

NUTTERS
EVERYDAY NATURALS

Fall Into
Health

Natural Factors
Vitamin K2 100 mcg
Shrink
60 Capsules + 60 Capsules

SAVE!
\$10⁰⁰



Facing Your Fears
Full story on page 9

ALL VARIETIES!

25% OFF

Suzie's
good fats
39g
GLUTEN FREE!

SAVE
\$6⁰⁰

Alpha
SUPREME
MCT OIL
1L

Natural Factors
Organic Oil of Oregano
30ml
Protects against infectious organisms, including bacteria, yeast, fungi, and parasites.



SAVE
\$6⁰⁰

only oats
Quick Oat Flakes or Rolled Oats
1kg
GLUTEN FREE
only oats products are pure, gluten-free oats are produced in a dedicated and gluten-free mill.

\$3⁹⁹



SiSU
Ester-C 1000mg Bonus
150 Tablets
Strengthens your immune system.
Ester-C SUPREME Bonus
150 Tablets
Strengthens your immune system and alleviates allergy symptoms. Citrus free.

BONUS SIZE

SAVE
30%



silver lining
Pre & Probiotics
120 Capsules
Improves digestion & immune function. Prevents growth of harmful bacteria. Reduces bloating & constipation. Regulates a healthy gut flora.

SAVE
30%



AOR ORTHO SLEEP

60 Capsules

- A natural solution to promote restful sleep
- Helps one fall asleep, stay asleep, and wake up feeling refreshed

\$32⁴⁹



AOR ADVANCED B COMPLEX

180 Capsules

- The most active forms of the B-vitamins
- Balanced ratios and clinically-supported doses
- Support for energy, stress, metabolism and nerve function

\$49⁹⁹



Sea-licious OMEGA-3 EPA•DHA

250ml

- Each teaspoon contains a minimum of 1250 mg of omega-3 concentration as combined EPA and DHA, as well as a blend of antioxidants
- Available in Tropical Colada, Tangerine-Lime, and Raspberry Lemonade

\$23⁹⁹

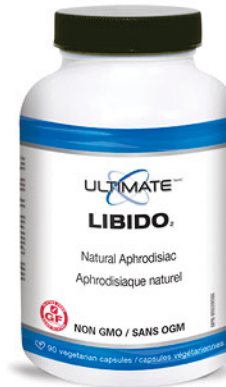


ULTIMATE LIBIDO

90 Capsules

- Natural Aphrodisiac
- Support Good Health

\$39⁹⁹



3 BRAINS STRESS LESS

120 Capsules

- Supports the adrenals during periods of emotional or physical stress and demands

\$26⁴⁹



DR. WHITAKER Memory Essentials

60 Capsules

- Enhance Memory
- Enhance Cognitive Function

\$32⁹⁹



BELL CLEAR SKIN

90 Capsules

- Helps your body cleanse and purify blood
- Uses a combination of fish oil and herbs revered for skin health from Indian Ayurvedic Medicine, and herbal traditions in Europe, North and South America

\$29⁹⁹



BELL LIQUID MULTI VITAMIN

473ml

- Contains vitamins and minerals needed to support a healthy body
- Combination of vitamins, colloidal minerals, amino acids, and herbs

\$26⁹⁹



KAHA NEW ZEALAND WHEY PRO-SERIES ISOLATE

840g

- Isolated whey yields a high percentage of protein and contains NO Fat and Lactose. It is rapidly absorbed by the body because it's water soluble, making it ideal for Athletes and Seniors who break down muscle proteins at a quick rate. It will also benefit Lacto-Vegetarians who lack protein from their diet

\$46⁹⁹



epsomgel Pain Relief Solution

150ml

\$24⁹⁹



Hyland's Leg Cramps

100 Tablets

\$10⁹⁹



**NEW CHAPTER
Bone Strength take care**

120 Capsules

- Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis
- With Targetcal —Vitamins D3 & K2

\$44⁹⁹



**NEW CHAPTER
WHOLE Omega 1000mg**

144 Capsules

- Helps support cognitive health & brain function
- Natural source of whole omegas, Vitamin D3 & antioxidants

