



Nature's Fare Markets

Live Well. Live Organic.

www.naturesfare.com • Mail Order 1-800-406-6646

Prices Effective May 10th - May 30th 2012

Salmon-Force

Prairie Naturals



- Excellent source of omega-3
- Enhances immunity & normalizes triglyceride levels
- Support for every cell in the body
- A convenient way to add the benefits of omega-3 fats to your daily diet
- **BONUS SIZE**

\$12.99 210 softgels

Sytrinol One-A-Day

Prairie Naturals



- A clinically studied, patented cholesterol lowering supplement
- Made from natural phytochemical compounds in citrus peel & palm fruit extracts
- Lowers cholesterol in 30 days

\$31.99 60 vcaps

Vega One Nutritional Shake

vega



- Convenient, all-in-one supplement
- Natural, whole food ingredients
- Packed with vitamins, minerals, protein, fibre, omega-3, antioxidants, probiotics & greens
- Nutrient dense

\$2.99 44 grams
\$31.99 438 grams **\$54.99** 876 grams

Silicea

hübner healthy living



- A colloidal preparation of silicic acid
- Encourages elasticity & flexibility in the skin & bone matrix
- Ideal for hair, skin & nail health

\$15.99 150 mL
\$25.99 500 mL
\$25.99 60 softgels

CleanseSMART

RENEW LIFE



- Supports detoxification of the liver, lungs, colon, kidneys, blood, skin, & lymphatic system
- Focuses on cleansing the liver & the colon
- Contains no harsh laxatives

\$27.99 each

FloraSMART

RENEW LIFE



- Patented blend of probiotics
- Formulated to provide 'friendly bacteria' to the intestinal tract & colon
- For digestive comfort & relief of pain, gas & bloating

\$14.99 30 tabs
\$18.99 30 tabs
\$22.99 60 tabs
\$34.99 60 tabs

EstroSense

Preferred Nutrition



HAVE HEART

March 1st to May 31st, 2012 Preferred Nutrition will donate \$1 for every purchase of WomenSense® AdrenaSense, EstroSense, MenoSense and ThyroSense to the Canadian Women's Foundation.

- Supports healthy hormone balance
- Supports healthy breasts
- Detoxifies the liver of xenoestrogens
- Reduces heavy periods
- Helps those with PCOS & ovarian cysts
- Reduces PMS symptoms

\$26.99 60 vcaps **\$47.99** 120 vcaps

MenoSense

Preferred Nutrition



- Menopause formula
- Helps stop hot flashes
- Improves sleep, reduces night sweats & profuse perspiration
- Helps with irritability, nervousness, loss of concentration & menstrual abnormalities

\$18.99 90 vcaps **\$32.99** 180 vcaps

Ultimate Anti-Stress

Preferred Nutrition



- Improves overall ability to deal with excessive stress
- Normalizes adrenal function
- Lowers excessive cortisol levels in the evening, placing the body in a proper sleep environment
- Induces relaxation without sedation

\$23.99 120 caps **\$42.99** 240 caps

Collagen Pure

三和 mitsuwa



- 100% hydrolyzed collagen
- New dietary supplement from Japan
- For healthy, beautiful & vibrant skin
- Odourless, tasteless & easy to absorb

\$89.99 60 pk

Serrapeptase

enerex



- A natural anti-inflammatory
- Helps alleviate pain, swelling & inflammation
- Helps ease headaches & body aches

\$27.99 60 vcaps
\$33.99 60 vcaps
\$49.99 120 vcaps
\$59.99 120 vcaps

proteins+

CREATING HEALTH



- Increases your energy, metabolism & lean muscle mass
- Contains the most advanced alpha+ whey protein isolate
- No artificial ingredients

\$27.99 280 grams
\$55.99 840 grams
\$16.99 280 grams
\$34.99 840 grams

greens+ multi+

CREATING HEALTH



- High potency, complete multivitamin plus a full serving of phytonutrient-rich greens+
- Get research proven increased energy & improved well-being
- Feel the difference in 21 days

\$24.99 169 grams **\$54.99** 507 grams

Ginkgoforce

A Vogel



- Stimulates circulatory function
- Improves memory & concentration
- Increases blood flow to extremities
- May offer relief from headaches, migraines & tired, sore legs
- Powerful antioxidant
- Clinically proven

