

HAPPY CANADA DAY!

# Kardish

HEALTH FOOD CENTRE

# Summer specials!

*A better life in store*

Sale ends August 31, 2017

Supplements

Home & Personal Care

Grocery

Bulk Food

## Renew Life Probiotics for Kids

30-120 chewable tablets

- Probiotics help to support digestive health, ease constipation and boost the immune system



Ultimate Flora  
**\$16.99**

SAVE \$3.50

FloraBear  
**\$22.99**

SAVE \$5

## Natural Factors Melatonin & Tranquil Sleep

60-90 tablets

- Tranquil Sleep helps you fall asleep, stay asleep, and wake up refreshed
- Melatonin improves sleep quality and duration, reducing daytime fatigue



Melatonin 3mg  
**\$4.99**

SAVE \$2

Melatonin 5mg  
**\$8.99**

SAVE \$2.50

Tranquil Sleep  
**\$17.99**

SAVE \$5.50

## Vega Sport

- Prepare – Get in the zone with energy
- Sustain – Push harder, last longer, take it to the next level
- Recover – Recover faster, train again sooner, perform better

\*Discount excludes boxes of bars.



Entire Sports Line  
**20% OFF**

SAVE UP TO \$11

## Naturtint Hair Dye 155ml

- Vibrant, long lasting hair colour
- Covers grays in one application
- Free from ammonia, parabens, and resorcinol



**\$14.99**

SAVE \$4

## Que Pasa Tortilla Chips 300-350g

- Stone ground with an authentic Mexican volcanic stone
- Seasoned with a sprinkle of sea salt
- Free from gluten and wheat



2 for **\$8**

BUY 2 SAVE \$1.98

## Natural Peanut Butter Smooth & Crunchy



**\$3.45** / lb  
76¢ / 100 g

SAVE 86¢ / lb



The Kardish equation

Passionate,  
knowledgeable  
team



Best  
product  
selection



Great  
prices



A better life in store

## Feature Product



# Keep up with life.

**NEW!**



## Complete Collagen™

All flavours.

500 g

**\$44.99**



Strong bones



Lean muscle



Connective tissue



Teeth & gums



Hair, skin and nails



## THE KICK STARTER SMOOTHIE

Looking for a great way to start the day? Try this quick and easy smoothie!

### INGREDIENTS

1 scoop VegEssential All in One™, Vanilla

1 scoop Complete Collagen™, Tropical Breeze or Unflavoured

1 tsp OmegEssential®, Fish Oil, Natural Orange

1 cup frozen berries

1 cup unsweetened almond milk, or beverage of choice

Calories 380 | Protein 39g | Carbs 26g  
Fibre 12g | Fat 13g

### DIRECTIONS

Whirl in blender until smooth. Drink and enjoy!



## VegEssential®

All flavours.

360 g

840 g

**\$29.99**

**\$54.99**

100% Plant-Based Proteins

27g Protein

7g Fibre

2g Omega-3 Plant Oils

~5,000 ORAC units (Antioxidants)

6-8 Servings of fresh vegetables

Over 100% RDA of 13 Vitamins & Minerals



All in One

scoop



## WheyEssential™

All flavours.

360 g

840 g

**\$34.99**

**\$69.99**

100% New Zealand Whey

24g Protein

3g Fibre

1.5g Omega-3 Plant Oils

~5,000 ORAC units (Antioxidants)

6-8 Servings of fresh fruit

Over 100% RDA of 13 Vitamins & Minerals



All in One

scoop

ProgressiveNutritional.com

Progressive®



# Supplements!

Summer  
specials!

Sale ends August 31, 2017

## Pure Lab Magnesium

120-300 Caps & 200g

- Relieves migraines, PMS, restless legs and helps maintain proper muscle function
- The highest daily dose of Magnesium Glycinate available with 495mg per day
- Pure Lab Vitamins is Ottawa-owned and operated



\$20<sup>99</sup>

SAVE \$4

\$49<sup>99</sup>

SAVE \$8

\$33<sup>99</sup>

SAVE \$5

## Genuine Health Fermented Protein Powder & Bars

55g & 550-600g

- Fermented for up to 40% better absorption
- Strengthens gut & digestive health
- No bloating



Bars  
2 for \$5

BUY 2 SAVE 98¢

\$44<sup>99</sup>

SAVE \$5

## SISU U-Cubes & Kid Stiks

120 gummies & 30 packs

- U-Cubes are naturally-flavoured, pectin-based gummies that provide extra nutrients for growing bodies and minds
- Stiks are convenient, powdered multivitamins that mix into a delicious fun drink
- Natural vegetable colours and no artificial sweeteners



