



# ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

June 2023



## WHAT'S GOING ON THIS MONTH?

### Demos & Sampling

Saturday, June 10th  
ITL Health Mag  
12-3pm

Friday, June 16th  
Aqua Omega EFA's  
11-2pm

Tuesday, June 20th  
Boom Chicka Pop  
Puffs

Saturday, June 24th  
Customer Appreciation  
Day  
12 - 4pm

*Check out the great  
savings in our  
June flyer*

rootsnatural.ca



## Hello Fellow Shoppers

Welcome to summer! Are you as excited as we are for the arrival of warm weather, fresh seasonal produce, and patio season? We see lots of BBQs, picnics, and garden parties in our future-and hopefully yours as well! Speaking of parties, we'd like to invite you to a big one...

Our annual Customer Appreciation Day is Saturday, June 24, from 12 - 4pm. To thank you for being such fantastic and loyal customers over the years, we're celebrating with lots of sampling and freebies all afternoon, and gift basket giveaways. Plus, once again we're letting you choose your own sale! That's right- you may choose up to 3 regular priced products at 15% off (some restrictions may apply). Bring the family and join in on the fun.

Of course, we also have all the sunscreens, natural insect repellents, and snacks you need for your own summertime fun, so be sure to stock up while you're here.

We hope to see you there!

The Roots Crew



## Beet & Berry Chia Cups

### INGREDIENTS

- 2 cups nut milk
- 1/2 cup raspberries
- 1/2 cup blackberries
- 1/4 cup chia seeds
- 1 Tbsp Beet juice crystals
- 1 tsp pure vanilla extract or 1 vanilla bean pod
- 1 tsp maple syrup (optional)
- Sprig of basil, to garnish

### INSTRUCTIONS

1. In a mason jar, add the chia seeds, nut milk, beet juice crystals, vanilla and maple syrup (if using) and shake well.
2. Let sit in the fridge for at least 1 hour and stir well once removed.
3. Add the raspberries and blackberries on top and serve fresh or take with you as an on-the-go snack.
4. Top with basil for an extra pop of colour and goodness!



# STAFF PICKS

*A few of Our Favourite Things This Month*



## Are You Getting Enough Copper? For The Best Absorption Try New Bio Active Copper Hydrosol!

We get this important trace mineral from our diet and through supplementation. Some of the best sources of copper include organ meats, oysters and other shellfish, shitake mushrooms, dark chocolate, potatoes, nuts and seeds, whole grains, leafy greens, firm tofu, beans and black pepper, and more.

In the body, copper shifts between cuprous (copper I) and cupric (copper II). There are parts of the body that preferentially utilize each of the forms of copper to support various vital functions. At the level of the cell membrane, copper II interacts with specific receptor sites, where it is converted to copper I (the cuprous form) and transported into the cell. In contrast, when copper I reaches the cell membrane, it's taken in without any conversion (or energy) needed. Once transported through the membrane and bound to certain proteins, copper I is guided to the mitochondria, where the energy molecule ATP is made.

Most supplements provide the copper II form of copper - usually as an oxide, mineral salt, organic salt, or amino acid chelate. However, the solubility and absorption of these copper II supplements vary.

Unlike any other supplement, Sovereign Copper Bio-Active Copper Hydrosol offers the body copper in both forms: copper I and copper II. This distinguishing feature makes all the difference when it comes to absorption. Also unique to Sovereign Copper Bio-Active Copper Hydrosol, it provides the copper in tiny clusters of atoms. These clusters are small enough for absorption into the cell, and they act as a catalyst to cellular energy. This results in increased efficiency and work performance, contributing to a longer lifespan of the cell.

## Be Ready For Summer Adventures with Arnica Gel

Most of us are much more active during the summer months! Be ready to treat any bumps & bruises or aches & strains with A. Vogels Arnica gel. Used in herbal medicine to help relieve pain and/or inflammation in muscles and joints (e.g. sprains, bruises, joint pain). Provides symptomatic relief of pain associated with mild injuries and osteoarthritis.

- \* Gel made from fresh organic arnica flowers
- \* Anti-inflammatory topical treatment for the whole family
- \* For muscular aches & pains, strains & sprains, stiffness and bruising
- \* Relieve osteoarthritis pain
- \* Fast acting
- \* Fragrance-free, non-greasy, non-staining
- \* Clinically proven
- \* Ages 2+



**Save \$10.00**

**Bonus Pack 50g+50g**

## Tame Sugar Cravings with Gymnema Spray!



Gymnema has played an important role in the traditional Ayurvedic medical system for centuries, primarily confined to the management of diabetes mellitus and similar hypo/hyperglycemic conditions. The leaves have also been used for stomach ailments, constipation, water retention, and liver disease. The flowers, leaves, and fruits have been used in the treatment of either high or low blood pressure, tachycardia, and arrhythmias. Spraying Gymnema extract on the tongue destroys the ability to discriminate sweet taste, giving it the common Hindi name of gumar or "sugar destroyer." Imagine biting into a sugary donut and having it taste bitter! Gymnema sylvestre is also thought to lower the amount of sugar that gets absorbed in the intestines which may further help improve blood sugar levels in people with diabetes or prediabetes.