\$14.99 50 mL **\$20.99** 60 tabs

PhytoBerry

Progressive

NEW BONUS SIZE



- Highly concentrated berry-based whole food supplement
- Loaded with antioxidants
- Features a comprehensive blend of fruit concentrates, phytonutrients, essential fatty acids & herbal extracts
- **BONUS SIZE**

\$34.99 540 grams

Oil of Oregano

natural Factors



- Certified Organic
- Derived from wild-crafted Mediterranean oregano
- Minimum 80% carvacrol guaranteed
- Potent antioxidant, anti-inflammatory, & antibacterial properties
- Helps relieve allergies & sinus problems

\$13.99 30 mL

Acidophilus & Bifidus Double Strength

natural Factors



- Promotes digestive health
- Ideal probiotic for travellers
- 10 billion active cells per cap
- Keeps a proper pH balance in the small intestine
- Helps antibiotic induced diarrhea

\$17.99 180 caps

Three Time Winner of Best Canadian Health Food Store



WINNER of the
2012 Green Business of the Year Award

from the Greater Vernon Chamber of Commerce





Recovery Extra Strength



- Potent pain relief, helps halt damage
- Accelerates & improves healing
- Regulates inflammation & spasms throughout the body

\$25.99 150 grams
\$53.99 350 grams
\$30.99 180 vcaps
\$56.99 360 vcaps

Grape Seed Extract



- Standardized 95% OPC
- Acts as an antioxidant helping to eliminate free radicals
- Works as an anti-histamine relieving allergies
- Supports healthy collagen

\$18.99 120 vcaps

**ALL
Purica
Products
On Special**

We will beat any local competitor's price on vitamins & supplements by 10%
(applies to local health food stores only - not valid for mail-order & online customers)

Super Stress B Complex plus Vitamin C



- High quality, high potency B complex supplement with an added 1000 mg of vitamin C per tablet
- An excellent formula for helping the body deal with the effects of stress
- Required for production of hormones during times of stress

\$15.99 120 tabs

EasyIron

PLATINUM



- Gentle & non-constipating iron formulas
- Works quickly & contains essential co-factors for optimal results
- Easy to absorb thanks to Omega Suspension Technology (OST®)
- Vegetarian friendly

Extra Gentle
\$16.99 60 softgels
\$18.99 60 softgels
\$34.99 120 softgels

Vitamin D3 1000 IU

NOW



- 1000 IU – High Potency
- Helps maintain strong bones
- Helps support dental health
- Natural antibiotic, anti-inflammatory & immune booster
- A dietary supplement

\$7.99 180 softgels
\$13.99 360 softgels

Flush-Free Niacin

500 mg

QUEST



- High quality vitamin B3
- Supports the cardiovascular system
- Treats high cholesterol, triglyceride levels & poor circulation
- Improves glucose, lipid, protein & sterol metabolism
- No unpleasant side effects

\$17.99 120 caps

Floradix Formula Herbal Iron

Salus



- Helps to prevent iron deficiency & to maintain good health
- Assists the formation of red blood cells
- Organic & whole food fermented
- Floravit Yeast Free also on sale

\$18.99 80 tabs
\$20.99 250 mL
\$36.99 500 mL
\$48.99 700 mL

L-Arginine

500 mg

NOW



- Conditionally essential amino acid
- Pharmaceutical grade
- Supports protein & creatine synthesis
- Helps nitric oxide production
- Aids detoxification of ammonia in the body

\$9.99 100 caps

Amino-Mix

850 mg

New Roots



- Optimal mix of free-form di- & tri-peptide amino acids
- Balanced source of essential & non essential amino acids
- Organic molecules that form the basic constituents of protein

\$24.99 240 tabs

The Very Finest Fish Oil

Carbon



- The finest fish oil from deep, cold ocean water fish
- Bottled in Norway to ensure maximum freshness
- Regularly tested for potency & purity

Softgel Bonus Shrink Pack
\$13.99 150 softgels
\$16.99 200 mL
\$33.99 500 mL

Arnicare Sport

BOIRON



- Relieves cramps, aches & muscular fatigue
- Helps boost stamina & enhance recovery after physical activity
- Use before physical exertion to maximize performance

NEW Size
\$11.99 22 chew tabs
\$8.99 11 chew tabs



natural Factors

Where Great Health Begins.

