extracts
- ❖ Made with NO artificial colours or scents, sulfates, triclosan, toxic chemicals, or animal by-products



*Did you know?*

Our **REWARD CARD** is the best one out there.

**Kardish**  
HEALTH FOOD CENTRE  
*A better life in store*

Get **1 point for every dollar** and **get \$10 for every 350 points!**



**Giovanni Hair Care**

- ❖ Salon-inspired shampoos, conditioners and hair products
- ❖ Biodegradable ingredients in eco-friendly packaging



**SAVE 15%**  
on Hair Care

**Green Beaver Toothpaste and Sun Care**

- ❖ Fluoride-free organic natural toothpastes
- ❖ Vitamin C and calcium to protect and maintain strong bones
- ❖ Suncare provides a barrier against harmful UV rays and secures moisture in the skin



75ml  
Toothpaste\*  
**2 for \$9**

90ml  
Sunscreen  
**\$17<sup>99</sup>**

**BUY 2 SAVE \$2<sup>98</sup>**

**SAVE \$2**

\*excludes sensitive

**Welenda Personal Products**

- ❖ Cleanse, hydrate and relax with this soothing range of body care



**SAVE 40%**

**Nature Clean Dish, Hand and Laundry Soap**

- ❖ Derived from plants and minerals with natural blends of essential oils



740ml  
Dish Soap  
**\$5<sup>49</sup>**

1L  
Hand Soap  
**\$4<sup>49</sup>**

3L  
Laundry Soap  
**\$13<sup>99</sup>**

**SAVE 50¢**

**SAVE 50¢**

**SAVE \$1<sup>50</sup>**

**Satisfaction Guaranteed.** *If you don't like it, bring it back.*

\*See in-store for details.



## Nuts to You Hazelnut Butter

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

250g,  
Almond Hazelnut

**SAVE \$1<sup>50</sup>**



**\$11<sup>49</sup>**

365g,  
Hazelnut Smooth

**SAVE \$2<sup>50</sup>**

## Cha's Organics Jackfruit & Fruit

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

400ml

**SAVE \$1**



## 52 Acres Ghee

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

370g, Ghee

**SAVE \$3**



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

500ml,  
Ghee & MCT

**SAVE \$4**

## GTs Kombucha

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

400ml

**SAVE 50¢**



## Stoked Oats Oatmeal

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

500g

**SAVE \$2**



## Field Roast Meat Alternatives

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

368g,  
Sausage

**SAVE \$2**



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

Corn Dogs

**SAVE \$2**

## Black River Juice

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

1L Pure Cranberry

**SAVE \$1<sup>30</sup>**



All 1L on sale in-store

## Prana Salty Snacks

**\$6<sup>49</sup>**

150g, Amandine

**SAVE 50¢**



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

150g,  
Extaze

**SAVE 50¢**

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

150g, Sumsuma

**SAVE 50¢**

## Queen Street Bakery Gluten Free Breads and Bunlets

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

480-500g,  
Bread



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

200g,  
Bunlets

## Bulk Foods

### Pecan Halves & Pieces

**\$3<sup>47</sup>** / 100g

**SAVE 40¢/100g**



## Bulk Foods

### Australian Crystallized Ginger

**\$2<sup>33</sup>** / 100g

**SAVE 40¢/100g**



## Bulk Foods

### Chia Seeds

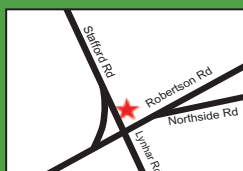
**\$2<sup>17</sup>** / 100g

**SAVE 43¢/100g**



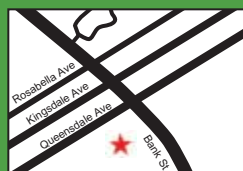
**BARRHAVEN**

3101 STRANDHERD DRIVE



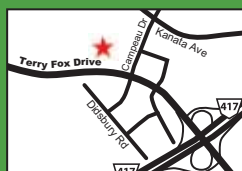
**BELLS CORNERS**

1831 ROBERTSON ROAD



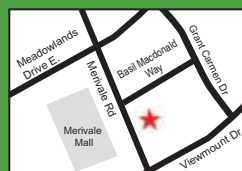
**BLOSSOM PARK**

2950 BANK STREET



**KANATA**

499 TERRY FOX DRIVE  
SIGNATURE CENTRE



**MERIVALE**

1701 MERIVALE ROAD



**ORLEANS**

3712 INNES ROAD



**WESTGATE MALL**

1309 CARLING AVENUE

**613-224-1414**  
**kardish.com**



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