

# Pomme

## NATURAL MARKET

### SEASNAX Seaweed Snacks Assorted

20% OFF



### MEGAFOOD One Daily Multivitamins Assorted

20% OFF



### HAPPY PLANET Organic Valencia Orange Juice

1.75L

\$5.99  
EA



### DR. BRONNER'S Castile Soap 946ml

25% OFF



### FOUR O'CLOCK Organic-Fairtrade Tea 16CT

20% OFF



### PURICA Complete 360 120VCap

20% OFF



13  
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  
AUGUST 31ST -  
SEPTEMBER 27TH 2023  
\*ITEMS MAY NOT BE AVAILABLE  
AT ALL LOCATIONS.  
PRICES MAY VARY

## GROCERY

### SMARTBITE SNACKS Rice Cakes

**\$3.29**  
EA

120g



### AMY'S KITCHEN Burritos & Wraps

**10% OFF**

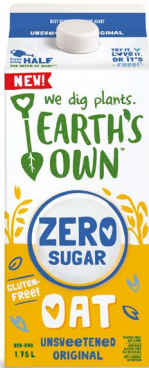
170g



### EARTH'S OWN Oat Milk

**2 \$10**  
FOR

1.75L



### HEALTHY CRUNCH Spreads

**20% OFF**

340g



### MAISON ORPHEE Organic Mustards And Oils

**15% OFF**

Assorted



### HORNBY ORGANIC O Snack Bars

**15% OFF**

45g



### LUNDBERG FAMILY FARM Rice

**10% OFF**

907g



### EVIVE Smoothie Cubes

**\$11.99**  
EA

405g



## GOGO QUINOA COOKIES

Assorted

- Soft chocolate chip cookies made of quinoa and other natural ingredients.
- Delicious and healthy.
- 100% compostable wrapper.

**2 \$9**  
FOR



## HENRY'S TEMPEH TEMPEH

Assorted

- Plant-based protein superfood.
- Canadian, Organic and Gluten Free.
- Check out our website for some great recipe ideas!

**\$5.99**  
EA





## GROCERY

### SMART SWEETS Kick Sugar Candy

**2 \$8**  
FOR  
50g



### GARDEIN Meatless Meats

**15 % OFF**  
Assorted



### EAT WHOLESOME Complete Line On Sale

**10 % OFF**



Assorted



### TREE ISLAND Yogurt

**\$4.99**  
EA



325g-350g



### BREMNER'S Frozen Fruit

**10 % OFF**  
600g



### OOMÉ Smoked Tofu

**\$7.29**  
EA



220g



### NATURE'S BAKERY Fig Bars

**10 % OFF**  
340g



### HIPPIE SNACKS Cauliflower/Avocado Crisps

**\$5.29**  
EA



70g



## 49TH PARALLEL COFFEE 340g

- Direct trade relationships.
- Sustainable packaging.
- Small batch roasting.
- Investment into farms.

**\$16.99**  
EA



## GLUTENULL COOKIES, BARS AND GRANOLAS

Assorted

- Family business based in Port Coquitlam, BC.
- All products are plant-based, gluten-free and non-GMO.
- Glutenull is your path to a healthier lifestyle!

**15 % OFF**





## ACROPOLIS ORGANIC EXTRA VIRGIN OLIVE OIL 500ml

- A masterpiece of Crete's 3,500-year artisan tradition. It doesn't get any better than this!

**\$17.99**  
EA



## GOOD FOOD FOR GOOD SAUCES AND CONDIMENTS

Assorted

- With every purchase of Good Food For Good no added sugar sauces, they donate a meal to those in need.

