

106 WILSON ST. W. PERTH, ON
FOODSMITHS.COM 613.267.5409

MON-THU 8AM - 7PM
FRI 8AM - 8PM SAT 8AM - 6PM
SUNDAY 9AM - 5PM

PRICES IN EFFECT THURSDAY, FEB 1 TO
THURSDAY FEB 8 ONLY

UNLESS OTHERWISE STATED, WHILE SUPPLIES LAST. NO RAIN CHECKS OR
SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY
NOT BE EXACTLY AS SHOWN. E & OE.

Foodsmiths

THE GOOD FOOD STORE

ONTARIO
FRESH!



LOCAL, QUALITY, HEALTH-FOCUSED, SUSTAINABLE

2 DAY SPECIALS SEE PAGE 6

THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS

PREMIUM QUALITY, TOP TIER
FRESH GREEN ONIONS
PRODUCT OF MEXICO



SAVE 61¢
1.88
/ BUNCH EA

PREMIUM QUALITY, TOP TIER
FRESH LIMES
PRODUCT OF MEXICO



SAVE \$1.95
5/\$3
OR 78¢ EA

PREMIUM QUALITY, TOP TIER
CANADA GROWN
COLOSSAL GARLIC BULBS
PRODUCT OF CANADA



SAVE \$1.58
2/\$3
OR \$1.98 EA

BRANDT
ROASTED BEEF
CUSTOM CUT IN OUR DELI
PER 100 G



SAVE 40¢
2.89
/ 100 G

GREENHOUSE
NEW! ORGANIC OAT MILK
946 ML
• 4g protein
• 2g fibre
• Gluten free
• Glass bottle
• Canadian



SAVE 50¢
9.49
/ EACH

CELESTIAL
HERBAL TEA
20 TEA BAGS
ASSORTED

SAVE \$1.50
5.49
/ EACH



BACKERHAUS
POTATO SCALLION BUNS
4 PACK



SAVE \$1
3.99
/ EACH



THIS WEEK IN OUR FLYER
SEE THIS SIGN AND EARN
5 TIMES THE REWARD
POINTS ON SELECT ITEMS
MORE INFO INSIDE!

BE A FOODSMITHS REWARDS CUSTOMER!

Foodsmiths' Customer Rewards Program makes it easy to earn and redeem points fast!

You get 1 point for every \$1 you spend!!

Receive a \$10 reward for every 500 points you earn!

