



30 Rebecca Street, Stratford | 519 271 0388 | **June 2017 Issue**

In-Store SPECIALS June 18th - July 5th

While Quantities Last



Bulk Tri-Coloured Quinoa

DISCOUNT 20% OFF

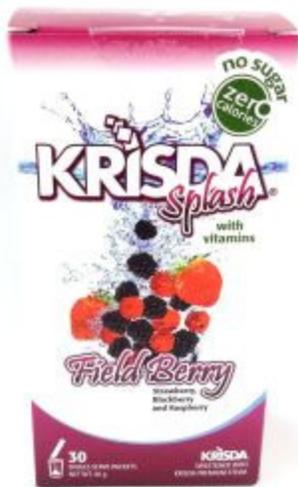
We eat with our eyes first, so feast on quinoa's spectrum of colour. Tri-colour quinoa is a blend of white, red & black quinoa that is as nutritious as it is beautiful. 100% whole grain, quinoa brings iron, fiber, and complete protein to the table.

Guru Energy Drink 355ml

DISCOUNT 25% OFF

Panax Ginseng has been used to increase energy and stamina since ancient times! The herb's main active ingredients (ginsenosides), control hormone activity and regulate nerves. They also increase metabolism, influence blood pressure and insulin production. This basically means that you experience improved alertness, memory and cerebral activities - how cool is that?

Not only that, but Panax ginseng has been found to improve cognitive performance during extended periods of mental activity (think, a long exam or presentation). You are also less likely to feel fatigued while taking a test if you consume some beforehand. It also enhances memory - is there anything this super herb can't do? Pre-test drink anyone?



Krisda Splash

DISCOUNT 20% OFF

At work or on-the-go, quench your thirst with Krisda Splash Water Enhancer packets made with real fruit extract. Krisda Splash Water Enhancer is portable and tasty without sugar or artificial sweeteners. Available in two great flavours (Field Berry & Superfood), let Krisda Splash Water Enhancer bring your water to life naturally!

Simply add one easy-open packet to a glass or bottle of water and enjoy a refreshing, thirst-quenching treat! It takes the boring out of water!

Silver Hills Burger Buns

DISCOUNT 15% OFF

There's nothing we love more than getting together with family and friends & these delicious hamburger buns are always the life of the party.

Why Choose Sprouted Grains?

They are storehouses of good taste and good health. Sprouting is nature's way of unlocking valuable nutrients, making them readily available and easily digested. Whole grains are seeds, tightly packed with vitamins, minerals, and other valuable nutrients. Sprouting makes nutrients easier for our bodies to absorb while retaining all their nutrition and fibre.



SALE INCLUDES: Wholegrain plain & w/sesame seeds



Nature's Path Sunrise Breakfast Bars

DISCOUNT 20% OFF

Organic whole grain oats, tangy blueberries, & the superseed benefits of chia make for a nourishing & delicious on-th-go snack.

SALE INCLUDES: Blueberry Chia, Chocolate Coconut Hemp & Honey Chia

Each box contains 8 packages of 2 biscuits - excellent for kid's lunches.

Nature's Path Superfood Bars

DISCOUNT 20% OFF

Dark Chocolate Cranberry Almond

Dark chocolate chunks, crunchy roasted almonds, and whole dried cranberries for a truly tasty super snack.



Blueberry Cashew

Whole dried blueberries, crunchy roasted cashews and creamy cashew butter, not to mention nutty pumpkin seeds for a truly tasty super snack.



Dark Chocolate Peanut

Dark chocolate chunks, roasted peanuts, with creamy peanut butter for a truly tasty super snack.



Nuts to You Cashew Butter 500g

DISCOUNT 20% OFF



This great tasting, smooth, cashew butter is a great alternative to traditional peanut butter (made from dry roasted cashews and sunflower oil). Started in 1989, Nuts to You is the original Canadian full-range nut butter manufacturer, making both organic and conventional nut & seed butters. The nuts & seeds used in their butters are dry roasted or raw, and do not contain added salt, sugar or saturated oils. Nuts to You nut butters are kosher, Non-GMO and dairy, soy, wheat and gluten free.

Daiya Cheezy Mac

DISCOUNT 25% OFF

Now it's even easier to enjoy your favourite comfort foods. Their delicious Cheezy Mac comes in two incredible flavours your whole family will love. It's made with a velvety cheeze sauce (in a convenient squeeze pouch, not powder) and hearty whole grains. And just like that, dinner is served.



La Preferida Organic Jalapeno Slices

NEW - DISCOUNT 15% OFF

La Preferida brings you "Sabores Naturales do la Tierra", meaning Natural Flavours from the Earth. Using only the finest natural and organic ingredients, taste the great natural goodness!

