



OPEN MON - SAT 10 - 5 • ORDER LINE OPEN AT 9

NATURAL FOODS MARKET

(289) 438-2340

191 Welland Avenue
Geneva Square Plaza
St. Catharines

thepeanutmill.com

@thepeanutmill

Since 1976

We care for your health & safety

Please note some of our risk-reduction measures:

- One-way aisles & distance marking
- Limited customer numbers
- Masks available & encouraged
- Card payments preferred
- Store sanitization protocol in place
- Staff handwashing protocol in place
- Staff temperature checks in place

high-potency LIPOSOMAL vitamin C

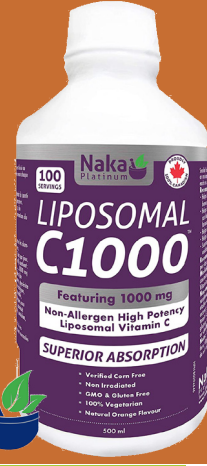
- 1000mg of well-absorbed antioxidants
- GMO/corn-free



SAVE \$8

500ml NOW \$33.99

Naka Platinum



WELLNESS



For flu symptoms and more ORGANIC ELDERBERRY SYRUP

Helps to relieve symptoms of cold and flu such as coughs, sore throat, and catarrh of the upper respiratory tract. GMO-free, gluten-free and vegetarian friendly.

SAVE \$4

300ml NOW \$23.99

Naka Platinum

Balanced hormones for better health WOMENSENSE BONUS SIZES

Multi-symptom relief of imbalances from stress, estrogen dominance, perimenopause, menopause and low thyroid.



MenoSense
240c \$39.47

EstroSense
150c \$48.47

AdrenaSense
240c \$44.97

ThyroSense
240c \$42.97

Prairie Naturals SUPERFOODS

Support for immunity, digestion, energy, detoxification and more with vitamins and minerals.



20% OFF
In-stock items only

Improves sleep! NATURAL CALM



Well-absorbed magnesium that promotes heart health, better sleep, relieves stress and tastes great!

10% OFF
In-stock items only

Is your body telling you it's time to cleanse? WILD ROSE HERBAL D-TOX KITS

Clinically tested to provide a complete detoxification of the liver, colon, kidneys and lymphatic system. Detailed 12-day diet plan included.

20% OFF

Herbal, Liver and Gentle Cleanses



Significant anti-allergy effects! BIOACTIVE QUERCETIN EMIQ



A highly bioavailable form of quercetin, it helps to control allergy symptoms, provides antioxidant protection, and may support healthy blood pressure and heart health.

SAVE \$5
60c NOW \$23.49

natural Factors

Ultra-potent probiotics for gut health

ULTIMATE FLORA 100B

A strong daily multi-strain probiotic providing 10 strains of live active cultures to support intestinal health. Helps to replenish friendly gut bacteria following antibiotic use.

SAVE \$13

36c BONUS now \$39.99

RenewLife



Effective natural remedies

ENTIRE A.Vogel LINE ON SALE!

SAVE \$11

Duo-pack NOW \$21.99

Soothe muscle and joint irritation and bruises with fast-acting and non-greasy arnica gel!



10% OFF
All in-stock A.Vogel products!

From local farms GRASS FED EGGS

- Hens have access to pasture
- Small flocks
- Antibiotic-free



Prices valid thru July 4, 2020 while supplies last.

SHOP IN-STORE
NOW OPEN
10-5 MON-SAT

WE ARE STILL OFFERING CURBSIDE & DELIVERY!

SEND US YOUR ORDER
orders@thepeanutmill.com

CALL IN YOUR ORDER
6 items or less, please!

(289) 438-2340



LOCAL DELIVERY AVAILABLE



Tuesday & Friday after 3p

\$5 contactless porch drop
FREE with over \$50 order!