\$42⁹⁹

BONUS SIZE



**NEW CHAPTER
Golden Black Seed**

60 Capsules

- Used in herbal medicine to protect liver health
- Herbal anti-inflammatory to help relieve joint pain
- Aids digestion and helps relieve gas

\$37⁹⁹



**Naka
Magnesium BISGLYCINATE**

260 Capsules

- Enable faster, more efficient absorption and more usable magnesium for your body's needs
- Helps to maintain proper muscle function

\$38⁹⁹

BONUS SIZE



**Naka
Vital GREENS**

500ml

- Ginseng to help energize
- Chlorophyll to detoxify and deodorize
- Nutrients and botanicals help with digestion
- Superfood Complex to aid pH balance and help stop cravings

\$32⁹⁹

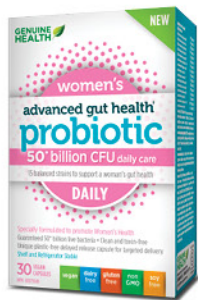


**GENUINE HEALTH
women's advanced gut health probiotic DAILY**

30 Capsules

- Specially formulated to support vaginal and immune health
- 15 balanced strains to support a woman's gut & vaginal health

\$36⁹⁹



**mykind Organics
VITAMIN B-12 ORGANIC SPRAY**

58ml

- Vitamin B-12 promotes concentration and energy while supporting metabolism and heart health
- 500mcg of Vitamin B-12 as Methylcobalamin per One Spray

\$11⁹⁹



**Garden of Life
RAW ORGANIC Fit**

427g - 461g

- Boosts energy and builds lean muscle mass (Can be used pre- or post-workout.)
- Satisfies hunger and helps you stay full longer with organic whole food fibre

\$39⁹⁹



**GENUINE HEALTH
organic gut superfoods+**

229g or 273g

- Made from 21 organic plant-based superfoods
- Plus an easy-to-tolerate source of prebiotic fibre

\$44⁹⁹



**Progressive
MultiVitamins Men or Women 50+**

120 Capsules

- Supports your bones, eyes, prostate & cardiovascular health
- Assists in the maintenance of more youthful testosterone & estrogen levels
- Strengthens immune function

\$32⁹⁹



**Natural Factors
Extra Strength
Tranquil Sleep**

60 Chewable Tablets

- Promotes restful, better quality of sleep
- Reduces the time it takes to fall asleep
- Supports a healthy sleep-wake cycle

\$37⁴⁹



**Natural Factors
Anti-Viral**

60 Softgels

- Helps shorten the duration and severity of colds and flu
- Effective relief for sore, irritated throats
- Antifungal and antibacterial properties

\$16⁹⁹



**Natural Factors
BioCgel Bonus**

210 Softgels

- Boosts immune function to shorten the duration of colds and flus
- Provides antioxidant protection to promote healthy aging

\$20⁹⁹



**Natural Factors
VEGETARIAN MacroGest**

60 Capsules

- Promotes healthy digestion of protein and fermentable carbohydrates
- Helps reduce gas, bloating, and abdominal discomfort after eating vegetables, beans, and whole grains

\$25⁹⁹



**Natural Factors
KETO PALEO MacroGest**

60 Capsules

- Supports the digestion of protein-rich and high-fat foods such as dairy, eggs, and meat
- Digestive aid to help decrease bloating after high-caloric, high-fat meals

\$20⁹⁹

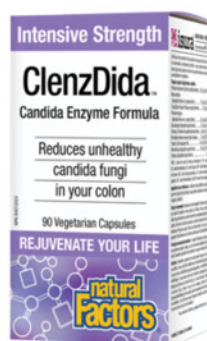


**Natural Factors
ClenzDida**

90 Capsules

- Promotes healthy digestion and optimal colon health
- Helps reduce unhealthy yeast such as Candida albicans
- Provides digestive enzymes to help break down food and support nutrient absorption

\$20⁴⁹



**Natural Factors
OsteoMove**

120 Tablets

- Offers fast relief for chronic pain
- Helps relieve joint pain associated with osteoarthritis, such as osteoarthritis of the knee

