



Nature's EMPORIUM | Your Neighbourhood Health Food Market™

Let Us Join You On The Road to Good Health!

"Explore fresh natural & organic foods, organic produce, vitamins & supplements, whole body care, gluten-free, grocery, sustainable meat & seafood and more!"



Proudly Local & Family Run!



Newmarket: 16655 Yonge Street, Newmarket, ON L3X 1V6 • 905.898.1844
Vaughan: 2535 Major Mackenzie Dr. W, Vaughan, ON L6A 1C6 • 905.553.5527

visit us online at naturesemporium.com

ORGANICS CHICKEN BROTH

Fat Free
Reduced Sodium

900 ml

99¢



NATURE'S PATH WAFFLES
Organic
Gluten Free & Wheat Free
Assorted Varieties
210 g
3/\$9.99

NATURE'S PATH ORGANIC GRANOLA
Whole Grain • Non GMO
Selected Varieties
325 g
3/\$9.99

iÖGO YOGURT
0% M.F. No aspartame with stevia & cane sugar, gelatin free, no artificial flavours or colours, fat free
Assorted Varieties
16 x 100 g
\$4.99

NATURE'S FARM SMART EGG
Omega-3 Organic
Canada A Large Size Eggs
Dozen
\$4.99

GREEN & BLACK'S ORGANIC CHOCOLATE BARS
Assorted Varieties
100 g
3/\$9.99

BEANITO'S THE ORIGINAL BEAN CHIP
Very High Fibre
Assorted Varieties • 170 g
\$2.99

BUDDHA BOWL COCOLOICIOUS ORGANIC POPCORN
Coconut Oil + Popcorn + Himalayan Pink Salt
Non GMO
142 g
\$2.99

ENJOY LIFE CHOCOLATE
• Mega Chunks • Mini Chips
• Dark • Mini • Mega Chunks
Free of milk, peanuts, tree nut & also gluten free.
Assorted Varieties • 283 g
\$3.99

DUTCHMAN'S GOLD RAW HONEY
Has not been reheated or re-filtered.
Non-Pasteurized
Canada No. 1 White
1 kg Jar
\$11.99

STICKLING'S ORGANIC HOT CROSS BUNS
No Sugar Added
6 Buns • 480 g
\$3.99

KII NATURALS ARTISAN CRACKERS
Authentic ingredients. Zero Trans Fat • No Cholesterol • No Preservatives
Select Varieties • 150 g
\$4.99

YVES VEGGIE CUISINE ORGANIC SWEET PEAS
398 ml
3/\$5

CERES 100% JUICE
No Sugar Added
Assorted Varieties
1 L
2/\$5

FROM THE ISLANDS OF FIJI FIJI WATER
Natural Spring Water
Large • 1.5 L
\$2.99

ORGANIC VALUE ORGANIC PASTA SAUCE
Assorted Varieties
700 ml
2/\$5

FELICETTI PASTA ORGANIC SPELT • KAMUT
Assorted Cuts • 454 g
\$2.99
Felicetti Organic Tomato Sauce Assorted Varieties • 477/488 ml **15% OFF**

NATUR-A SOY BEVERAGE
Organic • Fortified
Refrigerated
Assorted Varieties • 1.89 L
\$2.49

EMILE NOËL ORGANIC EXTRA VIRGIN OLIVE OIL
Large • 1 L
\$9.99

ATTITUDE FRUIT VEGETABLE WASH
Free of Carcinogen Ingredients
Vegan
Made in Canada
800 ml
2/\$5
Attitude Diapers Assorted Sizes **\$9.99**

VITA COCO 100% PURE COCONUT WATER
Hydrate Naturally
1 L
\$2.99

SISU WHEY PROTEIN
Cold Pressed Isolate
High BCAA • All Natural
Protein helps build & repair muscle tissues
Assorted Varieties • 1 kg
\$34.99

SISU COQ10 100 MG
Helps support & maintain cardiovascular health.
BONUS SIZE
150 Caps
\$19.99

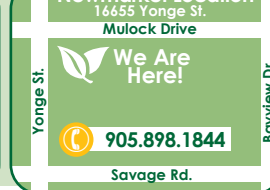
NATURAL FACTORS CHEWABLE VITAMIN C
100% Natural Flavour & Sweeteners.
Great for the whole family
Increased antioxidant potency
Assorted Varieties
90s • 500 mg
\$6.99

FRESH FACE BY LIVE CLEAN
Luxurious, eco-friendly skin care that promises performance with superior natural, gentle ingredients.
Selected Varieties
15/175 ml
20% OFF

WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO NORMAL FAMILY REQUIREMENTS. ILLUSTRATIONS AND PHOTOGRAPHS MAY NOT NECESSARILY REPRESENT ITEMS ON SALE. SORRY NO RAINCHECKS!

Discover Our Stores On A **FREE** Store Tour!

