Natures 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!"



Proudly Local & Family Run!



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



SCANDINAVIAN **BRAN CRISPBREAD** Very High Source of Fibre. 100 g





FAIR TRADE CHOCOLATE

IAX COCO **100% PURE COCONUT WATER** Natural Hydration



GUM

- Aspartame Free • Nut Free
- Resealable Bag
- Gluten Free Vegan
- Non GMO Assorted Flavours





Made with Olive Oil. All-Natural Rosemary & Garlic • Parmesan with Roasted Garlic

Frozen • 425/450





Product of USA



BARD VALLEY ORGANIC MEDJOOL DATES

Product of USA



BARD VALLEY ORGANIC **NATURAL DELIGHTS** DATE ROLLS Almond • Coconut

Product of USA



KII NATURALS **ORGANIC OATS** Regular • Quick • Thick





Cholesterol Free Assorted Varieties



100% PEANUTS No Sugar or Salt Added

No Cholesterol No Trans Fat Creamy • Crunchy 500 g



JUST BLACK CHERRY 100% JUICE

\$499

TART CHERRY 100% JUICE \$499



BOULDER CANYON KETTLE COOKED POTATO CHIPS Made with Natural

Ingredients. Assorted Flavours 142 g



POPCORN INDIANA GOURMET POPCORN

- Zero Trans Fat
- All Natural Gluten Free



WILD PLANET WILD SKIPJACK TUNA 100% Pole Caught



SPROUTED RICE DREAM Excellent Source of Calcium Lactose & Dairy Free

100% Vegan • Gluten Free Original Unsweetened



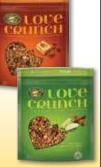
TASTY BITE **INDIAN CUISINE NOODLES MEAL** All Natural • Vegetarian

Heat in 1 minute Assorted Varieties 250/285 g



LOVE CRUNCH PREMIUM **ORGANIC GRANOLA**

Assorted Indulaent Flavours



PACIFIC NATURAL FOODS ORGANIC ALMOND MILK Non-Dairy Beverage



ONE DEGREE **VEGANIC SPROUTED** ORGANIC CEREAL

Assorted Varieties 227/340 g



NO.7 SISU Reduces Pain Increases Joint Mobility Relieve Stiffness

90 Veg Caps ... \$39.99



VITAMIN D

An important factor in the prevention of bone loss in men & women.

400 Tablets



LILY OF THE DESERT ALOE HERBAL STOMACH FORMULA **DETOX FORMULA**



HEALTHY DELIGHT RASPBERRY KETONE

Green Coffee Extract Chews Promotes Weight Loss 90 Soft Chews



CASCADES ENVIRO PAPER TOWELS 6 Pack Jumbo



DR. BRONNER'S MAGIC SOAPS

Hemp • Pure Castile Soap Made with Organic Oils • Fair Trade Unscented Baby Mild • Peppermint



SEVENTH GENERATION **DISHWASHING** LIQUID

Assorted Varieties



LAUNDRY DETERGENT

Healthy Clean! Allergy Tested • No Sulphates No Dyes • No Perfumes Suitable For Cold Water HE • 99.9% Natural



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



Professional Metagenics MEDI HERB WAR

Come Explore a World of Wellness! From fresh natural and organic foods served in our bistro, juice

bar & café to the worlds 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

Major Mackenzie Dr





8:30-9:30 8:30-7:30

Mon-Fri Sat-Sun

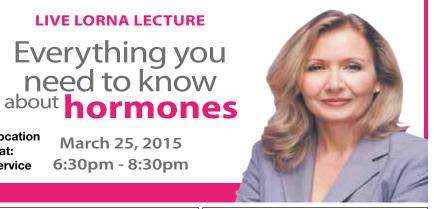
OBES NFH SERRE

20% OFF LORNA VANDERHAEGHE **PRODUCTS AT THE LIVE LORNA LECTURE**

Newmarket Location Register at: **Customer Service**

March 25, 2015 6:30pm - 8:30pm

LIVE LORNA LECTURE





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

BroccoFusion¹ Newco Sulforaphane Lotion & Sulforahane Ointment

• 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 COD LIVER OIL Source of Omega 3



CARINA HAIR CARE Canadian

Certified organic & sustainably sourced Selected Varieties

250/360 ml



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 Bisphenol A-free (BPA-free) materials.

796 ml



UNCLE LEE'S BODY BALANCE DIETER TEA

Assorted Varieties 30 Tea Bags



KRISDA PREMIUM STEVIA EXTRACT

Zero Calories Zero Artificial Sweeteners Zero Grams of Sugar

Assorted Flavours 50 x 1 G Packets



PURICA IMMUNE 7 **BEYOND IMMUNE SUPPORT**

Is Your Immune System Running on Empty?

120 V Caps



JUICE MATTERS COLD PRESSED JUICE

Grab-n-go solution to provide wholesome nutrition on the run.

Assorted Varieties



TRADITIONAL MEDICINALS **ORGANIC TEA**

Smooth Move **Everyday Detox**

20 Wrapped Tea Bags



ALMOND BUTTER

- No Sugar Added
- High in Protein Vegan • Non GMO
- Dairy Free Gluten Free
- Soy Free



