

SHOP MON - FRI 10 - 6 • SAT 9 - 5



# NATURAL FOODS MARKET

(905) 685-8848

191 Welland Avenue  
Geneva Square Plaza  
St. Catharines

thepeanutmill.com

@thepeanutmill



PROUDLY  
CANADIAN  
& FAMILY  
OWNED.

SHOP LOCAL.

A PROUD MEMBER OF

HEALTH  
FIRST

ONE BIG  
FAMILY.  
ONE BIG  
COMMUNITY.

Redefining beauty  
from the inside out

Essential nutrients that  
promote healthy skin,  
muscles, and  
connective tissue

ON SALE!  
20% OFF



With 200mg of pure elemental magnesium

## MAGNESIUM BISGLYCINATE 200mg

Helps in the development & maintenance of bones and teeth & helps in tissue formation and helps the body metabolize into carbohydrates, fat and protein.



HOT DEAL!  
30% OFF



Support for age-related cognitive decline

## ALPHA MCT OIL

Provides energy for workouts, weight management, and bodybuilding. Made from 100% coconut oil, it is 100% MCTs!



ON SALE!  
20% OFF



Highly absorbable

## SALUS CAL-MAG

Easy-to-swallow liquid format - no need to swallow pills!



ON SALE!  
15% OFF

VITAMINS & WELLNESS

NEW! FROM ORGANIKA

- Kids Isotonic Electrolytes
- 8-in-1 Magnesium

ON SALE!  
20% OFF

8pk 60c

NIYAMA ENTIRE LINE!

100% Vegan, nothing artificial!

ON SALE!  
20% OFF

All in-stock Niyama products

Supports healthy liver function

NEW! CANPREV TUDCA

TUDCA has been shown to safeguard the liver from damage caused by long-term alcohol consumption. May help with liver congestion, digestive issues & more.

ON SALE!  
15% OFF

60c

Pharmaceutical grade

WILD OMEGA 3

High-potency - EPA 660 mg DHA 330 mg fish oil helps improve cognitive and brain function along with cardiovascular health.

ON SALE!  
15% OFF

60sg, 120sg assorted varieties

Decrease fatigue & support stress

ORIGINAL BIOSTRATH

Bio-Strath herbal yeast enriches the daily diet with 61 valuable micronutrients. Pleasant tasting & suitable for kids and adults!

ON SALE!  
20% OFF

All in-stock sizes

ST. FRANCIS DEEP IMMUNE CAPSULES

Take daily to help to keep your natural defences strong - ready to take on colds and flu!

BONUS

ON SALE!  
15% OFF

120c bonus

GROCERY

NEW! PURICA SHILAJIT

Improves muscle strength, reduces fatigue & supports testosterone & men's vitality.

ON SALE!  
15% OFF

60c

Red Crown Organic Pomegranate Juice

NEW!

100% pure, cold-pressed and not from concentrate! No water or sugar added.

1L

Stoke Mustard & Sauces

NEW! LOCAL

Deliciously fresh and packed full of flavour!

asst. varieties

Ugly Meats Grass-Fed Beef Sticks

NEW! LOCAL

Featuring 21g of protein per pack! No fillers, just clean fuel. Gluten-free and naturally smoked.

3 sticks per pack

CANADIAN MADE

Dunya Harvest Organic Beans

Non-GMO and BPA-free!

ON SALE!  
2 for \$5

398ml asst. varieties

CANADIAN MADE

Patience Organic Wild Blueberry Juice

No added sugar, no preservatives.

ON SALE!  
15% OFF

946ml

CANADIAN MADE

Nuts to You Almond Hazelnut Butter

No added salt, sugar or oil - just nuts!

HOT DEAL!  
25% OFF

365g

CANADIAN MADE

Manitoba Harvest Hemp Hearts

ON SALE!  
20% OFF

10g protein and 12g omega-3s!

Reg. and Organic

FRESH!

NEW! fisherfolk

Smoked Rainbow Trout

Fisherfolk Fan-Favourite! Its wonderful taste and aroma never disappoints. Perfect to eat as is, on salads, toast, and/or pastas.

PRODUCT OF ONTARIO

Classic Salads Organic Greens

NEW! GREAT DEAL!

\$4.99

asst. varieties 141g

Organic Gala & Ambrosia Apples

ON SALE!  
\$4.99

Crunchy and delicious!

PRODUCT OF B.C.

3lb bag

Organic Fresh Turmeric Root

ON SALE!  
\$9.99/lb

Enjoy the benefits of this powerful root!

LEARN WITH US!

## STORE WELLNESS SEMINAR

Better Perimenopause:

What Every Woman Needs to Know

Perimenopause is like puberty in reverse. But why is it easy for some and difficult for others? The hormonal upheaval of perimenopause is complex, but it can be eased by addressing lifestyle, nutrient, and stress factors. Join Dr Kate to learn strategies for hormone balance in perimenopause and beyond.



SPEAKER:

Kate Rhéaume, ND  
(inactive)

\$5 reservation fee  
refunded as store coupon

Wed, Mar 26 - 7pm

@ The Peanut Mill

LIMITED SEATING

Registration Required!

Register at:  
thepeanutmill.com  
OR  
Scan this QR code

