

Pomme

NATURAL MARKET

KARTHEINS

Organic Sauerkraut and Kimchi
Assorted

15% OFF

ORGANIC VEGAN RAW



GOGO QUINOA

Mac & Vegan Cheese
170g

2 \$6 FOR



ORGANIC VEGAN



CHA'S ORGANICS

Complete Line On Sale
Assorted



ORGANIC



15% OFF

HOST DEFENSE

Mushrooms
Assorted

10% OFF

ORGANIC



SURO

Elderberry
Assorted

15% OFF



NATURE'S PLUS

Animal Parade
Assorted

10% OFF



7
PAGES OF
SAVINGS!

WWW.POMMENATURALMARKET.COM

PORT COQUITLAM
2755 LOUGHEED HWY
OPEN 8AM - 10PM 7 DAYS A WEEK
(604) 475-2505

NANAIMO
6560 METRAL DRIVE
OPEN 8:30AM - 8PM 7 DAYS A WEEK
(250) 390-1955

OFFERS VALID
OCTOBER 27TH TO
NOVEMBER 30TH 2022
*ITEMS MAY NOT BE AVAILABLE
AT ALL LOCATIONS.
PRICES MAY VARY

GROCERY

KOVE OCEAN FOODS SeaSpice

15% OFF

250g



ECO LIVING CLUB Laundry Strips

20% OFF

40CT



BARBARA'S Complete Line On Sale

10% OFF

155g-198g



DAINTY Rice

10% OFF

410g-460g



THREE FORAGERS INFUSED HONEY

350g

- Craft infused raw honey - straight from the beekeeper!
- Three foragers offer a unique range of flavoured honey that can be used in tea, oatmeals, yogurt, stir fry, hot wings, and more!

20% OFF



RISE Kombucha

10% OFF

1L



PUR Gum

20% OFF

Assorted



NATUR-A NON-DAIRY BEVERAGES

Assorted

- With ingredients this good, no wonder everybody is falling in love with us!
- Using all natural ingredients and vitamins, Natur-a creates a smooth milk alternative that provides both good nutrition and great taste.

15% OFF



PUKKA Tea

20% OFF

20CT



EVERLAND Pasta Sauce

15% OFF

739ml



GROCERY

BO&MARROW

Bone Broth

15% OFF

591ml



KINDRED CULTURES

Water Kefir

10% OFF

Assorted



CHEDZ Snacks

15% OFF

113g



ECOIDEAS

Butters and Spreads

20% OFF

Assorted



SILK Barista

10% OFF

946ml



BULLETPROOF Coffee

15% OFF

340g



GO BIO Bouillon And Broth

10% OFF

Assorted



VG GOURMET Plant-Based Burgers And Bites

10% OFF

Assorted



INDIAN LIFE COMPLETE LINE ON SALE

Assorted

- All Vegetarian/Vegan.
- Non-GMO project verified.
- No cholesterol or trans fats.

10% OFF



ECO MAX LAUNDRY

Assorted

- Made in Canada with powerful plant-based ingredients.
- We offer a safer cleaning experience with no harsh chemicals.

10% OFF



NUTS TO YOU SEED BUTTERS

Assorted

- A delicious source of plant-based protein and fibre, and a great source of calcium, iron and heart healthy fat.
- Nothing added.
- Canadian made since 1989.

15% OFF



KETTLE CHIPS

142g-397g

- The finest potatoes, best oils and craft cooking methods.
- Simply great tasting, natural potato chips, made by a company that cares.

10% OFF



GROCERY

FATSO Peanut Butter

10% OFF

500g



RAWESOME Cashew Cream Cheese

20% OFF



227g



TRADITIONAL MEDICINALS Herbal Teas

10% OFF



16CT



LAKANTO Sweeteners

20% OFF

Assorted



SILK Plant-Based Beverages

10% OFF

946ml



FLOW Collagen Waters

15% OFF



500ml/1L



FOUR O'CLOCK Herbalist Tea

15% OFF

20CT



NELLIE'S Laundry

15% OFF



Assorted



VITAMINS AND SUPPLEMENTS

PURICA Lion's Mane 20% Bonus Bottle

15% OFF



144Cap

- Award-winning full spectrum & micronized Lion's Mane.
- 20% MORE FREE while supplies last.
- Potent Cognitive and Memory support"



FLORA Flax Oil

10% OFF



Assorted

- 100% Canadian flax - unrefined, cold-pressed, virgin oil.
- An excellent source of omega-3 fatty acids.
- "Seed to Bottle" pressing process all done in BC.



