

# Pomme

## NATURAL MARKET



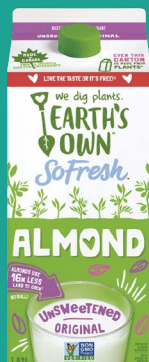
**FLOW**  
Alkaline Water  
500ml

**3 \$5**  
FOR



**EARTH'S OWN**  
So Fresh Almond Beverages  
1.89L

**\$4.99**  
EA



**MID-DAY SQUARES**  
Functional Chocolate Bar  
33g

**3 \$8**  
FOR



**evanhealy**  
Holistic And Organic Skin Care  
Assorted

**25% OFF**



**NUUN**  
Hydration  
Assorted

**25% OFF**



**SMARTY PANTS**  
Gummies  
Assorted

**25% OFF**



**10**  
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**  
**MARCH 30TH -**  
**APRIL 26TH 2023**  
\*ITEMS MAY NOT BE AVAILABLE  
AT ALL LOCATIONS.  
PRICES MAY VARY

## GROCERY

### BARBARA'S BAKERY

Puffs

**2 \$7**  
FOR  
Assorted



### SANTA CRUZ

Lemonade

**\$4.29**  
EA  
946ml



### LUCKY

Spring Rolls

**20% OFF**  
Assorted



### LAKANTO

Sweeteners

**15% OFF**  
Assorted



### MOONSHINE MAMAS

Tumeric Elixir

**15% OFF**  
500ml



### L'ANCETRE

Organic Cheese

**\$13.99**  
EA  
325g



### LESSER EVIL

Popcorn

**\$5.79**  
EA  
142g



### MILANO

Coffee

**15% OFF**  
Assorted



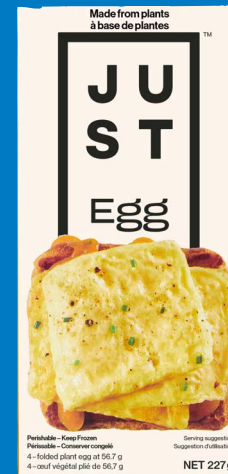
## JUST EGG

PLANT-BASED EGG

Assorted

- The best eggs are made from plants!
- JUST Egg cooks and tastes like eggs, perfect for omelettes, scrambles, and French toast.

**\$6.99**  
EA



## ECO LIVING CLUB

LAUNDRY STRIPS

40CT

- Certified hypoallergenic.
- Works in standard & HE machines.
- 100% Biodegradable.
- Suitable for handwashing.
- Leaping Bunny Certified.
- Mess-free & perfectly portioned.

UNSCENTED

**\$10.99**  
EA



LAUNDRY DETERGENT STRIPS  
EASY TO USE • NON TOXIC • BIODEGRADABLE  
DETERGENT À LESSIVE

40  
LOADS

1 STRIP = 1 LOAD  
1 FEUILLE = 1 BRASSÉE

DESIGNED FOR  
USE IN ALL  
MACHINE  
WASH

PARABEN  
FREE

HAND OR  
MACHINE  
WASH

CRUELTY  
FREE

ZERO WASTE  
DETERGENT





## GROCERY

### NAVITAS Cacao

**20% OFF**

227g



### HERBALAND Oh my Bears

**2\$7**

50g



### CAMINO Baking Chocolate

**15% OFF**

Assorted



### DOMATCHA Green Tea

**15% OFF**

Assorted



### GATHERING PLACE Spices

**15% OFF**

Assorted



### STAHLBUSH Frozen Fruit & Vegetables

**15% OFF**

Assorted



### BRAGG Apple Cider Vinegar

**\$10.99**

946ml



### SAPADILLA Plant-Based, Biodegradable Cleaners

**20% OFF**

Assorted



## ECOIDEAS PLANT-BASED ALTERNATIVES

*Selected*

- Ecoideas Plant-Based alternatives include Vegan Bouillon Varieties, Fava-Pea Protein Chunks and Crumbles, and Jackfruit.

**15% OFF**



## FOOD FOR LIFE COMPLETE LINE ON SALE

*Assorted*

- We strive to bring the very best food for your life. Kosher, non-GMO, vegan, organic, nothing artificial and no refined sugars.

**10% OFF**





## GROCERY

### PUR Aspartame-Free Gum Bags

**\$4.29**  
EA  
77g



### HABIBI'S Hummus And Dips

**15% OFF**  
Assorted



### MIYOKO'S KITCHEN Plant-Based Butter

**\$7.99**  
EA  
227g



### WENDEL'S TRUE FOODS Gluten-Free Pies

**10% OFF**  
8 inch



### SAVOR Crackers

**\$2.19**  
EA  
Selected



### ALTERNATIVE KITCHEN Complete Line On Sale

**10% OFF**  
Assorted



### WHOLESOME SWEETENERS Sugars And Stevia

**10% OFF**  
Selected



### AMY'S KITCHEN Burritos & Wraps

**10% OFF**  
Assorted



## YOFIIT CHICKPEA MILKS 946ml

- YoFiit's High-Protein Chickpea Milk is a clean, delicious, Plant-Based Milk that gives you all the nutrition without the fillers!

