



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

October 2026



WHAT'S GOING ON THIS MONTH?

Upcoming Demo:

Saturday, October 24th
between 12-4pm

Stop by to sample
some delicious Power
Protein from Purica.
Power Protein contains
fermented organic
plant protein with a
potent blend of
performance
mushrooms and
ashwagandha!

On Sale Now
Save 10%!



Fresh, Free Range,
Non-Medicated Turkeys
Pre-order Today
\$6.79/lb



rootsnatural.ca



Hello Fellow Shoppers,

Fall has officially arrived! One of our favourite ways to kick off the season is to plan a fantastic Thanksgiving feast! At Roots we have everything you could possibly need to put out a delicious turkey dinner for your family. Everything from fresh organic brussel sprouts and cranberries, stuffing, gravy, gluten free pie crusts and filling, and of course turkeys are available in store! We're still taking orders for our fresh, free range, non medicated turkeys, so if you haven't reserved your bird yet please give us a call today at (604)467-1822 while quantities last. As the weather continues to cool off, and we see fewer sunny days, we begin preparing for the usual up-tick in viruses. It's more important than ever to take care of your health, both physical and emotional. If you need help figuring out which supplements would be best suited for you and your family, we're more than happy to provide information regarding our products so you can feel confident in your choices. Take care, and stay healthy.

The Roots Crew



Ginger Turmeric Immune Shots

Ingredients:

- 1 medium medium orange
- ½ lemon sliced in half
- 1- inch turmeric fresh
- 1- inch ginger fresh
- 1 tablespoon raw apple cider vinegar (with the mother)
- 2 teaspoons Udo's Oil 3-6-9 Blend



Directions:

Place the fresh ingredients (orange, lemon, ginger, and turmeric) in the juicer to extract the juice. Whisk in the remaining ingredients and divide between two small glasses or shot glasses. Enjoy right away or store in the refrigerator until ready to serve. Consume within 2 days

Notes:

If the flavour of these shots is too potent for you at first, try watering them down or adding them to a cup of green tea.
Make these Immune shots in batches and then freeze them in ice-cube trays. Simply defrost and drink or add to your favourite hot cup of herbal tea anytime you need a boost.

STAFF PICKS

A Few of Our Favourite Things This Month

NEW!

All-In-One Liver Support Packets



Regenerlife LiverRestore is a targeted-nutrient, all-in-one supplement packet designed to help promote a healthy liver. It combines LG Cleanse with three complementary supplements - NAC, Glycine, and Phosphatidylcholine - in convenient daily supplement packets to support multiple aspects of liver health. The liver is a highly metabolically active organ with central roles in processing nutrients, removing waste, and maintaining redox balance. These functions rely heavily on underlying cellular systems and mitochondrial energy production.

The ingredients in the LiverRestore kit were carefully selected to support cellular pathways involved in liver function. LG Cleanse combines milk thistle, artichoke powder, dandelion extract, and turmeric extract to promote a healthy liver, as used in herbal medicine. It works alongside NAC to provide antioxidants for the maintenance of good health. Glycine provides a source of amino acid involved in muscle protein synthesis, while phosphatidylcholine, a source of choline, supports healthy brain and nerve function as a precursor to neurotransmitter acetylcholine. The liver depends on these key building blocks to maintain healthy cell membranes and support normal metabolic processes.

LiverRestore is part of the Regenerlife healthy aging line of supplements formulated for whole-body rejuvenation and longevity. This comprehensive liver-support formula provides a one-month supply to complement your healthy lifestyle habits and promote energy from within.



A.Vogel

Fast Acting Relief For Painful Sore Throat

Echinaforce Sore Throat Spray from A.Vogel is used to treat painful inflammation and infection of the throat such as pharyngitis, tonsillitis, soreness and hoarseness.

