

Nature's EMPORIUM | Your Neighbourhood Health Food Market™

Let Us Join You On The Road to Good Health!

"Explore fresh natural & organic foods, organic produce, vitamins & supplements, whole body care, gluten-free, grocery, sustainable meat & seafood and more!"

Celebrating 21 Years Shared in Good Health!

Proudly Local & Family Run!

Our Stores

Newmarket: 16655 Yonge Street, Newmarket, ON L3X 1V6 • 905.898.1844
Vaughan: 2535 Major Mackenzie Dr. W, Vaughan, ON L6A 1C6 • 905.553.5527

visit us online at naturesemporium.com

<p>GG UNIQUE FIBER SCANDINAVIAN BRAN CRISPBREAD Very High Source of Fibre. 100 g \$1.99</p> 	<p>ALTER ECO FAIR TRADE CHOCOLATE Assorted Varieties • 80 g \$1.99</p> 	<p>JAX COCO 100% PURE COCONUT WATER Natural Hydration 1 litre \$1.99</p> 	<p>PÜR GUM • Aspartame Free • Nut Free • Resealable Bag • Gluten Free • Vegan • Non GMO Assorted Flavours 80 g 2/\$5</p> 
<p>ALEXIA FOODS OVEN FRIES Potato Wedge Cut. Made with Olive Oil. All-Natural Rosemary & Garlic • Parmesan with Roasted Garlic Frozen • 425/450 2/\$5</p> 	<p>SIMPLY NATURAL ORGANIC KETCHUP Product of USA 575 ml \$2.99</p> 	<p>BARD VALLEY ORGANIC MEDJOOL DATES Product of USA 454 g \$8.99</p> 	<p>BARD VALLEY ORGANIC NATURAL DELIGHTS DATE ROLLS Almond • Coconut Product of USA 340 g \$7.99</p> 
<p>KII NATURALS ORGANIC OATS Regular • Quick • Thick 454 g \$2.99</p> 	<p>LARABAR FRUIT & NUT ENERGY BAR No Added Sugar Low Sodium Cholesterol Free Assorted Varieties 45/48 g 3/\$5</p> 	<p>NATUR 100% PEANUTS No Sugar or Salt Added No Cholesterol No Trans Fat Creamy • Crunchy 500 g \$3.99</p> 	<p>R.W. KNUDSEN JUST BLACK CHERRY 100% JUICE All Natural • No Preservatives 946 ml \$4.99</p> 
<p>BOULDER CANYON KETTLE COOKED POTATO CHIPS Made with Natural Ingredients. Assorted Flavours 142 g \$1.99</p> 	<p>POPCORN INDIANA GOURMET POPCORN • Zero Trans Fat • All Natural • Gluten Free Selected Varieties 226/297 g \$2.99</p> 	<p>WILD PLANET WILD SKIPJACK TUNA 100% Pole Caught 142 g \$2.99</p> 	<p>SPROUTED RICE DREAM Excellent Source of Calcium Lactose & Dairy Free 100% Vegan • Gluten Free Original Unsweetened 946 ml 4/\$5</p> 
<p>TASTY BITE INDIAN CUISINE NOODLES MEAL All Natural • Vegetarian Heat in 1 minute Assorted Varieties 250/285 g \$1.99</p> 	<p>NATURE'S PATH LOVE CRUNCH PREMIUM ORGANIC GRANOLA Assorted Indulgent Flavours 325 g \$3.99</p> 	<p>PACIFIC NATURAL FOODS ORGANIC ALMOND MILK Non-Dairy Beverage Assorted Varieties • 946 ml 2/\$5</p> 	<p>ONE DEGREE VEGANIC SPROUTED ORGANIC CEREAL Assorted Varieties 227/340 g \$3.49</p> 
<p>NO.7 SISU Reduces Pain Increases Joint Mobility Relieve Stiffness 30 Veg Caps \$15.99 90 Veg Caps ... \$39.99</p> 	<p>SISU VITAMIN D An important factor in the prevention of bone loss in men & women. 400 Tablets \$9.99</p> 	<p>LILY OF THE DESERT ALOE HERBAL STOMACH FORMULA DETOX FORMULA 960 ml \$14.99</p> 	<p>HEALTHY DELIGHT RASPBERRY KETONE Green Coffee Extract Chews Promotes Weight Loss 90 Soft Chews BUY ONE GET ONE FREE!</p> 
<p>CASCADES ENVIRO PAPER TOWELS 6 Pack Jumbo \$4.99</p> 	<p>DR. BRONNER'S MAGIC SOAPS Hemp • Pure Castile Soap Made with Organic Oils • Fair Trade Unscented Baby • Mild • Peppermint 140 g 2/\$5</p> 	<p>SEVENTH GENERATION DISHWASHING LIQUID Assorted Varieties 532 ml 2/\$5</p> 	<p>NATURE CLEAN LAUNDRY DETERGENT Healthy Clean! Allergy Tested • No Sulphates No Dyes • No Perfumes Suitable For Cold Water HE • 99.9% Natural Assorted Varieties Large • 3 L Jug \$6.99</p> 

WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO NORMAL FAMILY REQUIREMENTS. ILLUSTRATIONS AND PHOTOGRAPHS MAY NOT NECESSARILY REPRESENT ITEMS ON SALE. SORRY NO RAINCHECKS!

Discover Our Stores On A **FREE** Store Tour!

Come Explore a World of Wellness!
From fresh natural and organic foods in our bistro, juice bar & café to the world's best vitamins, supplements, herbs and homeopathy shared by our team of on-staff holistic nutritionists, we offer everything you need to eat well and live better!
naturesemporium.com/store-tour

Vaughan Location
2535 Major Mackenzie Dr. W
Major Mackenzie Dr.
We Are Here!
905.553.5527
Rutherford Rd.

Newmarket Location
16655 Yonge St.
Mulock Drive
We Are Here!
905.898.1844
Savage Rd.

Sale Dates:
Friday, Feb. 27 - Saturday, Apr. 4
Store Hours
Mon-Fri 8:30-9:30
Sat-Sun 8:30-7:30

We Carry Professional Lines! Metagenics MEDICHEAP UNDA BIOTICS BIOMED pure VITANICA Heel DOUGLAS Seroyal NFH

visit us online at naturesemporium.com

YouTube +

20% OFF LORNA VANDERHAEGHE PRODUCTS AT THE LIVE LORNA LECTURE

LIVE LORNA LECTURE
Everything you
need to know
about **hormones**



Newmarket Location
Register at:
Customer Service
March 25, 2015
6:30pm - 8:30pm

SOLO ENERGY & NUTRITION BARS
Certified low glycemic & gluten free. Provides energy that sustains without spiking blood sugar. Prevents cravings & promotes satiety. High in protein & fibre. Only 200 calories. All natural ingredients.
50 g
2/\$5

BroccoFusion™
Sulforaphane Lotion & Sulforaphane Ointment
Newco Natural Technology

- Reduce & Eliminate Hyperpigmentation
- Heal Burns & Skin Irritations
- Anti-Aging Benefits
- Stretch Marks
- Acne, Cysts & Keratosis
- Relieving Sunburn
- Skin Tags, Eczema, Etc.

www.newconatural.ca
info@newconatural.ca

NORDIC NATURALS ARCTIC COD LIVER OIL
Source of Omega 3 Fatty Acids
237 ml
\$19.99

CARINA HAIR CARE
Canadian Certified organic & sustainably sourced
Selected Varieties
250/360 ml
\$8.99

ONTARIO NATURAL TOMATOES
Harvested & packed within hours to maximize their flavour, aroma & nutrients. Each of our vine ripened Ontario Natural organic canned tomato varieties is packed in cans lined with Biphphenol A-free (BPA-free) materials.
796 ml
\$2.99

UNCLE LEE'S BODY BALANCE DIETER TEA
Assorted Varieties
30 Tea Bags
\$5.99

KRISDA PREMIUM STEVIA EXTRACT
Zero Calories
Zero Artificial Sweeteners
Zero Grams of Sugar
Assorted Flavours
50 x 1 G Packets
\$6.99

PURICA IMMUNE 7 BEYOND IMMUNE SUPPORT
Is Your Immune System Running on Empty?
120 V Caps
\$39.99

JUICE MATTERS COLD PRESSED JUICE
Grab-n-go solution to provide wholesome nutrition on the run.
Assorted Varieties
473 ml
\$7.99

TRADITIONAL MEDICINALS ORGANIC TEA
Smooth Move
Everyday Detox
20 Wrapped Tea Bags
\$4.99

GO LO ALMOND BUTTER
No Sugar Added
• High in Protein
Vegan • Non GMO
• Dairy Free
• Gluten Free
• Soy Free
312 g
\$13.99

CASCADIAN FARM ORGANIC CEREAL & GRANOLA
Assorted Varieties
255/450 g
\$4.99

ONLY OATS OATS
Pure Whole Grain, Steel Cut, Quick Oat Flour, Wheat Free
Large 1 kg Bag
\$7.99

