



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

May 2024



WHAT'S GOING ON THIS MONTH?

Noteworthy Savings

Buy Any NutraSea Product and Receive A FREE bottle of Nature's Way Cold & Flu Gummies! \$28.49 Value

Save \$9.00 On A.Vogel Arnica Gel Value Packs

Save \$3.00 On All Flora Probiotics with In Store Coupon

Save \$12.00 On Naka Magnesium Bisglycinate 260 Caps

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



Hello Fellow Shoppers

Now that spring is in full bloom, we hope all of those affected by seasonal allergies are managing okay! If you're having a hard time with annoying symptoms like itchy eyes, runny nose, and sneezing, there are a number of natural remedies that can help you get through these tough few months. Quercetin is part of the flavonoid family and is one of our most powerful natural anti-histamines without the usual negative side effects that typically come with over the counter anti-histamines. If you prefer homeopathic remedies for symptomatic relief, Boiron RhinAllergy can be especially helpful for those suffering from hay fever and is safe for the entire family.

Once those pesky allergies are under control, it's time to get outside and enjoy this beautiful town of ours! With all of the hiking and biking trails around, it's easy to get carried away at first. If you've over exerted yourself and are now suffering with sore achy muscles and joints make sure you have products like arnica, magnesium, and curcumin on hand to help soothe and speed up healing.

The Roots Crew

Banana Almond-Butter Baked Oatmeal

Wet Ingredients:

- 1 medium ripe banana
- 2 large organic eggs
- 1/3 cup creamy almond butter
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- 1/2 cup unsweetened almond milk

Dry Ingredients:

- 1 1/2 cup rolled oats
- 1/4 cup oat flour
- 1 tsp baking powder
- pinch of sea salt

Topping:

- 1 ripe sliced banana

Preheat oven to 375. Spray a 9x9 inch pan with cooking oil and set aside. In a large bowl, mash the ripe banana until smooth. Add in the eggs, almond butter, vanilla extract, maple syrup, and almond milk; mix until smooth. Add in the rolled oats, flour, baking powder and salt. Mix everything until it's thoroughly combined. Transfer batter into a baking dish and top with sliced bananas. Bake for about 30 to 40 minutes, until a toothpick inserted into the middle comes clean.



Recipe By Karlene Karst

STAFF PICKS

A few of Our Favourite Things This Month

Don't Let Stress Interfere With Sleep Any Longer!



Stress-Relax Peaceful Zzz is a non-melatonin sleep and stress formula that helps support better sleep quality and a healthy mood balance without habit-forming ingredients. It features Maizinol a proprietary extract sourced from non-GMO corn leaves, which mimics melatonin's action and helps reduce cortisol levels, a biomarker of stress. Human clinical studies with participants who struggle with sleep- and stress-related concerns support the use of Maizinol.

Using a proprietary extraction and enrichment process, Maizinol is standardized to 0.2% 6-methoxybenzoxazolinone (6-MBOA), a naturally occurring compound found in the leaves of immature corn plants. Its unique composition has a remarkable affinity for cell receptors that activate the body's melatonin and serotonin systems to facilitate these sleep- and mood-related hormones.

Peaceful Zzz offers a plant-based approach to a restful night, delivering melatonin-like benefits without actual melatonin intake. Each vegetarian capsule contains 250 mg of non-GMO zea mays (corn) extract, best taken as two capsules 60 minutes before sleep as part of your bedtime routine. Whether used independently or in combination with other Stress-Relax products, this is a fantastic supplement for adults who struggle with getting enough of the deep, restorative stage of sleep and for individuals navigating stress management.



prairienaturals® Boost Testosterone with Tongkat Ali

Tongkat ali, or longjack, derives from the roots of the Eurycoma longifolia shrub, native to Southeast Asia. This herbal supplement has a rich history in traditional medicine across various Asian countries, owing to its diverse health benefits. One of the most notable qualities of tongkat ali is its capacity to increase testosterone levels, particularly in men with low testosterone. Studies have shown significant improvements in testosterone levels, addressing issues such as low libido, erectile dysfunction, and male infertility. Tongkat ali also exhibits promising potential in reducing stress hormones, alleviating anxiety, and enhancing overall mood. Although further research is needed to confirm these effects fully, initial findings suggest its role in stress management and emotional well-being.

The quassinoid compounds found in tongkat ali may contribute to improved body composition and athletic performance. Studies have demonstrated increases in lean body mass, muscular strength, and endurance, along with reductions in body fat, particularly among individuals engaged in strength training programs.

Increase Energy & Bee Powerful!



Regenerlife BeePowerful is formulated for energy from within, providing a rejuvenating combination of bee pollen, bee propolis, Siberian ginseng, and green tea. Together, these ingredients supply antioxidants, amino acids, vitamins, minerals, coenzymes, and fatty acids for nourishment and support when you need it most.