Enjoy the great flavour of jalapenos without the heat with these nacho sliced jalapenos from La Preferida. Made from organic peppers imported from Mexico, their jalapenos are marinated in sesame oil and spices providing great flavour without the vinegar taste.



Que Pasa O'Canada Chips

DISCOUNT - 15% OFF

With Canada Day coming up, here is a bright and colourful salsa recipe that would be awesome paired with the Que Pasa O'Canada Tortilla chips.

This easy salsa recipe can be made in a hurry so if you ever have unexpected guests, you can make this fresh easy salsa and serve it with Que Pasa chips and you will have a beautiful appetizer that is sure to please.

Easy Salsa Recipe

- 1 cup organic corn kernels
- 1 cup organic black beans
- 1/2 cup finely chopped organic red pepper
- 1/4 cup finely chopped organic red onion
- 1/4 cup chopped organic cilantro
- 2 tbsp organic lime juice
- Jalapeno Nacho Slices (optional)
- 1/2 tsp organic cumin



1/2 tsp Himalayan salt
1/2 tsp fresh ground pepper

Toss all the ingredients together and enjoy.



Renew Life Enzymes

DISCOUNT - 20% OFF

Most Canadians suffer from some sort of digestive complaint such as upset stomach, bloating, gas, or heartburn. Taking digestive enzymes with your meals can provide fast and safe relief for a range of digestive disorders. Renew Life digestive enzyme formulas use plant-derived enzymes for maximum effectiveness over a broader pH range in the body. Each formula contains powerful enzymes chosen for their ability to break down a wide variety of foods; including protein, carbohydrates, fats, sugars and dairy. Whether you have issues with certain foods or trouble digesting all foods, Renew Life has a digestive enzyme formula that is perfect for you!

Kiss my Face Moisture Shave

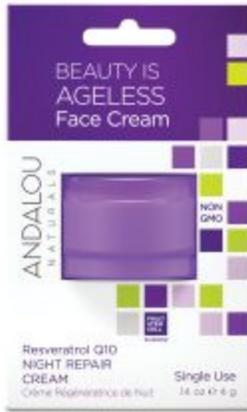
DISCOUNT - 20% OFF

This 4-in-1 Fragrance Free Shaving Cream is second to none with its natural ingredients that help to soothe, moisturize, and provide a smooth, close shave for those with sensitive skin. First, Vitamin E and oils soften your skin. Second, this cream formula provides a smooth, close shave. Next, Golden Seal, Lemongrass and Aloe help to soothe. Last, Olive and Coconut Oils moisture. All you need for a comfy shave.

This Fragrance Free formula is great for a close shave, and sensitive skin. Lather with wet hands - apply, shave & rinse.

Nourish with the botanical blends in Kiss My Face 4-in-1 shave creams!





Andalou Face Cream Pods

DISCOUNT - 20% OFF

Ageless (photo left)

Beautiful skin can be yours wherever you go! Fruit stem cell complex and resveratrol CoQ10 uplift, tone & texture overnight for velvety soft skin and a rejuvenated complexion.

SALE INCLUDES: Perfecting, Renewal, & Sensitive Face creams

Cleansing Facial Swipes - 12ct

DISCOUNT - 20% OFF

Saturated with micellar cleansing water for instant refreshment, these soft towelettes from Andalou Naturals, gently remove make-up and impurities with one swipe. Not harsh rubbing, drying or irritating chemicals, just clean and refreshed skin without rinsing. **NATURAL FIBER TOWELETTES:** silky soft, non-woven, pure cellulose fiber. Eco-Friendly, Verified Non-GMO, Biodegradable, & Compostable.

SALE INCLUDES: Micellar & Anti-Aging



Andalou Fiber Sheet Masks

DISCOUNT - 20% OFF

Instant Brighten & Tighten Facial Mask

Fruit Stem Cell Science, Tamarind, and Vitamin C instantly begin to lighten, tighten, and brighten by targeting UV sun damage & activating collagen & elastin for a smooth, luminous complexion.

Instant Lift & Firm Hydro Serum Facial Mask

Age Defying Hydro Serum enriched with fruit stem cell complex and resveratrol Q10 instantly hydrates and replenishes, soothing and plumping for a more lifted, firmer appearance and a visibly smooth, rejuvenated complexion.

Every Man Jack Products

DISCOUNT - 20% OFF

Every Man Jack makes a complete line of simple and affordable men's grooming products. Their products give you exceptional performance using many naturally derived ingredients. No parabens, no phthalates, no dyes, no sodium lauryl sulfate, and never tested on animals.



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To **UNSUBSCRIBE**, please [click here](#).