

# Nature's EMPORIUM | Your Neighbourhood Health Food Market™

## Let Us Join You On The Road to Good Health!

"Explore fresh natural & organic foods, organic produce, vitamins & supplements, whole body care, gluten-free, grocery, sustainable meat & seafood and more!"



Proudly Local & Family Run!



Newmarket: 16655 Yonge Street, Newmarket, ON L3X 1V6 • 905.898.1844  
Vaughan: 2535 Major Mackenzie Dr. W, Vaughan, ON L6A 1C6 • 905.553.5527

visit us online at [naturesemporium.com](http://naturesemporium.com)

<p><b>GG UNIQUE FIBER SCANDINAVIAN BRAN CRISPBREAD</b> Very High Source of Fibre. 100 g <b>\$1.99</b></p>	<p><b>ALTER ECO FAIR TRADE CHOCOLATE</b> Assorted Varieties • 80 g <b>\$1.99</b></p>	<p><b>JAX COCO 100% PURE COCONUT WATER</b> Natural Hydration 1 litre <b>\$1.99</b></p>	<p><b>PÜR GUM</b> • Aspartame Free • Nut Free • Resealable Bag • Gluten Free • Vegan • Non GMO Assorted Flavours 80 g <b>2/\$5</b></p>
<p><b>ALEXIA FOODS OVEN FRIES</b> Potato Wedge Cut. Made with Olive Oil. All-Natural. Rosemary &amp; Garlic • Parmesan with Roasted Garlic Frozen • 425/450 <b>2/\$5</b></p>	<p><b>SIMPLY NATURAL ORGANIC KETCHUP</b> Product of USA 575 ml <b>\$2.99</b></p>	<p><b>BARD VALLEY ORGANIC MEDJOOL DATES</b> Product of USA 454 g <b>\$8.99</b></p>	<p><b>BARD VALLEY ORGANIC NATURAL DELIGHTS DATE ROLLS</b> Almond • Coconut Product of USA 340 g <b>\$7.99</b></p>
<p><b>KII NATURALS ORGANIC OATS</b> Regular • Quick • Thick 454 g <b>\$2.99</b></p>	<p><b>LARABAR FRUIT &amp; NUT ENERGY BAR</b> No Added Sugar No Sodium Low Sodium Cholesterol Free Assorted Varieties 45/48 g <b>3/\$5</b></p>	<p><b>NATUR 100% PEANUTS</b> No Sugar or Salt Added No Cholesterol No Trans Fat Creamy • Crunchy 500 g <b>\$3.99</b></p>	<p><b>R.W. KNUDSEN JUST BLACK CHERRY 100% JUICE</b> All Natural • No Preservatives 946 ml <b>\$4.99</b></p> <p><b>LAKEWOOD TART CHERRY 100% JUICE</b> 946 ml <b>\$4.99</b></p>
<p><b>BOULDER CANYON KETTLE COOKED POTATO CHIPS</b> Made with Natural Ingredients. Assorted Flavours 142 g <b>\$1.99</b></p>	<p><b>POPCORN INDIANA GOURMET POPCORN</b> • Zero Trans Fat • All Natural • Gluten Free Selected Varieties 226/297 g <b>\$2.99</b></p>	<p><b>WILD PLANET WILD SKIPJACK TUNA</b> 100% Pole Caught 142 g <b>\$2.99</b></p>	<p><b>SPROUTED RICE DREAM</b> Excellent Source of Calcium Lactose &amp; Dairy Free 100% Vegan • Gluten Free Original Unsweetened 946 ml <b>4/\$5</b></p>
<p><b>TASTY BITE INDIAN CUISINE NOODLES MEAL</b> All Natural • Vegetarian Heat in 1 minute Assorted Varieties 250/285 g <b>\$1.99</b></p>	<p><b>NATURE'S PATH LOVE CRUNCH PREMIUM ORGANIC GRANOLA</b> Assorted Indulgent Flavours 325 g <b>\$3.99</b></p>	<p><b>PACIFIC NATURAL FOODS ORGANIC ALMOND MILK</b> Non-Dairy Beverage Assorted Varieties • 946 ml <b>2/\$5</b></p>	<p><b>ONE DEGREE VEGANIC SPROUTED ORGANIC CEREAL</b> Assorted Varieties 227/340 g <b>\$3.49</b></p>
<p><b>NO.7 SISU</b> Reduces Pain Increases Joint Mobility Relieve Stiffness 30 Veg Caps <b>\$15.99</b> 90 Veg Caps ... <b>\$39.99</b></p>	<p><b>SISU VITAMIN D</b> An important factor in the prevention of bone loss in men &amp; women. 400 Tablets <b>\$9.99</b></p>	<p><b>LILY OF THE DESERT ALOE HERBAL STOMACH FORMULA DETOX FORMULA</b> 960 ml <b>\$14.99</b></p>	<p><b>HEALTHY DELIGHT RASPBERRY KETONE</b> Green Coffee Extract Chews Promotes Weight Loss 90 Soft Chews <b>BUY ONE GET ONE FREE!</b></p>
<p><b>CASCADES ENVIRO PAPER TOWELS</b> 6 Pack Jumbo <b>\$4.99</b></p>	<p><b>DR. BRONNER'S MAGIC SOAPS</b> Hemp • Pure Castile Soap Made with Organic Oils • Fair Trade Unscented Baby • Mild • Peppermint 140 g <b>2/\$5</b></p>	<p><b>SEVENTH GENERATION DISHWASHING LIQUID</b> Assorted Varieties 532 ml <b>2/\$5</b></p>	<p><b>NATURE CLEAN LAUNDRY DETERGENT</b> Healthy Clean! Allergy Tested • No Sulphates No Dyes • No Perfumes Suitable For Cold Water HE • 99.9% Natural Assorted Varieties Large • 3 L Jug <b>\$6.99</b></p>

WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO NORMAL FAMILY REQUIREMENTS. ILLUSTRATIONS AND PHOTOGRAPHS MAY NOT NECESSARILY REPRESENT ITEMS ON SALE. SORRY NO RAINCHECKS!

Discover Our Stores On A **FREE** Store Tour!

**Come Explore a World of Wellness!**  
From fresh natural and organic foods in our bistro, juice bar & café to the world's best vitamins, supplements, herbs and homeopathy shared by our team of on-staff holistic nutritionists, we offer everything you need to eat well and live better!  
[naturesemporium.com/store-tour](http://naturesemporium.com/store-tour)

Vaughan Location  
2535 Major Mackenzie Dr. W  
Major Mackenzie Dr.  
We Are Here!  
905.553.5527  
Rutherford Rd.

Newmarket Location  
16655 Yonge St.  
Mulock Drive  
We Are Here!  
905.898.1844  
Savage Rd.

**Sale Dates:**  
Friday, Feb. 27 - Saturday, Apr. 4  
  
**Store Hours**  
Mon-Fri 8:30-9:30  
Sat-Sun 8:30-7:30

# 20% OFF LORNA VANDERHAEGHE PRODUCTS AT THE LIVE LORNA LECTURE

**LIVE LORNA LECTURE**  
Everything you  
need to know  
about **hormones**



Newmarket Location  
Register at:  
Customer Service  
March 25, 2015  
6:30pm - 8:30pm

**SOLO ENERGY & NUTRITION BARS**  
Certified low glycemic & gluten free. Provides energy that sustains without spiking blood sugar. Prevents cravings & promotes satiety. High in protein & fibre. Only 200 calories. All natural ingredients.  
50 g  
**2/\$5**

**BroccoFusion™**  
Sulforaphane Lotion & Sulforaphane Ointment  
*Newco Natural Technology*

- Reduce & Eliminate Hyperpigmentation
- Heal Burns & Skin Irritations
- Anti-Aging Benefits
- Stretch Marks
- Acne, Cysts & Keratosis
- Relieving Sunburn
- Skin Tags, Eczema, Etc.