**\$4.29**  
EA



## MANITOBA HARVEST HEMP HEARTS

Assorted

- With a rich nutty flavour, these hemp hearts add nutrition to any meal or snack. Perfect on your cereal, yogurt, salad or smoothie.

**10% OFF**





## GROCERY

### HEALTHY CRUNCH Granola Bars

**\$6.69**  
EA

120g



### NELLIES Natural Cleaners

**15% OFF**

Assorted



### SIMPLY ORGANIC Bottled Spices

**20% OFF**

Assorted



### LUNDBERG FAMILY FARM Rice

**10% OFF**

907g



## DAINTY RICE 900g

- Our basmati rice is irrigated by Himalayan mountain waters on the borders of India and Pakistan, where it has been cultivated for centuries.
- The elegant white grain has a delicious and slightly nutty flavour.
- The packaging is 25% post-consumer recycled material!

**10% OFF**



### ENLIGHTENED Ice Cream And Frozen Treats

**10% OFF**

Assorted



### BIOSTEEL SPORTS Hydration Beverages

**3 \$8**

500ml



## NATUR-A PLANT-BASED 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.

### SILVER HILLS Bread, Tortillas And Bagels

**20% OFF**

Assorted



### GT'S Kombucha

**\$4.69**  
EA

480ml



**10% OFF**





## NATURE'S PATH ECO-PAC CEREALS

Assorted

- When it comes to sustainability, don't think outside the box, think NO box at all.
- Larger, recyclable ECO PACS, eliminating unnecessary waste.

10% OFF



## LAKEWOOD JUICES

Assorted

- We take pride in producing only the best quality, fresh pressed and all natural products without preservatives or artificial ingredients.

10% OFF



## GROCERY

### SMART SWEETS Low-Sugar Candy

10% OFF

Assorted



### NORA SNACKS Crispy Seaweed Snack

2\$10 FOR

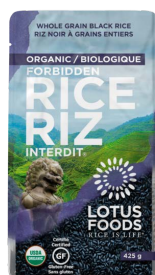
Assorted



### LOTUS FOODS Organic Rice

15% OFF

425g



### MATCHA NINJA Sparkling Matcha

\$3.79 EA

355ml



### GO GO QUINOA Puffs

2\$7 FOR

113g



### SKINNYPOP Popcorn

\$5.49 EA

Selected



### GARDEIN Complete Line On Sale

15% OFF



Assorted



### IF YOU CARE Complete Line On Sale

15% OFF

Assorted





## VITAMINS AND SUPPLEMENTS

### HERBASANTE & ALTERRA Homeopathic And Herbal Supplements

**15% OFF**

Assorted

- Natural & Holistic approach to alternative medicine.
- Formulated by health care professionals.
- Tailored solutions for men, women & children.



### FLORA Iron+ Liquid

**10% OFF**

Assorted

- Reclaim Your Energy with Iron+.
- If you're tired all the time, you could be low in iron.
- Unfortunately, iron supplements are notoriously hard to absorb.
- This innovative formula features liquid ferrous gluconate — a form of iron clinically proven to quickly and significantly raise iron levels.

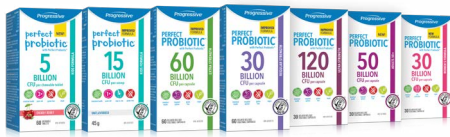


### PROGRESSIVE Probiotics

**10% OFF**

Assorted

- We are passionate for progress!
- Wellness doesn't happen in a single day or a single workout. It's a journey made up of a series of steps, where every healthy choice you make is a step.
- We promise to help make all of those choices easy by providing a comprehensive, natural line of products for every stage of life.
- Products that have been scientifically-researched, taste good, and really work.
- Products you can trust.



### ORGANYC Tampons, Pads And Liners

**15% OFF**

Assorted

- 100% Certified Organic Cotton inside and out.
- Unsurpassed absorbency.
- No chemicals, dyes, wood pulp or other junk.



### DERMA-E Eco-Ethical Skincare

**15% OFF**

Assorted

- Good clean beauty products start with only the best ingredients.
- Look at any DERMA E product label and you will see it is not littered with harmful chemicals or mystery ingredients.



### NUTRAVEGE OMEGA-3 Plant-Based Omega Oils

**10% OFF**

200ml

- A plant-based liquid omega-3 in a delicious lemon flavour.
- NutraVege is 100% vegetarian and vegan-friendly with 500 mg of EPA+DHA in just one teaspoon per day.