**10% OFF**



## GROCERY

### KINNIKINNICK Gluten-Free Bread

**15% OFF**  
Assorted



### MOGIANA Coffee

**15% OFF**  
340g



### OMEGA NUTRITION Oils & Vinegars

**20% OFF**  
Assorted



### BIOITALIA Beans, Pastas & Tomatoes

**20% OFF**  
Assorted



### NAVITAS Cacao Powder

**\$9.99**  
EA  
227g



### FREE2B Sun Cups

**10% OFF**  
Assorted



### ORGANIC MEADOW Butter

**\$11.99**  
EA  
454g



### THEOBROMA Chocolate Batons

**10% OFF**  
Assorted





## GROCERY

### ANNIE'S HOMEGROWN Snacks

**10% OFF**

Assorted



### GREENHOUSE Boosters

**2 \$9**

FOR 60ml



### LOOP Juice And Kefir Water

**15% OFF**

355ml



### PATIENCE FRUIT & CO. Baking Berries

**10% OFF**

Assorted



### SILVER HILLS Complete Line On Sale

**20% OFF**

Assorted



### CHA'S ORGANICS Coconut Milk And Cream

**15% OFF**

400ml



### SIMPLA Non-Dairy Yogurt

**\$9.99**

450g



### PRIMAL KITCHEN Complete Line On Sale

**15% OFF**

Assorted



## COVERED BRIDGE CHIPS Assorted

- Canadian family-owned & operated.
- All natural, no trans fats, certified gluten-free, vegetarian, and cholesterol-free.
- Kettle cooked for a hearty crunch.

**2 \$8**

FOR



## GUSTA FOODS COMPLETE LINE ON SALE Assorted

- Sink your teeth into these new innovations from Gusta Foods!
- Create simple, high protein, plant based meals in minutes with our new strips - beef or chicken, the choice is yours!

**15% OFF**



## GROCERY

### ELMHURST Plant-Based Milk And Cream

**10% OFF**

Assorted



### NATURE'S PATH Boxed Cereal

**10% OFF**

Selected



### BALZAC'S Coffee

**15% OFF**

Assorted



### EARTH BALANCE Plant-Based Spreads And Sticks

**10% OFF**

Assorted



### SAVÖR Cookies

**20% OFF**

Assorted



### SWEET MONK Sweetener

**20% OFF**

50ml



### CANADIAN HERITAGE ORGANIC Maple Syrup

**10% OFF**

Assorted



### NELLIE'S Natural Cleaners

**15% OFF**

Assorted



## HEALTHY CRUNCH SNACKS

120g-132g

- On a mission to innovate everyday foods making them better for you, while still being super delicious.
- Our products are allergen-free, lower in sugar, tree nut-free, peanut-free, gluten-free, vegan, kosher, keto, dairy-free, School Approved, and Super Delicious. Happy Crunching!

**20% OFF**



## NATUR-A PLANT-BASED BEVERAGES

946ml

- 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.

**\$3.79**  
EA

ORGANIC





## GROCERY

### CARBONAUT Bread

**20% OFF**

Assorted



### ESME+SITA Energy Bars

**2\$7**

40g



### GOOD GOOD Spreads

**20% OFF**

330g



### L'ANCETRE Organic Cheese

**10% OFF**

Selected



### NUTS FOR CHEESE Plant-Based Cheese

**\$11.99 EA**

120g



### HOLOS Overnight Super Muesli

**\$4.99 EA**

90g



### SMART STRIPS Laundry Strips

**15% OFF**

Assorted



### CHICKAPEA Pasta

**20% OFF**

227g



## COUNTRY PRIME MEATS DRIED SAUSAGE SNACKS

125g

- Committed to creating wholesome meat snacks using local, natural ingredients and preserving the environment by using safe farming practices and carbon-neutral facilities.

**2\$10**

FOR



## NUTS TO YOU ORGANIC NUT BUTTERS

365g

- A delicious source of plant-based protein and fibre, and a great source of calcium, iron and heart healthy fat.
- Canadian made since 1989.

**15% OFF**





## GROCERY

### ZOE Dog Treats

**\$10.29**  
EA  
150g



### DAIYA Plant-Based Cheeses

**10% OFF**  
Selected



### BARBARA'S BAKERY Puffs

**2\$7**  
FOR  
Assorted



### MILANO Coffee

**15% OFF**  
340g



### CHOCXO Cups

**15% OFF**  
Assorted



### SWEET NUTRITION Cookies

**2\$10**  
FOR  
68g



### TORILL'S TABLE Waffle Pancake Mixes

**15% OFF**  
Assorted



### DOMATCHA Complete Line On Sale

**15% OFF**  
Assorted



## YOGGU PLANT-BASED YOGURT 500ml

- Flavour and texture is our obsession!
- Vegan yogurt made with cultured coconuts giving you the tang and thickness of Greek Yogurt with amazing taste.

**\$7.99**  
EA



## MOONSHINE MAMA'S TURMERIC ELIXIR 500ml

- Handcrafted, small batch, turmeric elixirs & tonics from the earth to your soul.