U-Cubes  
\$19<sup>99</sup>

SAVE \$7

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

SAVE \$5

## Natural Factors Vitamin B12

210 tablets

- Methylcobalamin is a highly bioavailable form of B12
- Supports memory, energy, brain and cardiovascular health



\$14<sup>99</sup>

SAVE \$4<sup>50</sup>

## AOR Advanced B Complex 90-180 Caps

- Fully activated in balanced ratios and clinically supported doses
- Direct support for energy production, stress management, metabolism and nerve function
- Includes B6, B12 & Folate (L-5-MTHF)



\$49<sup>99</sup>

SAVE \$16

\$34<sup>99</sup>

SAVE \$12

## AOR Ortho-Sleep 60 Caps

- One of the most comprehensive natural sleep formulas available
- Includes melatonin, passionflower, lemonbalm, 5-HTP, GABA and more
- Helps one fall asleep, stay asleep and wake up feeling refreshed



\$31<sup>99</sup>

SAVE \$11

## Prairie Naturals SuperFoods 150-200g

- Nutrient-rich, organic, vegan, gluten-free, Non-GMO



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

SAVE \$5



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

SAVE \$6



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

SAVE \$10

## Amazing Grass Wheat Grass Powder 240g

- Its high alkalinity helps balance the body's pH levels
- Detoxifies and cleanses the body
- Vegan, raw and gluten-free



\$31<sup>99</sup>

SAVE \$8

## Omega Alpha Ultra Probiotic Plus 60 Caps

- Improves digestion by restoring the natural digestive balance of bacteria in the gut
- Prebiotics and probiotics in a psyllium free veggie cap
- Conveniently shelf stable



\$22<sup>99</sup>

SAVE \$5<sup>50</sup>

*Ask me!*

*Kardish team members are knowledgeable and passionate about natural health products. Just ask!*

**Feature Product**



# Intestinal health

**Acidophilus & Bifidus**  
*Restores intestinal balance*

- Keeps a proper pH balance in the small intestine
- May prevent antibiotic-induced diarrhea
- Promotes regular bowel movements
- Helps reduce cholesterol levels



<b>9<sup>99</sup></b>	<b>11<sup>99</sup></b>	<b>18<sup>99</sup></b>	<b>21<sup>99</sup></b>
90 caps	90 caps Double Strength	180 caps	180 caps Double Strength

## Energy • Stamina • Recovery

- ✓ Perform at your best with **activ-X**
- ✓ Full-spectrum multivitamin with adaptogens for energy and stamina
- ✓ Curcumin, milk thistle and antioxidants for recovery





# Home & Personal Care!

Summer  
specials!



Sale ends August 31, 2017

## Green Beaver Castile Soap

495ml-1L

- Soap that you can use for absolutely everything!
- Made with locally harvested organic sunflower seed oil
- Biodegradable and not tested on animals



\$9<sup>99</sup>

SAVE \$3

\$14<sup>99</sup>

SAVE \$4



## Thayers Witch Hazel

12oz

- Certified organic
- Tones while moisturizing
- Gluten, paraben and phthalate free



\$12<sup>99</sup>

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

## Andalou Micellar Swipes 35ct or Quench Line

NEW!

- Micellar one step facial cleansing wipes remove makeup, cleanse and refresh the face
- Andalou Naturals Quenching skin care provides lasting hydration for a lifted and firmer appearance



Facial Swipes  
\$7<sup>99</sup>

SAVE \$2

Quench  
Entire Line  
20% OFF

SAVE UP TO \$6



Lavanna  
Kanata



## Progressive Coconut Oil 908-454g



I love this product because it's a quality organic coconut oil for a great price! What is amazing about coconut oil is that you can use it as a moisturizer or add it to your diet to boost healthy fat intake. I often add it to smoothies and use it to butter my toast.. YUM!

\$12<sup>99</sup> to  
\$36<sup>99</sup>

## Prairie Naturals Aqua Greens 200g



This 50/50 chlorella and spirulina mix has cleared up my eczema, improved detoxification, and tastes amazing in a pineapple smoothie. I would recommend it to anyone looking to cleanse and nourish the body. These powerful algae's have changed my life!

\$41<sup>99</sup>



Alexis  
Blossom Park



Andrew  
Glebe



## Iron Vegan Athlete's Blend 1kg



I use this product post workout to improve my recovery time and to help build lean muscle. The chocolate flavor is delicious and not too sweet.

