

Kardish

HEALTH FOOD CENTRE

40th year *A better life in store*

May specials!

Sale ends May 31, 2019

Celebrate outside with energizing and revitalizing new products

Prairie Naturals SuperFoods + Greens

- Made from organic fruit and vegetables
- Convenient, ready-to-use superfood powder concentrates



200g Aqua Greens
\$39.99

SAVE \$5

200g Spirulina
\$29.99

SAVE \$5

150g Turmeric
\$29.99

SAVE \$10

Pure Lab Carbonyl Iron

LOCAL

- 69% absorption
- No constipation
- No stomach upset
- More energy!



90 vcaps
\$19.99

SAVE \$5

Nutiva Coconut & MCT Oils

- Derived from 100% Organic Coconuts
- Features a light and clean coconut flavour with no harsh aftertaste



444ml
\$11.99

SAVE \$2

473ml MCT
\$19.99

SAVE \$5

OAT&MILL X Kardish

Choose the flavour of *Summer!*



Oat & Mill has partnered with Kardish to create 3 new vegan ice creams to find your favourite summer flavour!

Try them from 12-4pm at:

Orleans May 11th & May 12th
Merivale May 18th & 19th
Kanata May 25th & May 26th
Barrhaven June 8th
Blossom Park June 9th

See our What's Happening Page for details.

Now Essential Oils

- Used to provide a calming, soothing, uplifting, invigorating or inspiring state of mind
- Encourages wellness and tranquility
- Tested for identity, purity and adulteration to assure the highest quality



15% OFF

Renew Life Kids

- Kids Daily Boost:**
 - Helps support kid's digestive health
 - Helps support intestinal and gastrointestinal health
 - Fruit Punch flavor quick dissolve powder
- Kids Throat Defense:**
 - Helps support kid's respiratory health
 - Helps support intestinal and gastrointestinal health
 - Orange Burst flavored chewable tablets
- Renew Life kids products on sale in-store**



30 packets Daily Boost
\$29.99

SAVE \$7

30 Chewables Throat Defense
\$29.99

SAVE \$7

This month inside... Celebrate mothers everywhere with **20% OFF** all LORNA products

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.

Rob & Carey * see details in store

Feature Product 

SMART *solutions* to Women's Health

20% OFF*
All Lorna products



LORNA
vanderhaeghe
Health Solutions

Women Helping Women®

Learn more at hormonehelp.com

A recent study published in our May edition of DISH found that women who took vitamin D and omega-3 showed three times the improvement in depression scores than those who took placebo capsules. Embrace spring with Vitamin D and omega-3!



Supplements!

May
specials!

Quality supplements, great prices and professional staff

Sale ends May 31, 2019

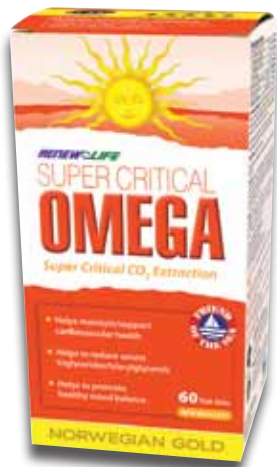
SAVE \$10

\$44⁹⁹

60 Gels

- Burp Free
- Enteric Coated
- Contains Lipase
- High Potency one day Fish oil

Renew Life Fish Oils



SAVE \$10

\$29⁹⁹

60 caps, Turmeric

- Naturally relieve pain
- Nourish joints and connective tissue
- Reduce inflammation

Genuine Health Fast Joint Care +

SAVE \$10

\$49⁹⁹

60 caps



SAVE \$10

\$34⁹⁹

60 vcaps

- A comprehensive natural sleep formula
- Melatonin, 5-HTP, GABA, Passionflower and more
- Fall asleep, stay asleep and wake up feeling refreshed
- Non-addictive

AOR Ortho•Sleep



SAVE \$7

\$42⁹⁹

550-610g

- Raw organic plant protein & nutrient-rich organic greens
- 20g protein per serving from sprouted brown rice, peas, and chia and 6 organic greens and veggies: alfalfa juice, spinach, kale, broccoli, carrots and beets