Come Explore a World of Wellness!
From fresh natural and organic foods served in our bistro, juice bar & café to the worlds best vitamins, supplements, herbs and homeopathy shared by our team of on-staff holistic nutritionists, we offer everything you need to eat well and live better!
naturesemporium.com/store-tour



Sale Dates:
Friday, Mar. 27 - Sunday, Apr. 26
Closed Good Friday Apr. 3 & Easter Sunday Apr. 5
Store Hours
Mon-Fri 8:30-9:30
Sat-Sun 8:30-7:30



visit us online at naturesemporium.com



FARMER'S MARKET ORGANIC PUMPKIN PURÉE
Fancy Grade
BPA Free Can
Non-GMO

398 ml

\$2.99



FOURMI BIONIQUE GOURMET GRANOLA CEREAL BLEND

Assorted Varieties
300 g

\$4.99



NATURE'S PATH PURE OATS HOT OATMEAL

Assorted Varieties
8 Packets

\$4.99



IPANEMA VALLEY BROWNIES
100 Million Fruit Cells
Compressed Together
Zero Sugar Added

Banana • Guava
• Pineapple • Fig
120/150 g

2/\$5



CARR'S TABLE WATER CRACKERS

125 g

2/\$5



CROFTER'S BERRY HARVEST SPREAD
Organic

Family Size
383 ml

\$3.99



NUTS TO YOU ORGANIC PUMPKIN SEED BUTTER

250 g

\$4.99



EDEN PASTA
Durum
60/100% Whole Grain
Organic
Sobaya

227/453 g

20% OFF



ANGIE'S KETTLE CORN POPCORN
Gluten Free • Vegan
• No Trans Fat
No High Fructose Corn Syrup

128/198 g

\$3.49



CAMINO CHOCOLATE BARS
Organic • Fair Trade

Assorted Varieties
100 g

\$3.99



MEDITERRANEAN GARDEN ALL NATURAL PASTA SAUCE

Selected Varieties
730 ml

\$3.99



ANCIENT HARVEST QUINOA PASTA
Organic • Gluten Free

Assorted Varieties
185/340 g

25% OFF



ENER-G-FOODS BREAD
Gluten Free • Wheat Free
Dairy Free • Kosher

Assorted Varieties
170/588 g

10% OFF



FLAPJACKED PROTEIN PANCAKE MIX
Just Add Water

Assorted Varieties
340 g

\$9.99



NEW!

EARTH'S OWN ALMOND CASHEW
Fresh
Made With Real Cashews

Assorted Varieties
1.89 L

\$3.99



WHOLESOY & CO. SOY YOGURT
Vegan • Non-GMO

Assorted Varieties
Refrigerated
170/680 g

15% OFF



HELEN'S KITCHEN BURRITO
Made with Organic Ingredients

Frozen
Assorted Varieties
170 g

\$2.99



L'ANCÊTRE ORGANIC CHEESE
• EMMENTAL SWISS
FRUGAL
• MARBLE
• MOZZARELLA

Selected Varieties
200 g

10% OFF



BREMNER'S ORGANIC CHUNKS

Selected Varieties
Frozen • 300 g

\$4.99



GEORGIAN BAY GBGC GRANOLA
Oven baked with organic ingredients.
• No Salt
• No Refined Sugar
• No Preservatives

Assorted Varieties
400 g

\$8.99



HAPPY PLANET ORGANIC COLD PRESSED JUICE

Assorted Varieties
Refrigerated
354 ml

10% OFF



GOOD KARMA FLAX DELIGHT
Fortified Flax Beverage
Lactose Free • Gluten Free
• Soy Free

Refrigerated
Assorted Varieties
1.89 L

\$3.99



ANTI+ SUPERFRUIT COLD PRESSED JUICE

Refrigerated
Assorted Varieties
2 x 125 ml

\$4.99



UDI'S GLUTEN FREE FROZEN PIZZA

Assorted Varieties
264/284 g

20% OFF



SO DELICIOUS COCONUT MILK YOGOURT
Non GMO

Assorted Varieties
454 g

\$4.99



SILVER HILLS SPROUTED ANCIENT GRAIN WHOLE GRAIN BURGER BUNS
Organic • Non GMO

8 Buns
Plain • Sesame

\$3.99



PROMISE BREAD
Gluten Free
High Fibre • Dairy Free
• Soy Free
Bread • Muffins • Rolls
• Pancakes

Assorted Varieties
170/400 g

15% OFF



GLUTEN FREEDA'S BURRITOS • PIZZA WRAPS
Gluten Free

Assorted Varieties
113/128 g

\$2.99



COOKIN' GREENS ORGANIC CHOPPED KALE • SPINACH
Kale, Corn & Peas
Kale, Squash & Quinoa
Pre-washed, Flash Frozen
Heat & Serve • GMO Free
• Gluten Free

300/350 g

\$3.99



WILD OCEAN COHO SALMON • ALBACORE TUNA • PACIFIC SABLEFISH • PACIFIC HALIBUT
Sustainable • Fair Trade

Frozen • 227 g

10% OFF



SCREAMIN BROTHERS DAIRY FREE FROZEN TREAT
Free of Gluten, Wheat, Milk,
Tree Nuts, Peanuts, Eggs,
Sulphites
Made with Coconut Milk

Assorted Flavors • 473 ml

\$7.99



ONE DEGREE ORGANIC "VEGANIC"
• SEEDS • BEANS
• SPROUTED FLOUR & GRAINS
• SPROUTED BREAD
Crops are grown without animal byproducts. Their grains, seeds & legumes can be tracked all the way back to the field where they were grown.