\$64<sup>99</sup>

## Botanica Omegalicious 225-450ml



I'm always in a better mood after I have a spoonful of Omegalicious fish oil thanks to the high potency DHA and EPA. The smooth consistency makes it easy to forget I'm taking a fish oil, and all the flavours taste just like dessert without any added sugar!

\$24<sup>99</sup> to  
\$48<sup>49</sup>



Maggie  
Bells Corners





Healthy rewards!

1 point for every dollar of purchase  
350 points = \$10 Reward!

Feature Product



# Save on Lorna's Top Selling Products

My doctor says that my belly fat, male facial hair growth and skin tags are due to my hormones. What can I do?



30 vcaps **\$49.49**

Belly fat is a stubborn problem. No end of sit-ups and crunches make it disappear. There is a connection between belly fat and your hormones—and that hormone is insulin. Elevated insulin promotes weight gain, diabetes and excess belly fat. Thankfully, busting belly fat and balancing blood sugar just got easier. The nutrient Chiroitol found in GLUCOsmart has been researched in over 30 studies at the Virginia Medical School where it was shown to manage blood sugar. GLUCOsmart also controls appetite and reduces cravings.

But where GLUCOsmart really shines is in busting belly fat in both men and women.

I have weight gain, period problems, PMS, breast lumps and skin challenges. Why?

Our hormones have to be in balance. Estrogen dominance occurs when estrogen becomes too high in relation to our other hormones, resulting in endometriosis, heavy periods, uterine fibroids, ovarian cysts, breast lumps, PCOS, raging PMS, acne and more. Additionally, women who take birth control pills and/or hormone replacement therapy can also become estrogen overloaded increasing the risk of cancers and weight gain. Not only does the body produce estrogen, but we are also bombarded by estrogens in our environment.

ESTROsmart works beautifully to restore hormone balance. ESTROsmart detoxifies hormones when they are too high and balances them when too low. ESTROsmart is for every woman every day to quickly normalize periods, halt PMS, clear skin, and make hormone problems a thing of the past.



120 vcaps **\$42.49**



Lorna Vanderhaeghe  
Canada's leading women's natural health expert

"Dear Lorna, I have endometriosis and have been in severe pain on and off for years. I've tried many different approaches to ease the pain. I decided to try ESTROsmart which was recommended to me by a clerk at a health food store. I started taking it and after only a few days, I didn't need my pain meds anymore! It's made a noticeable difference in my life. Thanks very much Lorna!"



### Prebiotic and Probiotic Blend

- Aids weight loss
- Eliminates constipation and diarrhea
- Treats irritable bowel syndrome (IBS)
- Does not cause gas or bloating
- Dissolves completely in water
- For children one year and older

180 grams **\$29.99**



# Save 15% off

all Lorna Vanderhaeghe products  
July 1 - August 31, 2017 while quantities last.

Get An A-Z  
Woman's Guide  
to Vibrant Health **FREE**

(\$14.95 value) with purchase of two Lorna products

hormonehelp.com



# What's Happening!

Summer  
specials!

Sale ends August 31, 2017



## Happy 150th Canada!

We're proud to say that Kardish is 100% locally owned by an Ottawa Family. Also, many of the products we carry at Kardish are grown, manufactured and made right here in Canada.

**All products stamped with a maple leaf in this month's flyer are Canadian!**

### Homemade Tick Repellent



#### Ingredients:

- 7 drops of lemongrass
- 7 drops of eucalyptus
- 5 drops of geranium (optional)
- Fractionated coconut oil

#### Directions:

Add oils to a 4oz. empty spray bottle. Fill remainder of the bottle with fractionated liquid coconut oil and shake. Use to spray pant legs and shoes before heading outside.

Further reduce your tick risk by wearing long sleeves and tucking pants into socks.

Find all ingredients by NOW brand at your local Kardish

### Local Spotlight: Oat & Mill

Oat & Mill is made using 100% whole grain, Canadian and certified gluten-free oats, and a little bit of magic. It begins as oat cream, which is churned into decadent frozen desserts, made using only the most natural vegan and gluten-free ingredients right here in Ottawa!



Find four great flavours at your local Kardish! \*Product not sold at Merivale location.

## SUPERFOODSUMMER



We will be sampling a different superfood every Saturday all summer long! You'll also have the opportunity to enter for your chance to win a Magic Bullet or Garmin Watch.