## Featured Speicals & Many More Instore

**Imagine** 

### Chicken Bone Broth

Chicken Bone Broth is a delicious sipping broth to give you a nutritious boost to your day with a good source of protein.

 946ml  
Reg \$8.49 **\$7.49**

**Stellas**  
*You really don't have to live without it*

### Gluten Free Perogies

Just as you remembered them tasting. You will not know the difference. We use locally grown produce and with our products being GMO Free you are provided with a clean, fresh taste.

 520g  
Reg \$13.99 **\$10.99**

**Sol Cuisine** 

### Cauliflower Wings

Dip, bite, crunch, enjoy! Our new Buffalo Cauliflower Wings are perfect plant-based finger food.

 Reg \$8.49 **\$6.99**

**Lucky Foods**

### Kimchi Hot Sauce

We took all the bold flavour from our grandma's kimchi and bottled it up to make an easy to add kimchi flavour to anything.


374g  
Reg \$8.99 **\$7.49** 

**SO DELICIOUS DAIRY FREE** 

### Cashew "Ice Cream"


These new cashew milk frozen desserts are smooth and most decadent non-dairy dessert ever created. Soy-free & gluten-free.

 500ml  
Reg \$9.49 **\$8.49**

**GT'S** 

### Kombucha Drink

Traditional Kombucha delicately brewed and cultured for the one of the healthiest beverages available.

 480ml  
Reg \$5.49 **\$4.49**

**Spectrum**   
ORGANIC PRODUCTS INC.®

### Eggless Mayonnaise

Expeller pressed oil. 68% Less fat. Enjoy a rich, creamy spread that's cholesterol free with less than 1/2 the fat and calories of regular mayonnaise.

 473ml  
Reg \$8.49 **\$7.49**

**Earth Island** 

### Vegan Parmesan

Shake some grated Parmesan on your lasagna, pasta or pizza. Delight in this dairy free, soy free goodness.

 142g  
Reg \$7.99 **\$6.49**

**GOGO QUINOA** 

### Organic Vegan Puffs

We have created the first range of Plant-Based Puffs in Canada, with a short list of healthy, organic and gluten free ingredients. Delicious and ultra savoury!

 Reg \$4.49 **\$3.49**

**DANDIES** 

### Vegan Marshmallows


Light and fluffy gluten-free. Dandies melt just like regular marshmallows. They make perfect rice krispy squares and they even roast like traditional marshmallows.

 Reg \$7.29 **\$5.99**

**caboo**

### Bamboo Paper Towel

Caboo paper towel is made from fast-growing, renewable bamboo instead of trees. Bamboo is a grass, not a hardwood, is extremely fast-growing and doesn't require replanting.

 2 pk  
Reg \$6.29 **\$4.99**

**Hardbite**   
HANDCRAFTED-STYLE CHIPS

### Avocado Oil Potato Chips

Made in Maple Ridge from GMO-free Fraser Valley potatoes. Naturally seasoned, free of trans fats, gluten-free and cholesterol-free.

 128g  
Reg \$4.99ea **\$4.49**

**Spectrum**   
ORGANIC PRODUCTS INC.®

### Organic Olive Oil

Flavor profile: mild and smooth with a rich mouth-feel. This is a perfect everyday use olive oil.

 1L  
Reg \$28.99 **\$25.99**

**NUTS for CHEESE** 

### Plant Based Vegan Butter

With a rich, creamy, lush, smooth mouthfeel, our 100% dairy-free, plant-based, vegan butter is perfect for spreading, cooking, melting, and baking.

 227g  
Reg \$9.49 **\$8.49**

**DEEBEE'S ORGANICS** 

### Organic Fruit Freezies

100% organic with no refined sugars, artificial flavours, colours or preservatives. Available in Tropical, Strawberry and Grape.

 14/12x53ml  
Reg \$8.99 **\$7.99**

**Fody**   
LOW FODMAP & SOY FRIENDLY

### Low Fodmap Dressings

Dress up any meal with the mouth watering flavour of our low fodmap salad dressing formulas.

 236ml  
Reg \$7.99 **\$6.99**