HARMONY HILL COOKIES
Dairy Free • Gluten Free
Soy Free • Nut Free
Assorted Varieties
Individually Wrapped
180 g
\$5.99

THAI KITCHEN COCONUT MILK
Premium
Usweetened • Light
400 ml
2/\$5

TRUROOTS ACCENTS SPROUTED QUINOA
• LENTIL • RICE
Ready in 15 minutes
• Non GMO
Selected Varieties
227 g
25% OFF

FOOD FOR LIFE BROWN RICE TORTILLA WRAPS
Wheat & Gluten Free
Product of USA
340 g
\$3.99

ETHICAL BEAN COFFEE
Fair Trade • Organic
Shade Grown
• Arabica Beans
Assorted Varieties
340 g
\$9.99

R.W. KNUDSEN NATURE'S PEAK
Tropical • Veggie
Veggie Blend
946 ml
\$5.99

CANADIAN HERITAGE ORGANIC MAPLE SYRUP
100% Pure
Canada No. 1 Medium
Canada No. 2 Amber
250 ml
\$5.99

NEW WORLD NATURAL FOODS ORGANIC GRANOLA
Assorted Varieties
454 g
\$3.99

BRAGG APPLE CIDER VINEGAR
Raw • Unfiltered
• With the Mother Enzyme
473 ml
\$3.99

HEART CHOCOLATE
No Sugar Added
Infused with 1000 mg of Cinnamon Cassia
43 g
\$3.49

A. VOGEL SANTASPINA BONBONS
Bonus Pack 2x100 g
\$5.99

POWERPLANT RAW WHOLE FOOD BAR
Organic • Raw • Vegan
• Gluten Free
• Peanut Free
Assorted Varieties • 50 g
\$1.99

GIMME ORGANIC ROASTED SEAWEED SNACKS
Non-GMO • Gluten Free
• Vegan
Assorted Varieties • 5 g
4/\$5

SUNFLOWER KITCHEN SOUP
• Vegetarian
• Gluten Free
• No Oil Added
• Low Fat
Assorted Varieties
956 ml
\$4.99

RED'S BURRITOS
Assorted Varieties
Frozen • 142 g
20% OFF

ANTIPASTOS KITCHEN FROZEN PASTA & ENTREES
Gluten Free
Assorted Varieties
700/800 g
10% OFF

KARTHEIN'S ORGANIC SAUERKRAUT
Unpasteurized
No Vinegar
No Preservatives
Assorted Varieties
375 ml
\$4.99

LA CHAUDIERE CHEESE ORGANIC
Raw Milk
Animal, Rennet Free
Lactose Free
Assorted Varieties
200 g
15% OFF

DAIYA CREAM CHEESE SLICES
Dairy Free • Lactose Free
Casein Free • Soy Free
Assorted Varieties
220/227 g
\$4.99

STIRLING CREAMERY WHEY BUTTER
A Unique Rich Flavor
• Barrel Churned
No Artificial Colours or Additives
454 g
10% OFF

awaken my senses Organics

Skin Care Special

20 percent off all Cleansers, Toners, Moisturizers and Night Oils - plus our Fine Line Vanishing Creme and our Revitalizing Eye Gel

NOURISH ORGANIC BODY LOTIONS

"Food for Healthy Skin" Hydrating & Smoothing

Selected Varieties 236 ml

\$9.99

EARTH SCIENCE DEODORANT

Non Irritating, All Day Protection.

Selected Varieties 70 g

\$5.49

KISS MY FACE BODY LOTION

"Nourish Naturally" Natural, Effective, Cruelty Free

Selected Varieties 473 ml

\$9.99

GIOVANNI, 2 CHIC AVOCADO & OLIVE OIL HAIR CARE

- Shampoo
- Conditioner
- Moisture Mask
- Super Potion
- Elixir

53/250 ml

\$6.99

MINERAL FUSION COSMETICS

"Minerals on a Mission"

- Core antioxidants blend in all products
- Nourishing ingredients
- 100% natural colour
- Gluten Free • Talc Free
- UV protection of minerals

Selected Varieties

25% OFF

BELL MASTER HERBALIST BLOOD PRESSURE FORMULATION COMBO

Helps maintain cardiovascular health in adults.

60 Caps/700 mg

\$26.99

DERMA E VITAMIN E

Deeply penetrates to renew & condition the skin.

- Oil • Cream

Selected Varieties 60/113 ml

\$9.99

BIOSIL BEAUTY • BONES • JOINTS

Reduced Wrinkles & fine lines. Thick, strong, healthy hair. Strong nails. Increased bone density & flexibility.