**SAVE
40%**



**Natural Factors
Women's Multi Probiotic**
120 Capsules

- Concentration per capsule at time of manufacturing: 18 billion active cells

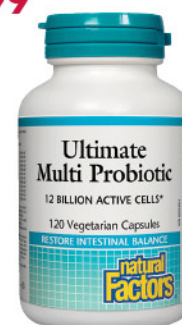
\$32⁹⁹

**Natural Factors
Ultimate Multi Probiotic**

120 Capsules

- Restores and maintains healthy, balanced intestinal flora
- Supports immune function
- Counteracts systemic and vaginal Candida albicans yeast overgrowth

\$31⁹⁹



**Natural Factors
Vitamin D3 1000 IU**

360 Softgels

- Aids in the development and maintenance of bones and teeth
- Helps reduce the risk of developing osteoporosis when combined with adequate calcium

\$11⁹⁹



prairienaturals
hair force

90 Capsules

\$28⁹⁹



180 Capsules

\$54⁹⁹

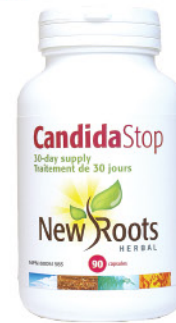


New Roots
CandidaStop

90 Capsules

- Cures you of Candida overgrowth
- Essential for restoring your body's natural balance
- 11 natural ingredients work to eradicate yeast infections

\$34⁹⁹



Natural Factors
GrapefruitSeed Extract

30ml

- Kills parasites
- Antifungal

\$8⁷⁹



prairienaturals
Organic turmeric fermented

150g

- World's most popular superfood spice
- Easy to use in drinks, soups & curries
- Wide array of health benefits

\$29⁹⁹



prairienaturals
citrus soother cold & flu

150g

- Therapeutic hot lemon, honey & ginger drink powder
- Fortified with elderberry, lemon balm & Echinacea
- Natural cold & flu prescription

\$23⁹⁹



prairienaturals
ocu force

60 Softgels

- Contains the most powerful eye nutrients known
- Revolutionary, super-antioxidant supplement
- Combines water & fat-soluble antioxidants

\$29⁹⁹



New Roots
Magnesium Citrate & L-TAURINE

180 Capsules

- Helps in tissue formation
- Helps to maintain proper muscular function

\$26⁹⁹

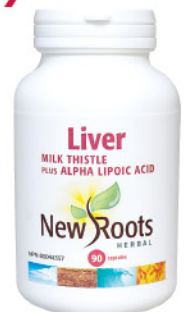


New Roots
Liver MILK THISTLE

90 Capsules

- Removes toxins beneath the connective tissue
- Helps you fight common liver-related ailments
- Perfect protection for smokers, alcohol drinkers, or those living/working in polluted areas

\$36³⁹



prairienaturals
shampoo or conditioner

500ml

\$12⁹⁹



ALL VARIETIES!

prairienaturals
LeanWhey

- All-natural whey protein powder for people of all ages & fitness levels

454g

\$20⁹⁹

908g

\$39⁹⁹



ALL VARIETIES!

LOTUS LINERS
Feminine Washable Liners

Ea.

BUY ONE GET ONE HALF PRICE



**SiSU
Supreme Multivitamin**

120 Capsules

- Daily multivitamin and mineral supplement

\$25⁹⁹

iron free

120 Capsules

\$25⁹⁹



**SiSU
Supreme Multi Expecting**

120 Capsules

- Ideal for more active women and those with higher nutrient requirements
- With higher dose of iron and maximum folic acid

\$25⁹⁹



**NutraSea
DHA 2x Concentrated**
60 Softgels

- 800 mg of DHA per 2 soft gels
- A source of omega-3 fatty acids beneficial for the maintenance of good health.