Magnesium Citrate



- Helps B vitamins work properly
- Aids during times of stress
- Promotes wound healing
- Calms muscle spasms & tight muscles
- Promotes a regular heartbeat

\$14.99 | 180 caps

Melatonin Sublingual



- Promotes positive sleep/wake cycles
- Effective in relieving jet lag
- Helps shift workers adjust to new sleep patterns
- Aids seasonal affective disorder

\$7.49 | 90 tabs 3 mg
\$11.99 | 90 tabs 5 mg

Lung, Bronchial & Sinus Health



- Helps promote healthy airways
- For asthma, bronchial congestion & sinus problems
- Ideal for occasional hay fever or air pollution
- Soothes sore bronchial passages

\$19.99 | 90 tabs

Celery Seed Extract



- Aids to lower blood pressure
- Reduces water retention
- Reduces the pain associated with arthritis, fibromyalgia & gout
- 1 cap provides the same level of 3nB as 4 to 6 ribs of celery

\$15.99 | 60 caps

AçaiRich Super Strength 4:1



- Reduces free radical damage
- Lowers cholesterol
- Reduces risk of cardiovascular disease & other degenerative conditions
- Increases energy levels

\$7.99 | 90 caps

Vitamin E 400 IU Regular & Mixed E



- For heart, brain & overall health
- Antioxidant protection
- Heart health fundamental
- Anti-inflammatory
- Skin protection/antioxidant

Bonus Size
\$15.99 | 240 softgels

OmegaFactors Ultra Prim EPO



- Evening Primrose Oil
- Excellent source of omega-6
- Reduces PMS & menopause symptoms
- May ease arthritis, eczema & other skin problems

Bonus Size
\$19.99 | 240 softgels

MSM & Glucosamine Sulfate



- Helps maintain joints & connective tissue
- Lessens joint pain & swelling
- Reduces inflammation
- Minimizes muscle spasms
- Softens scar tissue

Bonus Size
\$13.99 | 240 caps

Not all products, sizes or flavours may be available at each location. Please check at local store. Not all products in this flyer are exactly as shown. Information is provided for reference only. For specific health questions, please visit your local health practitioner.

NOTE TO ONLINE & MAIL-ORDER CUSTOMERS:

*Grocery products, produce, in-store draws, Senior's Day discounts & Family Day discounts are *unavailable* for mail-order & online customers.

Printed on



Friendly Paper

Grocery Solutions For Your Healthy Lifestyle!



Blue Diamond Almond Breeze

- Regular & Unsweetened non-dairy almond beverage
- Original, Vanilla & Chocolate

Save \$1.00

\$1.99 946 mL

GT's Kombucha Drinks

- Organic Raw Kombucha
- Recharge, replenish & rebalance
- Assorted flavours

Kombucha Synergy

\$2.99 480 mL **\$3.19** 480 mL

NEW Nature's Path Crunchy Granola Bars

- Made with whole grains
- Good source of fibre
- Hearty & healthy

Assorted Flavours

\$3.49 200 grams

Wolfgang Puck Canned Soup

- Organic soups
- Top quality ingredients
- Vegetarian & hearty meat options

\$2.49 398 mL

Late July Snack Chips

- Multigrain snack chips
- 100% whole grain
- Gluten free
- Assorted flavours

\$3.49 156-170g

Thomas' Utopia Organic Tomatoes

- Canada choice tomatoes
- Whole, Crushed, & Diced varieties

\$1.99 398 mL **\$2.89** 796 mL

Artesian Acres Kamut Pasta

- Pasta made from the ancient wheat grain kamut
- A great source of dietary fibre & iron

\$2.99 454 grams

Jyoti Indian Cuisine

- Assorted homestyle Indian dishes
- Convenient, quality ready-to-eat products
- Traditional recipes

\$3.19 425 grams

Simply Natural Salad Dressings

- Organic salad dressings
- Made with the freshest ingredients
- Flavour variety

\$2.69 354 mL

Olympic Organic Yogurts

- Regular & No Fat
- Probiotic yogurts
- Natural ingredients
- Assorted flavours

\$3.99 650 grams

Natur-a Almond Beverage

- Low calorie, non-dairy beverage
- Enriched with vitamins
- All Natur-a 946 ml beverages on sale

\$2.29 946 mL

Mary's Organic Crackers

- Organic brown rice crackers
- Wheat & gluten free
- 5 great flavours

\$4.99 184 grams

Seventh Generation Dish Soap

- Free & Clear, Lavender Floral & Mint, Lemongrass & Clementine Zest
- Plant-derived & effectively cuts grease