Garden of Life Protein & Greens



SAVE \$9⁵⁰

\$34⁹⁹

60 vcaps, Hair, Skin & Nails

- Rejuvenates skin, promote strong hair and nails
- Natural products including highly-purified Hyabest™ hyaluronic acid

Sisu Hair, Skin & Nails or Menoesease

SAVE \$7

\$29⁹⁹

60 vcaps, Menoesease



SAVE \$3⁵⁰

\$19⁹⁹

50ml

- Focuses on alleviating the symptoms of seasonal allergies
- Helps reduce itchy eyes, hay fever symptoms and allergy discomforts
- Deep Immune® For Allergies is a non-drowsy natural alternative

St Francis Deep Immune for Allergies

ALLERGY RELIEF



SAVE \$5

\$27⁹⁹

226g

- Good for the whole family
- Improves sleep
- Better-tasting, Better-Absorbing, and Best-Loved Magnesium Drink

Natural Calm Magnesium



SAVE \$7

\$47⁹⁹

452g

SAVE \$10

\$49⁹⁹

30 Softgels, Inno-Q-Nol 200mg

- Nutritional wellness to nourish and repair from the inside out
- Entire line on sale in-store

Innovite Supplements

SAVE \$4

\$21⁹⁹

120 Softgels, Inno-Cal-Mag w/ Boron



SAVE \$3

\$12⁹⁹

120 caps, 5000 mcg

- Promotes healthy nails, hair and skin
- Helps metabolize proteins, fats & carbs
- High potency
- Suitable for vegetarians & vegans

Now Biotin

SAVE \$3

\$19⁹⁹

120 caps, 10,000 mcg



DID YOU KNOW?

Adult acne is on the rise, and doctors predict that this may have a link to high blood-sugar levels in individuals. A recent study published in our May edition of DISH found that women who took prebiotics for an extended period of time saw improved measurements of blood sugar and lipids in adult acne.

DISH
byKardish

Did you know?

Our **REWARD CARD** is one of the best ones out there.
Get **1 point for every dollar** and **get \$10 for every 350 points!**



Feature Product

Repair, restore & recharge



Magnesium Bis-Glycinate 300 Ultra Gentle
Superior absorption with maximum potency and gentleness
500ml Liquid

\$24⁹⁹
SAVE \$5



Magnesium Bis-Glycinate 200 Gentle
Superior absorption and gentleness on the bowels
120 veg caps

\$24⁹⁹
SAVE \$5

canprev.ca 🍁



Adrenal-Pro Recharge Yourself
Helps increase energy, reduces stress and fatigue
120 veg caps

\$37⁹⁹
SAVE \$7



Thyroid-Pro Formula
Nutrients and herbs to support healthy thyroid function
60 veg caps

\$22⁹⁹
SAVE \$5



MegaFood
MULTIVITAMINS FOR A MORE SUSTAINABLE FUTURE.

15% OFF
ALL MEGAFOOD PRODUCTS

Tuckaway Farm, Dover, NH
An organic and regenerative farm

NUTRITION WITH AMBITION™

Our multivitamins are made with real food from trusted farm partners. So you can give your body the nutrients it needs, while helping nourish the world at the same time by supporting organic and regenerative agriculture.



To learn about our seals, please visit megafoodcanada.com/certifications



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

Ask a team member about a special order or email us at Purchasing@kardishfoods.com to suggest we carry it!

Home & Personal Care!

May
specials!

All products are paraben free

Sale ends May 31, 2019

Burt's Bees Lipsticks & Balms

- Nourishing base ingredients like nutrient rich coconut, sunflower and castor seed oils
- Natural beeswax helps to moisturize and protect skin for soft, healthy-looking lips
- 100% natural
- Entire line on sale in-store



15% OFF



Andalou Facial Care

- Fruit Stem Cell Science—superior antioxidant protection
- Targeted skin care to empower skin's own defense



20% OFF



Green Beaver Suncare

- Provides a barrier against harmful UV rays
- Secures moisture in the skin



90ml
Sunscreen
\$16.99
SAVE \$5



Did you know?