15/30ml • 45/90 Caps

20% OFF

NUTRA CENTIALS FORSKOLIN DUAL BELLY FAT • MELTING REMEDY

Lose an average of 9.9 lbs. of body fat in 2 weeks.

60 Veg Caps

\$19.99

HYLAND'S HOMEOPATHIC 4 KIDS COLD 'N COUGH COUGH SYRUP

- Nighttime Cold 'n Cough
- Multi-Symptom

118 ml

\$9.99

NATURE'S GATE TOOTH PASTE

Fluoride Free

- Sulfate Free

Selected Varieties 106 ml

\$4.49

\$7.00 OFF

BUY Any New Chapter Products

ALLIMAX ALLISURE POWDER

Supports your Body's Natural Defenses

180 Veg Caps

\$69.99

MARTIN & PLEASANCE JUST GREENS

Organic raw greens blend is filled with pure wholefood nutrients - a blend Spirulina.

JUST REDS

This 100% organic raw reds blend is a pure synergistic super blend of antioxidants that are naturally absorbed for optimum benefits

200 g

\$19.99

NEW!

NOVA SCOTIA FISHERMAN 100% NATURAL BODY CARE

Infused with Kelp

Selected Varieties 10 g/325 ml

20% OFF

ENEREX BLACK SEED OIL

Super Antioxidant for Beauty & Optimal Immune Health

100% Pure Premium 1st Cold Pressed

100 ml

\$21.99

OMEGA ALPHA MILK THISTLE EXTRACT

Hi Potency Extract Used in herbal medicine to help relieve digestive disturbances.

500 ml

\$24.99

SEQUEL FIRST MILKING COLOSTRUM

Naturally rich in immune & growth factors.

90 Lozenges

\$29.99

NATURAL CALM MAGNESIUM CITRATE POWDER

Becomes Ionic when dissolved in hot boiled water. Helps with symptoms of magnesium deficiency. Contains Organic Stevia & Organic Raspberry & Lemon Flavouring. Includes Kids.

Selected Varieties • 226 g

\$22.99



"As the hemp protein specialists, we are proud to offer a range of high quality Manitoba Harvest Hemp Food products which you know and love. Whether it be oil, Hemp Bliss non-dairy beverage, protein powders or our hemp hearts you will remember our great taste; which can only come from the freshness of crops grown on farm fields right here in Canada. After 15 years in the hemp business, from seed to shelf, our roots run deep!"

 <p>MANITOBA HARVEST ORGANIC HEMP PRO FIBRE Plant based protein powder 454 g • 15 Servings</p> <p>2/\$25</p>	 <p>MANITOBA HARVEST HEMP PRO 50 Plant based protein powder 454 g • 15 Servings</p> <p>2/\$30</p>	 <p>MANITOBA HARVEST HEMP PRO 70 Plant based protein powder 454 g • 15 Servings</p> <p>2/\$40</p>
 <p>MANITOBA HARVEST ORGANIC HEMP PROTEIN Plant based protein powder Selected Varieties 454 g • 15 Servings</p> <p>2/\$30</p>	 <p>MANITOBA HARVEST HEMP HEARTS Raw shelled hemp seeds. Natural Sprinkle on salads, cereal and yogurt. 227 g</p> <p>\$5.99</p>	 <p>MANITOBA HARVEST ORGANIC HEMP HEARTS Raw shelled hemp seeds. Natural Sprinkle on salads, cereal and yogurt. 340 g</p> <p>\$9.99</p>

Be proactive with your probiotics.



Now is a great time to look after your health, and with New Roots Herbal, we've got you covered. Our probiotics give you a multitude of choice for health benefits, such as helping boost your immune system, preventing disease, constipation, diarrhea, and more, while maximizing nutrient absorption for better health.

Our family of probiotics all feature an advanced PH⁵D enteric coating protection to ensure they make it past the stomach acids to where they can bring the maximum benefits.

Being proactive with your overall well-being starts with New Roots Herbal probiotics. So find the right one for you – today!

Stay protected with our probiotics:

ProbioticsUrgency – Essential after taking antibiotics. 50 billion live cells for fast results. Take at the very first sign of cold or flu.

Travelers' Probiotic – Protects against travelers' diarrhea.

AcidophilusUltra – Fortifies immune and intestinal health.

IBSUrgency – Relieves irritable bowel syndrome symptoms such as bloating, diarrhea, and constipation.

