



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE



April 2021

WHAT'S GOING ON THIS MONTH?

Curbside Pick Up Orders

We've had many customers inquire about ordering for curbside pick up, and if you're also wondering, the answer is yes! We're still offering free curbside/contactless pick ups! It's very easy to do, simply email us at rootsnatural2@hotmail.com with your order and be as specific as possible if you have a preference on brands, as well as quantities. Please keep in mind orders should be placed by 4pm for next day pick up.

*Please include your phone number so we can reach you when it's time to process your order.

Have you signed up for our Loyalty Program? Sign up in store and start collecting points and receive extra savings.

rootsnatural.ca



Hello Fellow Shoppers,

Spring has finally arrived! Even though we're expecting a few more rainy weeks, I'm sure everyone is just so happy have some longer, brighter, and warmer days. I don't know about you guys, but these longer days have giving me just enough inspiration to begin spring cleaning! With Earth Day upon us, it's a great time to remind everyone that the products you choose to clean your homes with not only affect you and your family, but can also directly impact the environment. This is why it's so important to choose plant based, earth friendly cleaning products and detergents. We have several eco-friendly lines available in store, one of our favourites "Live for Tomorrow" is made right here in Vancouver! This Earth Day, Thursday, April 22nd, pick up all Live for Tomorrow products at 15% off! If you're considering doing an internal cleanse this spring, we will be featuring various programs all month long! Doing a mild cleanse can help you shed a few of those covid lbs, increase your energy, and improve digestion. If you've never done a cleanse, please chat to someone in our vitamin department to ensure that you're getting the ideal program for you.

The Roots Crew



Cleansing Apple & Avocado Smoothie

Ingredients:

- 1 cup plain unsweetened almond milk
- 4 cups loosely packed spinach
- 1 medium avocado peeled and pitted
- 2 medium apples, any kind, cored and quartered
- 1 medium frozen banana
- 2 teaspoons honey
- 1/2 teaspoon ground ginger or 1/4-inch knob of fresh ginger, minced
- Small handful of ice cubes



Recipe from Well Plated

Optional additions: chia seeds, flaxseed, protein powder, almond butter or other nut butter of choice

Directions:

In the order listed, add the almond milk, spinach, avocado, apples, banana, honey, ginger, and ice to a high-powered blender. Blend until smooth. Taste and adjust sweetness and spices as desired. Enjoy immediately.

STAFF PICKS

A few of Our Favourite Things This Month



Trouble with Sleep, Pain, or Stress? Your Endocannabinoid System may be out of balance.

The endocannabinoid system (ECS) plays an integral role in the orchestration, maintenance and balance of optimal health and healing - also known as homeostasis. Although the endocannabinoid system has been in existence for over 600 million years and can be found in all animals except insects, it was only identified as a separate system in 1988. While attempting to elicit the mode of action of psychoactive THC, research scientists discovered a sophisticated cell-signaling system triggered by the compound, naming it the "endo" cannabinoid system after the cannabis plant that inspired its discovery. A strong endocannabinoid system supports a variety of basic needs in the human body. Supporting the ECS can help reduce pain, improve mood, increase energy, and so much more!

The ECS may be activated by endocannabinoids produced naturally in your body, or by phytocannabinoids (plant-based cannabinoids) that mimic those produced in your body. These cannabinoids fit like a lock and key into receptor sites (CB1 and CB2 receptors) and may release an intricate cascade of neurotransmitters that communicate vital information, to cells, tissues, organs and glands, that is critical to maintaining optimal health and homeostasis.



New Total Body Marine Collagen with Elastin Peptides!

