



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE



November 2025

WHAT'S GOING ON THIS MONTH?

Store Notice

We've started taking orders for fresh, free range, non-medicated and locally raised turkeys! If you're looking for a particular size or quantity, please reserve early as we assign turkeys on a first come first serve basis. Our birds come from Skye Hi farms in Yarrow, BC and are always a crowd pleaser! Sizes generally range between 10-20lbs and cost \$6.49/lb.



Have you signed up for our loyalty program yet? Sign up in store and start collecting points and receive extra savings.

rootsnatural.ca



Hello Fellow Shoppers,

Well, it seems like fall has finally arrived! The shorter, darker, and rainier days of November have set in and many of our customers have been coming in looking for products that can help them feel happier and more energetic. If you suffer from low mood, or mild to moderate seasonal affective disorder (S.A.D) this time of the year, you're not alone! Many North Americans report feeling fatigued, anxious, and depressed during the fall and winter months. If this sounds familiar, please remember you don't need to "tough it out". There are many things that can help you get through with ease. First and foremost, we always encourage everyone to get adequate exercise and to eat a healthy varied diet to help elevate mood, but sometimes this just isn't enough, so we also carry several different supplements that are designed to boost mood naturally!

Come chat with one of the knowledgeable staff in our vitamin department if you need any assistance in finding the right supplement for you or your family.



The Roots Crew

Tomato Lentil & Coconut Soup -Karlene Karst

Ingredients:

3 tbsp extra virgin olive oil, plus more to garnish

1 onion, chopped

1 cup red split lentils, rinsed

2 tbsp tomato paste

1 14-oz can chopped tomatoes

4 cups vegetable broth, low sodium

1 14-oz can coconut milk, full-fat

sea salt and pepper to taste

chopped parsley, to garnish



Directions:

In a dutch oven or a heavy bottom pot, heat up oil over medium heat; add the onion and cook for 3 minutes until translucent. Add lentils, tomato paste and can of tomato, stir and allow it to cook for another 3 minutes. Add the vegetable broth, cover and simmer for about 20 minutes. Add coconut milk, sea salt, and pepper, then cook for an additional 10 minutes. Adjust seasoning as needed! Now, you can use an immersion blender and blend some of the soup (or as much as you like; I like it a little chunky so I only pureed a little bit to give it texture).

Serve hot, garnish with fresh parsley, olive oil and cracked pepper. Enjoy!

STAFF PICKS

A few of Our Favourite Men's Health Supplements



Support Prostate Health with Natra BPHpro



BPHpro is a targeted prostate health formula that combines potent plant extracts, essential minerals, and antioxidants to help relieve urinary symptoms associated with early stages of benign prostatic hyperplasia (BPH) and support long-term prostate function.

As men age, changes in prostate size and function can lead to urinary symptoms that affect comfort, sleep, and daily life. BPHpro is a complete prostate support supplement designed to address these concerns naturally and effectively. This premium softgel formula blends clinically recognised plant extracts-such as saw palmetto, pumpkin seed oil, stinging nettle root, and pygeum bark-with essential minerals and antioxidants that protect and nourish prostate tissue.

Saw palmetto and pumpkin seed oil help reduce the urologic symptoms of BPH, such as weak urine flow, incomplete emptying, and frequent night-time urination. Stinging nettle root and pygeum bark extract work synergistically to reduce inflammation and support healthy prostate size, while free plant sterols contribute to healthy urinary function.

BPHpro also includes zinc, selenium, boron, and vitamin B6 to promote red blood cell formation, support tissue health, and protect against oxidative stress. Lycopene, a powerful antioxidant found in tomatoes, adds further protection against cellular damage.

With its easy-to-swallow softgel format, BPHpro offers an efficient, bioavailable way to maintain healthy prostate function and improve quality of life.



Thick, Healthy Hair and Resilient Skin Start From Within!

HAIRlux is a complete hair, skin, and nail support formula for men, combining plant extracts, amino acids, vitamins, and minerals to promote healthy growth, help mitigate hair loss, protect against oxidative stress, and support immune and thyroid function.

This advanced blend of botanical extracts, amino acids, and essential nutrients works to nourish follicles, stimulate growth, and protect cells from oxidative stress-while helping to slow the processes that contribute to hair loss.

Millet and fenugreek seed extracts provide key phytonutrients that support hair density and strength. Saw palmetto helps block DHT, a hormone linked to male pattern hair loss, while amino acids like L-cysteine and L-methionine supply the building blocks for keratin production. Silica strengthens connective tissue, and DIM (diindolylmethane) supports healthy hormone metabolism, contributing to a more balanced environment for hair growth.



This November's Feature Sale!

Zinc is one of the most important nutrients for prostate health! Zinc can help to reduce the risk of developing an enlarged prostate, and also help to reduce the size of the prostate in people with BPH due to its anti-inflammatory properties, so it's a good one to take whether you've got BPH or are just looking to reduce your risk. Zinc is well known for supporting and protecting prostate health, but it is also an essential trace mineral needed for numerous other functions throughout the body! In this highly absorbable, gentle bisglycinate form, zinc is bound to two glycine molecules, allowing it to be absorbed without stomach acidity or reactions with other minerals and food components in the digestive tract. It is a great choice for people with low stomach acid levels or absorption issues that increase the risk of zinc insufficiency.

20% Off!
50mg, 120cap



November

Featured Specials & many more instore






Organic Frozen Waffles

These waffles come out on top by delivering a powerhouse of whole grain nutrition from 9 different grains. Some gluten-free varieties.




Reg \$5.49 **\$4.99**

Hornby Island Energy Bars

Hornby organic energy bars offer sustained nutrition, boasting 10-12 grams of plant based protein per bar.



Reg \$3.99 **\$2.99**



Premium Soft Drinks

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



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



Gluten Free Pancake Mix

Gluten Free Pancake Mix makes light and fluffy flapjacks that raise the standard of how good gluten free foods can be.



680g
Reg \$9.99 **\$8.49**




Probiotic Coconut Milk

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



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




Organic Ravioli

Made with organic spinach, tomatoes, onions and creamy ricotta cheese inside tender pasta, covered with our home-style tomato sauce then sprinkled with Parmesan cheese.



Reg \$8.49 **\$7.99**




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**




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 \$5.49ea **\$4.49**



Chocolate Chip Blondies

Take dessert off the cheat list. Made with almond flour, no added sugar so you can ALWAYS say yes to treating yourself.



40g
Reg \$3.29 **\$2.79**



Bob's Oat Bars

Wholesome and delicious, made with whole grain oats, peanut butter and organic honey.



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



Holiday Coconut Nog

We take the best-tasting oat around and add nutmeg and cinnamon for a festive flavour that's a gift in itself.



946ml
Reg \$4.99 **\$3.99**




Organic Homestyle Soups

These restaurant quality premium soups are made with the finest all natural ingredients.



Reg \$5.49 **\$4.99**




Good Fats Bars

With only 1-2g of sugar and 9-10g of protein per bar, they are loaded with as many good and healthy fats as we could possibly get in there.



39g
Reg \$3.29 **\$2.49**




Seaweed Snacks

Lightly roasted and seasoned seaweed. Grab and Go! Strangely Addictive!



Reg \$2.79 **\$1.99**




Laundry Liquid

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



3L
Reg \$24.49 **\$20.49**




Organic Hot Oatmeal

A hearty back to school breakfast. Quick cooking oats packed with flavours the whole family will love.



400g
Reg \$6.49 **\$5.99**