Assorted Varieties
454 g/1.81 kg

15% OFF



TOFURKY ROAST ONLY
Vegetarian

Product of USA
737 g

\$9.99



STIRLING CREAMERY BUTTER
European • All Natural
Barrel Churned

Salted • Unsalted
250 g

\$5.99



DAIYA CREAM CHEESE • SLICES
Dairy Free • Lactose Free
Casein Free • Soy Free

Assorted Varieties
220/227 g

\$4.99



STONEMILL BAKEHOUSE SOURDOUGH BREAD
European
• Nothing Artificial

Assorted Varieties
550 g

\$2.99



BACH RESCUE REMEDY
 Combines five different Bach flower remedies that can be used to help you cope with stressful situations such as going to the dentist, interview or writing exams. It can also help you in times of trauma or crisis.

20 ml Spray/Drops

15% OFF



HOMEOCAN KIDS 0-9 HOMEOPATHIC MEDICINE SYRUPS
 Calm • Cough & Cold • Throat Ease

100/250 ml

15% OFF



ROOT ALIVE ORGANIC TURMERIC POWDER
 Natural source of antioxidant & anti-inflammatory

200 g

\$7.99



FRONTIER ORGANIC CINNAMON POWDER
 Certified Organic Fair Trade

30 g

\$2.99



ABSORB SCIENCE BIO-FIT
 (Formerly known as Bio-liposuction)
 • Speed up metabolism
 • Remove Toxins
 • Improve Digestion
 • Reduce Cellulite

120 V Caps

\$36.99



ABSORB SCIENCE PAIN 45+
 Natural pain relief & anti-inflammatory for acute & chronic pain.

30 V Caps

\$18.99



BARLEAN'S ORGANIC CHIA SEED
 100% Organic • Kosher, Non-GMO Chia Seeds are a whole, vegetarian superfood naturally rich in Omega-3 essential fatty acids, dietary fiber, protein and amino acids. Supports healthy digestion with 5 grams of fiber per serving.

340 g

\$12.99



ASPEN CLEAN ALL NATURAL HOUSEHOLD SPRAY CLEANERS
 100% natural Eco-Cert • Biodegradable 100% Vegan

Manufactured in Canada Assorted Varieties 650 ml

\$5.99



ANDALOU HAIR CARE PRODUCTS
 Fruit Stem Cell Science, Improves Follicle Longevity and Vitality for Healthy Hair from Root to Tip

Assorted Varieties 200/340 ml

\$8.49

THINNING HAIR SYSTEM 10% OFF



ORGANYC FEMININE HYGIENE PRODUCTS
 100% Organic Cotton

Assorted Types

25% OFF



DR. MILLER'S WHOLY TEA THE TOTAL BODY DETOX
 For Fast Weight Loss & Cleansing

8 Tea Bags 30 Day Cleanse

\$24.99



WHAT A DEAL!
 \$3.00 OFF! Plus Free Canes!
 \$3.00 OFF 2.5kg Bags Of Natural UltraMix Or Organix Dog Food!! All Varieties!!
 \$3.00 OFF 1.81kg Bags Of Organic Cat Food!! All Varieties!!
 PLUS! Get One Free Can of Dog Food OR Two Free Cans Of Cat Food With One-Bag Coupon!!

UltraMix ORGANIX



ANNE MARIE BORLIND LL REGENERATION SKIN CARE
 Effective & Natural Ingredients. Make skin look younger, more beautiful & more radiant.

Selected Varieties 30/150 ml

20% OFF



GABRIEL NAIL COLOUR
 No Synthetic Chemicals Vegan & Cruelty Free

14 ml

\$10.49



ZUZU COSMETICS
 Clean all natural ingredients with exotic essential oils.

Selected Types 1 - 9 g

20% OFF



MARCHÉ ORGANICS MACA POWDER
 Organic raw gelatinized Maca Powder. Excellent source of fiber & iron.

150 g

\$12.99



NUTRIPUR BAMBOUSIL
 Hair • Skin • Nails Repairs & Strengthens

60's

\$24.99



NUTRIPUR FLUXOBILE
 Traditional herbal medicine that stimulates the biliary functions. Black radish, artichoke, boldo, dandelion

10 x 10 ml

\$23.99



PASCOE WHOLE BODY CLEANSE
 5 Weeks Treatment to Support

\$79.99



ERBA VITA HERBAL DIETARY SUPPLEMENTS
 Meno-Guide
 • Digest
 • Acid Relief
 • No Stress
 • Sleep

Assorted Varieties

20% OFF



SKIN ESSENCE ORGANICS TRULY ORGANIC SKIN CARE
 Derived Solely From Nature's Extracts, Essential Oils & Minerals. No additives, parabens, chemicals or water - just the good stuff!

Made in Canada & Vegan Friendly Products 10/120 ml

25% OFF



AUBREY ALL NATURAL, SAFE & EFFECTIVE SKIN CARE

Selected Types 10/100 ml

25% OFF



ALEVA NATURALS HEALTHY SKINCARE, NATURALLY.
 For Maternity & Baby

Selected Varieties 50/240 ml

20% OFF



YUMMI BEARS
 Sugar Free 16 essential vitamins & minerals for a child's healthy growth & development.
 • Organic • Sugar Free • Vegetarian

60's

20% OFF



KOSMEA SKIN CLINIC
 Healing beauty with organic ingredients: Rose Hip, Everlasting (Immortelle), Calendula Oil. Promotes Healthy Looking Skin. Preventing Moisture Loss. Helps soothe & relieve dry & itchy skin. Reduces the appearance of red or irritated skin.