Save \$1.00! **\$3.69** 739 mL

Enjoy Life Chewy Bars

- Soft & chewy snack bars
- Gluten free
- Allergy friendly
- Oven baked

\$4.29 141 grams

Lakewood Lemonades

- Organic juices made from fresh pressed lemons
- No evaporated cane juice
- Lemonade & Cranberry Lemonade

Save \$2.00! **\$3.99** 946 mL

Greek Gods Greek Style Yogurt

- Thick texture & creamy taste
- Plain, Honey Strawberry & Honey Vanilla

\$4.99 650 grams

Purely Decadent Frozen Dessert

- Soy milk, lactose free frozen desserts
- Chocolate Obsession & Peanut Butter ZigZag

\$4.69 500 mL

Ginger People Sauces

- Ginger Chili & Ginger Sesame
- All natural ingredients
- Use as a cooking sauce or as a dip

\$4.99 375 mL

Xyla Xylitol Sweetener Packets

- Sugar alternative
- Looks, tastes, cooks & bakes just like sugar
- Low calorie, low carb & diabetic safe

\$5.49 50 pk

O'Doughs Bread

- Gluten free & GMO free
- Flax Loaf & White Loaf
- Healthy breads to meet strict dietary needs

\$5.99 700 grams

Santevia Alkaline Water Stick

- Fits in a purse or pocket
- Place it in a glass of water, the stick increases pH of tap water to 8.0+
- All Santevia products & accessories on sale!

\$11.99 each

Maison Orphee Delicate Olive Oil

- Cold extracted extra-virgin olive oil
- Certified Organic
- High level of monounsaturated fatty acids & antioxidants

Save \$3.00! **\$13.99** 750 mL

Eco-Max Laundry Wash

- Natural, plant-based ingredients
- No synthetic fragrances
- Biodegradable & renewable

\$13.99 3 Litres

Kerplunk Tumblers & Bottles

- Koffee – thermal, spill-proof tumblers
- Klear – tempered glass bottles with stylish, trendy designs

\$9.99 each **\$13.99** each

Nature's Gate Velvet Moisture Soaps

- Moisturizing liquid soap
- Soothes, rejuvenates & nourishes dry, irritated skin
- Gently removes dirt while delivering hydration

\$6.99 473 mL

Burt's Bees Shampoo & Conditioner

- Natural shampoos for a healthy looking clean
- Natural conditioners for soft, shiny & strong hair
- Assorted formulas

\$8.99 295 mL

eco.kid Outback Jack Spray

- Kid's outdoor protection spray
- Blend of essential oils & plant extracts
- Won't hurt eyes, nose or skin
- Non-greasy & highly effective

\$10.99 200 mL

FRESH ORGANIC PRODUCE

Bananas
\$0.89/lb \$1.96/kg

Lemons
\$0.49/each

Carrots
\$1.99/2 lb bag



100% MONEY BACK GUARANTEE - WORRY FREE SHOPPING!

Family & Senior's Day Discounts 5% off total order! (excludes sale items)

Ask in Store for Details



Available at
Kamloops, Kelowna
Orchard Plaza, Langley,
Vernon & West Kelowna

Vegan Fudge Brownie



A gooey, delicious brownie made with organic unbleached flour, cane sugar, chocolate, cocoa, flax, vanilla, soy milk & prunes, brown rice syrup, baking powder, sea salt & grapeseed oil. You'd never guess from the taste that it's made with prunes!

\$1.99 each

Tabouli Salad



This salad made without gluten is packed full of protein & makes a great snack or side dish. It's prepared with organic quinoa, peppers, tomato, cucumber, parsley, mint, garlic, & lightly dressed with lemon juice, grapeseed oil, sea salt & pepper.