**15% OFF**





## VITAMINS AND SUPPLEMENTS

### PURICA Adrenal Support

**20% OFF**

60-120VCap

- Fortified with Ashwagandha and organic, full spectrum mushrooms.
- Helps the body to better handle stress.
- Helps reduce cortisol and C-reactive protein.



### SEA-LICIOUS® Omega 3 Line

**10% OFF**

Assorted

- Supports cardiovascular health and helps reduce serum triglycerides.
- Aids brain function.
- Helps reduce the pain of rheumatoid arthritis along with conventional therapy.
- Beneficial for the maintenance of good health.
- Supports the healthy development of the brain, eyes, and nerves in children up to 12 years.



### VITALITY Complete Line On Sale

**10% OFF**

Assorted

- BC-Made.
- Made for women by women.
- Effectively increases iron levels.
- Gentle on body.
- High-dose 45mg iron bisglycinate, B12 & Folic Acid.



### ANNEMARIE BORLIND Skin Care And Cosmetics

**10% OFF**

Assorted

- Developed from unique natural ingredients using sustainable methods along with the latest scientific research.
- Experience the effects of our state-of-the-art natural cosmetics—developed and produced in the Black Forest.



### WEDDERSPOON Manuka Honey Products

**15% OFF**

Assorted

- Raw and unpasteurized Manuka Honey straight from New Zealand with no antibiotics or pesticides.
- Track each bottle back to the Master Beekeeper.

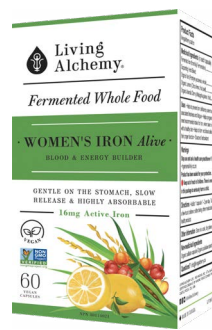


### LIVING ALCHEMY Women's Iron Alive

**15% OFF**

60VCap

- Fermented Women's Iron Alive Blood & Energy Builder.
- Natural slow release, all-day support.
- Highly absorbable, faster results.
- Gentle on stomach, no constipation or upset.
- With whole-food cofactors B12, Folate & Vitamin C.
- Non-GMO & Vegan.



### 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



### HERBALAND Kid's Gummies

**20% OFF**

90Gum

- Herbaland is a Vancouver based company that makes delicious and earth-friendly gummy supplements for the whole family!
- Packaged in 100% compostable packaging, these gummies are good for you and the planet.

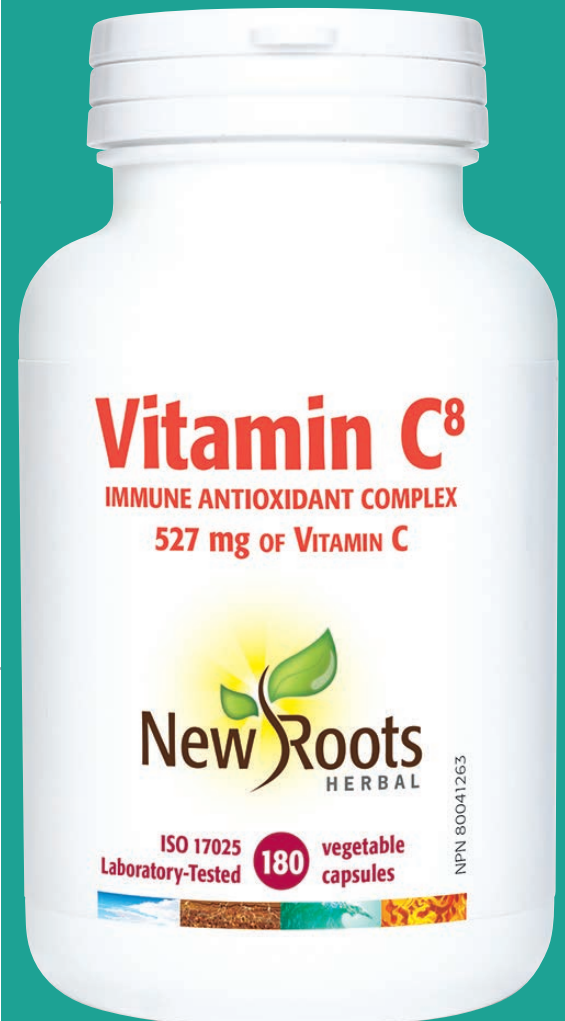


## NEW ROOTS IMMUNE

Assorted

- Strengthen your immune system performance.
- A full range of products to help fight colds, the flu and many other infections.
- All ingredients are non-GMO and each one is tested three times in our ISO 17025 – Accredited Laboratory.