**SIGNUP
AT OUR
CASH!**

**OR ON OUR
WEBSITE:
FOODSMITHS.
COM**



**THIS WEEK AND EVERY
WEEK IN OUR FLYER:**

**SEE THIS SIGN AND EARN
EXTRA REWARD POINTS
ON SELECT ITEMS**

**GET REWARDED *FASTER* BY SHOPPING EXTRA
POINTS DEALS IN OUR FLYER EVERY WEEK!**



**YOUR
NEIGHBOURS
SHOP HERE!
★ ★ ★ ★ ★
AND GET
REWARDED!**



THIS WEEK'S GARDEN FRESH PRODUCE **TOP PICKS**

PREMIUM QUALITY
FRESH BROCCOLINI
BUNCH
PRODUCT OF USA

NUTRITIONAL
SUPERSTAR

SAVE \$1.98

2/\$6
OR \$3.48 EACH

LITTLE POTATO COMPANY
CANADA GROWN
**LITTLE TRIOS
MINI POTATOES**
1.5 LB

EVERYDAY PRICE

5.99
/ EACH

Feedsmith's
the good food store
BUY THIS, EARN
★★★★★
5 TIMES
THE
REWARD
POINTS

BUY THIS
EARN
30
POINTS

PREMIUM QUALITY
CERTIFIED ORGANIC
**ORGANIC HASS
AVOCADOS**
PRODUCT OF MEXICO



SAVE \$3.48

3/\$9
OR \$3.98 EACH

PREMIUM QUALITY
**CARA CARA RED
SEEDLESS ORANGES**
PRODUCT OF USA

SAVE \$1.11

2.88
/ LB

**CITRUS
SEASON**

COOKSTOWN GREENS
PREMIUM QUALITY
CERTIFIED ORGANIC
ONTARIO GROWN
**ORGANIC SWEET
ONIONS**
PRODUCT OF ESSA, ONTARIO



SAVE \$1.01

2.98
/ LB

PATCHWORK GARDENS
PREMIUM QUALITY
CERTIFIED ORGANIC
LOCALLY GROWN
**FRESH
ORGANIC
COLESLAW**
300 G
PRODUCT OF
BATTERSEA, ONTARIO



SAVE \$1.01

5.48
/ EACH

PICCIONI BROS
PREMIUM QUALITY
CERTIFIED ORGANIC
ONTARIO GROWN
**ORGANIC WHITE
MUSHROOMS**
227 G
PRODUCT OF DUNDAS, ONTARIO



SAVE \$1.01

3.98
/ EACH

THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY
CERTIFIED ORGANIC

**FRESH,
ORGANIC
TURMERIC ROOT**

165 G

PRODUCT OF MEXICO



BUY THIS
EARN
20
POINTS

EVERYDAY PRICE

3.99
/ EACH



PREMIUM QUALITY
ONTARIO GROWN
CERTIFIED ORGANIC

**ORGANIC
CARROTS**
2LB BAG

PRODUCT OF ONTARIO



ONTARIO
FRESH!



SAVE \$2.98

2/\$7

OR \$3.98 EACH



PREMIUM QUALITY

MEYER LEMONS

454 G BAG

PRODUCT OF USA



SAVE \$1.01

4.98
/ EACH

PREMIUM QUALITY

**FRESH GREEN
PEPPERS**

PRODUCT OF USA



SAVE \$1.01

2.98
/ LB

PREMIUM QUALITY

ONTARIO GROWN

**HONEYCRISP
APPLES**

PRODUCT OF ONTARIO



ONTARIO
FRESH!



SAVE \$1.01

3.48
/ LB

PREMIUM QUALITY

**FRESH GOLDEN
PINEAPPLES**

PRODUCT OF COSTA RICA



SAVE \$1.11

3.88
/ EACH

THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY
CANADA GROWN

**YELLOW FLESH
POTATOES**
5 LB BAG

PRODUCT OF CANADA



SAVE \$2.98

2/\$9

OR \$4.98 EACH



PREMIUM QUALITY
**GREEN LEAF
LETTUCE**

PRODUCT OF USA

SAVE 71¢

1.98
/ EACH



NOW IN STOCK

PREMIUM QUALITY

**FRESH TANGELO
MINNEOLA
ORANGES**

PRODUCT OF USA

**CITRUS
SEASON**

EVERYDAY
PRICE

5.99
/LB



PREMIUM QUALITY
ONTARIO GROWN

**ONTARIO ROYAL
GALA APPLES**

PRODUCT OF ONTARIO



**ONTARIO
FRESH!**



EVERYDAY
PRICE

3.49
/LB



PREMIUM QUALITY

**FRESH LARGE
RED GRAPEFRUIT**

PRODUCT OF ISRAEL

**CITRUS
SEASON**

EVERYDAY
PRICE

3.99
/ EACH OR 2/\$7



PREMIUM QUALITY

**GREEN OR RED
SEEDLESS GRAPES**

PRODUCT OF USA/PERU

**STAFF
FAVOURITE!**

EVERYDAY
PRICE

6.99
/ LB



SUNNY DELIGHTS! ITS CITRUS SEASON

THESE FRUITS LIGHT UP OUR PALATES WITH ZINGY FLAVOURS THIS TIME OF THE YEAR.



