



# ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

April 2026



## WHAT'S GOING ON THIS MONTH?

### Noteworthy Savings

*Lily of The Desert  
Aloe Vera Juice 946ml  
On Sale \$14.99!*

*FREE Cosmetic Bag  
With Purchase of Any  
Koope Skin Care*

*Save 15% on All  
Chorus Supernatural  
Skin Care*

*Natural Factors  
Magnesium Bisglycinate  
200mg/250 Caps  
\$10 Off!*

*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,

Spring has finally arrived! As the winter chill fades and the first green shoots emerge, there's a natural urge to open the windows and let the house breathe again. Welcoming spring is about more than just clearing clutter; it's a chance to hit the reset button on your home's environment. Choosing natural cleaners like white vinegar, baking soda, and essential oils allows you to scrub away the winter dust without introducing harsh synthetic fragrances or toxins into your living space. This seasonal transition creates a fresh, healthy sanctuary that mirrors the renewal happening outdoors, leaving your home smelling like crisp citrus and herb garden blooms rather than chemicals.

We're pleased to announce we'll be hosting a free in store lecture featuring award-winning nutrition expert and best-selling author Brad King on Thursday, April 30th at 7pm! We're going deeper in the weight loss conversation to learn how to energize your metabolism in a way that's healthy and lasting, even as you age.

Seating is limited, so please call us at (604) 467-1822 to reserve your free seats.

The Roots Crew



## Cleansing Apple & Avocado Smoothie

Ingredients:

- 1 cup plain unsweetened almond milk
- 4 cups loosely packed spinach
- 1 medium avocado peeled and pitted
- 2 medium apples, any kind, cored and quartered
- 1 medium frozen banana
- 2 teaspoons honey
- 1/2 teaspoon ground ginger or 1/4-inch knob of fresh ginger, minced
- Small handful of ice cubes



Recipe from Well Plated

Optional additions: chia seeds, flaxseed, protein powder, almond butter or other nut butter of choice

Directions:

In the order listed, add the almond milk, spinach, avocado, apples, banana, honey, ginger, and ice to a high-powered blender. Blend until smooth. Taste and adjust sweetness and spices as desired. Enjoy immediately.

# STAFF PICKS

*A few of Our favourite Things This Month*

## Chrysin: Nature's Anti-Aging Powerhouse From The Hive



Chrysin LipoMicel with Flavonoid provides a clinically studied source of the antioxidants chrysin, quercetin, and rutin in a highly bioavailable LipoMicel matrix. Chrysin is a naturally occurring flavonoid found in passionflower, honey, and propolis. It provides antioxidants with many physiological effects in the body. By combining chrysin with quercetin and rutin, two synergistic flavonoids that offer complementary benefits, Chrysin LipoMicel provides a more efficacious flavonoid complex.

Dietary antioxidants play crucial roles in protecting the body against free radicals and the oxidative stress that contributes to cellular aging. Quercetin is also used in herbal medicine as a blood vessel protectant. Chrysin is not water-soluble and difficult to absorb in standard forms, limiting its bioavailability. Using phospholipids sourced from non-GMO sunflower lecithin, our patent-pending LipoMicel technology creates a unique liquid micelle matrix that disperses chrysin, quercetin, and rutin into tiny, absorbable microdroplets, keeping these flavonoids stable during digestion.

Chrysin LipoMicel contains a clinically studied amount of 500 mg of chrysin, 120 mg of quercetin, and 115 mg of rutin in each daily softgel. The softgels are both easy to swallow and delicious to chew, depending on how you prefer to take them. They contain no preservatives, dairy, gluten, or GMOs.

## New Supernatural Skin Care!



*~Locally Made With Key Ingredients  
Sourced From Vancouver Island*



More research is coming forth every day that proves the potentially negative long-term consequences of using products containing harsh chemicals and synthetic ingredients. Chorus is committed to utilizing sustainably sourced natural ingredients to deliver great results, with none of the toxic burden. The safety and health of you and your family is of the greatest importance to Chorus and maintaining the integrity of nature and the many nourishing ingredients it offers is our template for all our formulations.

There are a lot of products out there that say they are 80% organic or 95% natural, or even 98.5%. To us, since it's all going to be in the same bottle or tube, every ingredient needs to be naturally derived. That's why we are 100% natural-source and nothing less. Of course, being natural is important but the products need to perform, and our customers should never feel like choosing a natural product means they have to compromise in any way. Chorus has won numerous Clean Beauty awards which celebrate the best performing natural products across several categories.