**15% OFF**



**Vitamin C<sup>8</sup>**  
IMMUNE ANTIOXIDANT COMPLEX  
527 mg of VITAMIN C

New Roots  
HERBAL

ISO 17025 Laboratory-Tested 180 vegetable capsules

NPN 80041263

## VITAMINS AND SUPPLEMENTS

### FLORA Super 8+ Probiotic

10% OFF

Assorted



- Developed to survive stomach acids, getting them to the intestine at highest potency.
- Supports healthy yeast balance in the body.
- Each vegetarian capsule guarantees a minimum of 42 billion viable cells at time of manufacture.
- Gluten-Free + Raw + Science-Based + Vegetarian.

### FLORA Flax Oil

10% OFF

250ml-941ml



- A source of Essential Fatty Acids (EFAs) that are "good" fats, the body cannot make on its own - they must be obtained from our diets.
- Oil pressed from flax provides both omega-3 and omega-6 EFAs to promote optimal nutrition and health.
- Fresh-pressed, unrefined, virgin flaxseed oil.
- "Seed to bottle" - Flora gets the seeds, presses them, and bottles the oil themselves.
- Gluten-Free + Non-GMO + Organic.

## MYKIND ORGANICS PLANT IRON ORGANIC HERBS

240ml

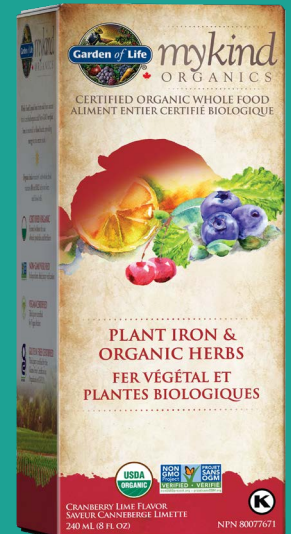
- Whole Food Liquid Iron and vitamins.
- Helps to reduce tiredness and fatigue caused by iron deficiency anemia.
- Absorbed easily; gentle and non-constipating.
- Organic Amla vitamin C with whole food vitamins B6 and B12, promotes iron absorption and utilization.

10% OFF



ORGANIC

VEGAN



### HARMONIC ARTS Tincture Blends

20% OFF

Assorted



- Find support for everything from immunity to sleep support.
- Formulated by clinical herbalists, and easy to add to your daily routine.
- Handmade in small batches on Vancouver Island.
- Made with high-quality Organic or Wild-harvested herbs for guaranteed potency.
- Distilled in pure spring water and Organic, fair-trade cane sugar alcohol.

### AERYON WELLNESS Lose It

10% OFF

60Cap



- Lose it is a metabolism support supplement that's specifically formulated for a woman's unique hormonal system.
- It works with the female body to reduce and balance estrogen plus activate metabolic pathways for enhanced workouts and fat burning.

### LILY OF THE DESERT Aloe

15% OFF

Assorted



- Lily of the Desert juices and gels provide daily digestive maintenance, nurture and support a healthy immune system, aid in daily detoxification, and provide antioxidant support.

### SURO Elderberry

10% OFF

Assorted



- 100% Canadian elderberries.
- Gluten free and Non GMO.
- Helps open airways.
- Soothes inflammation.
- Relieves congestion of sinus and lungs.

### PROGRESSIVE Multivitamins

10% OFF

Assorted



- Formulated with your specific age, gender, and activity level in mind to ensure you get everything you need to propel you through your day.

### ORGANIKA Li'l Kids Zinc Spray with Vitamin C

15% OFF

Assorted



- Support a healthy immune function and meet your child's development with two essential nutrients zinc and vitamin C.
- Li'l Kids Zinc Spray comes in a fuss-free, child-friendly orange tangerine flavour.
- All Organika's kids supplements are sugar free!

## CANPREV BIOACTIVE B

90VCap

- Formulated with clinically researched dosages.
- A complete B-Complex with eight water soluble B vitamins, plus choline and inositol.
- The highly absorbable bioactive form skips the need for conversion in the liver.
- Flush-free formula.