ProbioticIntensity – Advanced formula of 18 total strains with 10 human, 1 plant, and 7 dairy strains plus colostrum for maximum beneficial effects.

Prevention & Cure® since 1985



- Our ISO 17025 accredited laboratory has 15 scientists: 3 PhDs, 4 MScs, and 8 BScs
- All our products are non-GMO



RAW PROTEIN

#1 Selling Certified Organic Protein Supplement*

- SPROUTED – FOR OPTIMAL DIGESTION AND ASSIMILATION
- COMPLETE AMINO ACID PROFILE
- PROBIOTICS (1 BILLION CFUs)
- PROVIDES 17 TO 18 g OF PROTEIN

25% OFF

The No. 1 SELLING NATURAL PROTEIN POWDER! the CLEANEST protein you can buy.

*Based on U.S. SPINS data.

RAW, NON-GMO, VEGAN

RAW MEAL

Beyond Organic Meal Replacement

- 26 TO 28 g OF PROTEIN
- 13 ORGANIC SPROUTS
- 4 RAW GRASS JUICES
- 19 RAW FOOD VITAMINS AND MINERALS
- 6 g OF RAW FIBER
- LIVE PROBIOTICS AND ENZYMES

25% OFF

2014 alive RETAILER CHOICE AWARDS SILVER

RAW, NON-GMO, VEGAN

RAW PRIMAL DEFENSE[®] ULTRA

50 BILLION LIVE CULTURES

25% OFF

- HIGH POTENCY
- ONE PER DAY
- VEGETARIAN
- NON-DAIRY

RAW™ • Vegetarian • NON Dairy
RAW™ • Vegetarian • NON Dairy

50 Billion PSBiotics
60 UltraZorbe™ Capsules
60 Capsules UltraZorbe™

Garden of Life

Only the best, just like Mother Nature intended...

RAW SINGLE AND MULTIVITAMINS FROM GARDEN OF LIFE

Just as in Nature... Whole Food, Uncooked, Unadulterated, Untreated. No Fillers, Binders or Soy.

Best Selling Natural Vitamin Brand in the US!*

25% OFF

*US Spins data - Feb 23rd 2014

Wobenzym[®] N

THE GOLD STANDARD FOR SYSTEMIC ENZYMES!

Provides support for healthy joints, helps to relieve inflammation and rheumatic conditions associated with osteoarthritis

25% OFF

Trophic[™] CHERRY FLAVOUR

5 MG MELATONIN SPRAY NEW!!!

25% OFF

5 MG HIGH POTENCY SPRAY, FOR CONVENIENT PRECISE DOSING EVERY TIME!

If you regularly wake feeling unrested, you're probably not getting enough sleep...

25% OFF

GMO

Nature'sTM EMPORIUM

Your Neighbourhood
Health Food Market

Fresh Specials!

Our Fresh Produce
Department is

Always Organic!

Organic
**Mehadrin
Dates**

Always
Organic
Produce

500g Package
Great Source of Potassium!

\$4⁹⁹
500g

Save
\$4



Organic
**Wheatgrass
Shot**



\$2
1 oz

Our Juice Bar & Café
Selections Are Always

Natural & Organic!

Ace Bakery

Organic

Artisan Batards

Regular • Multigrain
Baked In-Store Daily!



2 for
\$6

Let Us Help Nourish
Your Healthy,

Natural Lifestyle!

Beemster

Premium

Goat's Cheese

Made with Premium Goat's Milk
Raised Without the Use of GMOs



\$4²⁰
/100g

Save
\$10/kg

Explore Our Selection
of Small Batch

Artisan Cheeses!

find recipes, healthy tips
and more at:

naturesemporium.com

Nature's™ EMPORIUM

Your Neighbourhood
Health Food Market

Fresh Specials!

Our Prepared Foods
Are Always

Made With Love!

Organic Soups



946ml • Made In House

Select Varieties



Nature's
EMPORIUM
Your Neighbourhood
Health Food Market

Made
with Love
by Our
Team!

Save
10%

Our Meat Selections
Showcase Local
Farmers & Producers!

Yorkshire Valley Farms

Organic

Whole Chickens

Fresh • Raised Without the Use
of Antibiotics or GMOs.



\$9.90
/kg

\$4.49
/lb

Our Meat & Seafood
Selections Are Always
Sustainably Sourced

Dom Organics

Organic

Salmon

300g • Sustainably Sourced

Great Source of Omega 3's!



Always
Sustainably
Caught

\$12.99
/pkg

Explore the Road to
Good Health With
Our Nutritionists!



find recipes, healthy tips
and more at:
naturesemporium.com