

Pomme

NATURAL MARKET

HARMONIC ARTS

Mushrooms

Assorted

25% OFF



BOTANICA

Complete Line On Sale

Assorted

20% OFF



SMARTY PANTS

Gummies

Assorted

25% OFF



EARTH'S OWN

Oat Cafe Creamers

473ml

25% OFF



MID-DAY SQUARES

Functional Chocolate

33g



3 \$8 FOR



PAQUI

Tortilla Chips

155g

\$4.99 EA



8
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
SEPTEMBER 28TH -
NOVEMBER 1ST 2023

*ITEMS MAY NOT BE AVAILABLE
AT ALL LOCATIONS.
PRICES MAY VARY

GROCERY

BOB'S RED MILL Gluten-Free Baking Flour

10% OFF

1.24Kg



HEALTHY HIPPO Gummies

10% OFF

50g



CAMINO Baking Chocolate

15% OFF

Assorted



SIMPLY ORGANIC Baking Flavours & Extracts

15% OFF

Assorted



MAISON RIVIERA Plant-Based Yogurt

10% OFF

500g



WHOLESOME SWEETENERS Sugar

10% OFF

Assorted



ROLLING MEADOW Butter

2\$10

250g



ELAN Snack Mixes

20% OFF

Selected



BO & MARROW BROTH & SOUP

Assorted

- Traditionally simmered for 30-48 hours, sourcing locally and free from hormones, antibiotics, feed additives and GMOs.
- Organic veggies, spices, herbs and apple cider vinegar.

20% OFF

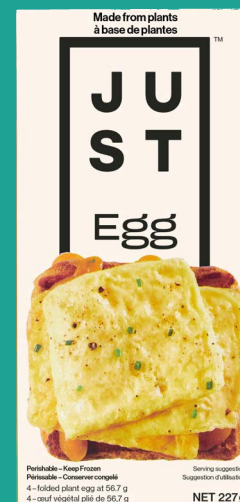


JUST EGG PLANT-BASED EGG

Assorted

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

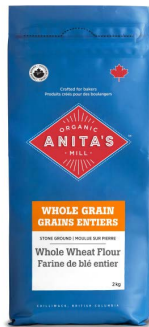
15% OFF



GROCERY

ANITA'S Whole Grain Flours

10% OFF
Assorted



TEA'D GREENS Organic Superfood Teas

10% OFF
Assorted



GOOD TO GO Keto Snack Bars

3 \$7
FOR
40g



LITTLE NORTHERN BAKEHOUSE Complete Line On Sale

20% OFF
Assorted



RISE Kombucha

\$8.99
EA
1L



ZEVIA No Sugar Sodas

\$7.99
EA
6pk



STAHLBUSH ISLAND FARM Frozen Fruits & Vegetables

10% OFF
Selected



RIPPLE Plant-Based Milk

\$6.59
EA
1.42L



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



NINA'S PIEROGI'S

Assorted

- A family owned and operated company offering a wide selection of regular, gluten-free and plant based pierogies made with locally sourced ingredients while avoiding the top 9 common allergens.

10% OFF



MASTER INDIAN SPICE BLENDS

Assorted

- Unlock restaurant-quality Indian flavors at home with Master Indian Spice's authentic spice kits.
- Elevate your cooking today!

2 \$8
FOR



LILY'S SWEETS COMPLETE LINE ON SALE

80g-85g

- Delicious, no-sugar-added chocolate.
- It's the great tasting, better-for-you chocolate that we know you will love.

15% OFF



GROCERY

BIOITALIA Gluten-Free Pasta

15% OFF

Assorted



AWAKE Caffeinated Chocolate

20% OFF

Assorted



LESSER EVIL Popcorn

10% OFF

Assorted



DAINTY Rice

10% OFF

900g



BIG COVE Spice Blends

20% OFF

Assorted



SAVOR Organic Fruit Spreads

20% OFF

235ml



O'DOUGHS Bagels

25% OFF

300g



TRADITIONAL MEDICINALS Herbal Teas

10% OFF

16CT



GROCERY

BOB'S RED MILL Nutritional Yeast

\$8.99
EA

142g



ENLIGHTENED Frozen Desserts

10% OFF

Assorted



AVAFINA Chiaviar And Queen Cheese

20% OFF

Assorted



CABOO Tree-Free Bathroom Tissue

10% OFF

Selected



STASH Tea

10% OFF

Assorted



EARTH'S OWN So Fresh Chilled Almond Beverage

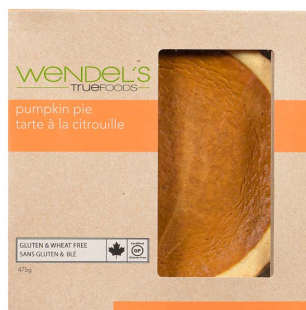
2 \$10
FOR
1.89L



WENDEL'S TRUE FOODS Gluten-Free Pies

10% OFF

8inch



ROCK COAST Confections

15% OFF

Assorted



BIG MOUNTAIN FOODS PLANT BASED MEAT ALTERNATIVES *Selected*

- We genuinely care about the food we make, with each ingredient sourced responsibly.
- Free from common allergens.