20% OFF

VEGAN





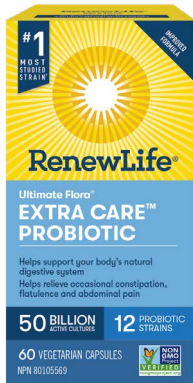
## VITAMINS AND SUPPLEMENTS

### RENEW LIFE Probiotics

**10% OFF**

Assorted

- Ultimate Flora Extra Care 50 Billion is a one-a-day probiotic that helps to support intestinal and gastrointestinal health.



### DIVINE ESSENCE Complete Line On Sale

**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.



### SISU U-Cubes™ Multivitamin

**10% OFF**

120pk

- Daily vitamin and mineral supplement in a chewy gummy.
- Algal-source vitamin D3 for a vegan-friendly formula.
- Non-GMO and gluten free.
- Free from animal gelatin and high-fructose corn syrup.
- Non-GMO, gluten free and vegan.
- No artificial flavours, sweeteners, or colours.



### ST. FRANCIS HERB FARM Immune Products

**20% OFF**

Assorted

- Protect and balance your immune system with our leading adaptogenic.
- Helps prevent infections and reduces the severity of symptoms.



### HEALTHOLOGY Stress-FX

**10% OFF**

60VCap

- 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.



### CHILD LIFE Essential Zinc

**15% OFF**

118ml

- Zinc with copper provides the ultimate immune support in a convenient liquid formula.
- Formulated for children 1 and up.



### ORGANIC TRADITIONS Superfood Latte Mixes

**20% OFF**

Assorted

- Superfood latte mixes made with natural, organic ingredients for a delicious, non dairy, delight.
- Give your body an all-natural boost with plenty antioxidants and adaptogens.



### JONI Feminine Hygiene Products

**10% OFF**

Assorted

- Pads and tampons made with natural and organic ingredients and are free of plastic, chemicals, fragrances or dyes.
- Good for your body, our communities and the planet.
- As a Canadian company, Joni gives back 5% to period equity initiatives across the country.



## SALUS BONUS PACKS

Assorted

- Salus Bonus Packs are the best deal of the year!
- Get the 500ml size plus the 250ml size for unbeatable value on Salus Floradix & Floravit liquid iron, Kindervital Multivitamin liquid, and Calcium-Magnesium liquid!

**\$44.99 EA**



## VITAMINS AND SUPPLEMENTS

### AOR Zen Theanine

**10% OFF**

60-120Cap

- Pure L-theanine amino acid.
- Promotes a calm, relaxed alertness without causing drowsiness.
- Fast-acting and effective with one high dose capsule.



### NATURE'S WAY Sambucus

**20% OFF**

Assorted

- Added benefit of Vitamin C and Zinc for Immune support.
- These elderberry gummies are traditionally used in herbal medicine to help relieve symptoms of cold & flu.
- Delicious tasting elderberry gummies contain 50mg of Black Elder, 90mg of Vitamin C and 7.5mg of Zinc.



### BACH Complete Line On Sale

**15% OFF**

Assorted

- Experts in the power of nature, Bach Rescue Remedies combine a unique blend of 5 Bach Original Flower Remedies to find support and comfort in times of emotional demand.



### PLATINUM NATURALS Complete Line On Sale

**10% OFF**

Assorted

- Easymulti 60+ supports heart, joints, skin & eye health, blood glucose levels, immune function and energy production.
- Packed with potent antioxidants such as Resveratrol, and Hyaluronic Acid to help maintain healthy bones, hair, skin & nails, and Curcumin for its anti-inflammatory properties.
- Includes Iron, CoQ10, iodine and healthy oils in a Omega Absorb delivery system, which allows our bodies to absorb the nutrients.



### EVERY MAN JACK Men's Clean Body Care

**10% OFF**

Assorted

- Guys grooming supplies made with naturally derived ingredients and scents inspired by the great outdoors.
- Shower with the best stuff our planet has to offer.



### GREEN BEAVER Antiperspirant

**10% OFF**

Assorted

- Safe and effective cosmetics and personal care products suitable for everyone in the family.
- Vegan, cruelty free, natural products that are better for a sustainable world.