\$23⁹⁹



**SiSU
Ester-C 600 mg Bonus**

150 Capsules

- Enhanced bioavailability
- Improved absorption and retention up to 24 hours
- Non-acidic and gentle on the stomach

**SAVE
30%**



**BONUS
SIZE**

**SiSU
full spectrum curcumin**

60 Softgels

- 185x better bioavailability
- The most bioavailable curcumin in a water-soluble liquid extract
- Made with the latest micelle technology

\$49⁹⁹



**Nature's Way
Ashwagandha Standardized**

60 Capsules

- Traditionally used in Ayurveda: as a sleep aid, for memory enhancement, to balance aggravated Vata (nervine tonic, sedative), to relieve general debility, especially during convalescence or old age and as Rasayana (rejuvenating tonic)

\$22⁹⁹



**Nature's Way
Calcium & Magnesium Citrate 2:1 With K2**

500ml

- This liquid form is a convenient alternative to tablets or capsules to help support the maintenance of bones and teeth
- Available in Blueberry, Orange & Strawberry

\$18⁹⁹



**ALL
VARIETIES!**

**Nature's Way
Liquid Coconut Oil**

600ml

- Pure Oil
- From premium non-GMO coconuts
- Non-hydrogenated
- Hexane-free

\$19⁹⁹



**vega
maca chocolate bar**

40g

\$2²⁹



**vega one
ALL-IN-ONE SHAKE**

39g

\$2⁸⁹

10/39g box

\$27⁹⁹



**ALL
VARIETIES!**

**now
Ultra B-12 B-Complex Liquid**

118ml

\$15⁹⁹



**now
Niacinamide 500mg**

100 Capsules

\$9⁹⁹



**now
B-100**

100 Capsules

\$21⁹⁹



FLORA
Udo's Oil Omega 3•6•9
Blend
 500ml

- Each 30 mL serving of provides 13 grams of omega-3 and 6 grams of omega-6 fatty acids

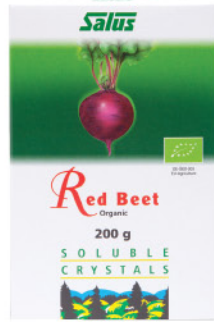
\$23⁴⁹



FLORA
Red Beet Crystals
 200g

- Each 200-gram jar contains the equivalent of 2.5 kg (15 cups) of organic beets

\$19⁹⁹



FLORA
Super 8 Plus Probiotic
 30 Capsules

- For adults aged 19-54
- Provides lives micro-organisms that form part of a natural healthy intestinal flora

\$20⁹⁹



FLORA
Daily Maintenance Enzymes
 120 Capsules

- Digestive Aid to help digest food
- Gluten-Free + Non-GMO + Vegan

\$18⁹⁹



LORNA VANDERHAEGHE
MENOsMART plus
 120 Capsules

- Reduces hot flashes
- Prevents night sweats
- Relieves irritability and nervousness
- Improves mood and concentration

\$29⁹⁹



JOY of the MOUNTAINS
Oil of Oregano

- Fights colds, flus, and numerous other infections
- Antibacterial, Antiviral, Antifungal and Antiparasitic

10ml 30ml

\$12⁹⁹ \$24⁹⁹



St. Francis
DEEP IMMUNE
 100ml

- Ideal all-around protective tonic
- Boost your body's natural defenses
- Prevent cold and flu symptoms

\$24⁹⁹



St. Francis
DEEP IMMUNE KIDS
 50ml

- Great tasting
- Effective formula for children
- Helps eliminate reoccurring colds

\$14⁹⁹



St. Francis
STOP IT COLD
THROAT SPRAY
 30ml

- Helps to relieve sore throat and other mouth and throat infections
- Ideal for dry, sore throats associated with colds, flu, or infections like tonsillitis

\$13⁹⁹



Nuvo Care
WEIGHT OFF MAX!
 45 Capsules

- Helps in the function of the thyroid gland
- Provides for healthy glucose metabolism
- Helps the body to metabolize carbohydrates and fats

\$24⁹⁹



STRAUSS
HEARTDROPS
 100ml

Original or Cinnamon

\$74⁹⁹



MegaFood
Blood Builder
 30 Tablets

- Naturally combats fatigue and improves energy levels

\$25⁵⁹



platinum naturals
Cold & Flu Oregano-8
 60 Capsules

\$38⁹⁹



platinum naturals
Vitamin D3 liquid drops
 15ml

\$15⁹⁹



ALL VARIETIES!