### THAYERS Beautiful Skin Toners & Astringents

**10% OFF**

ORGANIC VEGAN

Assorted

- Cleanses, smoothes and revitalizes your skin with simple, home-grown healing power.
- Extracted from organic Hamamelis Virginiana witch hazel and organic Aloe Barbadensis leaf, grown exclusively for Thayers on a family farm in Fairfield County, Connecticut.
- This time-tested remedy restores your skin's glow, naturally.



### ORGANIKA Kid's Multivitamin Spray

**15% OFF**

Assorted

- A fruity orange flavour, targets bone growth, immune function, hormonal balance, eye health and more!
- Recommended age: 1 year +.



## GARDEN OF LIFE ORGANIC RAW PROTEIN & DR. FORMULATED Assorted

**10% OFF**

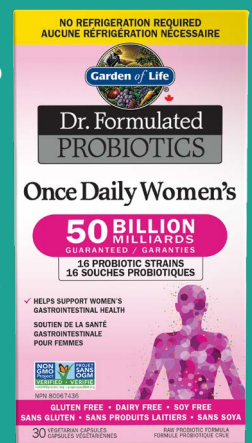
NON-GMO  
Project  
VERIFIED

GLUTEN  
FREE

- Raw Organic Protein:
- Packed with 22 Grams of Certified Organic Plant Protein, including organic peas grown and processed in Canada.
- Assists in building and repairing muscles with 4 g of BCAAs and zero sugar.
- Loaded with 14 organic sprouted grains, seeds, and legumes, with probiotics and enzymes added to promote comfortable and efficient digestion.



- Dr. Formulated
- Once Daily Women:
- Specially formulated probiotic for women's specific health needs contains L. reuteri and L. fermentum for vaginal health.
- 50 billion CFU and 16 probiotics to support women's gastrointestinal health.
- NON-GMO Project verified, dairy free, gluten free, soy free, and vegetarian.



## VITAMINS AND SUPPLEMENTS

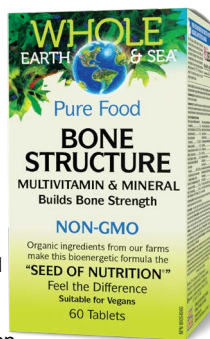
### WHOLE EARTH & SEA Pure Food Bone Structure

10% OFF



Assorted

- Suitable for vegans and vegetarians.
- Made with farm-fresh, organic, and sustainably grown non-GMO ingredients.
- Raw, whole-food bioenergetic formula.
- Specially designed to build bone strength.
- \$2 from each bottle sold goes to the Plant a Seed & See What Grows Foundation.



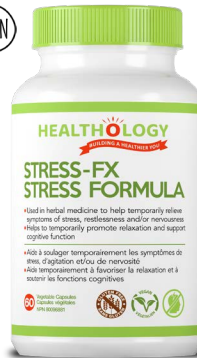
### HEALTHOLOGY Stress FX

10% OFF



Assorted

- Formulated to help us alleviate stress by lowering cortisol levels and promotes relaxation by boosting our calming hormone, GABA (Gamma-Aminobutyric Acid).
- Improves mental clarity, anxiety, and memory, while helping us to recover more quickly from the physical and mental stressors of daily life.



### CANPREV Collagen

10% OFF

Assorted

- Scientifically created to help bodies rebuild collagen where you need it.
- Faster results with clinically proven, targeted collagen peptides.
- Virtually no taste or smell and dissolves easily.
- Smaller serving size - No giant scoop!



### LIVING ALCHEMY Alive

15% OFF



Assorted

- More than just curcumin.
- Fermented whole Turmeric provides nutrients to nourish & balance, particularly for managing inflammation.
- Promotes joint health and mobility.
- Superior absorption.
- No Isolates.
- Certified Organic.



### BEEKEEPERS Clean Remedies

15% OFF

Assorted

- We finally have modern science to back up the efficacy of ancient remedies—and improve upon them.
- That's why we've teamed up with sustainable beekeepers and researchers to identify clean, yet potent ingredients that move the needle on your daily health.



### PRAIRIE NATURALS Enzyme Force

10% OFF

Assorted



- Noticeably reduces indigestion, gas, bloating, constipation and acid reflux.
- Acts quickly to improve digestion, increase energy and alertness.
- Aids in digesting starch, proteins and fats.



### BACH Flower Remedies

10% OFF

Assorted

- Bach Original Flower Remedies capture the positive potential of flowers and plants with 38 essences to choose from.



### HERBION Cough and Flu

20% OFF

Assorted

- Innovative natural supplements made of the highest quality to compliment your lifestyle.