Total Body Marine Collagen with Hyaluronic Acid, Glutamine, & Biotin features clinically studied Collactive hydrolyzed collagen and elastin with a synergistic combination of nutrients that promote healthy skin, muscles, and connective tissue. Collactive is a 100% marine-based natural ingredient composed of marine collagen and elastin peptides in the same ratio found naturally in human skin. It is formulated specifically for hydration and anti-aging support in the skin dermal layer, and has been shown to reduce the number of wrinkles, including deep wrinkles, within 28 days. Collactive contains hydrolyzed forms of collagen and elastin that are easily absorbed by the body, where they stimulate collagen synthesis and help reduce joint pain associated with osteoarthritis. Collagen and hyaluronic acid work together to provide structure, strength, and resilience in the body's tissues, and are vital for maintaining hydration in the joints. This formula contains the amino acid L-tryptophan to make it a complete protein with a full spectrum of amino acids and L-glutamine to support protein synthesis and muscle recovery.

Botanica Certified Organic Greens Powder

Botanica Certified Organic Greens are designed to please the whole family, even the pickiest children. Each complete super-food blend contains nutrient dense land and sea greens, such as spirulina, wheat grass, and barley grass, plus a concentrated organic antioxidant blend that includes blueberry and acai. Botanica Greens taste great, mix easily, and are free of fillers or additives.

- Alkalinize and oxygenate
- Support healthy weight management
- Support a healthy immune system
- Helps relieve inflammation

5 \$ OFF





FEATURED SPECIALS & MANY MORE INSTORE

ALEXIA

Sweet Potato Fries

Here's an idea - Pop Alexia Sweet Potato Fries in the oven with broccoli or other fresh vegetables, lightly seasoned and drizzled with olive oil.

325g
Reg \$5.39

\$4.49

Dish Washing Liquid

Natural dish soap and detergent. Free of petroleum bi-products. With essential oils and botanical ingredients making dish washing a joy.

739ml
Reg \$5.49

\$3.99

OneCoffee

Organic Single Serve Coffee

Organic Coffee Pods

Certified organic. Certified Fair-trade. Roasted and packaged in Canada. 98-percent compostable. 100-percent delicious!

12pods
Reg \$10.39

\$8.99

Organic Hemp Bliss

A blissful substitute for dairy milk. Drink on its own either hot or cold. Hemp Bliss froths well for lattes add to smoothies or any other recipes.

946ml
Reg \$4.99

2 for \$6

CROFTER'S

Organic Fruit Spreads

Premium Spreads are sweetened with organic grape juice. Contains one-fourth less sugar than standard jams.

235ml
Reg \$4.79

\$4.29

Oat Café Creamer

Made with 100% Canadian whole grain oats, it's a deliciously smooth and creamy alternative to milk like no other.

473ml
Reg \$4.69

\$3.69

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 \$5.99

\$4.99

Lakewood

100% JUICE

Organic Lemon & Lime Juice

Fresh Pressed - Not from Concentrate Unsweetened Juices - No Sugar Added - GMO Free - GLASS Non-Toxic | BPA Free

370ml
Reg \$6.29

\$5.79

GT'S

Kombucha Drink

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

1.4L
Reg \$12.99

\$9.99

Go Bio!

Organic Bouillon Cubes

Made with the best organic ingredients, our range of flavours and dietary options make it simple for people to prepare great-tasting, better-for-you meals at home.

54-66g
Reg \$3.99

\$3.29

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

Sir Kensington's

Classic Mayonnaise

The Sir Kensington's mayonnaise manifesto? Source carefully, prepare artfully, and apply liberally.

295ml
Reg \$7.99

\$5.49

love goodfats

Good Fats Bars

With only 1-2g of sugar and 9-10g of protein per bar, they are loaded with as many good and healthy fats as we could possibly get in there.

39g
Reg \$2.99

\$2.29

Hulled Hemp Hearts

Easy to use - Simply sprinkle Hemp Hearts on salad, cereal & yogurt, add to smoothies and recipes, or eat them straight from the package!

227g
Reg \$9.99

\$8.49

BARBARA'S

Cheese Puffs

Packed with flavour, stone ground corn and carefully selected cheeses combine for the ultimate crunchy treat.

Reg \$3.99

2 for \$6

Swerve

Sugar Replacement

Made from ingredients found in select fruits and starchy vegetables, and contains no artificial ingredients, preservatives or flavours.

340g
Reg \$12.99

\$10.99