www.newconatural.ca  
info@newconatural.ca

**NORDIC NATURALS ARCTIC COD LIVER OIL**  
Source of Omega 3 Fatty Acids  
237 ml  
**\$19.99**

**CARINA HAIR CARE**  
Canadian Certified organic & sustainably sourced  
Selected Varieties 250/360 ml  
**\$8.99**

**ONTARIO NATURAL TOMATOES**  
Harvested & packed within hours to maximize their flavour, aroma & nutrients. Each of our vine ripened Ontario Natural organic canned tomato varieties is packed in cans lined with Biphphenol A-free (BPA-free) materials.  
796 ml  
**\$2.99**

**UNCLE LEE'S BODY BALANCE DIETER TEA**  
Assorted Varieties 30 Tea Bags  
**\$5.99**

**KRISDA PREMIUM STEVIA EXTRACT**  
Zero Calories  
Zero Artificial Sweeteners  
Zero Grams of Sugar  
Assorted Flavours 50 x 1 G Packets  
**\$6.99**

**PURICA IMMUNE 7 BEYOND IMMUNE SUPPORT**  
Is Your Immune System Running on Empty?  
120 V Caps  
**\$39.99**

**JUICE MATTERS COLD PRESSED JUICE**  
Grab-n-go solution to provide wholesome nutrition on the run.  
Assorted Varieties 473 ml  
**\$7.99**

**TRADITIONAL MEDICINALS ORGANIC TEA**  
Smooth Move  
Everyday Detox  
20 Wrapped Tea Bags  
**\$4.99**

**GO LO ALMOND BUTTER**  
No Sugar Added  
• High in Protein  
Vegan • Non GMO  
• Dairy Free  
• Gluten Free  
• Soy Free  
312 g  
**\$13.99**

**CASCADIAN FARM ORGANIC CEREAL & GRANOLA**  
Assorted Varieties 255/450 g  
**\$4.99**

**ONLY OATS OATS**  
Pure Whole Grain, Steel Cut, Quick Oat Flour, Wheat Free  
Large 1 kg Bag  
**\$7.99**

**HARMONY HILL COOKIES**  
Dairy Free • Gluten Free  
Soy Free • Nut Free  
Assorted Varieties Individually Wrapped 180 g  
**\$5.99**

**THAI KITCHEN COCONUT MILK**  
Premium Unsweetened • Light  
400 ml  
**2/\$5**

**TRUROOTS ACCENTS SPROUTED QUINOA**  
• LENTIL • RICE  
Ready in 15 minutes  
• Non GMO  
Selected Varieties 227 g  
**25% OFF**

**FOOD FOR LIFE BROWN RICE TORTILLA WRAPS**  
Wheat & Gluten Free  
Product of USA 340 g  
**\$3.99**

**ETHICAL BEAN COFFEE**  
Fair Trade • Organic  
Shade Grown • Arabica Beans  
Assorted Varieties 340 g  
**\$9.99**

**R.W. KNUDSEN NATURE'S PEAK**  
Tropical • Veggie Blend 946 ml  
**\$5.99**

**CANADIAN HERITAGE ORGANIC MAPLE SYRUP**  
100% Pure  
Canada No. 1 Medium  
Canada No. 2 Amber  
250 ml  
**\$5.99**

**NEW WORLD NATURAL FOODS ORGANIC GRANOLA**  
Assorted Varieties 454 g  
**\$3.99**

**BRAGG APPLE CIDER VINEGAR**  
Raw • Unfiltered  
• With the Mother Enzyme  
473 ml  
**\$3.99**

**HEART CHOCOLATE**  
No Sugar Added  
Infused with 1000 mg of Cinnamon Cassia  
43 g  
**\$3.49**

**A. VOGEL SANTASPINA BONBONS**  
Bonus Pack 2x100 g  
**\$5.99**

**POWERPLANT RAW WHOLE FOOD BAR**  
Organic • Raw • Vegan  
• Gluten Free  
• Peanut Free  
Assorted Varieties • 50 g  
**\$1.99**