Georges
ALOE VERA Distilled
Liquid
946ml

\$13⁹⁹



HARVEST SUN
ORGANIC BOUILLON
CUBES
60g

\$2⁵⁹



ALL
VARIETIES!

Ecoideas
COCONUT OIL
445ml

\$7⁴⁹



CELESTIAL SEASONINGS
Zinger Teas
20 Tea Bags

\$2⁹⁹



SELECTED
VARIETIES!

THE GREEK GODS
GREEK STYLE YOGURT
500g

\$5²⁹



SELECTED
VARIETIES!

TERRA
real vegetable chips
170g

\$4³⁹



ALL
VARIETIES!

KIND
Bars
40g

\$1⁷⁹



ALL
VARIETIES!

Triple Jim's JUICE
BLACK Cherry JUICE
946ml

\$6⁹⁹



BREMNER'S
Premium Frozen
BLUEBERRIES
600g

\$7⁴⁹



Simply Organic
vanilla extract
59ml

\$11⁹⁹



Omega
Pumpkin Seed Oil
355ml

\$8⁴⁹



naked coconuts
soy free seasoning sauce
296ml

\$7²⁹



WHOLESOME
ORGANIC MOLASSES
662g

\$6⁶⁹



BRAGG
SALAD DRESSING
355ml

\$7⁶⁹



ALL
VARIETIES!

Nuts To You
Organic Pumpkin Seed
Butter
250g

\$5⁵⁹



Namaste
Perfect Flour Blend
1.36kg

\$10⁹⁹



GLUTEN FREE

Pamela's
GLUTEN-FREE COOKIES
150g

\$4⁵⁹



GLUTEN FREE

ALL
VARIETIES!

udi's
Gluten Free Bread
340g

\$5³⁹

Available in White, Whole Grain,
Cinnamon Raisin



GLUTEN FREE

ALL
VARIETIES!

LUNDBERG
RiceChips
170g

\$4⁵⁹



GLUTEN FREE

ALL
VARIETIES!

SO DELICIOUS
Coco Whip
266ml

\$4⁹⁹



DAIRY FREE

glutino
GLUTEN FREE CRACKERS
125g

\$4¹⁹



GLUTEN FREE

ALL
VARIETIES!

daiya
CHEEZY MAC
300g

\$4¹⁹



DAIRY FREE

GLUTEN FREE

ALL
VARIETIES!

daiya
cheezecake
400g

\$6²⁹



DAIRY FREE

GLUTEN FREE

ALL
VARIETIES!

Enjoy life
MORSELS dark
250g

\$5⁴⁹



GLUTEN FREE

Enjoy life
Mega Chunks
283g

\$5⁴⁹



DAIRY FREE

**VegiDay
ORGANIC TOMATO SAUCE**

473ml

\$5⁹⁹



**TRUE lime
Crystallized Lime**

32 Packets

\$3⁸⁹



**TRUE lemon
Crystallized Lemon Flavour**

32 Packets

\$3⁸⁹



**TRADITIONAL MEDICINALS
Green Tea Ginger, Lemongrass or Peppermint**

20 Tea Bags

\$4⁹⁹



**VegiDay
ORGANIC Coconut Oil**

1.5L

\$23⁹⁹



**pür
popcorn SEA SALT**

20g

**BUY ONE GET
ONE HALF
PRICE**



**ANDALOU NATURALS
Hyaluronic DMAE LIFT &
FIRM CREAM**

50ml

\$21⁹⁹



**KISS MY FACE
Active Life deodorant**

70g

\$5⁴⁹



**Nature's Aid
Moisturizer**

125ml

\$10⁹⁹



Facing Your Fears

Written By: Erin Yungblut

I have been chasing my dream in the sport of biathlon in the beautiful mountain town of Canmore, Alberta for six years now, and still can't believe my good fortune in calling this place home. There are certain things I associate with the Rockies, and miss deeply when I'm away: crisp fall mornings when the bright yellow larches glow vibrant against the peaks; frozen breath while skiing on a starry night through the sleeping forest; reveling in the view while inhaling Lara bars on a summit during a long ridge run.

