



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE



June 2026

WHAT'S GOING ON THIS MONTH?

Noteworthy Savings

Natural Factors
Magnesium Bisglycinate
250 caps, Save \$10!

Koope Skincare
Save \$5 with In Store
Coupon!

Natural Factors
Theracurmin 60 caps
Save \$3!

Total Body Collagen
Receive a FREE
Frother with Purchase
of Any Powder!

Have you signed
up for our Loyalty
Program? Sign up in store
and start collecting
points and receive extra
savings.

rootsnatural.ca



Hello Fellow Shoppers,

Welcome to summer! Are you as excited as we are for the arrival of warm weather, fresh seasonal produce, and patio season? We see lots of BBQs, picnics, and garden parties in our future-and hopefully yours as well! Speaking of parties, we'd like to invite you to a big one...

Our annual Customer Appreciation Day is Saturday, June 20th, from 12 - 4pm. To thank you for being such fantastic and loyal customers over the years, we're celebrating with lots of demos, samples and freebies all afternoon, and tons of gift baskets to be won. Plus, once again we're letting you choose your own sale! That's right-you may choose up to 3 regular priced products at 15% off (some restrictions apply). Bring the family and join in on the fun!

Of course, we also have all the sunscreens, natural insect repellents, and snacks you need for your own summertime fun, so be sure to stock up while you're here.

The Roots Crew



DIY Mosquito and Tick Repellent

- 30 drops rose geranium essential oil
- 30 drops citronella essential oil
- 20 drops eucalyptus essential oil
- 20 drops lavender essential oil
- 10 drops rosemary essential oil
- 1 TBSP vodka or rubbing alcohol
- ½ cup natural witch hazel
- ½ cup water (or vinegar)
- 1 tsp vegetable glycerin (optional)



- 1-Place essential oils in a glass spray bottle.
- 2-Add vodka or alcohol and shake well to combine.
- 3-Pour in witch hazel .
- 4-Add ½ tsp vegetable glycerin if using.
- 5-Add water and shake vigorously.

*Shake before each use as the oils and water will naturally separate some over time

STAFF PICKS

A few of Our Favourite Things This Month

Tackle 10 Symptoms of Menopause in 1 Supplement!

WomenSense Menopause Hair Formula is a hormone-free blend of proprietary botanical extracts for women navigating the menopausal transition. It is clinically shown to help improve hair thickness and density, and to improve 10 symptoms of menopause, such as hot flashes, night sweats, paresthesia, insomnia, nervousness, vertigo, fatigue, rheumatic pain, vaginal dryness and bone mineral density. It features clinically studied SesZen-Bio and EstroG-100, a patented blend of medicinal herbs, containing Sesbania grandiflora leaf extract, providing a rich source of biotin. Shown in a clinical study to increase hair density by 25% and hair diameter by 28%. The ingredients have no estrogenic or phytoestrogenic effects. Ideal for anyone experiencing symptoms associated with perimenopause or menopause and women with hair loss or thinning related to hormonal shifts.

BENEFITS

- * Helps relieve the symptoms associated with perimenopause and menopause, such as hot flashes, night sweats, paresthesia, insomnia, nervousness, vertigo, fatigue, rheumatic pain, and vaginal dryness
- * Helps support healthy mood balance during menopause
- * Clinically shown to improve hair density and hair thickness
- * Helps improve skin elasticity and promote skin health
- * Clinically shown to reduce crow's feet wrinkles and fine lines
- * Helps prevent biotin deficiency



Calling All Athletes! -The Perfect Energy Gels Have Just Hit The Shelves!

Whether you're running a marathon, cycling around the city, or gearing up for your next race, having the right fuel can make all the difference. Introducing the Herband Energy Gel! Made for runners, cyclists and other endurance sports players who demand performance and quality ingredients. Herband's Energy Gel is made with 100 calories, 24g of carbs and 16g of sugar. The sugar content is made of 2 different sugars, fructose and glucose, delivering a quick energy boost. Maltodextrin has also been added to support a steady release of energy. Unlike a lot of current gels on the market that are too thick, making it hard to consume while you run and leave you feeling like you need water to wash it all down, Herband's Energy Gels are made into the perfect texture, no water needed! They aren't too liquidy, and aren't too thick, just right! Herband gels are also caffeine free, relying solely on the carb and sugar content as energy, and preventing stomach and anxiety issues during your race.



Featured Special

Organic Traditions Fibre Flow

No more compromise between function and flavour: just clean, convenient, crave worthy goodness that fits every ritual, from your morning coffee to your evening wind down. Each serving of Organic Traditions Fibre Flow provides eight grams of fibre from acacia fibre and chicory root inulin, traditionally used to help maintain digestive regularity and nourish beneficial gut bacteria. This prebiotic blend, combined with one billion CFU of Bacillus Coagulans, a clinically studied probiotic strain to support gut balance as part of your daily routine while helping curb hunger naturally through sustained fullness and steady energy. Available in Yuzu Lime, Strawberry or Unflavoured.