HARMONIC ARTS Elderberry Syrup

15% OFF



Assorted

- Tasty, potent syrups, made with organic and wild-harvested herbs and mushrooms.
- A delicious way to work with the health benefits of plant medicine.
- Health-enhancing ingredients and no food colouring or synthetic compounds.
- They make great additions to kombucha, mixed drinks and smoothies!



CANPREV L-Theanine w/Magnesium

10% OFF



Assorted

- Each vegetable capsule contains a 250mg daily dose of L-theanine.
- Promotes a restful, relaxed state without diminishing alertness.
- 90 day supply.



BOTANICA Liquid Capsules

15% OFF

Assorted



- Looking to reduce inflammation, get a better sleep?
- Improve your health with herbs.
- Botanica's liquid capsules are highly concentrated & effective.

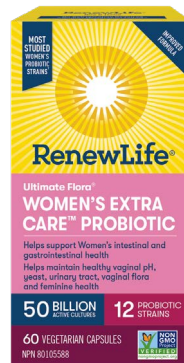


RENEW LIFE Probiotics

10% OFF

Assorted

- Renew Life® offers a full line of health product supplements empowering people to elevate their health with quality probiotics.



BIOFIL

10% OFF

Assorted

- Protects existing collagen.
- Strengthens hair and nails.
- Vegan Collagen Generator.
- Reduces fine lines and wrinkles.
- NEW easy to swallow liquid capsules.
- Generate your own collagen naturally!"



NUTRASEA HP Omega Oils

10% OFF



Assorted

- A great tasting, ultra-pure high EPA liquid omega-3 for the maintenance of good health; 1500 mg EPA + 500 mg DHA



IRON VEGAN COMPLETE LINE ON SALE

Assorted

REAL FOOD

- From brown rice and yellow peas to beet root and amaranth sprouts, we believe real ingredients work best to fuel your body.

ULTRA CLEAN

- Artificial ingredients get in the way of your health and performance.
- Nothing but natural flavours, sweeteners and colours found here.

GREAT TASTE

- Gone are the gritty, grainy days of old-school plant-based products.
- Now you can finally get the nutrition you need with a taste you love.

CANADIAN MADE

- Proudly made in the great white North with the best ingredients and the highest standards - No exceptions.

10% OFF



VITAMINS AND SUPPLEMENTS

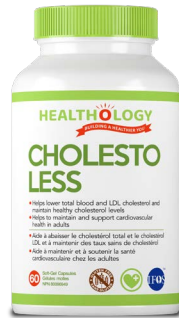
HEALTHOLOGY Cholesto-Less

10% OFF

GLUTEN FREE

KETO

Assorted



- Helps maintain and support cardiovascular health by lowering total blood and LDL (bad) cholesterol and maintaining healthy cholesterol levels.
- Supports overall cardiovascular health with the addition of the powerful antioxidant, ubiquinol (Active CoQ10).
- Having healthy cholesterol levels supports cardiovascular health, helping to prevent life-threatening illnesses such as heart attack and stroke.

SMART SOLUTIONS ADRENAsmart

10% OFF

GLUTEN FREE

Assorted



- A comprehensive formula that offers support for physical and mental functions in anyone experiencing periods of chronic stress.
- Relieves symptoms of stress.
- Supports cognitive stamina & function.
- Reduces fatigue & sleeplessness.

SIERRASIL Joint Formula

15% OFF

Assorted



- Clinically proven to reduce pain and inflammation, try SierraSil's new Glucosamine 2-in-1 product!

BULLETPROOF Complete Line On Sale

10% OFF

Assorted

- Welcome to being Bulletproof, the state of high performance where your body, mind, and nervous system work together effortlessly to help you perform at levels beyond what you'd expect.



NATURAL FACTORS Anti-Viral Potent Fresh Herbal Tincture, ECHINAMIDE®

10% OFF

Assorted

- Helps fight infections of the upper respiratory tract.
- Helps shorten the duration and severity of colds and flu.
- Effective relief for sore, irritated throats.
- Used in herbal medicine to fight off infections, especially of the upper respiratory tract.
- Certified organic Canadian echinacea.



NATURAL FACTORS Magnesium Bisglycinate

10% OFF

Assorted

- Helps maintain proper muscle function, including the heart muscle.
- Helps maintain the body's ability to metabolize nutrients.
- Supports tissue formation and the development and maintenance of bones and teeth.
- A factor in the maintenance of good health.
- Bisglycinate form is easy on the stomach and does not cause diarrhea.



AERYON WELLNESS Up And Away

10% OFF

VEGAN

14CT

- Canada's first 100% Boric Acid Kit.
- Relieves Vaginal Candidiasis.
- Relieves Bacterial Vaginosis.
- Supports vaginal health.
- Applicator included.