Goat's Milk is **easy on the gut**. While it's not completely lactose free, the content of lactose in goat's milk is less significant than in cow's milk, making it easier on your stomach during digestion. Goat's milk is also great for the skin, is high in calcium, and supports metabolic absorption. **Pick up some goat's milk and cheese today and try out this recipe.**

GOAT MACARONI AND CHEESE

- 3 cups pasta, shell
- 2 cups grated hard goat cheese
- 1 tablespoon butter
- 1 tablespoon minced garlic

Directions

1. Preheat oven to 350 degrees
2. Boil macaroni, drain, and set aside in an 8"x8" pan
3. Melt hard goat's cheese and butter in a pan

- 6 ounces soft fresh goat cheese
- 1 teaspoon dried dill
- salt and pepper to taste

4. Add goat's milk, garlic, pepper, and dill
5. Fold in chunks of soft goat's cheese until creamy
6. Pour sauce over macaroni
7. Bake uncovered for 25-30 minutes until top is lightly golden



Local Spotlight: HoneyBar

For over two and a half decades, **HoneyBar** has been producing healthy snack bars manufactured here in Ottawa. HoneyBar differentiates itself from other bars in the marketplace using minimal clean ingredients. All of the bars are made with less than 10 ingredients and use honey as a binder as well as a natural sweetener.

HoneyBar is certified Gluten Free under the GF certification, uses non-GMO ingredients and are certified Kosher Pareve. HoneyBar is suitable for those on restrictive diets, athletes, vegetarians, children, and anyone who wants a delicious locally made bar. This year, HoneyBar has launched an Almond Salted Caramel bar. Try HoneyBar today and see what the buzz is all about!



40g
\$1.00
SAVE 59¢

NEW
FLAVOUR

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

*See in-store for details.



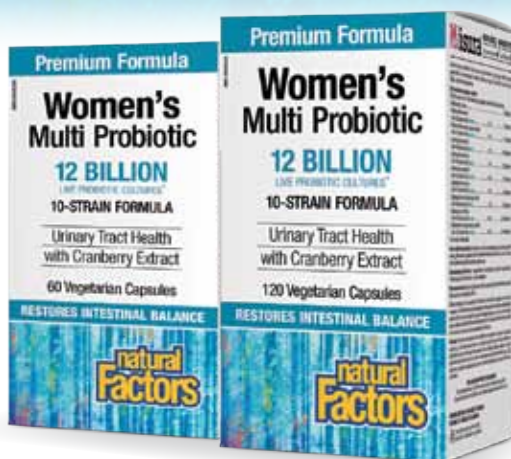
At Kardish, there are many ways to save!

With our **rewards card, monthly specials, 20% off events and our everyday great prices** - we make it easy to save on your favourite wellness items. **Sign up for our loyalty program for even more savings!**

Feature Product

THE LEADER in probiotic care for the past 35 years

PREMIUM FORMULAS
FOR ADVANCED
EFFECTIVENESS



Women's Multi Probiotic with CranRich

A source of probiotics providing live microorganisms to enhance intestinal, vaginal, and urinary tract flora.

19⁹⁹ **37⁹⁹**
SAVE \$3.00 SAVE \$5.00
60 vcaps 120 vcaps



Ultimate Multi Probiotic

Provides live microorganisms that help modify gut flora, which contributes to maintaining natural intestinal balance and improved digestion

19⁹⁹
SAVE \$3.00
60 vcaps

NEED MORE PROTEIN? HERE'S THE WHEY!

Whey Factors®

- Builds and maintains lean muscle mass
- 100% natural; no artificial colours, flavours, additives, or sweeteners
- Mixes easily and tastes great

39⁹⁹
Save \$5.00
1 kg powder



naturalfactors.com • 1-800-663-8900

 Manufactured in Canada

HELPING TIP

6 Improve Your Circulatory Fitness

A recent study measuring the correlation between Vitamin D levels and heart and lung fitness found that study participants with the highest levels of vitamin D had nearly 3-times the oxygen consumption capacity and circulatory fitness compared to those with the lowest levels of Vitamin D.

