



POWER DAYS Tuesday November 2nd & Wednesday November 3rd



COMPLETE 360
Micronized Mushrooms

A synergistic blend of Ashwagandha and eight medicinal mushrooms to support immunity, strengthen the body's response to stress and optimize health.

The ingredients in Complete 360 can:

- Reduce your stress level and help you relax
- Prevent/reduce adrenal fatigue
- Increase energy and youthful vibrancy
- Help your body's defence against germs
- Increase libido
- Help you sleep better
- Improve your memory and brainpower
- Help your body fight free radical action

Provides 360 degrees of complete immunity support
360 degrees of optimal health



prairienaturals® Prost Force

Synergistic blend of vitamins, minerals & phytonutrients.

- Contains Saw Palmetto & other potent plant extracts
- Promotes healthy prostate function
- Doctor-researched & formulated
- Relieves urinary tract discomfort
- Protects & nourishes prostate
- Reduces swelling & pain
- For men of all ages
- Gluten-free



Nutri PROBIOTIC

Contributes to a Natural Healthy Gastro-Intestinal flora & Immunity

- 45 Billion
- 250 mg of L-Glutamine to remedy leaky gut
- Supports digestive health
- Fights irritable bowel syndrome
- Aids in weight management
- Supports the immune system
- Shelf Stable



60 DR Veggie Caps



THIEVES OIL

• Clears phlegm and congested airways.

- Increases immunity to pathogens.
- Relieves inflammation due to topical infections.
- Eliminates airborne pathogens and foul odors.
- Effective fungicide.
- Deters mites, lice, worms and fleas.
- Apply to sore tooth to numb pain and remediate infection.
- Aids in the prevention and elimination of oral fungal infections



30 ml



10 % off Selected Flours

This Coupon Expires November 30th 2021



CALIFIA ALMOND BEVERAGE



- BARISTA BLEND
- COLD BREW PUMPKIN SPICE LATTE COFFEE 'ready to drink'

ALMOND MILK CREAMER



- PUMPKIN SPICE
- PEPPERMINT MOCHA



Dairy Free
Gluten Free
Vegan
Carrageenan Free



Holiday Baking Season..... Just around the corner



Stock up while supplies last!

- Nutter's Special Fruit Mix
- Mincemeat
- Glazed Red and Green Cherries
- Maraschino Cherries
- Melting Wafers

Traditional and Specialty Flours

- Whole Wheat, All Purpose, Buckwheat, Spelt.
- **Gluten Free**
- Almond, White & Brown rice, Chickpea, Garfava ,Coconut
- Aluminum free Baking Powder

Keto SKREAM



No Added Sugar
1 – 2 g Net Carbs
18% Butter Fat
Made in Canada
Delicious!!



Protein Power Balls

- 1 c Nut Butter
- ¼ c Coconut oil
- ¼ c Chia seeds
- ¼ c Hemp seeds
- 2 Tbs Unpasteurized honey
- ¼ c Cacao nibs
- 1 c Mixed dried fruit (dates, cranberries etc..)
- 2 c Oats
- 2 Scoops Protein powder



Use a food processor to combine all of the ingredients. Pulse until well blended. The consistency should be soft with lots of texture. Roll 1-inch balls. Store in fridge or freezer.

BETTER -WITH- Ice Cream

- Full-fat cream is the foundation of our Old-World recipe and why we have the lowest possible sugar
- Only simple ingredients.
- No preservatives. And no fillers.

500ml



\$1.00 off

Keto Skream or Better – With- ice cream treats

This coupon expires November 30th 2021

Don't Forget:
Christmas Trays arriving
Mid -November
Shop Early.....