Selected Varieties 10/150 ml

20% OFF



WELEDA BODY CARE CERTIFIED NATURAL SKIN CARE
 "In Harmony with Nature & the Human Being"

Selected Varieties 100/200 ml

20% OFF



GREEN BEAVER BOREAL BODY LOTION
 With Soothing Labrador Tea Enriched with Shea Butter

Canadian Eco-Cert 240 ml

\$10.49



SIBU SKIN CARE
 From nature's most nourishing berry, Seabuckthorn. Essential fatty acids, antioxidants, Vitamins A, B, C, D & E

Selected Types 10/750 ml

25% OFF



KAIZEN NATURAL WHEY
 New Zealand Protein Gluten Free Sweetened with Organic Stevia

Selected Varieties 908 g

\$29.99



MYCHELLE DERMACEUTICALS SKIN CARE
 • Effective, natural anti-aging skin care
 • Innovative ingredients; plant stem cells, polypeptides, vitamins & amino acids
 • Highest concentration of nutrients feeds & supports your skin
 • Healthy, radiant glowing skin

Assorted Varieties 15/68 ml

20% OFF



NORTH AMERICAN HEMP CO. SHAMPOO OR CONDITIONER
 Cruelty Free & Vegan Made with certified organic hemp.

Selected Varieties 342 ml

2/\$14



JASON BODY WASH
 Natural Pioneer Since 1959. No parabens, sodium lauryl sulfates, phthalates or petroleum.

Assorted Varieties 887 ml

\$7.99



ONE WITH NATURE BAR SOAP WITH DEAD SEA MINERALS
 Unique combination of salts & minerals. Moisturizes & Softens. Slough off dead skin cells.

Selected Varieties 200 g

\$4.99



EVERYONE BY EO SOAP
 Soap For Everyone & Everybody. Natural plant based soap made with pure essential oils.

Selected Varieties 946 ml

\$9.99



INNOVITE JUNIOR DAILY PROBIOTICS
 Supports Intestinal Health Easy to use powder form to simply add to formula or drinks. Non-GMO • Non-Dairy • Vegan Soy & Gluten Free

60's

\$24.99



INNOVITE ADULT DAILY PROBIOTICS
 Maintaining Healthy Digestive System. Non-GMO • Non-Dairy • Vegan Soy & Gluten Free

60's

\$36.99



My reason for taking Ultimate Flora?

“ No more gas and bloating, my yeast issues are gone, and my immune system is rock solid! It makes me feel like I'm glowing from the inside out. ”
- KIM

There are many different reasons to take probiotics, there are 50 BILLION reasons to choose Ultimate Flora Critical Care!

Ultimate Flora Critical Care's 10 strain formula delivers 50 billion probiotic bacteria in every capsule. The delivery system ensures optimal absorption for guaranteed better results!

20% BONUS SIZE Get 12 Capsules FREE! While Supplies Last.



Your Partner In Health For Over 50 Years

Nu-Life® Vitamins is Proud to be Supplying Canadian Families for Over 50 years with High Quality Nutritional Supplements, to Keep Your Family Healthy and Feeling Great.



Nu-Life® Energy
For Body & Mind
60's or 180's

25% OFF



Nu-Life® Proactive
Prostate Support
60's or 180's

25% OFF



Nu-Life® Ultimate One® TriSorb
For Maximum Absorption
60's - 2 Month Supply

2 for \$60



Healthy Digestives™
Gluten Cutter®
30 VegiCaps

\$16.99



Nu-Source®
Coconut Oil
120 Softgels

\$16.99



Quick Trim™ 5G
and Fast Cleanse
For Your Cleansing and Dieting Needs

25% OFF

Botanica Greens

Made with superfoods in a range of super-delicious flavours, these Greens provide more of the nutrition you and your entire family need. No fillers, gluten, soy, dairy, GMOs, or sugar.

\$39⁹⁹

Organic 240 g
Organic Berry 240 g
Chocolate 270 g
Superfruit 270 g



Botanica Omegalicious

How delicious? The letters **OMG** are right there in the name.

Fish oil is rich in Omega-3. But the taste and texture leave a little to be desired. Okay, a lot. The solution? Creamy, fruit-flavoured, easy to digest Omegalicious.

\$31⁹⁹

450 mL



Botanica Turmeric Liquid Phytocaps

- Potent liquid extract of Turmeric root helps relieve pain and inflammation
- Added Black Pepper extract increases absorption and bioavailability, allowing your body to utilize it more efficiently
- Delivered in an easily digestible, fast-dissolving, vegetarian capsule

\$27⁹⁹

60 Caps



MegaFood

Fresh From Farm To Tablet™

Women's & Men's One Daily

Wholesome nourishment and a protective array of age-defying antioxidants from colourful whole foods in a convenient one tablet daily formula.