Most of all, I associate the town itself with a strong sense of community, many bright characters, and a place where total mental and physical health are highly prioritized. I was lucky enough to work at the Canmore Nutter's part time for five years, and it was through the strong ties I made there that I really settled in to my new Western home. The team at the Canmore Nutter's embodies their passion for both eating well and taking care of this earth, and we walk the walk with our customers.

I fell in love with the sport of Biathlon – the combination of cross-country skiing and rifle marksmanship – because it was such a thrilling challenge. You need both extreme aerobic endurance and muscular strength to speed across the ski trail, and then the ability to completely switch your mindset and focus on delicate precision on the range. The polarity of it and that never-ending search for the “perfect” race are what still captivates me and motivate my tough training day in and day out. Elite athletes in Canada don't make much, and so I am blessed to have had fulfilling part-time jobs and personal sponsors along the way. Though balancing the hard training with work to make ends meet has never been easy, I wouldn't trade the experiences I've had for the world!

I race for Canada on the international circuit across Europe most of the winter, moving between venues and preparing

for races on the trails and ranges in places such as Germany, Italy, and Scandinavia. The spring is spent building up our volume of training: long hours on the road bike and single track running trails, shooting many bullets, and pushing to build muscle strength in the gym. In the summer we head high to the glacier for skiing and spend many hours on the roller-skis and range to build our abilities. In the fall we fine-tune the hard work and do endless interval repeats to prepare for the all-out efforts that Biathlon racing requires.

As you can imagine, it's a lot of long hours and grueling work, but there's always something to work on in this sport! The extreme volume of training we do compared to other sports requires an even larger focus on recovery - as endurance athletes in a sport that's lower-impact on the body, we can handle a rather rigorous schedule! Sleeping lots, reducing inflammation, taking a mental break, and eating well are all a vital part of what I do. Products such as Nature's Aid Skin Gel, Japanese Mint oil, and Arnica cream keep my body in check...while Hammer gels, Vega protein, Giddy Yoyo chocolate, Rise kombucha, beet crystals, and matcha powder are an integral part of my fueling routine. I also am careful to include Nutrasea fish oil, Natural Factors Probiotics, Purica Immune 7, and a New Chapter Multi to help cover my nutritional bases.

I am so grateful to sport for sparking a passion that has helped me build resiliency and grit. I've done some epic things in my journey and seen some incredible places... But the things I've learned along the way and people I've met have been the true joys. I hope this September, as you kick off the start to a new school year, you're able to prioritize health, hard work, and fun with your family, yes...but I also hope you're able to step back from the hustle and bustle and let yourself recover, too. To be at your best I've learned you need to balance the stress with equal rest - that's what will lead to growth in whatever you may be pursuing...and allow you to really fall in love with the journey. As the Costa Ricans say, Pura Vida- live the pure life; the simple life.



**Gluten-Free
White Rice Flour**

1kg

\$4⁹⁹



**Gluten-Free
Brown Rice Flour**

1kg

\$5⁸⁹



White Sugar

All Sizes

**SAVE
25%**



Icing Sugar

All Sizes

**SAVE
25%**



**Dark or Light
Cocoa Powder**

All Sizes

**SAVE
25%**



Baking Powder

All Sizes

**SAVE
25%**



Best Brown Sugar

All Sizes

**SAVE
25%**



Ground Almond Flour

500g

\$10⁹⁹



**Gluten-Free
All Purpose Flour**

1kg

\$7⁸⁹



All Purpose Flour

1kg

\$1⁶⁹



**October's
Brownies For
Your Buds**

EPIC GLUTEN-FREE BROWNIE RECIPE

INGREDIENTS

- | | | |
|--|-------------------------|--|
| 2 oz. semisweet chocolate | 1 tbsp. vanilla extract | 4 oz. semisweet chocolate,
for sprinkling |
| 1/2 cup coconut oil, measured solid | 1/2 cup almond flour | |
| 1/2 cup honey | 3/4 cup cocoa | |
| 1/3 cup coconut sugar (or brown sugar) | 1/4 tsp. salt | |
| 3 eggs | 1/4 tsp. baking soda | |