15% OFF



YOFIIT CHICKPEA MILK 946ml

- YoFiit's high-protein chickpea milk is a clean, delicious, plant-based milk that gives you all the nutrition without the fillers!

\$5.49
EA



VITAMINS AND SUPPLEMENTS

ULTIMATE Testosterone Boost

15% OFF

Assorted

- Designed to address stress and support testosterone production.
- Each vegetarian capsule features 300 mg of KSM-66 and ashwagandha.
- Also contains zinc, vitamin D3, B vitamins, chromium, and cordyceps.



A.VOGEL Sore Throat Spray

25% OFF

30ml

- Fresh, organically grown herb tincture.
- Quickly relieves throat pain and inflammation.
- Antibacterial effect.
- Long nozzle directly targets affected area.
- Treats pharyngitis, tonsillitis and hoarseness.
- Clinically proven.
- Lactose and Cruelty-free.



CANPREV NAC+

15% OFF

120vcap

- Designed for enhanced cellular protection against free radical damage. 600mg of N-Acetyl-L-Cysteine.
- Plus 70mg of L-Glycine and 20mcg of Selenium.
- L-Glycine amino acid is necessary for manufacturing glutathione in the body.
- Selenium for proper immune function and the formation of glutathione peroxidase, a powerful antioxidant that protects cell membranes from lipid peroxidation.



NORTH COAST NATURALS Pumpkin Protein

10% OFF

340g

- 100% pure pumpkin - nothing added.
- Cold pressed, no-GMO.
- Clean taste, highly digestible and mixes silky smooth.
- 17g of complete undenatured protein.
- Richest dietary source of magnesium known.
- Great source of zinc and iron.



HEALTHOLOGY Go-Lax

15% OFF

60-120vcap

- Provides a gentle, effective solution for occasional constipation.
- Works to hydrate and soften the stool, promote peristalsis, soothe the gut lining, and promotes bowel movements.
- Non-habit forming, non-purgative formula.

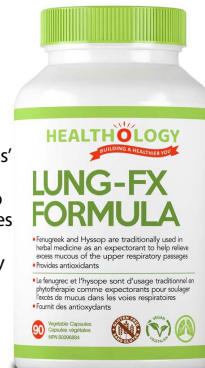


HEALTHOLOGY Lung-FX

15% OFF

90Cap

- Works by supporting the lungs' natural defense systems.
- Contains expectorants to help break down mucous, promotes detoxification to protect the lungs from damage caused by pollutants and toxins.
- Contains anti-inflammatories and antioxidants to heal and soothe damaged lung tissue.



ACURE 100% Vegan Skin Care

15% OFF

Assorted

- Acure skincare is 100% vegan, paraben free, sulfate free, mineral oil free, petrolatum free, formaldehyde free and cruelty free.

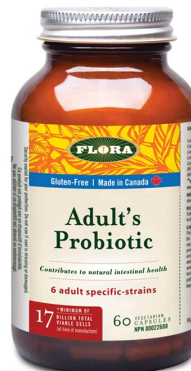


FLORA Adult Probiotic

10% OFF

Assorted

- Flora's Probiotic Blends are unique in that they've been developed to survive the stomach acids so that they can be as effective as possible when they reach the intestinal tract.



AOR ORTHO SLEEP

60vcap

- Improves overall sleep & helps with jet lag.
- The most comprehensive, natural sleep formula available.
- Helps one fall asleep, stay asleep and wake up feeling refreshed.
- Increase total sleep time for those with sleep restrictions (shift work, jet-lag) to reset circadian rhythm.
- Bronze winner of the 2013 Optimyz Best of the Best Awards.

10% OFF

GLUTEN FREE

VEGAN



VITAMINS AND SUPPLEMENTS

PURICA Menopause Relief

20% OFF

60-120Vcap

- Rapid hormone balancing why wait?
- Results in days rather than weeks.
- Halts hot flashes and night sweats.
- Regulates mood, enhances libido and skin health.



MAPLE ORGANICS Skin Therapy

20% OFF

Selected

- Wrap your family in the nourishing care of organic balms for colds, flus & eczema.
- Made in BC.



NATURAL FACTORS Vitamin K2

10% OFF

Assorted

- Contains MK-7 derived naturally from natto beans.
- Helps in the normal development and maintenance of bones and teeth.
- Helps guide calcium into bones.
- Inhibits the calcification of arteries and other soft tissues.
- Ideal to use alongside calcium and vitamin D.