\$50⁹⁹

60 Tabs

Balanced B Complex

Delivers the ideal balance of B vitamins found naturally in farm fresh foods. Promotes healthy energy levels and overall well-being to support any busy lifestyle.



\$37⁹⁹

60 Tabs

YOU'LL LIKE THE WAY REAL FEELS.

Supplements made lovingly with real food, for real energy and health. What you do with that energy and health is up to you.



megafood.com

HERBAL SLIM 1500 GARCINIA CAMBOGIA

60 Veg Caps

\$24⁹⁹



JOY OF THE MOUNTAIN OIL OF OREGANO

New Vegetarian Capsules Fights off colds, flus & their symptoms. Proven performance, premium ingredients.

30 ml

\$24⁹⁹



CANPREV MAGNESIUM Bis-GLYCINATE

200 mg of elemental magnesium in every capsule. Gentle on Bowels

90's

\$23⁹⁹



HOST DEFENSE ORGANIC MUSHROOMS

STAMETS 7

This blend of seven well-researched mushroom species provides powerful daily overall immune support.

All other Host Defense products are 10% off

\$45⁹⁹
60 Caps



KEEP OUR DAUGHTERS SAFE

Preferred Nutrition proudly supports the Canadian Women's Foundation



Tuesday, April 28th LECTURE: 7:00 - 9:00pm

Nature's Emporium
16655 Yonge St. Newmarket (905) 898-1844

DIRTY DIETS
WHAT YOU NEED TO DO TO RETRAIN YOUR METABOLISM IN ORDER TO LOOK, FEEL, AND PERFORM THE WAY YOU'VE ALWAYS DREAMED ABOUT!
JOIN AWARD-WINNING NUTRITIONAL RESEARCHER & BESTSELLING AUTHOR BRAD KING TO FIND OUT:
• How the diet and life food industry deceives us
• The foods that place you in a perpetual fat storage mode
• Environmental factors that make you fat
• How to stimulate fat-releasing hormones 24/7
• How to stop your insatiable cravings cold
• How a proper sleep cycle can boost your metabolism
AND SO MUCH MORE...

Hosted By: Preferred Nutrition PNO.CA

NUTRA CENTIALS MELON SOD

Reduces damaging effect of free radicals. Reduces mental & physical fatigue. Decreases stress

60's

\$24⁹⁹



NATURE CLEAN DISHWASHING LIQUID

Dermatologist Tested

Assorted Scents
740 ml

\$2⁹⁹

Nature Clean Laundry Pacs 432 g. **\$7.99**



PRAIRIE NATURALS B COMPLEX SOLUTION

- Sodium Benzoate-Free
- Promotes Healthy Nervous System
- Combats Depression
- Enhances Immunity
- Relieves PMS • Vegan

500 ml

\$28⁹⁹



PRAIRIE NATURALS STYRINOL

- Clinically Studied
- Made from compounds in citrus peel & palm fruit extracts
- Lowers Cholesterol in 30 Days
- Safe & Cost Effective
- No Toxic Side Effects
- Vegetarian Capsules

60 Veg Caps

\$29⁹⁹



PRAIRIE NATURALS SEEDS

- Non-GMO
- Raw • Gluten Free

230 g

\$8⁹⁹



PRAIRIE NATURALS COCONUT CHIPS

- Non-GMO
- Gluten Free
- 100% Vegan

60 g

\$3⁹⁹



HEDD WYN WILD OIL OF OREGANO

True Wild Mediterranean Certified Organic Oregano Gentle on the liver & palate!

30 ml

\$17⁹⁹



FEATURED ON DRAGON'S DEN

BIOSECRETS ARGAN OIL

100% Pure Certified Organic Fair Trade

50 ml

\$28⁹⁹



HERBATINT PERMANENT HAIR DYE

With a natural herbal base & no ammonia that gently covers & protects hair structure while giving hair a deep natural gloss & brilliance.

Assorted Colours

2/\$25



A. VOGEL ABSOLUT ARNICA

Effective pain relief for joints, muscles, arthritis

Value Pack • 2 x 50 ml

\$16⁹⁹

Botanica

botanicahealth.com

KISS MY FACE SUNCARE
Mineral Sunscreen for swim, play & sun!
Gluten Free • No Parabens
No Fragrance
No Nanoparticles
Biodegradable



Selected Varieties
81/236 ml

\$13.99

DESERT ESSENCE COCONUT HAIR STYLING PRODUCTS
Deep nourish dry hair with delicious products infused with coconut oil & natural extracts.

- Hair Defrizzer
- Hair Cream
- Shine & Refine Lotion



Selected Varieties
190/237 ml

\$8.99

DERMA E EVENLY RADIANT & BRIGHTENING SKIN CARE
Better, Brighter, More Beautiful Skin.
Protects from UV damage, improves uneven pigmentation, supports & boosts collagen.



Selected Varieties
14 g/175 ml

25% OFF

NATURE'S GATE SHAMPOO OR CONDITIONER
Achieve the most shine, body & beautiful hair.
Experience Beauty from Nature.



