



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE

February 2021

WHAT'S GOING ON THIS MONTH?

Store Notice

Due to higher than usual out of stocks from suppliers as a result of the Covid 19 pandemic, we will not be able to honour any rain checks on sale items or items that are special ordered on sale. We are sorry for the inconvenience and appreciate your cooperation.

Have you signed up for our loyalty program yet? Sign up in store and start collecting points and receive extra savings.

rootsnatural.ca



Hello Fellow Shoppers

As many of you know, February is heart month! So, what can we do to protect our hearts? A healthy diet, and an active lifestyle are obviously key factors, but there are also some wonderful supplements that can help support your ticker. Some of our favourite heart healthy supplements include Omega-3 essential fatty acids, magnesium, and Co-Enzyme Q10, and we happen to have all of these products on sale for the entire month of February! Make sure you check them out in our February flyer along with all of the other great featured specials. Pick your copy of the flyer up in store, or find it on our website @rootsnatural.ca

Lately 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 picks 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.



The Roots Crew Chocolate Coconut Energy Bars

Ingredients:

½ cup coconut oil
½ cup cocoa butter (or additional coconut oil)
¼ cup honey (or to taste)
½ cup cocoa powder
1½ cups shredded coconut (unsweetened)
½ cup chia seeds (or additional coconut)
1 tsp vanilla extract (optional)
stevia extract (for extra sweetness, optional)

Instructions

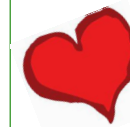
Line a 9x13 baking dish with parchment paper. Melt the coconut oil and cocoa butter in a small pan over low heat. Add the honey and stir well. Whisk in the cocoa powder, shredded coconut, and chia seeds. Add the vanilla and stevia, if using. Pour the mixture into the prepared baking dish and refrigerate for 1 hour or until hardened (you can also freeze it to speed up the process). Cut into bars and enjoy!



Recipe from The Wellness Mama

STAFF PICKS

A Few of Our Heart Smart Favourites



Support Healthy Cholesterol Levels Naturally With BioCoenzymated B5



Pantethine is the biologically active form of pantothenic acid (vitamin B5), which is a precursor to coenzyme A (CoA). CoA is an essential factor in the metabolism of lipids, carbohydrates, and proteins, and in adrenal gland function for extra support at times of stress. Pantethine has been shown to help decrease total and LDL cholesterol in those with elevated cholesterol.

This unique biocoenzymated formula features proprietary EnviroSimplex technology, combining Farm Fresh Factors, an organic whole food blend of land and sea vegetables, with the coenzyme form of vitamin B5. The result is a synergistic phytochemical formula that delivers the most metabolically active nutrients to your cells. Ready-to-use pantethine offers immediate and direct nutritional support, even for those with impaired metabolism.



Nature. Science. You.

Targeted Probiotics For Cardio Support!

- *Clinically shown to improve the metabolism of cholesterol in the blood.
- *It produces BSH enzyme, which degrades bile salts, preventing them from emulsifying cholesterol and thereby hindering its absorption into the blood.
- *Produces SCFAs, which inhibit the body's own production of cholesterol or remove cholesterol from the blood to the liver.
- *Helps to bind the cholesterol, thereby preventing its absorption into the blood and facilitating its excretion.
- *Supports healthy Total Cholesterol LDL and HDL levels already in the normal range.
- *Maintains a healthy Triglyceride level already in the normal range.
- *Synergistic effect with statin.
- *Effective against both dietary and endogenous cholesterol.
- *Reduction of oxidized LDL Cholesterol related to blood vein health.




Help Reduce Blood Pressure With Heart Mag




Magnesium is among the most critical micronutrients essential for life. Heart Mag delivers 770 mg of magnesium orotate per capsule; it's the form of magnesium recognized for its cardiac benefits. It helps maintain normal electrolyte balance, which is crucial for contractile function of muscles, especially for the heart. Maintaining an adequate level of magnesium can also prove beneficial for smooth cardiac function during periods of stress. Among the many complementary tasks of magnesium are nutrient metabolism, tissue formation, and the development and maintenance of bones and teeth.