ANIMAL PARADE Kid's Supplements

10% OFF

Assorted

- Features whole-food fruits and vegetables.
- Superior quality support for children's healthy growth, immune support, and development.
- Kids love the flavours and parents trust the quality.



PROGRESSIVE Multis

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.

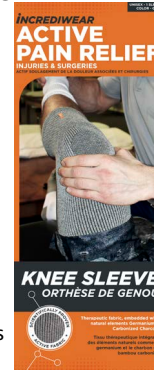


INCREDIWEAR Complete Line On Sale

15% OFF

Assorted

- Increases blood circulation to reduce inflammation and swelling, relieve pain, restore mobility, and speed up recovery.
- Anti-inflammatory sleeves and braces can be worn 24/7 and are scientifically proven to increase blood flow to optimize the body's natural healing process.



ANDALOU Skin Care

20% OFF

Assorted

- We take the tricky guess work out of your regimen by combining Fruit Stem Cell Science® with unique and innovative ingredients to provide skincare solutions that target your specific concerns.

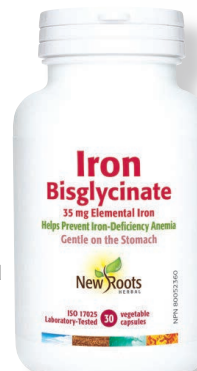


NEW ROOTS Iron Bisglycinate

20% OFF

30Cap

- Chelated for maximum bioavailability.
- Free from common side effects of sore stomach and constipation.



GARDEN OF LIFE RAW ORGANIC ALL-IN-ONE

Assorted

- 20g of Protein, 44 Superfoods, 5g of Fibre, 21 Whole Food Vitamins and Minerals, 115 Calories, 1g sugar and 28 Servings.
- Certified USDA Organic and Non-GMO Project Verified protein.
- No filler ingredients, artificial colors, flavours, sweeteners or preservatives.

15% OFF



BIOSTEEL HYDRATION MIX

140g

- Essential Electrolytes.
- Added vitamins and minerals.
- Plant-based amino acids and zero sugar.
- No artificial colours/flavours.

10% OFF



SMART SOLUTIONS COMPLETE LINE ON SALE

15% OFF

Assorted

- A leader in women's health for over 10 years.
- Providing effective solutions to common health concerns including hormone imbalance, nutrient deficiencies, weight management, sleep and stress issues.



NEW ROOTS COMPLETE LINE ON SALE

20% OFF

Assorted

- Providing you with the purest supplements and vitamins.



ANTIPODES Complete Line On Sale

15% OFF

Assorted

- Avocado Pear Nourishing Night Cream is an ultra-rich night moisturiser cream to hydrate dry skin.
- Achieve a glowing visage thanks to nourishing avocado oil for skin, with powerful antioxidants vitamin C, A, B1, B2, D, and E.
- Let the warm aroma of sandalwood soothe you to sleep while manuka honey and Vinanza® Grape hydrate and protect.



PURICA Intensive GI

20% OFF

30Cap

- Supports healthy gastrointestinal function.
- Patented blend of three clinical human strains.
- Quickly improves gut-related discomfort.
- Relief from anxiety, IBS and lactose intolerance.



ENEREX Functional Wellness Products

10% OFF

Selected

- High-quality, natural solutions for daily wellness.



QUANTUM HEALTH Elderberry Lozenges

15% OFF

1pk

- Help strengthen your immune system when it needs it the most.
- Formulated with Zinc gluconate, which is the form of zinc that has shown to help support the immune system.



SISU Ester C 1000

10% OFF

Assorted

- Supports immune health and allergy relief and helps maintain strong bones, gums, and teeth.
- Gentle & well retained; Ester-C is a less-acidic vitamin C that is gentle on the digestive system.
- Increases vitamin C levels in the body for up to 24 hours.
- Superior absorption; regular vitamin C is first buffered with calcium, then a special process transforms it into trademarked Ester-C.



evanhealy Holistic And Organic Skin Care

20% OFF

Assorted

- Certified organic, handmade skincare products inspired by the wisdom of nature and formulated to support the rhythms of the body.



LADIES NIGHT Charity Gala

10% OFF STOREWIDE! GAMES, PRIZES, SNACKS, SAMPLES, DEMOS, RAFFLES, SWAG BAGS!

**NANAIMO:
OCTOBER 12 6PM-8PM**

**PORT COQUITLAM:
OCTOBER 20 6PM-9PM**

TICKETS \$10 WITH ALL PROCEEDS GOING TO A LOCAL CHARITY
Purchase in-store or online at POMMENATURALMARKET.COM/EVENTS