



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

June 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

Can you believe it's already June?! We're all set to take on whatever summer brings us this year at Root's! Now is the perfect time to check your cupboards to make sure all your personal care items are topped up and haven't expired. There's nothing worse than heading out on a hike or camping trip and realizing that your sunscreen or bug repellent expired 3 months ago! This month Root's is celebrating a huge milestone! We're so proud to say we've been serving our community for 50 years! WOW! We'd like to thank all of our wonderful customers for your continued support, and would like to invite you to come by Saturday, June 26th to take advantage of some great savings, and possibly win some amazing prizes! The first 50 customers of the day will bring home a free swag bag filled with all kinds of goodies from our top suppliers, and between 12-4pm we're offering your choice of up to 3 regular priced items at 15% off (some restrictions apply).

We hope to see you there!

*Please note, we will be monitoring the number of customers in the store at one time as per Health Canada guidelines, so there may be a short wait to get in.

The Roots Crew



Berry Smoothie Bowl

Smoothie Bowl Base

- 1 cup almond milk, unsweetened
- 1/2 frozen banana
- 1 cup frozen mixed berries
- 1 tbsp coconut yogurt
- Ice cubes (if you want a thicker consistency)

Topping Ideas

- cup fresh blueberries
- 1/4 cup fresh raspberries
- a few blackberries
- 2 tbsp granola of your choice
- 1 tsp pumpkin seeds



Recipe from Karlene Karst

Add the almond milk, frozen banana, frozen berries, and coconut yogurt in a high speed blender. Blend for about a minute until thick and creamy. Pour your smoothie base in a smoothie bowl and top off as you like. Serve right away.

STAFF PICKS

A few of Our Favourite Things This Month

NEW

RealEasy Clinical Weight Loss Support!



It can be difficult to maintain a healthy body weight when you struggle with erratic blood sugar, uncontrolled hunger, and food cravings. RealEasy with PGX Vegan Meal Replacement Shake combines the clinically supported weight loss benefits of PGX (PolyGlycopleX) with organic pea and sprouted brown rice proteins, a full range of essential vitamins and minerals, lecithin, and medium-chain triglycerides (MCTs).

PGX is a blend of naturally occurring, water-soluble plant fibres produced through Natural Factors' proprietary EnviroSimplex process. By absorbing water at a higher rate, gram for gram, than regular dietary fibres, PGX helps promote a feeling of fullness to reduce appetite. It also helps release glucose into the bloodstream gradually and brings blood sugar to normal levels. It provides a highly effective way for anyone dealing with fluctuating blood sugar to manage cravings and lower cholesterol levels naturally.

Every serving of Vegan RealEasy with PGX provides 22 g of protein and a range of optimum nutrients to support healthy weight loss. The chocolate- or vanilla-flavoured shakes taste delicious and can easily replace 1-2 meals per day. Simply add 2 scoops of RealEasy powder to 250-500 mL of water and shake or blend until smooth.

It's real easy to trim down!

Hydrate, Replenish, and Recover with Electrolyte Fuel!



Electrolyte Fuel is a mineral-enhanced, all-natural lemon & aloe drink. It hydrates and energizes by supercharging the body with electrolytes and alkaline buffers. A balanced internal pH can improve immune health, reduce inflammation, prevent degenerative disease and promote bone and muscle strength.

One of the most effective ways to reduce pH is to hydrate, with an alkalizing electrolyte drink first thing in the morning, then throughout the day. Lemon juice added to water provides alkaline minerals and bicarbonate precursors in the form of citric acid. Citric acid can be converted by the kidneys into bicarbonate and used as part of its buffering system to help neutralize the acids that accumulate in the blood and body tissues. As a super-alkalizing agent, lemon juice plays an important role in cellular detoxification and energy production.

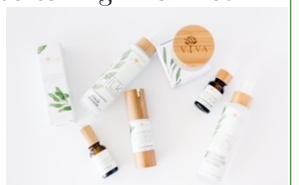
Get Healthy, Glowing Summer Skin Naturally with Viva!



Viva Health Skincare is a clean, organic and natural skincare brand made locally in Vancouver, BC, fabricated free from parabens, synthetic fragrances, endocrine disruptors, carcinogens, GMOs, or any toxic chemical of any kind. What makes their skincare products so great? Viva's mix of Eastern Asian beauty secrets and Western ingredients & technology. Using western ingredients such as DMAE, CQ10, Alpha Lipoic Acid, hyaluronic acid with traditional Chinese ingredients such as Ginseng, Angelica, green tea, and peach tree sap, Dong Quai, enables us to deliver leading-edge formulas designed for all skin types, especially for sensitive skin!

Viva's Pure Hyaluronic Acid Serum is 100% natural. The key ingredient (Hyaluronic Acid) acts like a sponge, drawing moisture in and stimulating collagen production to get a perfect glowing skin. This product will leave your skin hydrated, healthy, and nourished while softening fine lines and wrinkles.

On Sale All Month!
Save 10% Off Your Next Purchase!





Featured Speicals & Many More Instore

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**

Little NORTHERN BAKEHOUSE

Gluten Free Hot Dog Buns

Bite into these soft, great tasting, vegan, gluten free buns that are also non-GMO and allergy-friendly.

 4pk
Reg \$7.49 **\$6.49**

SAVÖR
Everyday Gourmet

Organic BBQ Sauce

BBQ sauce is a quick way to perk up your meals, and this certified organic, gluten free sauce has 3 tantalizing flavours.

 460ml
Reg \$7.49 **\$6.49**

MANITOBA HEMP foods 

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**

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 \$8.19 **\$6.99**

 **Nuts to You Nut Butter Inc.**
Canadian made since 1989 / Fabriqué au Canada depuis 1989

Natural Almond Butter


Nuts to You Natural Almond Butter is made from just 1 quality ingredient: dry-roasted Almonds. Pure, simple, healthy, and delicious!

 250g
Reg \$8.49 **\$6.99**

GT'S 

Kombucha Drink

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

 480ml
Reg \$4.99 **\$3.99**

SIR KENSINGTON'S 

CONDIMENTS

Classic Mayonnaise

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

 295ml
Reg \$7.99 **\$5.49**

CHOSEN FOODS 

Avocado Oil Mayonnaise

Real mayo flavour. 100% non-GMO. High in Omega 9. Soy and Canola-Free. Made with Free Range Eggs.

 355ml
Reg \$14.99 **\$11.99**

BARBARA'S 

All Natural Since 1971

Cheese Puffs

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

 Reg \$3.99 **\$3.49**

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**

ARTISAN + VEGAN 

FIELD ROAST

Vegetarian Sausages

From our family to yours! Field Roast sausages are made using traditional, old-country, sausage making practices.

 360g
Reg \$8.99 **\$6.79**

unbun

Plant Based Keto Bread

Grain free and Keto certified, these loaves boast a full, rich flavour, light texture and a shape that's made for sandwiches and more.

 560g
Reg \$12.49 **\$10.49**

Annie's

Organic Fruit Snacks

These Vegan and Gluten Free bunny shaped fruit snacks are made with real fruit juice and packed with 100% daily value of Vitamin C.

 Reg \$5.99 **\$5.49**

earth balance 

Soy-Free Buttery Spread

Earth Balance spread is 100% natural, non-GMO, and free of trans fat, hydrogenated oils, and artificial ingredients.

 425g
Reg \$7.49 **\$6.79**

Spectrum

Organic Olive Oil

Extra virgin olive oil with fruity aromas and nutty flavours with a smoothly serene finish.

 750ml
Reg \$22.99 **\$18.99**