PRAIRIE NATURALS Prost Force

10% OFF

NON GMO PROJECT VERIFIED

GLUTEN FREE

MADE IN CANADA

Assorted

- Promotes healthy prostate function.
- Relieves urinary tract discomfort.
- Reduces swelling & pain.
- Doctor-researched & formulated.
- For men of all ages.



LIVING ALCHEMY STRESS-LESS

60Cap

- A one-of-a-kind formula for daily adrenal & cortisol support.
- Organic fermented whole-food-based balanced blend.
- Multiple adaptogens Ashwagandha, Holy Basil, Rhodiola plus supporting herb California Poppy.
- Reduces high-stress levels & optimizes cognitive & nerve function.
- No isolates, no fillers, no binders.
- Made in Canada.

15% OFF

NON GMO PROJECT VERIFIED

ORGANIC



BAZZZICS HERBAL SLEEP AID

Assorted

- BaZZZics' herbal capsules target the 3 sleep issues Canadians commonly suffer from and leave you well rested; without the use of melatonin.
- Get the ZZZs you need. ... tonight!

10% OFF

Certified B Corporation



UDO'S PROBIOTICS

10% OFF

Assorted

- As close to nature as you can get- Flora probiotics are formulated according to traditional fermented foods.
- Impeding the proliferation of bad bacteria.
- Promoting regular bowel movements.
- Boosting your immune system.



NEW ROOTS EXOTIC OILS

10% OFF



Assorted

- Luxurious and revitalizing exotic oils that will bring out your natural glow!
- Certified organic and ethically sourced.



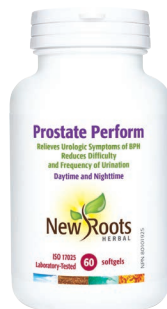
NEW ROOTS Prostate Perform

10% OFF



Assorted

- Reduces urgency to urinate, especially sleep-disrupting nighttime urination.
- Comprehensive support for better prostate health.
- Helps reduce urologic symptoms of BPH such as weak flow and incomplete voiding.



ENEREX Black Seed Oil

10% OFF

Assorted

- Beneficial for colds, flus, allergies, sinusitis, bronchitis, digestion, heartburn and inflammation.
- Rich in antioxidants, topical application to the skin soothes eczema and psoriasis.
- 2-2.5% naturally occurring Thymoquinone content.



PLATINUM NATURALS Oregano-8 Cold and Flu

10% OFF

Assorted

- When taken at the first sign of symptoms, Platinum Naturals Oregano-8's Omega Absorb synergistic blend of 8 powerful immune boosters is fast, and effective for fighting symptoms of colds and flu.
- It contains 40 mg of oil of oregano, known for its strong anti-microbial and anti-bacterial properties.
- The power of oil of oregano is multiplied through the combination of garlic, goldenseal, elderberry, vitamin C, zinc, cayenne and grape seed extract.

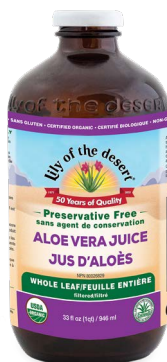


LILY OF THE DESERT Aloe Vera

10% OFF

Assorted

- Juices and gels care for your body from the inside and our beauty line nurtures you on the outside.
- Benefits include: supporting healthy digestion, supporting a healthy immune system, and increasing nutrient absorption.



ORGANIKA Maca

10% OFF

Assorted

- Traditionally used to support stress response and adrenal glands. Studied for its effect on stamina and athletic performance.
- Supports healthy hormone balance.
- Treated for less starch content, less bloating and better absorption.



LEANFIT Organic Plant Proteins

35% OFF

227g



- Amplify what you can do, everyday!
- Five complementary plant-based proteins provide a delicious and nutritious protein blend.



SANTEVIA Water Systems

10% OFF

Assorted

- Mineralize and create delicious alkaline water saving thousands of water bottles from the landfill.
- Alkaline water is helpful with reducing inflammation and acidosis.
- Created in a convenient pitcher, stick or countertop filter.



VITALITY Power + Iron Organic Spirulina

20% OFF

Assorted

- Boost energy and iron levels fast!
- Starting with a high level of iron: 45 mg, plus key vitamins and organic spirulina to increase absorption and energy.
- VITALITY uses iron bisglycinate which is gentle on the stomach, well absorbed and non-constipating to help build blood, deliver oxygen through the body and to improve energy and mood.



WEDDERSPOON Manuka Honey Products

15% OFF

Assorted

- Unpasteurised, raw and delicious, this Non-GMO Project verified multitasking superfood is packed and sourced exclusively from New Zealand.



Good Food Changes Everything