NAVAL ORANGES

Navel oranges are popular! They are large, have thick skin making them easy to peel, and seedless. They are sweet, and the zest is a great stir-in to baked goods.



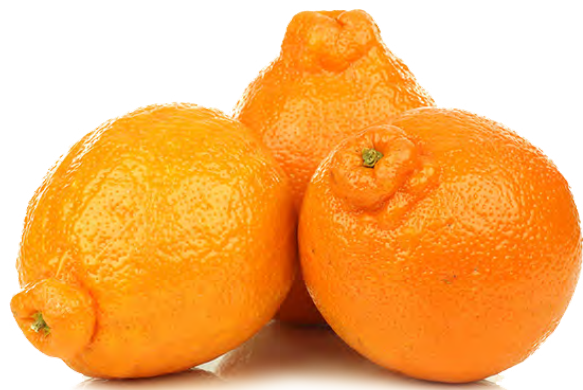
CARA CARA ORANGES

Cara Caras have a delicate pink flesh with low acidity, and no sharpness or tang when you bite in, just refreshing sweetness. Great for snacking, salads, and juice.



BLOOD ORANGES

Blood oranges have splotches of red on their thin skin, easy to peel and red flesh inside! The taste is a combination of orange and grapefruit with less acidity.



MINNEOLA ORANGES

A cross between a tangerine and grapefruit, they offer a super-sweet flavour with just a bit of tartness. They are easily distinguishable with their deep orange color, and bell shape.



CLEMENTINE ORANGES

One of the smallest orange varieties, and almost perfectly round. They have a honey-sweet taste and a thin skin that makes them easy to peel and separate into segments.



MANDARIN ORANGES

Petite and the perfect lunch-box snack. The skin is loose for easy peeling, they have an enticingly super sweet flavour, and they are seedless.



LEMONS

Lemons are sour, round, and bright yellow citrus fruits. They vary in size and have acidic juice that is extremely tart and flavourful.



LIMES

Limes are a citrus fruit shaped like a smaller lemon with green skin. The juice is tart and sour and more aromatic than lemon juice.



RED GRAPEFRUIT

Tangy, juicy, fragrant, with a versatile flavour all its own. Grapefruit has a yellow skin and red flesh, they are relatively large and sour to semi-sweet.

2 DAY SPECIALS

FRIDAY FEB 2 & SATURDAY FEB 3

IN OUR BULK
THOMPSON
RAISINS



35% OFF
SAVE \$4.87/KG

IN OUR BULK
WALNUT HALVES



35% OFF
SAVE \$12.92/KG

MOODY BEE
BEESWAX
LIP BALM

4.25 G ASSORTED
HANDMADE IN
CANADA



WOW!
2/\$6
SAVE \$1.98

MASTRO
ROSEMARY
HAM

PER 100 G
CUSTOM CUT
AT OUR DELI



WOW!
2.49
/100 G
SAVE 50¢

ORGANIC MEADOW
ORGANIC ICE
CREAM

946 ML
CHOCOLATE, STRAWBERRY
OR VANILLA BEAN



WOW!
10.99
/ EACH
SAVE \$1.50

SWEET
POTATOES
PRODUCT OF USA



WOW!
98¢
/LB
SAVE \$1.31

SERVING
SUGGESTION

BLUE DIAMOND
ALMOND MILK

946 ML ASSORTED



WOW!
2/\$6
SAVE \$2.98

THIS WEEK'S TOP PICKS!