What's Happening!

To make it easy to discover your journey toward well-being



As busy husbands and fathers, we are always searching for the best ways to keep our families and ourselves well, both mentally and physically. One of the simplest ways to do this is to take the time to go outside, explore nature, and breathe in some fresh air. This May, we hope that you will join us and **Celebrate Outside!** Here are 2 tips for making the most out of your time outdoors:

Get Creative with Activities: Repetition is good in moderation, but too much can lead to boredom. Be bold and try something new for your next activity outdoors.

Fuel Adventures with Healthy Choices: We love trail mixes when we need energy for a long day of activities. Pick up a pre-packaged mix, or visit our bulk section and make a trail mix from scratch with our seeds, nuts, chocolate, and dried fruits!

Rob & Carey
Owners

OAT&MILL

CHOOSE THE FLAVOUR OF SUMMER



ICE CREAM SEASON IS HERE.

This **May and June**, Oat & Mill has partnered with **Kardish** to create three new flavours of their vegan ice cream. Come tell us which one is your favourite summer flavour!

Oat & Mill has partnered with Kardish and created **three new flavours** of their vegan ice cream which will be *offered exclusively at Kardish during the summer and fall.*

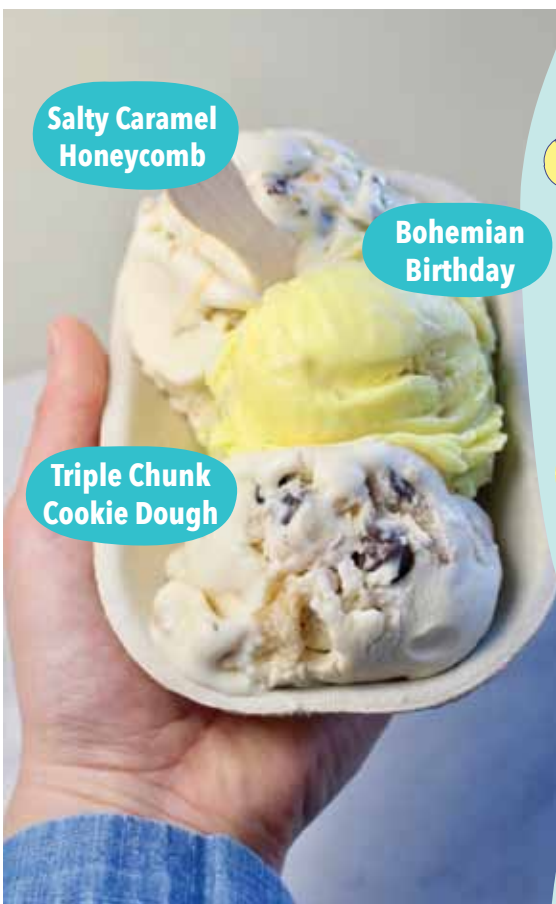
Kardish is holding free tasting demos to determine which is your favourite summer flavour:

- Salted Caramel Honeycomb**
- Triple Chocolate Chip Cookie Dough**
- Bohemian Birthday**

Tastings are being held from **12-4pm** on:

- May 11th & May 12th**
- May 18th & 19th**
- May 25th & May 26th**
- June 8th**
- June 9th**

- Orleans**
- Merivale**
- Kanata**
- Barrhaven**
- Blossom Park**



Salty Caramel Honeycomb

Bohemian Birthday

Triple Chunk Cookie Dough



To balance hormones and for effortless periods I recommend **Lorna Vanderhaeghe's ESTROsmart**. This product not only benefits me, but also my husband and kids, as it boosts my mood. I take it daily in the morning with breakfast along side my multivitamin and other supplements.

- Melinda, Head Office



My product pick is **Organic Rosehip Oil by Aura Cacia!** With anti-inflammatory and antioxidant properties, it helps with cell repair and rejuvenation. A perfect facial moisturizer delivering a good dose of vitamins A, C and E to the skin.