CASCADIAN FARM **ORGANIC**

- CEREAL
- GRANOLA

Assorted Varieties 255/450 g



ONLY OATS OATS

Pure Whole Grain, Steel Cut, Quick Oat Flour, Wheat Free

Large 1 kg Bag



HARMONY HILL COOKIES

Dairy Free • Gluten Free Soy Free • Nut Free

Assorted Varieties Individually Wrapped



THAI KITCHEN COCONUT MILK

Premium Usweetened • Light



TRUROOTS ACCENTS **SPROUTED QUINOA** • LENTIL • RICE Ready in 15 minutes Non GMO

Selected Varieties



FOOD FOR LIFE BROWN RICE TORTILLA WRAPS

Product of USA 340 g



Granola

Granola

ETHICAL BEAN COFFEE

Shade Grown Arabica Beans Assorted Varieties

340 g



R.W. KNUDSEN **NATURE'S PEAK**

Tropical • Veggie Veggie Blend



CANADIAN HERITAGE ORGANIC MAPLE SYRUP

100% Pure Canada No. 1 Medium Canada No. 2 Amber



NEW WORLD NATURAL FOODS ORGANIC GRANOLA

454 g



BRAGG APPLE CIDER VINEGAR

Raw • Unfiltered With the Mother Enzyme



HEART CHOCOLATE

No Sugar Added Infused with 1000 mg of Cinnamon Cassia

CHICKEN & CHEESE BURRITO @



RAW WHOLE FOOD BAR Organic • Raw • Vegan

Gluten Free

 Peanut Free Assorted Varieties • 50 g



GIMME ORGANIC ROASTED SEAWEED SNACKS

Non-GMO • Gluten Free Vegan

Assorted Varieties • 5 g



SUNFLOWER KITCHEN **SOUP**

- Vegetarian Gluten Free
- No Oil Added Low Fat

Assorted Varieties 956 ml

200 g



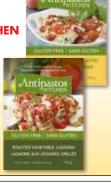
RED'S BURRITOS

CHICKEN A CHEESE BURRITO (Assorted Varieties RETO AU POSILET ET AU FROM Frozen • 142 g



ANTIPASTOS KITCHEN **FROZEN PASTA** & ENTREES Gluten Free

Assorted Varieties 700/800 g



KARTHEIN'S ORGANIC SAUERKRAUT

No Vinegar No Preservatives



LA CHAUDIERE CHEESE ORGANIC Raw Milk

Animal, Rennet Free Lactose Free

Assorted Varieties



CREAM CHEESE SLICES

Casein Free • Soy Free Assorted Varieties 220/227 g



STIRLING CREAMERY WHEY BUTTER

A Unique Rich Flavor Barrel Churned No Artificial Colours or Additives



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



ARTH SCIENCE **DEODORANT**

Non Irritating, All Day Protection.

Selected Varieties



KISS MY FACE **BODY LOTION**

"Nourish Naturally" Natural, Effective, Cruelty Free

Selected Varieties



GIOVANNI, 2 CHIC AVOCADO & OLIVE OIL HAIR CARE

- Shampoo
- Conditioner
- Moisture Mask
- Super Potion Elixir

53/250 ml



MINERAL 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

BELL MASTER HERBALIST

BLOOD PRESSURE FORMULATION COMBO Helps maintain cardiovascular

health in adults.

60 Caps/700 mg



DERMA E VITAMIN E

Deeply penetrates to renew

& condition the skin. • Oil • Cream

Selected Varieties 60/113 ml



BIOSIL

& flexibility.

BEAUTY • BONES • JOINTS

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

15/30ml • 45/90 Caps



NUTRA CENTIALS FORSKOLIN DUAL BELLY FAT

 MELTING REMEDY Lose an average of 9.9 lbs.

of body fat in 2 weeks.



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

 Nighttime Cold 'n Cough Multi-Symptom



NATURE'S GATE TOOTHPASTE

Fluoride Free

 Sulfate Free Selected Varieties





BUY Any New Chapter Products

ALLISURE POWDER

Supports your Body's Natural Defenses

180 Veg Caps



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



FISHERMAN 100% NATURAL **BODY CARE** Infused with Kelp

Selected Varieties



FISHERMAN

ENEREX

BLACK SEED OIL Super Antioxidant for

Beauty & Optimal Immune Health 100% Pure Premium

1st Cold Pressed



OMEGA ALPHA MILK THISTLE **EXTRACT**

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



SEQUEL FIRST MILKING COLOSTRUM

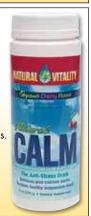
Naturally rich in immune & growth factors.



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





"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!"





MANITOBA HARVEST ORGANIC HEMP BLISS BEVERAGE **Assorted Varieties** 946 ml ^{\$}3.49





MANITOBA HARVEST **HEMP PRO 50**

Plant based protein powder 454 g • 15 Servings



HEMP HEARTS

Raw shelled hemp seeds. Natural Sprinkle on salads, cereal and yogurt.





MANITOBA HARVEST **HEMP PRO 70**

Plant based protein powder 454 g • 15 Servings



MANITOBA HARVEST **ORGANIC HEMP HEARTS**

Raw shelled hemp seeds. Natural Sprinkle on salads, cereal and yogurt.



MANITOBA HARVEST

ORGANIC HEMP PRO FIBRE

Plant based protein powder

454 g • 15 Servings

ORGANIC HEMP PROTEIN Plant based protein powder **Selected Varieties**

454 g • 15 Servings



Be **pro**active with your **pro**biotics.



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 **pro**tected with our **pro**biotics:

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



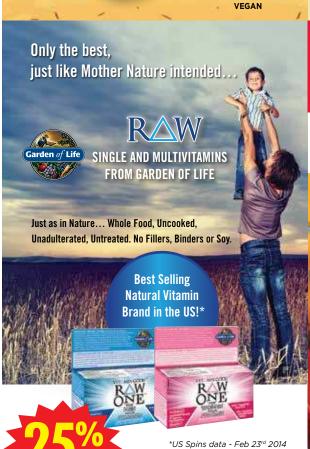
Our ISO 17025 accredited laboratory has 15 scientists: 3 PhDs, 4 MScs, and 8 BScs All our products are non-GMO

















5 MG MELATONIN SPRAY NEW!!!





DOSING EVERY TIME!

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



