



NATURAL FOODS MARKET

Since 1976

(905) 685-8848

191 Welland Avenue
Geneva Square Plaza
St. Catharines

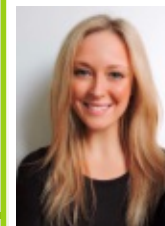
thepeanutmill.com

@thepeanutmill

FREE STORE SEMINAR:

Heal Your Gut for Good!

in partnership with **VITALITY**



Feeling bloated, heavy, or sluggish after eating? Frequent cravings? In this class, you will learn effective tips to heal your gut for good with food, supplements, and simple detox techniques, so you can enjoy your meals without gas and bloating, lose stubborn weight and feel energized!

Tue, Oct 16th, 7pm

Amanda Santalucia, RHN

Seats must be reserved. Please call or visit store to sign up!

WE KNOW NATURAL!

OUR STAFF IS KNOWLEDGEABLE & PASSIONATE ABOUT NATURAL HEALTH

With decades of experience and formal training between us, we are here to help you navigate the world of natural foods, vitamins, herbs & healthcare -- and to listen!

Among our staff's qualifications are:

- Naturopathic Doctor (ND)
- Registered Holistic Nutritionist (RHN)
- Certified Nutritional Consultant (CNC)
-and more

70% OF YOUR IMMUNE SYSTEM IS IN YOUR GUT

MAKE SURE YOURS IS UP FOR IT

- DAILY PROBIOTIC
- PROVIDES HEALTHY BACTERIA
- IMPROVES DIGESTION

- 100 billion cultures
- 10 microflora strains
- Therapeutic dose
- Once-a-day format

SAVE \$10

36c BONUS now \$42.99



BONUS

Well-absorbed and easy to take METHYL B12 BONUS SIZE



This highly-absorbable B12 helps to support the nervous system, helps memory and learning, boosts energy and promotes a healthy cardiovascular system. Derived from vegetable sources, it is suitable for vegetarians.

SAVE \$6

210T BONUS now \$16.99



Smooth skin, thick hair & strong nails BIO-SIL LIQUID & CAPSULES



BioSil is clinically proven to regenerate collagen in the body, leading to wrinkle prevention, improved skin elasticity & stronger hair and nails. Your body's collagen depletes as you age, BioSil can help rebuild it!

ENTIRE LINE
NOW 15% OFF!



Grass-fed collagen with added benefits! COMPLETE COLLAGEN

A key structural protein, collagen helps to mend and repair connective tissue to keep you strong as well as helps to maintain teeth, bones and gums, healthy hair, skin and nails. With vitamin C and tryptophan to ensure your body can use it well.

Progressive SAVE \$3
500g NOW \$44.99



Certified organic & caffeine free! ACV WELLNESS SHOTS

NEW apple cider vinegar based drinks are brewed in Canada in small batches without any added sugar to create a refreshing and revitalizing beverage. Gluten-free, vegan and non-GMO.

100ml size also
on sale in-store!
NOW \$9.99

100ml size also
on sale in-store!



30g plant-based protein per scoop! ORGANIC SPORT PROTEIN

A blend of certified organic vegan proteins, SPORT is NSF certified, ensuring only clean nutrition. It offers a full profile of essential amino acids along with BCAAs, probiotics and glutamine to aid in recovery.

SAVE \$3

672g-840g NOW \$46.99



Full-spectrum, pectin-based gummy vitamins NORDIC BERRIES KIDS MULTIS

Delicious chewable multivitamin gummies for kids 2+.

Nordic Berries provide essential nutrients without artificial colours, flavours, dairy, gluten, gelatin or preservatives!

NORDIC NATURALS 15% OFF
120 chews



Clinically tested DEEP IMMUNE

All-around protective tonic to enhance immunity with defensive herbs and adaptogens.

Kids & 50+ versions on sale too!

NOW \$16.99
50ml

Suzie's GOOD FATS BARS

Only 2g of sugar in each bar while offering lots of good fat and protein! **KETO**

Gluten-free and keto-friendly.

2/\$4
or \$2.79 each

LIVE KOMBUCHA

Kombucha ON TAP!

Bring your own bottle or buy one in-store!

SAVE 15%
OFF BOTTLE PRICE

ZERO WASTE

BPA-free canned ORGANIC PUMPKIN

Pure rich, smooth organic pumpkin ready to use in sweet or savoury recipes.

NOW \$3.49
425g reg \$4.49

We've got it fresh! LOCAL & ORGANIC PRODUCE

- salad greens
- kale
- potatoes
- sprouts
- peppers
- garlic
- and much more!