FIERA
**CHEESE
BAGELS**
4 PACK



BUY THIS
EARN
25
POINTS

EVERYDAY PRICE

4.99
/ 4 PK EA

DUMET
OLIVES
150 G - 500 G
ASSORTED



10% OFF

IN OUR BULK BINS
**MILK CHOCOLATE
ALMONDS**



30% OFF

SAVE \$8.97/KG

IN OUR BULK BINS
RAW ALMONDS



30% OFF

SAVE \$7.47/KG

FOODSMITHS
IN OUR DELI
**CUCUMBER
QUINOA SALAD**

PER 100 G



SAVE 30¢
1.99
/ 100 G



RINAG
IN OUR DELI
PAKORA NUGGETS
PER 100 G



SAVE 50¢
2.49
/ 100 G



SUPREME
**NEW!
PEROGIES**

454 G
ASSORTED
INCLUDING VEGAN/
PLANTED-BASED
OPTION



SAVE UP TO \$1
5.99
/ EACH



THIS WEEK'S TOP PICKS!

FIERA BAGELS

4 PACK
PLAIN,
CINNAMON OR
EVERYTHING



BUY THIS
EARN
15
POINTS

EVERYDAY PRICE

2.99
/ 4 PK EA

BRIDOR APPLE RAISIN BREAD

LOAF

MAKES A GREAT SANDWICH!



SAVE 50¢
5.49
/ EACH

SERVING SUGGESTION

IN OUR BULK BINS DRIED SWEETENED CRANBERRIES



30%
OFF

SAVE \$5.07/KG

IN OUR BULK BINS RAW PEPITAS (PUMPKIN SEEDS)



30%
OFF

SAVE \$5.67/KG

NOSSAK CORNISH PASTIE

AS OUR DELI COUNTER



SAVE 50¢
4.99
/ EACH

NAVITAS ORGANIC CACAO NIBS

227 G

ADD TO
SMOOTHIES,
YOGURT,
TRAIL MIX
BAKED GOODS
& MORE!

SAVE \$4
9.49
/ EACH



BRANDT SAUSAGE

4 PACK
NATURALLY
HARDWOOD
SMOKED AND
WELL SEASONED

FULLY COOKED
JUST
HEAT N'
SERVE!

10%
OFF



DINNER
IN A
SNAP!



THIS WEEK'S TOP PICKS!

BUBBIES DILL RELISH

500 ML

Naturally-fermented
and raw

No vinegar, sugar or
preservatives

Sour, fresh and
Dill-icious!