Directions

- Preheat oven to 350 F. Line an 8x8 baking pan with parchment paper.
- Chop the chocolate and melt it with the coconut oil in the microwave or on a double boiler. Cool slightly.
- Mix the rest of the ingredients with the melted chocolate mixture in a machine or by hand.
- Spread batter into prepared pan evenly. Chop up the semisweet chocolate and sprinkle it on top of the batter.
- Bake 20-25 minutes, or until a toothpick inserted comes out with moist crumbs. Cool, then slice.

SUPER DELICIOUS BROWNIE RECIPE

BROWNIE INGREDIENTS

- | | |
|------------------------|---------------------------|
| 1/2 cup butter | 1/2 cup all-purpose flour |
| 1 cup white sugar | 1/4 tsp. salt |
| 2 eggs | 1/4 tsp. baking powder |
| 1 tsp. vanilla extract | |
| 1/3 cup cocoa powder | |

FROSTING INGREDIENTS

- | |
|--------------------------|
| 3 tbsp. butter, softened |
| 3 tbsp. cocoa powder |
| 1 tbsp. honey |
| 1 tsp. vanilla extract |
| 1 cup icing sugar |

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8-inch square pan.
- In a large saucepan, melt 1/2 cup butter. Remove from heat, and stir in sugar, eggs, and 1 teaspoon vanilla. Beat in 1/3 cup cocoa, 1/2 cup flour, salt, and baking powder. Spread batter into prepared pan.
- Bake in preheated oven for 25 to 30 minutes. Do not overcook.
- To Make Frosting: Combine 3 tablespoons softened butter, 3 tablespoons cocoa, honey, 1 teaspoon vanilla extract, and 1 cup confectioners' sugar. Stir until smooth. Frost brownies while they are still warm.

**Nutters Low Sodium
Chicken Soup Base**
100g

\$1.19



**Nutters Low Sodium
Beef Soup Base**
100g

\$1.19



Organic Coconut Flour
1kg

\$4.79



**Schmidt Organic Whole
Wheat Flour**
1kg

\$2.39



Acini De Pepe
100g

69¢



**Raw Organic Pumpkin
Seeds**
100g

79¢



**Organic Sunflower Seeds
Raw Hulled**
100g

49¢



Whole Natural Almonds
100g

\$1.59



**Blanched Almonds Sliced,
Slivered or Whole**
100g

\$1.79



Orzo Pasta
100g

69¢



Walnut Halves and Pieces
100g

\$1.59



Pecans Junior Mammoth
100g

\$2.99



Pecan Pieces
100g

\$2.99



Ginger Slices
100g

99¢



Organic Cane Sugar
500g

\$2.29



Dark Thompson Raisins
455g

\$3.79



Golden Raisins
455g

\$3.99



Sultana Raisins
1kg

\$5.49



Pitted Cooking Dates
500g

\$2.49



Pitted Prunes
375g 750g

\$3.99 \$7.49



Foley's
Chocolate & Confections
Milk Chocolate Almonds
100g

\$1.39



Foley's
Chocolate & Confections
Dark Chocolate Chips
100g

99¢



Foley's
Chocolate & Confections
**Dark or Milk Dipping
Chocolate**
100g

79¢



Foley's
Chocolate & Confections
White Dipping Chocolate
100g

89¢



Baking Soda
500g

\$1.39





HEALTHY SAVINGS!

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- Lloydminster**
3106-50 Ave • 780.875.4617
- Medicine Hat**
#107, 1601 Dunmore Rd SE • 403.529.1664
- Okotoks**
900 Village Lane • 403.938.1740
- Red Deer**
20A, 5250-22 St • 403.347.4211
- Rocky Mountain House**
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- Cranbrook**
1107 Baker St • 250.426.5519

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- Estevan**
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DISCOUNTS NOTED ARE OFF THE REGULAR PRICE

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