\$1.59 100 grams

transform+



- A full serving of award winning greens+ with a superior source of highly absorbable protein
- Provides essential vitamins, minerals & antioxidants for increased energy & overall health
- Helps maintain a lean, fit body

\$59.99 891 grams

Inflammation Relief



- Support for inflammatory conditions
- Helps relieve joint pain & stiffness
- Support for osteoarthritis
- Standardized Boswellia serrata extract, curcumin & ashwagandha
- Formulated to maximize bioavailability

\$47.99 60 softgels

Vitamin B12 Tropic™



- Sublingual formula, easily absorbed
- Helps metabolize fats, carbohydrates & proteins
- Aids in tissue development
- Boosts energy levels
- Excellent support for vegetarians

\$17.99 180 lozenges

multi+ daily glow



- Innovative 2-in-1 multivitamin & mineral formula plus 5 research proven ingredients for more beautiful, radiant skin
- Provides essential vitamins & minerals
- Includes lycopene, white tea extract & fish collagen

\$15.99 60 tabs **\$27.99** 120 tabs

Saw Palmetto



- Timed release formula
- Helps relieve urologic symptoms associated with benign prostatic hyperplasia
- Helps relieve symptoms of an enlarged prostate
- **BONUS SIZE**

\$14.99 72 caplets

L-5-HTP Tropic™



- Clinically proven serotonin precursor, helps promote healthy mood balance
- Enhances sleep, recommended for mild depression
- May be helpful for those with fibromyalgia, PMS & anxiety

\$14.99 60 vcaps

Lutein with Zeaxanthin Inno-Vite



- Natural antioxidant for eye health
- Promotes the health of the macula, retina, & lens in the eye
- Reduces the risk of age related macular degeneration & cataracts
- Helps improve night vision

\$20.99 30 softgels **\$37.99** 60 softgels

Norwegian Gold Critical Omega



- Ultra concentrated omega-3
- Promotes a healthy brain, heart & nervous system
- Improves cellular health
- Targeted release method for 3 times more absorption
- **BONUS SIZE**

\$24.99 80 softgels

RAW One Multivitamins Men's & Women's



- Specifically designed to meet the unique needs of men & women on the go
- RAW, gluten free & dairy free
- Once-daily formula

\$39.99 75 vcaps

SBT Seabuckthorn Single Source



- Superfruit nutrition
- Heals & maintains healthier mucous membranes
- For healthier gums & whiter teeth
- Effective for acne & rosacea
- Synonymous with beautiful skin

\$45.99 60 caps **\$62.99** 90 caps

Boulardii MAX



- Probiotic supplement of Saccharomyces boulardii – a non-colonizing yeast species
- Contributes to a natural healthy gut flora
- Helps break down bad bacteria & prevents diarrhea

\$17.99 30 vcaps

Forward Plus Daily Regimen



- Complete nutritional formula with vitamins, minerals & essential fats
- Convenient single serving size packages
- Ideal for travel

\$56.99 60 pk

Traumeel® -Heel



- Relieves muscle pain, bruising & inflammation associated with injuries
- Helps regain mobility & resume normal activities more quickly
- **Traumeel Gel also on sale**

Ointment **\$19.99** 50 grams **\$33.99** 100 grams
Tablets **\$15.99** 50 tabs **\$63.99** 250 tabs

Calcium & Magnesium SISU



- Supplement your diet with bone strengthening minerals
- Helps with the development & maintenance of bones & teeth
- May reduce the risk of developing osteoporosis

Cal/Mag 2:1 High Potency **\$11.99** 180 tabs
Cal/Mag 1:1 w/Vitamin D **\$14.99** 300 caps

NutraSea Original



- Balanced EPA & DHA omega-3 supplement
- Supports cardiovascular health, brain function & overall well-being
- Aids brain & eye development in children

\$18.99 200 mL **\$39.99** 500 mL
\$17.99 120 softgels **\$20.99** 60 softgels
2x Concentrated

Introducing the updated
**newsletter from
Nature's Fare!**

In stores now.



Good Health is Affordable at Nature's Fare

Not all locations necessarily have all products advertised. Not all products are exactly as shown.

KAMLOOPS
5-1350 Summit Dr.
(across from Tudor Village)
250.314.9560

KELOWNA
120-1876 Cooper Rd.
(in Orchard Plaza)
250.762.8636

LANGLEY
120-19880 Langley ByPass
(behind Preston Chevrolet)
778.278.1300



PENTICTON
104-2210 Main St.
(in the Zeller's shopping area)
250.492.7763

VERNON
104-3400 30th Ave.
(next to Bookland)
250.260.1117

WEST KELOWNA
104-3480 Carrington Rd.
(behind Home Depot)
250.707.3935

• Open 7 Days a Week • Free Parking • Visit Our Website for Store Hours • www.naturesfare.com