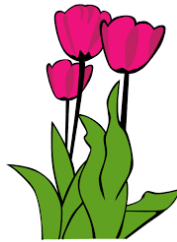


# Root's NATURAL



## ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

### May 2025



### WHAT'S GOING ON THIS MONTH?

#### Noteworthy Savings & In Store Demos

Save \$5.00 On All  
NutraSea Omegas with  
In Store Coupon

ReCleanse 7 Day  
Detox Kits  
Save \$6.00

Demo: 11-3pm  
Saturday, May 10th  
Sierra Sil Joint Care

Demo: 11-3pm  
Thursday, May 22nd  
Santevia Alkaline Water

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

### Savory Protein-Plus Muffins

- 6 large eggs, whisked
- ½ cup spinach (fresh), sautéed (start with 1-2 cups raw, as it will reduce significantly when cooked)
- ½ cup cheddar cheese, shredded
- 3 tbsp. Beef Bone Broth Powder
- 1 tbsp. olive oil
- ¼ tsp. sea salt
- Dash of pepper or garlic powder for extra flavour (optional)



Recipe by Angela Wallace, MSc, RD

Preheat your oven to 190 °C (375 °F). Grease a 12-cup muffin tin or line it with silicone liners. Heat a small skillet over medium heat. Add a touch of oil or butter (if needed) and sauté the spinach until wilted. Let it cool slightly and squeeze out any excess moisture. In a large mixing bowl, whisk the eggs until smooth. Stir in the sea salt, beef bone broth powder, and optional seasonings. Fold in the sautéed spinach and shredded cheddar cheese. Divide the mixture evenly among the muffin cups. Each cup should be about ¾ full. Bake in the preheated oven for 18-20 minutes, or until the egg muffins are puffed and set in the centre. Let the muffins cool for a few minutes before removing them from the tin. Store leftovers in the refrigerator for up to 3 days. Makes 10-12 egg muffins.

# STAFF PICKS

## A Few of Our Favourite Things This Month



### Reduce Abdominal Pain & Discomfort with Butyric Acid!



Regenerlife UniqueRelief IBS Butyric Acid provides an easily absorbed form of this short chain fatty acid to help relieve abdominal pain and discomfort associated with IBS. Butyric acid is naturally produced in the gut by beneficial bacteria during the fermentation of dietary fibre. It serves as a primary energy source for intestinal cells within the gut lining. Maintaining the integrity of this lining plays a key role in overall gut health and microbiome balance. Sodium butyrate is considered the preferred form of butyric acid for supplementation. This is because it has greater bioavailability and is easier for the body to absorb and transport to the colon, where it exerts its beneficial effects. UniqueRelief IBS Butyric Acid is part of the Regenerlife healthy-aging line of supplements. Each packet contains two softgels, providing a total dose of 500 mg of butyric acid. It is non-GMO, gluten-free, and a fantastic supplement for aging adults with IBS.



### Clean and Sustainable Algae Omega-3



Algae Omega-3 is an ocean-friendly formula providing a direct source of long-chain omega-3 fatty acids DHA and EPA. Suitable for vegans and anyone concerned about healthy oceans and plant-based nutrition, this one-per-day softgel provides essential EPA and DHA from sustainably cultivated algae in their usable forms - no conversion is required by the body. EPA and DHA are vital for cell membrane function and cardiovascular and cognitive health. DHA is especially concentrated in brain tissue, comprising more than 40% of the brain's polyunsaturated fatty acids. DHA is also highly concentrated in the retina of the eye, where it plays a key role in supporting normal vision. While the body can convert some plant sources of omega-3 into DHA and EPA, a direct source overcomes conversion challenges related to genetics and absorption. Algae omega-3 provides all the health benefits of DHA and EPA without the environmental impact or fishy burps of fish oil. Natural Factors Algae Omega-3 is rigorously tested for purity, is solvent-free, and comes from responsibly cultivated algae. Each gelatin-free softgel provides 385 mg of omega-3 from 700 mg of algae oil, including 100 mg of EPA and 200 mg of DHA, to support cardiovascular and cognitive health and visual function.

### Featured May Special!

## regenerLife COGNISAVE Memory Formula

Revitalize your cognitive health with Regenerlife CogniSave, a comprehensive daily nutritional support system designed to support brain function. Each convenient five-in-one supplement kit contains a range of brain-nourishing lipids, B vitamins, omegas, and supportive nutrients crucial for memory retention and overall brain health. Incorporate CogniSave into your daily routine to support cognitive performance and promote a sharper mind.

#### Key Features:

- \* Provides comprehensive daily support for the aging brain
- \* Supports cognitive health and brain function
- \* Helps promote healthy mood balance
- \* Supports healthy brain and nerve function as a precursor to the neurotransmitter acetylcholine
- \* Contributes to increased energy production in the body

# \$39.97

One month supply!





## 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 **\$4.49**

**BLUE DIAMOND GROWERS**

**Nut Thin Crackers**  
Wonderful as an appetizer and ideal for snacking, with three grams of protein per serving, they're a great afternoon pick-me-up. Gluten-Free

Reg \$7.49 **\$6.99**

**FENTIMANS**  
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**

**eco max**  
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**

**Annie's**

**Organic Mac and Cheese**  
Annie's vegan mac and cheddar flavour contains USDA Certified Organic, non-GMO ingredients with no artificial flavours or synthetic colours.

Reg \$5.29 **\$4.49**

**Amy's**  
We love to cook for you.

**Organic Breakfast Wrap**  
This wrap is filled with savoury organic tofu, hash browns and a mix of yummy veggies that can be enjoyed just about any time.

Reg \$5.99 **\$5.49**

**the cultured coconut**

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

500ml  
Reg \$29.99 **\$23.49**

**CLIF KID**  
NOURISHING KIDS IN MOTION

**Organic Z Bars**  
An organic baked whole grain snack made with a nutritious blend of carbohydrates, fibre, protein, and fat to maintain kids' energy...so kids can keep zipping and zooming along.

6 bars  
Reg \$6.99 **\$6.49**

**DEEBEE'S ORGANICS**

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

14/12x53ml  
Reg \$8.99 **\$7.99**

**KOYO**

**Organic Ramen Noodle Cup**  
Made with organic noodles and gluten-free, our savoury soup's blend classic flavours with wholesome ramen noodles. Ready in just 9 minutes, it'll be an instant hit!

60g  
Reg \$3.99 **\$3.29**

**Chai'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 \$7.99 **\$7.49**

**PRANA**

**Organic Chia Seeds**  
Chia seeds are an excellent source of omega-3 fatty acids, antioxidants and fiber. They can be mixed in water or juice to make a refreshing beverage.

Reg \$8.99 **\$7.49**

**natura**

**Enriched Oat Beverage**  
Natura Oat is an easy way to introduce plant-based nutrition throughout the day. Serve it as a refreshing drink or pour it on your morning cereal.

946ml  
Reg \$3.99ea **\$3.49**

**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**

**MAISON ORPHEE**

**Organic Mustard**  
Organic Premium Mustards - Dijon, Old Fashion and Turmeric Yellow. Canadian produced and gluten-free.

250ml  
Reg \$5.99 **\$5.49**

**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**

**Santa Cruz ORGANIC**

**Organic Lemonades**  
A long time favourite summertime treat. Try Cherry, Peach, Mango, Raspberry, Half n' half, and Original Lemonade beverages today!

946ml  
Reg \$6.99ea **\$5.99**

**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**