**GIMME ORGANIC ROASTED SEAWEED SNACKS**  
Non-GMO • Gluten Free • Vegan  
Assorted Varieties • 5 g  
**4/\$5**

**SUNFLOWER KITCHEN SOUP**  
• Vegetarian  
• Gluten Free  
• No Oil Added  
• Low Fat  
Assorted Varieties 956 ml  
**\$4.99**

**RED'S BURRITOS**  
Assorted Varieties Frozen • 142 g  
**20% OFF**

**ANTIPASTOS KITCHEN FROZEN PASTA & ENTREES**  
Gluten Free  
Assorted Varieties 700/800 g  
**10% OFF**

**KARTHEIN'S ORGANIC SAUERKRAUT**  
Unpasteurized  
No Vinegar  
No Preservatives  
Assorted Varieties 375 ml  
**\$4.99**

**LA CHAUDIERE CHEESE ORGANIC**  
Raw Milk  
Animal, Rennet Free  
Lactose Free  
Assorted Varieties 200 g  
**15% OFF**

**DAIYA CREAM CHEESE SLICES**  
Dairy Free • Lactose Free  
Casein Free • Soy Free  
Assorted Varieties 220/227 g  
**\$4.99**

**STIRLING CREAMERY WHEY BUTTER**  
A Unique Rich Flavor  
• Barrel Churned  
No Artificial Colours or Additives  
454 g  
**10% OFF**

**awaken my senses Organics**

**Skin Care Special**

20 percent off all Cleansers, Toners, Moisturizers and Night Oils - plus our Fine Line Vanishing Creme and our Revitalizing Eye Gel

**NOURISH ORGANIC BODY LOTIONS**

"Food for Healthy Skin" Hydrating & Smoothing

Selected Varieties 236 ml

**\$9.99**

**EARTH SCIENCE DEODORANT**

Non Irritating, All Day Protection.

Selected Varieties 70 g

**\$5.49**

**KISS MY FACE BODY LOTION**

"Nourish Naturally" Natural, Effective, Cruelty Free

Selected Varieties 473 ml

**\$9.99**

**GIOVANNI, 2 CHIC AVOCADO & OLIVE OIL HAIR CARE**

- Shampoo
- Conditioner
- Moisture Mask
- Super Potion
- Elixir

53/250 ml

**\$6.99**

**MINERAL FUSION COSMETICS**

"Minerals on a Mission"

- Core antioxidants blend in all products
- Nourishing ingredients
- 100% natural colour
- Gluten Free • Talc Free
- UV protection of minerals

Selected Varieties

**25% OFF**

**BELL MASTER HERBALIST BLOOD PRESSURE FORMULATION COMBO**

Helps maintain cardiovascular health in adults.

60 Caps/700 mg

**\$26.99**

**DERMA E VITAMIN E**

Deeply penetrates to renew & condition the skin.

- Oil • Cream

Selected Varieties 60/113 ml

**\$9.99**

**BIOSIL BEAUTY • BONES • JOINTS**

Reduced Wrinkles & fine lines. Thick, strong, healthy hair. Strong nails. Increased bone density & flexibility.

15/30ml • 45/90 Caps

**20% OFF**

**NUTRA CENTIALS FORSKOLIN DUAL BELLY FAT • MELTING REMEDY**

Lose an average of 9.9 lbs. of body fat in 2 weeks.

60 Veg Caps

**\$19.99**

**HYLAND'S HOMEOPATHIC 4 KIDS COLD 'N COUGH COUGH SYRUP**

- Nighttime Cold 'n Cough
- Multi-Symptom

118 ml

**\$9.99**

**NATURE'S GATE TOOTHPASTE**

Fluoride Free

- Sulfate Free

Selected Varieties 106 ml

**\$4.49**

**\$7.00 OFF**

BUY Any New Chapter Products

**ALLIMAX ALLISURE POWDER**

Supports your Body's Natural Defenses

180 Veg Caps

**\$69.99**

**MARTIN & PLEASANCE JUST GREENS**

Organic raw greens blend is filled with pure wholefood nutrients - a blend Spirulina.