## AOR PEAK ACTIVATE

90Vcap

- Scientifically shown to help reduce chronic pain and inflammation.
- A naturally occurring long-chain fatty acid amide, generally produced in response to various triggers including inflammation.
- Studied for 80 years and by more than 300+ medical studies.

10% OFF





## VITAMINS AND SUPPLEMENTS

### PURICA Adrenal Support

**15% OFF**



Assorted

- Potent Ashwagandha and Cordyceps blend.
- Helps the body handle stress by reducing cortisol.
- Optimizes the immune system and nourishes adrenal health.



### RENEW LIFE Probiotics

**10% OFF**

Assorted

- Full line of health products encompassing digestive health options.
- Quality probiotics, fibres, fish oils & internal cleanses.



### ANNEMARIE BORLIND Natural Skin Care

**10% OFF**

Assorted

- Skin care & cosmetics developed from natural ingredients.
- Sustainable methods along with the latest scientific research.
- Developed and produced in the Black Forest.



### ST FRANCIS Lymph Tonic

**15% OFF**

50ml

- Promote the health and detoxification of your lymph glands with our expertly crafted Lymph Tonic formula.
- Lymphatic health and detox.
- Promotes flow of lymph.
- Features blue flag, cleavers, red root, and phytolacca, all lymphatic herbs.



### HERITAGE STORE Black Castor Oil

**15% OFF**

Assorted

- Naturally occurring ash gives the oil its dark, rich color.
- Rich in omegas, minerals, and ricinoleic fatty acids, it helps hydrate dry skin and nourish hair.
- Ideal for all skin types.



### SIERRASIL Joint Formulas

**15% OFF**

Assorted

- Reduces pain & stiffness by aiding the body's natural anti-inflammatory response.



### EPSOM GEL Topical Pain Relief

**15% OFF**

Assorted

- A natural source of topical magnesium, and paired with arnica; it's a go-to for pain, sore muscles, cramps and bruising.
- Epsom bath salts are a perfect way to reduce inflammation while relaxing and rejuvenating the senses.
- Local company!



### HONIBE Gummies And Lozenges

**25% OFF**

Assorted

- With a focus on quality and purity, we create convenient honey-centric solutions for our consumers to solve ailments and promote wellness.



## SMART SOLUTIONS IRONSMART

Assorted

- Assists in the formation and proper function of red blood cells.
- 10 mg of elemental iron per teaspoon.
- Helps to prevent iron deficiency anemia.
- Helps maintain energy.
- Non-constipating.
- Delicious caramel flavoured liquid.
- Vegan-friendly
- Gluten-free.



## Dr Bronner's Castile Soaps

**25% OFF**

ORGANIC

946ml

- Made using only the purest organic & fair-trade ingredients.
- No synthetic preservatives, no detergents or foaming agents.



## Healthology Gut FX

**10% OFF**

Assorted

- The ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health.
- Repairs leaky gut syndrome and other intestinal ailments.
- Contains Probiotics (10 Billion CFU per serving).



GLUTEN FREE



VEGAN

## DIVINE ESSENCE Essential Oils

**15% OFF**

Assorted



- From plant to packaging, Divine Essence® distills right here in Canada and selects the best artisan producers from all over the world.



## INCREDIWEAR Wearable Wellness

**10% OFF**

Assorted



- Ankle Sleeve helps reduce swelling, relieves pain, and restores mobility.
- Provides targeted support to reduce inflammation and accelerate the body's natural healing process.



- Knee Sleeve is activated by body heat to increase blood flow to the skin and muscles.
- Helps reduce pain, stiffness, swelling and inflammation and aids with muscle fatigue.

## BIO-K Probiotics

**10% OFF**

Assorted

- Whether you need daily support or if you're just looking for a healthy refreshing option, Bio-K+ has you covered with a wide range of probiotic solutions



## ERGOGENICS Soluble Hemp Protein+Greens

**10% OFF**

720g

- A premium plant-based protein powder that combines the benefits of hemp with the power of nutrient-rich greens.
- Packed with essential amino acids, vitamins, and minerals, this delicious and easy-to-digest powder supports muscle growth, recovery, and overall health.
- Simply blend with your favourite smoothie or beverage and feel the difference!



## ENZYMEDICA Digestive Enzymes

**10% OFF**

Assorted

- Digestive issues and food intolerances beware! Enzymedica is here to reduce gas, bloating and allow for better absorption of nutrients from your meals, all naturally!



## SHOOSHA Baby And Mom Products

**10% OFF**

Assorted



- Organic, Canadian-made, mom, baby and kiddo nourishing skin & bath products, all safe enough to eat!!



**DEMOS! SAMPLES! GIFT BASKET DRAWS!**

**EARTH DAY APRIL 22**

**10% OFF STOREWIDE**

**STOCK UP ON YOUR FAVOURITE ECO-FRIENDLY PRODUCTS**