### HERBION Complete Line On Sale

**20% OFF**

Assorted

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



### HONIBE Complete Line On Sale

**20% OFF**

Assorted

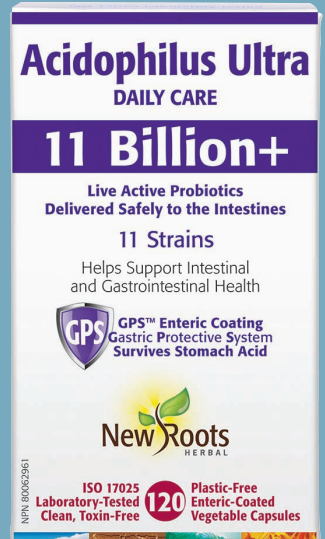
- With a focus on quality and purity, we create convenient honey-centric solutions for our consumers to solve ailments and promote wellness.



## NEW ROOTS PROBIOTICS

**Assorted**

- Safeguard your family's health with formulas suitable from infancy to the elderly.
- Strengthens intestinal and immune health.
- Repopulates intestinal flora.
- Relieves IBS symptoms.
- Enteric-coating for optimal results.



**15% OFF**

## NORTH COAST NATURALS ULTIMATE DAILY GREENS

**270g**

- A supreme mix of 48 superfoods.
- Concentrated superfruits, land & sea greens.
- Includes Saskatoon berry and phytoplankton.
- Pre and probiotic support.
- Highly alkalizing.
- No gluten, soy or pollen containing ingredients.
- Tastes refreshingly great!



**10% OFF**



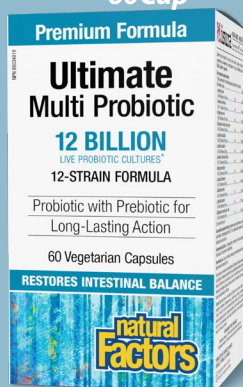


## NATURAL FACTORS ULTIMATE MULTI PROBIOTIC

**10% OFF**

60Cap

- A one-a-day 12-strain formula.
- 2 billion live probiotic cultures alongside prebiotics.
- Helps restore and maintain intestinal health.
- Promotes favourable gut flora.
- Helps limit the growth of undesirable bacteria and pathogens in the digestive tract.
- Supports immune function.
- Promotes normal digestive function.



## PROGRESSIVE VEGEGREENS®

**10% OFF**

Assorted

- New & Improved formula.
- Our cutting-edge superfoods formula has gone from great to even better!
- Increased and improved core ingredients.
- Newly added digestive enzyme blend.
- New added adaptogen mushroom blend.
- Same great taste!

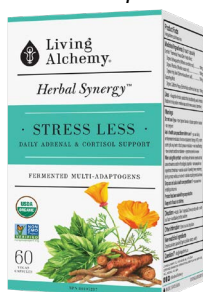


## LIVING ALCHEMY Stress-Less

**15% OFF**

60Cap

- Daily adrenal & cortisol support for high-stress levels.
- Multiple fermented adaptogens plus California Poppy.
- Relieves restlessness & nervousness.
- Optimizes cognitive & nerve function.
- Organic. Non-GMO. Vegan. No Isolates. No Fillers.



## SIERRASIL Joint Formulas

**10% OFF**

Assorted

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



## NATURE'S WAY Zinc Gummies

**10% OFF**

60Gum

- Helps to maintain & support immune function.
- These delicious mixed berry flavour gummies are a factor in the maintenance of good health, and are 100% vegetarian.



## URBAN SPA Spa & Beauty Supplies

**10% OFF**

Assorted

- Urban Spa is a brand designed to make a difference with high performing sustainable beauty products that give back.
- More Beauty, less trash.



## AOR Super Focus

**10% OFF**

60Cap

- Combines activated B vitamins and botanical herbs to increase mental acuity.
- Increases blood flow to the brain for enhanced mental and physical performance.
- Balances stimulating effects with calming ingredients.
- Provides temporary relief from mental fatigue and brain fog.



## TANIT Foam Soap

**15% OFF**

20pk

- All-natural hand soap tablets will wow you with their convenience, effectiveness, and unparalleled sustainability.
- Save space, money and the environment with their fully dissolvable hand soap tablets!



# Back to School Sale!

## Saturday, September 9

★ 10% OFF STOREWIDE!

★ GIFT BASKET GIVEAWAYS!

★ DEMOS & SAMPLES!