- * Fresh, organically grown echinacea tincture
- * Quickly relieves throat pain and inflammation
- * Antibacterial effect
- * Long nozzle directly targets affected area
- * Treats pharyngitis, tonsillitis and hoarseness
- * Clinically proven
- * Lactose and gluten-free
- * Vegan and Cruelty-free



**\$5.00 Off
All Month!**



A Winning Combination For Combating Stress & Anxiety

Stress has a way of following you throughout the day, making it harder to focus, unwind, and feel your best. Magnesium plus Ashwagandha combines highly absorbable magnesium bisglycinate with clinically studied Sensoril Ashwagandha to help reduce symptoms of stress, such as fatigue, sleeplessness, irritability, and inability to concentrate. This formula also helps support normal muscle function, including the heart muscle, and cardiovascular health.

Key Benefits:

- * Helps reduce symptoms of stress
- * Reduce fatigue & irritability
- * Helps improve focus & concentration
- * Helps maintain normal muscle function
- * Improve sleep quality
- * Suitable for vegetarians and vegans





Featured Specials & many more instore

  

Organic Puffed Quinoa

Quinoa is a complete protein; it provides all 9 essential amino acids. Quinoa is a gluten-free, GMO free, natural whole grain and easy to digest.

Reg \$7.49 **\$5.99** 

 

Vegetarian Roast

A savory blend of wheat and tofu, the Roast is filled with a flavorful wild rice and bread crumb stuffing, ready to be baked, roasted, carved and devoured by the whole posse.

***Limited Quantities**

736g **\$23.99**
Reg \$28.99 

 

Organic Canned Pumpkin

Rich, smooth & delicious. Ready to use in everything from baked delights to entrees. Use it in a variety of recipes including pies, muffins, cookies, soups & chili!

397g **\$5.49**
Reg \$5.99 



Organic Popcorn

Shouldn't a handful of popcorn only have a handful of ingredients? We make it with minimal processing for maximum snackability.

142g **\$6.99**
Reg \$7.99ea 

 

STAHLBUSH ISLAND FARMS Frozen Vegetables

Located in the heart of Oregon's lush Willamette Valley. Wholesome, high quality vegetables grown without chemicals and pesticides.

15% off 

 

Cashew Cheese Wedge

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

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

 

Organic Vegan Puffs

We have created the first range of Plant-Based Puffs in Canada, with a short list of healthy, organic and gluten free ingredients. Delicious and ultra savoury!

Reg \$4.49 **\$3.49** 



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** 

 

Organic Gravy Mixes

For simple, yet satisfying gravy, Simply Organic's old-fashioned Gravy Mix is the perfect time saver. Available in Chicken, Turkey, Brown and Vegetarian.

1 oz **\$1.99**
Reg \$2.39 

 

Traditional Stuffing

A mix of French and Multigrain breads generously seasoned with our own blend of traditional poultry inspired seasonings.

Reg \$13.99 **\$12.99** 



Gluten Free Crackers

Enjoy a snackable crunch that's full of irresistible flavour! Perfectly salted to satisfy your savoury craving... these crackers are ideal for dipping and topping!

Reg \$5.99 **\$5.49** 



Sugar Replacement

Made from ingredients found in select fruits and starchy vegetables, and contains no artificial ingredients, preservatives or flavours.

340g **\$11.99**
Reg \$12.99 

 

Organic Bottled Spices

Simply Organic's 100% pure, organic herbs, spices and seasonings plus fresh food equal a delicious and healthy meal for you and your family.

Save 15% 

 

Organic Chocolate Bars

Our quality organic ingredients come from environmentally responsible family farmers and we strive to source these ingredients through Fair Trade practices.

Reg \$8.99 **\$7.99** 

 

Laundry Liquid

Made entirely from plant-based ingredients. Biodegradable, renewable, and sustainable for a minimal impact on our environment.

3L **\$18.99**
Reg \$24.49 

 

Non-Dairy Cheezecake

Rich, velvety and deeply satisfying, this New York Cheezecake is a classic favourite. A delicious, guilt-free indulgence infused with real fruit.

Reg \$9.49 **\$8.49** 