Keep Your Triglycerides In Check With Chitosan

Chitin-chitosan as a supplement can help in the reduction of plasma cholesterol and triglycerides due to its ability to bind dietary lipids, thereby reducing intestinal lipid absorption. The hypolipidemic influence of chitosan may also be due to interruption of the enterohepatic bile acid circulation. Provita's Lipid Pro contains Chitosan with two synergistic ingredients that potentiate its therapeutic action, namely Beta Glucans and a highly concentrated extract (10:1) from Fenugreek (*Trigonella foenum graecum*) an Ayurvedic herb renowned for its numerous therapeutic effects, one of them being to help promote healthy blood glucose levels. 

FEBRUARY

Featured Specials & many more instore



BEANFIELDS
FAMILY OWNED

Bean & Rice Chips
Beanfields chips are first and foremost a great tasting snack. And that's even before you realize how much better for you they are! 4 grams protein, 4 grams fibre.

172g
Reg \$5.79 **\$4.99**

NON GMO VERIFIED



we dig plants. EARTH'S OWN

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**

NON GMO VERIFIED

PERFECT Chef

Organic Pasta Sauce
Ontario's Perfect Chef crafts certified organic, GMO free, vegan pasta sauces from simple ingredients like carefully selected vine ripened tomatoes.

740ml
Reg \$8.99 **\$7.99**

NON GMO VERIFIED



Sunflower Kitchen

Vegan Basil Pesto
Our fresh vegan pesto adds a fabulous elegant flavour that you wont soon forget.

227g
Reg \$6.99 **\$6.49**

NON GMO VERIFIED



STAHLBUSH ISLAND FARMS

Frozen Vegetables
Located in the heart of Oregon's lush Willamette Valley. Wholesome, high quality vegetables grown without chemicals and pesticides.

Reg \$3.99 **\$2.79**

NON GMO VERIFIED




KETTLE BRAND

Natural Potato Chips
Kettle uses the freshest ingredients when making their potato chips - the fresh flavour says it all!

Reg \$3.49ea **2 for \$6**

NON GMO VERIFIED



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**

NON GMO VERIFIED



eco max

Dishwashing Soap
An all natural, plant-based, hypoallergenic dish washing liquid which uses only biodegradable, renewable and sustainable ingredients.

740ml
Reg \$6.19 **\$5.29**



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**

NON GMO VERIFIED



udi's GLUTEN FREE FOODS

Gluten Free Breads
For hearty bread with bold, wholesome flavors, try Udi's Gluten Free Whole Grain. No need to toast this bread, go ahead and eat straight from the bag.

340g
Reg \$7.49 **\$5.99**

NON GMO VERIFIED




BLUE DIAMOND GROWERS

Nut Thin Crackers
Wonderful as an appetizer and ideal for snacking, with three grams of protein per serving, they're a great afternoon pick-me-up. Gluten-Free

Reg \$5.49 **\$4.69**

NON GMO VERIFIED



Imagine

Organic Bone Broth
Imagine's blend of chicken, beef and turkey Bone Broth is a delicious sipping broth to give you a nutritious boost to your day with a good source of protein.

946ml
Reg \$7.99 **\$5.99**

NON GMO VERIFIED

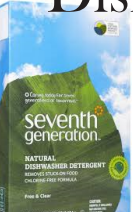


PRAIRIE HARVEST

Organic Durum Pasta
Made from Canadian, Organic, Non GMO durum wheat. Choose from a wide range of shapes and sizes.

Reg \$3.59 **\$2.69**

NON GMO VERIFIED



seventh generation

Dish Powder & Liquid Gel
Clean dishes should smell like clean dishes. Our plant-derived enzymes make short work of even the toughest dried-on food and stains and leave no scent behind.

Reg \$6.99 **\$5.49**



Little NORTHERN BAKEHOUSE

Gluten Free Pizza Crust
With the subtle, doughy texture and classic taste of a traditional pie, our Artisan Style Crust gives you 10-inches of surface area to sauce, top, and melt your way!

2pk
Reg \$8.99 **\$7.99**



daiya
deliciously dairy free™

Non-Dairy Cheezecake
Rich, velvety and deeply satisfying, this New York Cheezecake is a classic favourite. A delicious, guilt-free indulgence infused with real fruit.

Reg \$9.19 **\$7.99**

NON GMO VERIFIED



PUKKA

Fair Trade Herbal Teas
Organic and bursting with the very best nature has to offer. Explore all of our teas and find your herbal hero.

Reg \$8.99 **\$7.99**



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 **2 for \$6**

NON GMO VERIFIED