Brought to you by Prairie Naturals

prairienaturals  
LIVE THE HEALTHY LIFE

**Grocery**

**Guru Energy Drink 355ml**

Guru is a powerful energy drink made with natural and organic ingredients



**\$2.99**

SAVE 50¢

**Kiju Organic Juice 1L & 4x200ml**

Premium, certified organic juice blends with no added sugar  
Grown and processed naturally for max. health and great taste  
No artificial colours, flavours or preservatives



4 pack  
2 for **\$6**

Litre  
2 for **\$5**

BUY 2 SAVE 98¢

BUY 2 SAVE \$1.58

**DoMatcha 30-250g**

Pure, clean and additive free ground tea leaves  
Perfect for lattes, iced tea, smoothies and more



Organic Summer Harvest  
**\$1.99**

SAVE \$4.50

NEW!

Organic Summer Harvest  
**\$34.99**

SAVE \$3.50

**Daiya Cheezecake 400g**

So deliciously rich and creamy  
Free from dairy, soy and gluten  
Made with non-GMO ingredients  
Available in 4 delicious flavours



**\$6.99**

SAVE \$2

**NEW! Fiasco Gelato & Sorbetto 562ml**

Artisan produced gelato and dairy-free, vegan-friendly sorbetto  
All flavours are gluten-free and non-GMO



**\$8.99**

SAVE \$2

**Field Roast Sausages 368g**

Vegan sausage with sizzle, texture and personality  
Made with grains, fresh vegetables and seasonings



**\$7.99**

SAVE \$1.30

**Manitoba Harvest Hemp Hearts 200-454g**

Great tasting, easy to use, and nutritious  
Sprinkle hemp hearts on salad, cereal, or yogurt, or blend them into smoothies



Organic  
**\$14.99**

SAVE \$5

**\$6.99**

SAVE \$2

**Three Farmers Roasted Chickpeas 120g**

Great taste and crunch  
Source of Omega 3 polyunsaturates  
Roasted in Camelina oil



2 for **\$8**

BUY 2 SAVE \$1.98

**Flora Organic Flax Oil 500-941ml**

Excellent source of omega-3 fatty acids  
Unrefined, cold-pressed, virgin flax oil



**\$13.99**

SAVE \$1

**\$19.99**

SAVE \$3

**Bulk Food**

**Organic Red & White Quinoa**



**\$9.07 / lb**

\$2.00 / 100 g

SAVE \$2.22 / lb

**Organic Brown Flax Seeds**



**\$1.81 / lb**

40¢ / 100 g

SAVE 41¢ / lb

**Turkish Apricots**



**\$9.80 / lb**

\$2.16 / 100 g

SAVE \$2.45 / lb

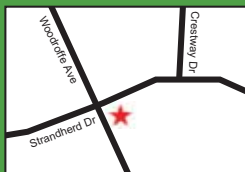
**Raw Mixed Nuts**



**\$12.52 / lb**

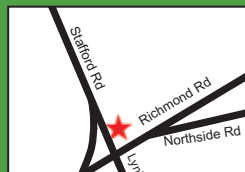
\$2.76 / 100 g

SAVE \$3.12 / lb



**BARRHAVEN**

3101 STRANDHERD DRIVE



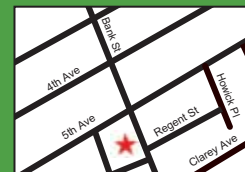
**BELLS CORNERS**

1831 ROBERTSON ROAD



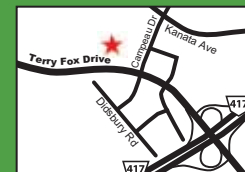
**BLOSSOM PARK**

2950 BANK STREET



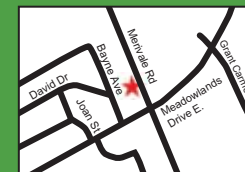
**GLEBE**

862 BANK STREET



**KANATA**

499 TERRY FOX DRIVE  
SIGNATURE CENTRE



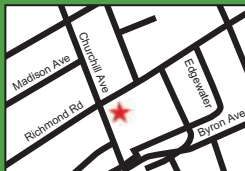
**MERIVALE**

1568 MERIVALE ROAD



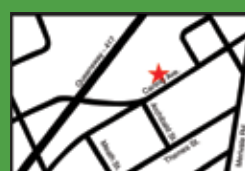
**ORLEANS**

3712 INNES ROAD



**WESTBORO**

332 RICHMOND 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 July 1st - August 31st, 2017. 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.