BUY THIS
EARN
45
POINTS

EVERYDAY PRICE

8⁹⁹
/ EACH

NEW IN OUR SNACK AISLE

RICE UP
RICE CHIPS!
AND CAKES!
120 G



EVERYDAY
PRICE

4⁴⁹
/ CHIPS EA

EVERYDAY
PRICE

3⁴⁹
/ CAKES EA



DIVINA
MARINATED
MUSHROOMS
PER 100 G

SAVE 50¢

2⁴⁹
/ 100 G

NEAL BROS
CHEESE
PUFFS
REGULAR OR
SPICY
113 G



SAVE \$1

3⁴⁹
/ EACH



KARTHEIN'S
KIMCHI &
SAUERKRAUT
345 ML - 750 ML
ASSORTED



10%
OFF



ONTARIO NATURAL
FROZEN WILD
WHITE FISH
PER 100 G



SAVE 20¢

5²⁹
/ 100 G

24.00 PER LB,
SAVE 90¢

BEYOND MEAT
BEYOND BEEF
PLANT BASED
GROUND
340 G



SAVE \$1

11⁹⁹
/ EACH



FRESH DEALS THROUGHOUT THE STORE

AGROPUR
**TRIPLE CREAM
BRIE**
PER 100 G



SAVE 50¢
4 49
/100 G

YOSO
**OAT OR ALMOND
YOGURT**
440 G ASSORTED



EVERYDAY PRICE
5 99
/ EACH



**BUY THIS
EARN
30
POINTS**

KERRYGOLD
DUBLINER
200 G



SAVE \$1
8 99
/ 200 G EA

STONETOWN
**GAME
CHANGER
WHITE**
PER 100 G

**SOAKED IN
WHITE WINE.
WONDERFUL
ON A CHEESE
PLATTER
OR AS A
SNACK.**



SAVE \$1
5 99
/ 100 G

GOLDEN STAR
**HALLOUMI
CHEESE**
250 G



SAVE \$1
8 99
/ 250 G EA

EARTH'S OWN
**DAIRY FREE
SOUR CREAM
ALTERNATIVE**
340 G



SAVE \$1
6 49
/ EACH



FOODSMITHS
**BROWNIE
SINGLE, WRAPPED**
IN OUR BAKERY



SAVE 40¢
2 29
/ EACH

DAIYA
**DAIRY FREE
"CHEESE"
SHREDS**
200 G
ASSORTED



SAVE 50¢
5 99
/ EACH



FRESH DEALS THROUGHOUT THE STORE

PATAK'S COOKING SAUCE

400 ML ASSORTED



BUY THIS
EARN
35
POINTS

EVERYDAY PRICE

7.49
/ EACH

DINNER
IN A
SNAP!



NEW IN THE STORE

GOLDY'S SUPERSEED CEREAL

30 G

YUMMY FLAVOURS!

Creamy like oatmeal,
crunchy like cereal, and
ready in less than 5
minutes!

EVERYDAY
PRICE

3.99
/ EACH



BAXTER'S BAKERY BUTTER TARTS

6 PACK ASSORTED



SAVE 50¢

6.99
/ EACH

BOYLAN NATURAL SODA

4 X 355 ML
SWEETENED
WITH CANE
SUGAR

CUSTOMER
FAVOURITE!

SAVE \$2

10.99
/ EACH



RVIITA CLEAN ENERGY DRINKS

355 ML
ASSORTED



SAVE \$3.98

2/\$6

NUTS FOR CHEESE PLANT BASED DAIRY FREE VEGAN CHEESE

120 G ASSORTED



SAVE \$1

10.99
/ EACH



BRÜST PROTEIN COFFEE

330 ML
IN OUR COOLER



SAVE 50¢

3.49
/ EACH



FRESH DEALS IN OUR GROCERY AISLES!

KETTLE BRAND
KETTLE CHIPS
198 G



SAVE 50¢

3.99
/ EACH

VEGIDAY
ORGANIC VIRGIN COCONUT OIL
800 ML



BUY THIS
EARN
105
POINTS

REGULAR PRICE

20.99
/ EACH



WHOLLY VEGGIE
PLANT BASED SNACKS
375 G



PLANT
BASED



SAVE 50¢

7.99
/ EACH

MANITOBA HARVEST
ORGANIC HEMP HEARTS
340 G

SAVE \$4
17.99
/ EACH



- 10G PROTEIN
- 12G OMEGAS 3 & 6
- 9 ESSENTIAL AMINO ACIDS

SMARTBITE
ORGANIC RICE CAKES
120 G
ASSORTED



SAVE \$1.50

3.49
/ EACH

ALTER.ECO
CHOCOLATE BARS
75 G - 80 G



SAVE \$1

4.29
/ EACH



THE CLEANEST
GREENEST
CHOCOLATE



FRESH DEALS IN OUR GROCERY AISLES!

TASTY BITE ALL NATURAL ENTREES & RICES

250-285 G

**READY-TO-EAT
1 MINUTE INDIAN
CUISINE**

SAVE \$1.30

4.99
/ EACH



PATAK'S COOK AT HOME PAPPADUMS

100 G
PLAIN, GARLIC OR
BLACK PEPPER

SAVE 50¢

5.49
/ EACH



LOS CANTORES TORTILLA CHIPS

325 G - 360 G



SAVE 50¢

4.99
/ EACH

CEDAR VALLEY PITA CHIPS

180 G
CLASSIC SPICE
GARLIC & HERB
SEA SALT & BLACK PEPPER

✓ **NO ADDED SUGAR** ✓ **MADE WITH COCONUT OIL**
✓ **NON GMO**



SAVE 50¢

5.49
/ EACH



this BYOB is
close to our
hearts!