**JUST REDS**

This 100% organic raw reds blend is a pure synergistic super blend of antioxidants that are naturally absorbed for optimum benefits

200 g

**\$19.99**

**NEW!**

**NOVA SCOTIA FISHERMAN 100% NATURAL BODY CARE**

Infused with Kelp

Selected Varieties 10 g/325 ml

**20% OFF**

**ENEREX BLACK SEED OIL**

Super Antioxidant for Beauty & Optimal Immune Health

100% Pure Premium 1st Cold Pressed

100 ml

**\$21.99**

**OMEGA ALPHA MILK THISTLE EXTRACT**

Hi Potency Extract Used in herbal medicine to help relieve digestive disturbances.

500 ml

**\$24.99**

**SEQUEL FIRST MILKING COLOSTRUM**

Naturally rich in immune & growth factors.

90 Lozenges

**\$29.99**

**NATURAL CALM MAGNESIUM CITRATE POWDER**

Becomes Ionic when dissolved in hot boiled water. Helps with symptoms of magnesium deficiency. Contains Organic Stevia & Organic Raspberry & Lemon Flavouring. Includes Kids.

Selected Varieties • 226 g

**\$22.99**



**"As the hemp protein specialists, we are proud to offer a range of high quality Manitoba Harvest Hemp Food products which you know and love. Whether it be oil, Hemp Bliss non-dairy beverage, protein powders or our hemp hearts you will remember our great taste; which can only come from the freshness of crops grown on farm fields right here in Canada. After 15 years in the hemp business, from seed to shelf, our roots run deep!"**



**MANITOBA HARVEST ORGANIC HEMP PRO FIBRE**

Plant based protein powder

454 g • 15 Servings

**2/\$25**



**MANITOBA HARVEST HEMP PRO 50**

Plant based protein powder

454 g • 15 Servings

**2/\$30**



**MANITOBA HARVEST HEMP PRO 70**

Plant based protein powder

454 g • 15 Servings

**2/\$40**



**MANITOBA HARVEST ORGANIC HEMP PROTEIN**

Plant based protein powder

Selected Varieties

454 g • 15 Servings

**2/\$30**



**MANITOBA HARVEST HEMP HEARTS**

Raw shelled hemp seeds. Natural

Sprinkle on salads, cereal and yogurt.

227 g

**\$5.99**



**MANITOBA HARVEST ORGANIC HEMP HEARTS**

Raw shelled hemp seeds. Natural

Sprinkle on salads, cereal and yogurt.

340 g

**\$9.99**

# Be proactive with your probiotics.



Now is a great time to look after your health, and with New Roots Herbal, we've got you covered. Our probiotics give you a multitude of choice for health benefits, such as helping boost your immune system, preventing disease, constipation, diarrhea, and more, while maximizing nutrient absorption for better health.

Our family of probiotics all feature an advanced PH<sup>5</sup>D enteric coating protection to ensure they make it past the stomach acids to where they can bring the maximum benefits.

Being proactive with your overall well-being starts with New Roots Herbal probiotics. So find the right one for you – today!

## Stay protected with our probiotics:

**ProbioticsUrgency** – Essential after taking antibiotics. 50 billion live cells for fast results. Take at the very first sign of cold or flu.

**Travelers' Probiotic** – Protects against travelers' diarrhea.

**AcidophilusUltra** – Fortifies immune and intestinal health.

**IBSUrgency** – Relieves irritable bowel syndrome symptoms such as bloating, diarrhea, and constipation.

**ProbioticIntensity** – Advanced formula of 18 total strains with 10 human, 1 plant, and 7 dairy strains plus colostrum for maximum beneficial effects.

Prevention & Cure® since 1985



- Our ISO 17025 accredited laboratory has 15 scientists: 3 PhDs, 4 MScs, and 8 BScs
- All our products are non-GMO



## RAW PROTEIN

#1 Selling Certified Organic Protein Supplement\*

- SPROUTED – FOR OPTIMAL DIGESTION AND ASSIMILATION
- COMPLETE AMINO ACID PROFILE
- PROBIOTICS (1 BILLION CFUs)
- PROVIDES 17 TO 18 g OF PROTEIN

**25% OFF**

The No. 1 SELLING NATURAL PROTEIN POWDER! the CLEANEST protein you can buy.