Bee products, such as pollen and propolis, have been valued for their natural healing properties for centuries. Together they contain a complete set of amino acids alongside active compounds like enzymes, coenzymes and antioxidant flavonoids used in herbal medicine to help relieve sore throats and other mouth or throat infections.

Siberian ginseng helps improve mental and physical performance after periods of exertion, including recovery from illness and general weakness. Green tea is added for antioxidants, such as (EGCG) for additional cellular protection and support with age.




FEATURED SPECIALS & MANY MORE INSTORE

MADE GOOD
Real goodness for real life.

Drizzled Granola Bars
Vegan, organic, and free from the most common allergens including dairy. It's as rich and decadent as it looks.

5x24g
Reg \$5.99 **\$4.99**



SO DELICIOUS
DAIRY FREE

Coconut "Ice Cream"
So Delicious Dairy Free coconut milk desserts are so rich and creamy you'll never want to go back to dairy ice cream.

473ml
Reg \$9.49 **\$8.49**




Little NORTHERN BAKEHOUSE

Gluten Free Hot Dog Buns
Bite into these soft, great tasting, vegan, gluten free buns that are also non-GMO and allergy-friendly.


4pk
Reg \$7.49 **\$6.49**



NoochPop!
The Vegan Cheese Popcorn

Nutritional Yeast Popcorn
Nutritional Yeast (Nooch) is a plant based golden seasoning famous in the nutrition world as a savoury, dairy-free cheese alternative.

374g
Reg \$6.49 **\$4.99**



Chickapea
Organic Chickpea Pasta

With 23 grams of protein per 3.5oz serving, Chickapea has as much protein as a 3oz serving of salmon or chicken! Plus, it has 40% of your daily iron intake!

227g
Reg \$6.49 **\$5.49**



flow
alkaline spring water

Alkaline Spring Water
Our water is sourced from two artesian springs. It's naturally alkaline (pH ±8.1) and rich in electrolytes and minerals.

1L
Reg \$3.29 **2 for \$5**



the cultured coconut

Probiotic Coconut Milk
1 Tbsp contains 4+ trillion live bacteria and 40+ strains including Lactobacillus and Bifidobacterium.

500ml
Reg \$29.49 **\$23.49**




free2b
FOODS

Sunflower Butter Cups
We fill our signature Fair Trade Cups with a custom blend of creamy sunflower sweet butter.

42g
Reg \$4.49 **\$3.69**



Cha's ORGANICS

Organic Coconut Whipping Cream
Fair Trade certified, BPA free easy open cans, certified organic, gluten free, no added sugar, preservative free, non-irradiated.

400ml
Reg \$7.09 **\$5.99**



caboo

Bamboo Toilet Paper
Made with renewable bamboo and sugarcane. Reduces impact on the environment. 100% biodegradable.

4 pk
Reg \$6.49 **\$5.49**




FreeYUMM

Soft Baked Cookies
All FreeYumm products are made in our dedicated allergen-free bakery and designed specifically to protect you, your family and your friends living with food allergies.

Reg \$5.99 **\$4.99**




Tender & True
PET NUTRITION

Organic Dog Food
We start with Turkey and Chicken, and mix it with a precise blend of organic ingredients, antioxidants, vitamins and minerals expressly blended for optimal nutrition.

374g
Reg \$6.29 **\$5.29**



ROAR
Organic Electrolyte Beverage

Our vibrant, invigorating, hydrating functional beverages are bursting with bold flavours that turn Complete Hydration into a celebration.

532ml
Reg \$3.99 **\$3.49**



Bob's Red Mill

Bob's Oat Bars
Wholesome and delicious, made with whole grain oats, peanut butter and organic honey.

50g
Reg \$2.99 **\$1.99**



LUNDBERG
FAMILY FARMS SINCE 1937

Organic Rice Stackers
Light, crunchy, flavorful, and thin. Great alone or with your favorite topping. The perfect Organic, whole grain snack.


Reg \$7.99 **\$6.99**




Amy's
We love to cook for you.

Organic Baked Beans
Amy's Vegetarian Beans are a delicious organic version of a traditional favourite. You will enjoy their rich, hearty flavour. Non-dairy/gluten free/no cholesterol.

Reg \$6.49 **\$5.99**



CALIFIA FARMS

Almond Mocha Latte
Unsweetened gives you the goods without the extras. It's a direct "Hey, let's do this!" kind of way to start your day with unadulterated opportunity.

1.4L
Reg \$8.49 **\$7.49**



Hardbite
HANDCRAFTED-STYLE CHIPS

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

150g
Reg \$4.99ea **\$4.49**