FOODSMITHS FEBRUARY BYOB WILLOW CREEK STABLES

Willow Creek is a not for profit rescue and home to 23 critically endangered Newfoundland ponies near Perth, Ontario.

"It may have ears that are furry and short, a low-set tail that's rough as a bottle brush, but it's strong, brave, and endlessly forgiving."

Help us save these sure-footed descendents of Mountain and Moorland breeds that arrived with the first British settlers.

For every transaction at our cash, Foodsmiths donates 5¢ to our monthly charity, plus all net proceeds from paper and reusable bag sales are donated to our monthly charity, too!

**THANK YOU
FOR HELPING SUPPORT THIS IMPORTANT PROGRAM**



CHOOSE YOUR
BEANS
GRIND THEM TO PERFECTION
AT OUR COFFEE MILL

**ON SALE
THIS WEEK**

LIFE'S LITTLE
MOMENTS

**A COFFEE
A DAY
KEEPS THE
GRUMBLIES
AWAY!**

EQUATOR
COFFEE ROASTERS

SWEET JUSTICE
LOCALLY ROASTED COFFEE
MEDIUM ROAST PER 100G

A flavourful and bright coffee with enough soul
and body to justify another cup

TASTING NOTES: MAPLE, CARAMEL



399
/ 100G
SAVE 50¢

YOU DESERVE
GOOD COFFEE!
BAD DAY
WILL PASS



**WELCOME TO THE WEEKEND! ENJOY A FREE
HOT COFFEE ON US SATURDAY AND SUNDAY!**

MONDAY-FRIDAY
**OUR FRESH
BREWED
COFFEE IS
NOW JUST**

99¢



**ENJOY A COFFEE
AND MUFFIN FOR
JUST \$2.99**

SAVE IN OUR BULK BINS!

ECO FRIENDLY - LESS WASTE!



BUY A LITTLE,
SAVE A LOT!!
ONLY BUY WHAT
YOU NEED!

YOU CAN BRING YOUR OWN CONTAINER, TOO!
ONE KG = 2.2 LBS

HARD WHITE FLOUR

25% OFF
SAVE 98¢
PER KG

NUTRITIONAL YEAST

25% OFF
SAVE \$14.23
PER KG

DARK CHOCOLATE GINGER

25% OFF
SAVE \$13.73
PER KG

DRIED MANGO SLICES

25% OFF
SAVE \$5.48
PER KG

MILK CHOCOLATE JUBES

25% OFF
SAVE \$4.48
PER KG

DRIED APRICOTS

25% OFF
SAVE \$6.98
PER KG

ORGANIC LARGE
FLAKE OATS



25% OFF
SAVE \$2.48
PER KG

GREEN LENTILS

25% OFF
SAVE \$1.98
PER KG

CHUNKY HEMP GRANOLA

25% OFF
SAVE \$4.23
PER KG

TOASTED CORN

25% OFF
SAVE \$3.98
PER KG

BASMATI RICE

25% OFF
SAVE \$2.48
PER KG

GROUND BLACK PEPPER

25% OFF
SAVE \$17.50
PER KG

DARK COCOA POWDER

25% OFF
SAVE \$5.73
PER KG

ORGANIC WHITE QUINOA



25% OFF
SAVE \$3.48
PER KG



1899
EACH

BUY
THIS
EARN
95
POINTS

CHAKRA CRYSTAL PRISM SUNCATCHER

The Chakra Crystal Prism Suncatcher catches the sun's light, reflects rainbows and balances your chakras with this crystal prism suncatcher with semi-precious stones.

Nature's Aid.

ACHES & PAIN

120ML GEL OR 30ML ROLL ON

Our Aches & Pain offers fast, effective and natural relief from muscle aches, joint pain and arthritis pain. Made with 3 active ingredients, Lavandin, Menthol and Eucalyptus, it works deep into the tissue to ease pain, inflammation and swelling.