## Stress Relief For Body and Mind!



Stress Complex is a natural supplement meticulously formulated to help you find relief from the burdens of stress. With a powerful blend of 3 stress relieving actives; Sensirol Ashwagandha with over 10% Withanolides (2x's stronger than KSM66) from whole plant not just the root, Panax Ginseng with 7% ginsenosides, and Cordyceps, this unique combination offers a holistic approach to managing stress and improving your quality of life. Used in herbal medicine as an adaptogen to help increase energy and helps to temporarily relieve symptoms of stress (e.g. in case of mental and physical fatigue related to stress). It also reduces cortisol and C-reactive protein levels, the biomarkers of physical stress and supports cardiovascular health.



# FEATURED SPECIALS & MANY MORE INSTORE

**STAHLBUSH ISLAND FARMS**  
**Frozen Premium Fruit**  
 Located in the heart of Oregon, we have a hand in the entire farming process of our line of wholesome veggies from seed to store.  
**15% off**

**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**

**ALTER ECO** NON GMO VERIFIED  
**Organic Chocolate Bars**  
 Organic, Fair Trade cocoa from Ecuador transformed into amazing chocolate by Swiss chocolatiers. Velvet, Blackout, Mint, Quinoa, Coconut Toffee, Sea Salt, Brown Butter and Burnt Caramel.  
 80g  
 Reg \$7.69 **\$6.99**

**MacKellar FARMS** MADE IN CANADA  
**GMO-free Edamame**  
 MacKellar Farms offers Canada's first locally grown, 100% all natural edamame. Non-GMO and irresistibly delicious.  
 Reg \$6.29 **\$5.49**

**NON GMO VERIFIED** **GoGo QUINOA** MADE IN CANADA  
**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**

**Applesax** **Délic Pomme** MADE IN CANADA  
**Organic Apple Sauce Cups**  
 Simple and healthy snack. Great for baby's first foods, it is a savior for picky little ones. Wonderful for fussier eaters when teething.  
 Reg \$6.49 **\$5.99**

**GT'S**  
**Alive Adaptogenic Tea**  
 Inspired by Ayurvedic tradition, this offering pairs loose leaf tea with an infusion from a trio of adaptogenic plants (reishi, chaga, and turkey tail).  
 480ml  
 Reg \$5.99 **\$5.49**

**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**

**COVE** GUT HEALTHY DRINKS  
**Natural Probiotic Sodas**  
 With 1 billion probiotics, this fizzy treat isn't just tasty, it's also super good for your digestive health.  
 355ml  
 Reg. \$3.29 **\$2.69**

**Lakewood** 100% JUICE NON GMO VERIFIED  
**Organic Lemon & Lime Juice**  
 Fresh Pressed - Not from Concentrate Unsweetened Juices - No Sugar Added - GMO Free - GLASS Non-Toxic | BPA Free  
 370ml  
 Reg \$6.99 **\$5.99**

**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.  
 500ml  
 Reg \$2.49 **\$2.29**

**Amy's** We love to cook for you. NON GMO VERIFIED  
**Organic Dumpling Bowl**  
 Organic garlic, onions, carrots and ginger are carefully folded into delicate dumplings then laid on top of organic noodles, our house-made tofu and finished with a rich and savoury hoisin sauce.  
 Reg \$8.49 **\$7.99**

**caboo**  
**Bamboo Baby Wipes**  
 Caboo baby wipes are enriched with Vitamin E oil, Chamomile Flower and Aloe Leaf extract.  
 72ct  
 Reg \$7.49 **\$5.99**

**Elmhurst** Est. 1925  
**Plant Based Beverages**  
 We pack more nuts and whole grains in every glass, so you get more nutritious good stuff in every deliciously creamy sip. Find the perfect variety for your routine.  
 946ml  
 Reg \$10.49 **\$9.49**

**eat wholesome food co.** NON GMO VERIFIED  
**Organic Canned Soup**  
 We are dedicated to proving that you can keep that wonderful feeling of doing good and eating well without compromising on taste.  
 398ml  
 Reg \$4.99 **\$4.49**

**Silver Hills SPROUTED BAKERY**  
**Sprouted Squirrelly Bread**  
 Fans have been raving about Squirrelly® bread ever since our family began sharing the goodness of sprouted whole grains 30+ years ago.  
 600g  
 Reg \$5.49 **\$4.99**

**ROAR** NON GMO VERIFIED  
**Organic Electrolyte Drink Mix**  
 Ultra-convenient and deliciously vibrant, ROAR Plus is Complete Hydration packed with a blend of antioxidants, vitamins, and electrolytes designed to support your everyday routine.  
 7.18g  
 Reg. \$2.49 **\$1.99**

**TOFURKY**  
**Plant Based Deli Slices**  
 These smoky, savoury slices are your taste bud's best bud. Up with flavour and long live lunchtime revelry.  
 156g  
 Reg \$7.99 **\$5.49**