*Save 15% On Fibre Flow
All Month!*





Featured Specials & Many More In store

Farm's Best MADE TO BE CANADIAN

Breakfast Cereals

These high protein, 0g sugar cereals use real ingredients, thoughtful formulations, and flavours you'll actually love.



Reg \$13.99 **\$12.49**

gimme organic

Roasted Seaweed Snacks

Nature makes it incredibly nutritious, we make it incredibly delicious. We love seaweed! It not only tastes great, it's also loaded with nutritional value.



10g
Reg \$3.79 **\$3.29**

BUBBIES OF SAN FRANCISCO, CA **NON GMO VERIFIED**

Natural Sauerkraut

Bubbies Sauerkraut is made from the crisp, center leaves of the finest quality winter cabbages, which are shredded, salted and naturally fermented for several weeks.



750ml
Reg \$15.49 **\$13.49**

eco max MADE TO BE CANADIAN

Dishwashing Soap

An all natural, plant-based, hypoallergenic dish washing liquid which uses only biodegradable, renewable and sustainable ingredients.



740ml
Reg \$6.99 **\$5.99**

zazubean MADE TO BE CANADIAN

Chocolate Candy Bar

The Fixie Chocolate Candy Bar is packed with 6g of pea protein and sweetened with coconut sugar, it delivers 40% less sugar than most candy bars.



Reg \$3.99 **\$3.49**

NUTS for CHEESE MADE TO BE CANADIAN

Cashew Cheese Wedge

Meltable. Shreddable. Sliceable. Spreadable. Our decadent vegan cheeses are hand crafted and aged to perfection.



120g
Reg \$13.49 **\$11.99**

LOVE CHILD organics MADE TO BE CANADIAN

Organic Superblends Puree

Started from homemade recipes, Love Child Organics was born with the hope that all children could have access to truly honest, pure and delicious organic food.



128ml
Reg \$3.79 **\$3.39**

FIJI WATER

Earth's Finest Water

FIJI Water has embodied what it means to be Earth's Finest Water® since 1996.



1L
Reg \$4.69 **\$4.19**

HAPPY DAYS SAVOUR EXCELLENCE MADE TO BE CANADIAN

Artisan Goat Cheese

Good for all you cheese lovers out there who can't tolerate cow dairy. And even if you can, try it anyway!



Reg \$12.49ea **\$10.99**

VITA COCO

Organic Coconut Milk

The light, tropical taste of our coconut milk makes it an excellent base for your coffee, breakfast or desserts.



1L
Reg \$5.49 **\$4.49**

FENTIMAN'S ESTD 1905 Botanically Brewed BEVERAGES

Premium Soft Drinks

At Fentimen's our soft drinks are Botanically Brewed for superior quality and unrivalled flavour.




Reg \$4.49ea **\$3.99**

CLIF BAR

Energy Bars

Whether you're on a 150-mile bike ride or exploring a new trail, this energy bar is built to sustain your adventure.



Reg. \$2.49 **\$2.19**

zevia NON GMO VERIFIED

Sugar Free Energy Drinks

Imagine's blend of chicken, beef and turkey Bone Broth is a delicious sipping broth to give you a nutritious boost to your day with a good source of



355ml
Reg \$3.29 **\$2.69**

kiju organic MADE TO BE CANADIAN

Organic Tetra Juices

100% organic juices and 100% organic iced teas with natural goodness and great taste that can only come from organically grown ingredients.



946ml
Reg \$5.49 **\$4.49**

DEEBEE'S ORGANICS NON GMO VERIFIED MADE TO BE CANADIAN

Organic Fruit Freezies

100% organic with no refined sugars, artificial flavours, colours or preservatives. Available in Tropical, Strawberry and Grape.




14/12x53ml
Reg \$8.49 **\$6.99**

Hardbite FARMER GROWN • FARMER OWNED HANDCRAFTED-STYLE CHIPS MADE TO BE CANADIAN

Avocado Oil Potato Chips

Made in Maple Ridge from GMO-free Fraser Valley potatoes. Naturally seasoned, free of trans fats, gluten-free and cholesterol-free.



128g
Reg \$4.99ea **\$4.49**

GOGO QUINOA

Quinoa Cookies

These vegan and gluten free treats are individually wrapped in a recyclable envelope, making them an ideal option for lunchboxes!




165g
Reg \$5.99 **\$4.99**

Elmhurst Est. 1925

Plant Based Creamer's

We pack more nuts and whole grains, so you get more nutritious good stuff in every deliciously creamy sip. Find the perfect variety for your routine.



473ml
Reg \$8.99 **\$7.99**