Selected Varieties
Does Not Include Tea Tree
532 ml

\$6.49

KALAYA EMU OIL
For Dry Skin, Exema & Inflamed Skin



60 ml

\$15.99

HERBION LOZENGES
Sugar Free



10 Lozenges

\$1.99

WEDDERSPOON ORGANIC MANUKA HONEY LOZENGES



Assorted Varieties
120/130 g

\$7.99

GIOVANNI 2 CHIC ULTRA VOLUME HAIR CARE
With tangerine butter & papaya.
For fine, limp hair.



Selected Varieties
53/250 ml

\$6.99

NUDE FRUIT
Fresh Picked
• All Natural Frozen Fruit
No Added Sugar



Canada A
Assorted Varieties
600 g

\$5.99

ITALIAN VOLCANO 100% ORGANIC LEMON JUICE
Contains the juice of 40 organic lemons



1 L

\$7.99

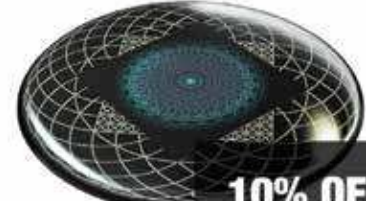
LILY OF THE DESERT ALOE VERA
• Gel • Juice
• Whole-Leaf



Selected Varieties
946 ml

\$8.99

Aires Shield
NEUTRALIZES HARMFUL EFFECTS OF ELECTROMAGNETIC RADIATION



10% OFF

SHASHA SNAP COOKIES
Organic Artisan Bakery
Spelt • Ginger • Lemon
Contains Prebiotics & Probiotics
Low Fat • Low Sugar
• Nut Free • Dairy Free
• Delicious



Assorted Varieties
340 g

\$4.99

SEVEN LIFE'S PERFECT DRINK
Still Spring Water
PH Level for perfect drinking water.
Sourced at the edge of the Canadian Shield



750 ml Glass

\$3.99

FLOATING LEAF
• WILD RICE
• WILD RICE & QUINOA
Gluten Free



400 g

\$6.99

NOVO MEL RAW HONEY • PURE
Organic • Unpasteurized
Wild Flower • Eucalyptus
Providing the highest levels of enzymes, vitamins, minerals & antioxidants.



Product of Brazil
500 g

\$8.99

TASTY BITE INDIAN CUISINE NOODLES MEAL
All Natural • Vegetarian
Heat in 1 minute



Assorted Varieties
250/285 g

\$1.99

PACIFIC NATURAL FOODS ORGANIC SOUP



Assorted Varieties
1 L

\$3.99

PACIFIC FOODS ORGANIC BROTH
Low Sodium



Assorted Varieties
946 ml/1 L

\$3.49

SUNBUTTER ORIGINAL SUNFLOWER SEED SPREAD



Selected Varieties
454 g

\$6.99



\$49.99

300g Powder

- Supports cardiovascular health
- Supports detoxification of the kidneys, liver and intestines
- Antioxidant protection and Immune system fortification



\$33.99

60 Veggie Caps

- Helps to fight inflammation
- Boost immune system
- Fast-acting



\$16.99

250g Powder

- Reduce the symptoms of anxiety, stress and depression
- Support regular bowel movements
- Lower the risk of heart disease, obesity and stroke



\$24.99

500 ml

- Preservative free
- Additive free
- Excipient free



\$25.99

500 ml

- Featuring Ginseng to help energize
- Superfood Complex to aid pH balance and help stop cravings
- Nutrients & botanicals to aid digestion



\$24.99

500 ml

- No preservatives
- Vegetarian formula
- Alcohol, yeast and gluten free



NEAL BROTHERS BBQ SAUCE
Assorted Varieties
350 ml
\$3.49

NEAL BROTHERS MAYONNAISE
Assorted Varieties
250 ml
\$6.49

MEDITERRANEAN SNACKS BAKED LENTIL CHIPS
Gluten Free
Great for dipping, topping & snacking
Assorted Varieties
128 g
\$3.49

BARBARA'S PUFFINS CEREAL
Non GMO
Assorted Varieties
283/312 g
\$4.99

LUNDBERG RICE CHIPS
70% Organic Ingredients
Gluten Free • Vegan
Assorted Varieties
170 g
2/\$7

INNER-J BARS
"Need a little energy today? Innerj bars are a delicious guilt-free all raw, vegan, gluten free protein bar & a wholesome snack. Made locally & free of peanuts, soy, dairy & preservatives."
58 g
\$2.99

HEALTHY TIMES HUGGA BEAR COOKIES
Organic Cookies for Toddlers
Assorted Varieties
182 g
\$4.99

ZING NUTRITION BAR
Created by nutritionists
No gluten, dairy, soy or GMO's
Assorted Varieties
50 g
2/\$5

KITCHEN BASICS COOKING STOCK
Chicken • Turkey • Beef • Vegetable
All Natural • Less Sodium
946 ml
\$3.49

JORDAN'S CEREAL • MUESLI
100% Natural Whole Grain
Assorted Varieties
500 g
\$4.99

LATE JULY ORGANIC MULTIGRAIN TORTILLA CHIPS
Non-GMO • Gluten Free
Assorted Varieties
156 g
\$2.99

ALLIGGA FLAX SEED COOKING OIL
Organic - Rich Omega-3
• High Smoke Point
Cook • Eat • Mix • Dip It
Unrefined • Gluten Free
500 ml
\$15.99