10%
OFF
SAVE!



RED'S ART AND THINGS

ASSORTED
VARIETIES & SIZES

Handmade Resin
Jewelry!



BUY THIS
EARN
50-90-140
POINTS

The information and product descriptions appearing in this flyer have been supplied by product manufacturers and are for information purposes only. They are not intended to provide or replace medical advice to individuals from a qualified health care practitioner. Consult your physician if you have any health concerns, and before initiating any new diet, exercise or supplement.

PRICES IN EFFECT THURSDAY, FEB 1 TO THURSDAY, FEB 15 UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

ONE-PER-DAY FORMULA!



HI POTENCY B COMPLEX 50MG

210 TABLETS BONUS SIZE

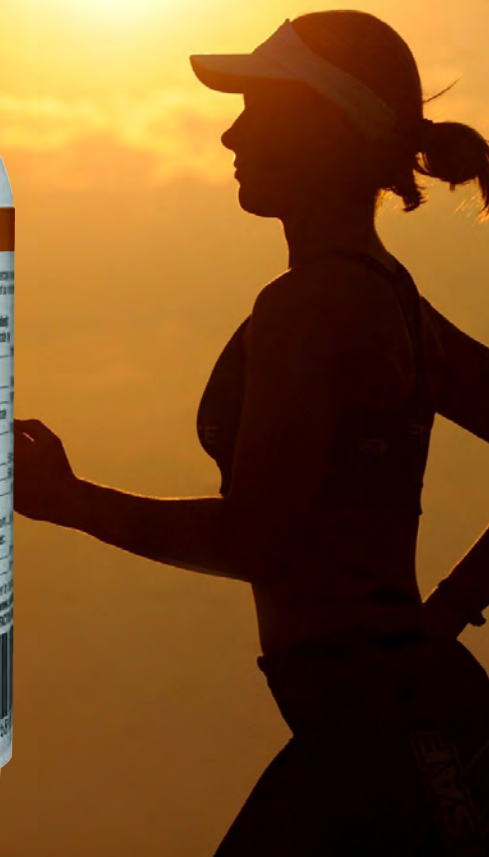
- Aids tissue and red blood cell formation
- Supports normal growth and development
- A factor in the maintenance of good health
- Provides essential B vitamins to maintain energy levels
- Helps the body convert carbohydrates, fats, and proteins to energy

Natural Factors Hi Potency B Complex is a one-per-day formula that provides the full spectrum of all essential B vitamins. Each capsule contains a 50 mg potency that enhances energy levels by helping the body metabolize carbohydrates, proteins, and fats, as well as supporting red blood cell formation.

Formulated and made in Canada



33⁹⁹
EACH
SAVE \$3



SUPPORTS HEALTHY DIGESTION!

SUPER ENZYMES BREAKS DOWN PROTEIN, FATS, & CARBS

180 CAPSULES

- Comprehensive formula of enzymes to aid digestion
- Features Ox Bile for enhanced fat digestion
- Enhanced with Betaine HCl for first level digestion of protein in the stomach
- Fast acting capsule delivery

NOW Super Enzymes is a comprehensive blend of enzymes that supports healthy digestion. Formulated with Bromelain, Betaine HCl, Ox Bile, Pancreatin and Papain, Super Enzymes helps to optimize the breakdown of protein, fats, and carbohydrates.

53⁹⁹
EACH
SAVE \$3



**HEALTH
FIRST**

®

CAL MAG SUPREME AQUAMIN™ PLANT-SOURCED CALCIUM WITH MAGNESIUM, KEY FACTORS FOR BONES.

120 TABLETS

Health First Cal Mag Supreme is formulated with Aquamin™ calcium, a sustainable, red algae source with a unique honeycomb structure that makes it more easily absorbed, with less incidence of gastric upset and constipation than other sources. Aquamin™ has even been shown to be as effective as glucosamine in reducing joint pain and stiffness!

Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.

42⁹⁹
EACH
SAVE \$7



AERYON
WELLNESS

UP & AWAY

14 OR 30 SUPPOSITORIES

Up and away boric acid is used as a feminine suppository and is an effective, safe treatment to balance vaginal pH. Boric acid is derived from alkaline salt deposits. It is 100% natural. An ideal solution for recurrent vulvovaginal candidiasis and bacterial vaginosis such as odor, itching, irritation and vagina discharge.

- ✓ **100% pure boric acid**
- ✓ **Supports healthy vaginal pH**
- ✓ **Relieves vaginal candidiasis**
- ✓ **Relieves bacterial vaginosis**

feel fresh
down there...



35⁹⁹
EACH
SAVE \$4
30 DAY

29⁴⁹
EACH
SAVE \$3.50
14 DAY

CHEERS TO A GREENER YEAR AHEAD WITH A MINDFUL PERIOD CARE ROUTINE!

PLASTIC FREE PERIOD PRODUCTS

ALL AVAILABLE PRODUCTS
ASSORTED VARIETIES & SIZES

Say goodbye to plastics, fragrances and chlorine, with our organic and natural range of tampons, pads, and liners.

10% OFF
SAVE!



routine.

NATURAL DEODORANT

ASSORTED VARIETIES • 58G

CONFIDENCE IN A JAR.

Discover why over 1 million formerly stinky people have been converted to routine - a deodorant that is not only natural, but more effective than conventional. Fun and versatile, these life-changers will second as your signature scent.

10% OFF
SAVE!





SWEET DREAMS:

THE SEARCH FOR RESTORATIVE SLEEP



**LET PURE LAB
HELP YOU
GET A GOOD
NIGHT'S
SLEEP!**



47⁹⁹
EACH

SAVE \$7

28⁹⁹
EACH

SAVE \$3

20⁹⁹
EACH

SAVE \$3

21⁹⁹
EACH

SAVE \$3

19⁹⁹
EACH

SAVE \$5

23⁹⁹
EACH

SAVE \$3

21⁹⁹
EACH

SAVE \$3



Salus

RED BEET CRYSTALS 200 Grams

26⁹⁹ EACH
SAVE \$3

Who would benefit from Salus Red Beet Crystals:

- Poor circulation or high blood pressure
- Athletes and active individuals
- Pain and inflammation, including arthritis and headaches
- Brain fog, difficulty with memory or focus
- Sluggish liver function
- Family history of illness caused by oxidative stress
- Boosting antioxidants



38⁹⁹ EACH
SAVE \$5



HEALTHOLOGY™

BUILDING A HEALTHIER YOU

GUT-FX FORMULA
180 Grams Powder

It provides the building blocks that your body needs to repair the lining of the intestinal tract. It contains herbs to reduce inflammation and soothe digestion, and probiotics to support a healthy gut flora. GUT-FX provides a well-rounded approach to supporting gut health, which improves our ability to absorb nutrients, eliminate toxins, balance the immune system and support neurological hormones.

The ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health.



Naka
Professional



NAKA PRODUCTS

ASSORTED VARIETIES & SIZES

Naka Herbs & Vitamins Ltd. is a leading Canadian manufacturer and distributor of premium quality herbal products for the health food market. Founded in 1991, Naka's success has been built upon introducing innovative supplements in liquid or easy-to-swallow capsule forms designed to meet the better health needs of consumers worldwide. A commitment to providing superior quality and value, plus excellent customer service, has helped to make Naka a trusted national brand in the health food trade.

32⁹⁹
EACH
SAVE \$4



41⁹⁹
EACH
SAVE \$4



31⁹⁹
EACH
SAVE \$3



52⁹⁹
EACH
SAVE \$4



22⁹⁹
EACH
SAVE \$3



52⁹⁹
EACH
SAVE \$4



24⁹⁹
EACH
SAVE \$3