\*Based on U.S. SPINS data.

## RAW MEAL

Beyond Organic Meal Replacement

- 26 TO 28 g OF PROTEIN
- 13 ORGANIC SPROUTS
- 4 RAW GRASS JUICES
- 19 RAW FOOD VITAMINS AND MINERALS
- 6 g OF RAW FIBER
- LIVE PROBIOTICS AND ENZYMES

**25% OFF**

2014 alive RETAILER CHOICE AWARDS SILVER

## RAW PRIMAL DEFENSE<sup>®</sup> ULTRA

50 BILLION LIVE CULTURES

**25% OFF**

- HIGH POTENCY
- ONE PER DAY
- VEGETARIAN
- NON-DAIRY

Only the best, just like Mother Nature intended...

## RAW SINGLE AND MULTIVITAMINS FROM GARDEN OF LIFE

Just as in Nature... Whole Food, Uncooked, Unadulterated, Untreated. No Fillers, Binders or Soy.

Best Selling Natural Vitamin Brand in the US!\*

**25% OFF**

\*US Spins data - Feb 23<sup>rd</sup> 2014

## Wobenzym<sup>®</sup> N

THE GOLD STANDARD FOR SYSTEMIC ENZYMES!

Provides support for healthy joints, helps to relieve inflammation and rheumatic conditions associated with osteoarthritis

**25% OFF**

## Trophic<sup>™</sup> CHERRY FLAVOUR

5 MG MELATONIN SPRAY NEW!!!

**25% OFF**

5 MG HIGH POTENCY SPRAY, FOR CONVENIENT PRECISE DOSING EVERY TIME!

If you regularly wake feeling unrested, you're probably not getting enough sleep...

**25% OFF**

# Nature's<sup>TM</sup> EMPORIUM

Your Neighbourhood  
Health Food Market

## Fresh Specials!

Our Fresh Produce  
Department is

**Always Organic!**

*Organic*  
**Mehadrin  
Dates**

Always  
Organic  
Produce

500g Package  
Great Source of Potassium!

**\$4<sup>99</sup>**  
500g

Save  
**\$4**



*Organic*  
**Wheatgrass  
Shot**



**\$2**  
1 oz

Our Juice Bar & Café  
Selections Are Always

**Natural & Organic!**

**Ace Bakery**

*Organic*

**Artisan Batards**

Regular • Multigrain

Baked In-Store Daily!



2 for  
**\$6**

Let Us Help Nourish  
Your Healthy,

**Natural Lifestyle!**

**Beemster**

*Premium*

**Goat's Cheese**

Made with Premium Goat's Milk

Raised Without the Use of GMOs



**\$4<sup>20</sup>**  
/100g

Save  
**\$10/kg**

Explore Our Selection  
of Small Batch

**Artisan Cheeses!**

find recipes, healthy tips  
and more at:

**naturesemporium.com**

# Nature's™ EMPORIUM

Your Neighbourhood  
Health Food Market

## Fresh Specials!

Our Prepared Foods  
Are Always

**Made With Love!**

### Organic Soups



946ml • Made In House

Select Varieties



Made  
with Love  
by Our  
Team!

Save  
**10%**

Our Meat Selections  
Showcase Local  
**Farmers & Producers!**

Yorkshire Valley Farms

Organic

**Whole Chickens**

Fresh • Raised Without the Use  
of Antibiotics or GMOs.



\$9.90  
/kg

**\$4.49**  
/lb

Our Meat & Seafood  
Selections Are Always  
**Sustainably Sourced**

Dom Organics

Organic

**Salmon**

300g • Sustainably Sourced

Great Source of Omega 3's!



Always  
Sustainably  
Caught

**\$12.99**  
/pkg

Explore the Road to  
Good Health With  
**Our Nutritionists!**



find recipes, healthy tips  
and more at:

**naturesemporium.com**