SANTEVIA ALKALINE GRAVITY WATER SYSTEM
BPA Free
Every drop drips slowly through the complex 8-stage system of natural filters, which cleans & infuses your water with earth derived minerals.
10% OFF

NUMI ORGANICS ORGANIC TEA
Made using premium quality, hand-picked organic fair trade teas & herbs, blended with only real fruits.
Assorted Varieties
40 g
20% OFF

SUGARLESS CHOCOLATE BAR
• Gluten Free
• Sugar Free
• Low Carb
• Diabetic Friendly
Assorted Varieties
80/100 g
\$4.99

NAVITAS NATURALS SUPER FOOD MIXES ORGANIC
Maca Powder • Goji Berries
Acai Powder • Chia Seeds
Raw Cacao Powder
• Beans • Nibs
113/454 g
15% OFF

O2 AQUA WATER
With Added Oxygen
"Taste the Purity"
1.5 L
3/\$5

RYVITA MULTIGRAIN WHOLE GRAIN CRISP BREAD
High in Fibre
Assorted Varieties
250 g
\$2.99

COCONUT SECRET BARS
Low Glycemic Sweeteners
• No Cane Sugar
• Gluten Free • Dairy Free
• Non GMO
Satisfying Without the Sugar Rush!
Selected Varieties • 50 g
20% OFF

WOW BAKING COMPANY WHEAT & GLUTEN FREE COOKIES
Moist • Chewy • Delicious
Made with natural ingredients
• Non GMO
Assorted Varieties
227 g
\$4.99

CAVEMAN BAKERY'S COOKIES
100% All Natural
Gluten Free • Dairy Free
Assorted Varieties
110/125 g
\$4.99

NEUROGENESIS HAPPY WATER
Blend of 100% pure natural spring water & lithia waters.
500 ml
3/\$5

KIND HEALTH GRAINS CLUSTERS GRANOLA
Whole Grain • Non-GMO
Gluten Free
Assorted Varieties
312 g
\$6.99

THIRSTY BUDDHA ALL NATURAL COCONUT WATER
Hydration & Replenishment
Non GMO • Zero Fat
BPA Free Can
Assorted Varieties
520 ml
\$1.99

EARTH'S CHOICE COCONUT MILK
Our sustainable coconut plantation is located in the heart of the Thai countryside. Organically grown coconuts. A little taste of tropical paradise to add to your favourite curries, sauces and desserts.
400 ml **\$2.79**
160 ml **\$1.29**

NATIVE ORGANIC SUGAR
Cane • Demerara
Non GMO
• Eco Social
Product of Brazil
1 kg Bag
\$3.99

KETTLE BAKES POTATO CHIPS
Made with Real Sliced Potatoes
Assorted Varieties
113 g
\$2.99

NATURALLY SWEET ORGANIC LIQUORICE
28 g
99¢

HIPPIE SNACKS COCONUT CHIPS
A nutrient dense superfood naturally full of flavour. We take fresh slices of young coconut & roast them to the perfect crunch. They are the tastiest snacks you will ever have!
56 g
\$3.99

ROLLING MEADOW GRASS FED DAIRY PASTURE MILK
2%
2 L Carton
\$5.49

KASHI GO LEAN-CRUNCH! CEREAL
Non GMO
• High Protein & Fibre
Assorted Varieties
370/400 g
\$4.99

ELEVATE ME "THE WORLD'S SIMPLEST PROTEIN & FRUIT ENERGY BAR"
• Gluten Free • Wheat Free
• Made with Whole Fruit and Whey Protein Isolate
Assorted Varieties • 66 g
\$3.49






TASTE OF NATURE ORGANIC EXOTIC BARS
Vegan • Wheat Free
Non-GMO
Assorted Varieties
40 g
3/\$5

FRUIT D'OR ORGANIC DRIED WHOLE CRANBERRIES
Assorted Varieties
340 g
\$7.99

WHOLE SOME SWEETENERS ORGANIC AGAVE SYRUP
Fair Trade
Assorted Varieties
900 ml
\$13.99

LA TORTILLA FACTORY IVORY TEFF WRAPS
Wheat Free
• Gluten Free
396 g
\$4.99

MACKIE'S OF SCOTLAND POTATO CRISPS
Naturally grown & Seasoned
Assorted Varieties
150 g
2/\$5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	01	02	03	04	05
	Last Call for Easter Catering Orders! 	Seneca Student Wellness Expo at Seneca, King Campus (10am - 3pm) Our Soil, Our Food, Our Health...Our Choice! with Sue Skillins - 7pm (NE)	The Benefits of Fermented Foods with Chad Kelly (New Chapter) - 7pm (NE)			 Happy Easter
06	07	08	09	10	11	12
	 World Health Day	Fermenting 101 + Plant-based Inspiration Workshop with Marni Wasserman - 7pm (VA)		vega	Vega Pop Up Event- (NE) In Store Demo with Nature's Nutritionist Sabrina - 11am-3pm. In Store Demo with Nature's Nutritionist Nicole - 11am-3pm. (NE)	
13	14	15	16	17	18	19
vega	Vega Pop Up Event- (NE)	Water Myths with Jane K - 7pm (NE)	vega	Vega Pop Up Event- (NE)	vega	vega
20	21	22	23	24	25	26
IN.FORM Session with Bahar - 7pm - Burn Fat Be Fit For Life! (VA)		 EARTH DAY	 GENUINE HEALTH IS POSSIBLE Balanced Mind, Balanced Body with Jenn Pike - 7pm (VA)	Genuine Health	Pop-Up Event- (VA) In Store Demo with Nature's Nutritionist Nicole - 11am-3pm. (NE)	2015 Run or Walk for Southlake, Presented by Nature's Emporium (\$) - Registration starts at 7:30am 
27	28	29	30	01	02	03
	Our Soil, Our Food, Our Health...Our Choice! with Sue Skillins (7pm) (VA) Brad King, Live @ Nature's! (7pm) (NE)		 GENUINE HEALTH IS POSSIBLE Balanced Mind, Balanced Body with Jenn Pike - 7pm (NE)	vega	Vega Pop Up Event - (VA)	vega