- Jen, Bells Corners



My product picks would have to be **Four Sigmatic's Mushroom Coffee and Cacao Mixes**. There's nothing quite the same as their Cordyceps & Chaga Mushroom Coffee Mix to start the day off on the right foot, and the Reishi Mushroom Cacao Mix is perfect for winding down at night!!

- Crystal, Orleans

Committed to natural, non-GMO, local, specialty diets and sustainable food systems.

Sale ends May 31, 2019

Cereal • Condiments • Pasta • Pantry • Snacks • Soups • Sauces • Drinks • Desserts • And more!

Organika Mylks or Blue Matcha

\$19⁹⁹

110g, Latte

SAVE \$2



\$24⁹⁹

40g, Matcha

SAVE \$5



Flow Water

\$1⁴⁹

500ml

SAVE 50¢



NEW FLAVOURS



RISE Kombucha

2 for **\$7**

414ml

BUY 2 SAVE 98¢



NEW FLAVOURS

\$7⁹⁹

1L

SAVE \$1

Schar

\$4⁴⁹

190g, Chocolate Honeygrams

SAVE 50¢



\$5⁹⁹

210g, Crackers

SAVE \$1



Smart Bite Snacks

\$2⁹⁹

75g, Crispbread

SAVE 50¢



NEW!

\$3⁹⁹

140g, Rice Cake

SAVE 50¢



Entire line on sale in-store

Enjoy Life Bars or Baking Chips

\$4⁹⁹

165g, Bars

SAVE 50¢



\$5⁹⁹

255g, Chips

SAVE \$1



Entire line on sale in-store

Kettle Chips

3 for **\$8**

170-220g

BUY 3 SAVE \$2⁴⁷



Little Northern Bakehouse Breads

\$5⁹⁹

320-567g

SAVE \$1⁵⁰



Cha's Coconut Milk & Spices*

2 for **\$8**

400ml

BUY 2 SAVE \$2⁵⁸



\$8⁹⁹

130g, Cinnamon

SAVE \$2

*Select spices



Bulk Foods • Dried Fruit • Nuts • Seeds • Grains

NATURAL ALMONDS

\$1⁶⁹/100g

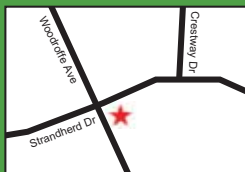
SAVE 42¢/100g



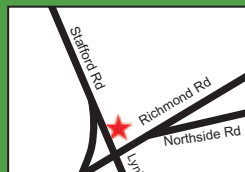
\$1 OFF ANY KIND OF MILK*, all month long, on any purchase over \$15!

Stock up on **local, farm fresh**, and **organic** cow's and goat's milks, or grab one of our plant-based milks instead! Whether you drink dairy, almond, oat, soy, or pea, we have milks to suit your needs!

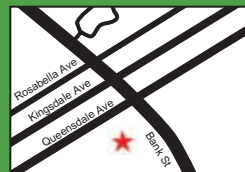
*Excludes canned coconut milks



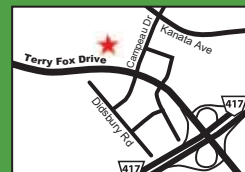
BARRHAVEN
3101 STRANDHERD DRIVE



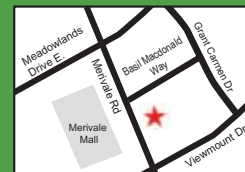
BELLS CORNERS
1831 ROBERTSON ROAD



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



We stand behind our products and guarantee your satisfaction on every product we sell with a full refund. If you are not 100% satisfied with any purchase, simply return it with your receipt within 90 days and we'll gladly refund your money. Products available while quantities last. Not all items may be available at all stores; please check with your nearest store to confirm availability. Prices are in effect from May 1st -31st, 2019. Other exemptions may also apply. See store for complete details. Some items may not be available. Illustrations are for design purposes and may not necessarily depict the featured items. Kardish Health Food Centre is not responsible for typographical errors.