

SHOP MON - FRI 10 - 6 • SAT 9 - 5



NATURAL FOODS MARKET

Since 1976

(905) 685-8848

191 Welland Avenue
Geneva Square Plaza
St. Catharines

thepeanutmill.com

@thepeanutmill

WE ARE PROUD TO BE YOUR COMMUNITY NATURAL HEALTH HUB SINCE 1976!



ONE BIG FAMILY. ONE BIG COMMUNITY.

The Way to "B", is stress free

HOT DEAL 45% OFF

- Most bioavailable coenzyme form of B Vitamins
- Added Sensoril optimized Ashwagandha for stress and mood management
- Added Rhodiola to support the nervous system and physical endurance
- Added Panax Ginseng to support cognitive function + energy production

The information in this ad is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.

VITAMINS & WELLNESS

Unlock the power of curcumin! THERACURMIN REG & DBL

Made using special natural technology that dramatically increases curcumin absorption compared to regular curcumin.



ON SALE! 20% OFF

All in-stock Theracurmin double & regular strength



Heal gut inflammation with HEALTHOLOGY GUT-FX

The ultimate formula to repair your intestinal tract lining, heal inflammation, and more!



180g

ON SALE! 15% OFF

HEALTHOLOGY™ BUILDING A HEALTHIER YOU

With K2 in the MK-7 form PLATINUM D3 + K2

In a base of organic coconut oil for optimal absorption!



ON SALE! 20% OFF

150sg BONUS

Add to smoothies & more PLANT STEROLS

Helps to maintain healthy cholesterol levels.



ON SALE! 15% OFF

80g



GLOW & FLOW AND IMMUNE WARRIOR

100% Vegan, gluten-free & non-GMO, zero sugar added, no artificial sweeteners, colours, or flavours.

ON SALE! 20% OFF

225g and 180g



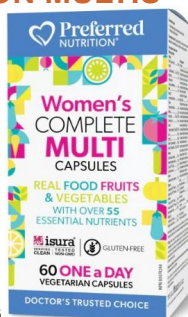
NEW! from Preferred NUTRITION™

Just ONE capsule per day! PREFERRED NUTRITION MULTIS

A one-per-day comprehensive blend of vitamins, minerals, and supportive nutrients. Non-GMO and suitable for vegetarians.

HOT DEAL! 25% OFF

All in-stock multis



Exposed to airborne allergens or smoke? CANPREV HEALTHY LUNGS

An advanced, multi-oxidant formula that helps to prevent & repair cellular damage caused by exposure to smoking, environmental pollution & more.



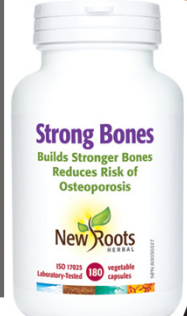
ON SALE! 15% OFF

90c



Available in regular and boron-free NEW ROOTS STRONG BONES

Reduces the risk of developing osteoporosis & supports development and maintenance of the skeletal system.



ON SALE! 10% OFF

All in-stock items on sale



Plant-based ferritin iron FLORA FERRITIN+

Easy on the stomach and well-absorbed!



ON SALE! 15% OFF

30c

Please see your health care professional before beginning any type of therapy. Info published in this flyer is not intended to replace medical advice. Pricing valid through Jan 31, 2025, only while supplies last.

ON SALE!

Effective natural relief! A.VOGEL LINE DRIVE

Proven herbal support for immunity, cold, flu and more.



ON SALE! 20% OFF

All in-stock A. Vogel

PRAIRIE NATURALS ENZYME FORCE

A digestive enzyme blend for optimal digestion!



HOT DEAL! 25% OFF

120+20c BONUS

Cha's Organic COCONUT MILK

Fair-trade certified!



ON SALE! \$3.99

Select varieties, 400ml

Nuts to You ORG PEANUT BUTTER

A great source of protein for a healthy snack!



ON SALE! \$6.99

500g crunchy or smooth

GROCERY

Manitoba Harvest Organic Hemp Hearts

A delicious way to get your protein, omegas, & other essential nutrients!



ON SALE! \$14.99

340g

Just Juice Organic

100% Cranberry Juice
No water or sugar added - just 100% juice!
Contains 2-3lbs of organic cranberries per bottle.



ON SALE! \$11.49

1L

Elmhurst Plant-Based Milks

Made without any gums or fillers - just a few simple ingredients!



ON SALE! \$7.99

Assorted varieties, 946ml

Wholesome Organic Sweeteners & Sugars

Perfect for all of your baking needs!



ON SALE! \$6.99

Select varieties, 680g

FRESH!

Grainfields Bakery

- Keto Fiberlicious
- 100% Rye
- Kamut
- & many more weekly!



Coming to our freezer later this month!

fisherfolk



- BC Wild Salmon
- NS Haddock
- & more!

Organic Produce: Winter Faves

Lemons, garlic & ginger



See our current stock in-store or online!

Organic Fresh Turmeric Root

Enjoy the benefits of this powerful root!

ON SALE! 15% OFF



LEARN WITH US!

national CONSUMERWebinar

Winterproof Your Skin: A Canadian Skincare Survival Guide

Join our winter wellness workshop on how to protect skin from Canadian winters! Learn expert, science-backed strategies for combating harsh winter conditions and maintaining healthy, hydrated skin even in extreme cold. Discover practical tips for preventing winter damage and keeping your complexion glowing all season.

WEDNESDAY, JANUARY 22, 2025

AT 4:00PM PST / 7:00PM EST • 1 HR

REGISTRATION IS FREE. REPLAY AVAILABLE FOR ALL REGISTRANTS

RESERVE YOUR SPOT TODAY!



OUR SPEAKERS

Naefia Badowski, the passionate founder of skin care line Koopé. She has a unique personal story that informs the Koopé brands' social responsibility and passion.



Stephanie Rubino, ND, is a registered naturopathic doctor in Ontario and a dedicated mom. As a trusted health educator, she empowers her patients and fellow health enthusiasts to achieve optimal well-being.



STORE WELLNESS SEMINAR

Bone Broth Benefits: From Clearer Skin to Better Sleep!



SPEAKER: Jenn Hovinga
Founder, Young Bones

Wed, Jan 29th - 7pm
@ the Peanut Mill

\$5 reservation fee refunded as store coupon

Scan to Reserve Now!



Please see your health care professional before beginning any type of therapy. Info published in this flyer is not intended to replace medical advice. Pricing valid through Jan 31, 2025, only while supplies last.