Find more great healthy recipes & events online by visiting us at: naturesemporium.com!

Relax.



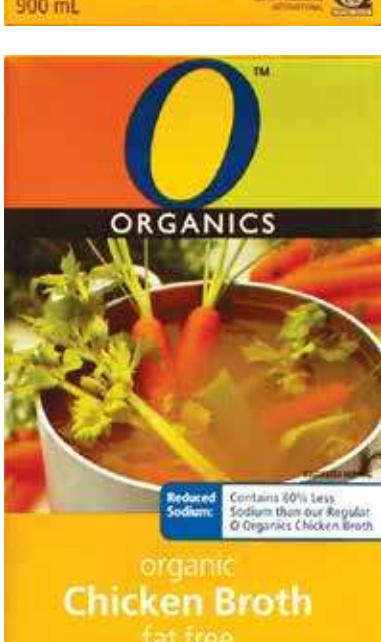
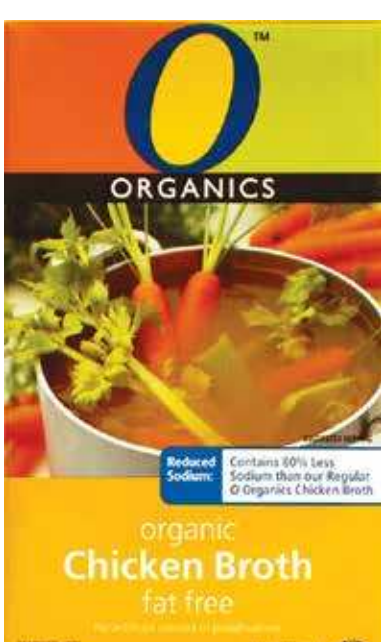
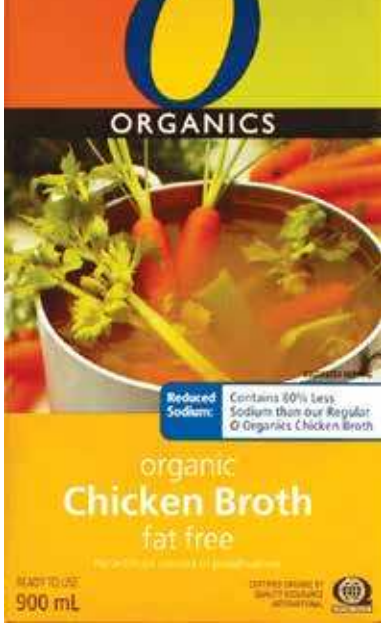
20% OFF



O ORGANICS CHICKEN BROTH

Fat Free
Reduced Sodium

900 ml



99¢

Nature's™ EMPORIUM

Your Neighbourhood
Health Food Market

Fresh Specials!

Specials Available
Friday Mar 27 until
Saturday April 4.

Organic Kale

Our Fresh
Produce
is Always
Organic

Red, Green or Black

Product of USA

Mar 27 - Apr 4 Only.

2 for
\$4



Organic Mushrooms

Brown or White

Product of Canada

8oz Package

Mar 27 - Apr 4 Only.

2 for
\$4



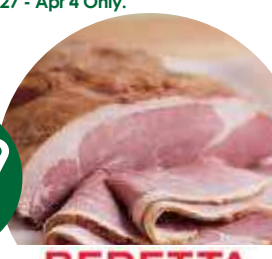
Beretta Farms Royal Jambon Whole Ham

Raised Without the Use of Antibiotics

Nitrate & Gluten-Free

Mar 27 - Apr 4 Only.

\$7⁹⁹
/lb
\$17.61/kg



BERETTA
LIVE HEALTHIER. EAT HAPPIER.

Nature's Wild Pacific Cod Fillet

Sustainably Sourced

Mar 27 - Apr 4 Only.

\$14⁵⁰
/lb
\$31.97/kg



Ace Bakery

Artisan Baguettes

Regular • Multigrain

Baked In-Store Daily!

Mar 27 - Apr 4 Only.

2 for
\$5



Kaltbach Le Gruyère

Cave Aged

Raw Cow's Milk Cheese

From Switzerland

Mar 27 - Apr 4 Only.



\$4
/100g

Save
\$10

find recipes, healthy tips
and more at:

naturesemporium.com