



MOTHER NATURE'S MARKET & *Deli*

April 2016

SALES

VEGA ONE
SHAKE
Assorted



49⁹⁹
/827-876g

POWERPLANT
RAW
WHOLE
FOOD BAR
Assorted



2/6⁰⁰



WEST COAST SEEDS

**Get Ready
for
Spring!**

ECOIDEAS ORGANIC RAW COCONUT OIL

9⁹⁷
/445ml



While Supplies Last. No rainchecks. Restrictions may apply.

OPEN 9-10

Starting April 15,
2016

7 Days a Week

Be Healthy, Go Natural

COOK ST. VILLAGE
www.mothernaturesbc.ca

250-590-7390

GROCERY

SALES

RAINCOAST
PINK SALMON



334
/150g

STAHLBUSH
FROZEN
VEGETABLES



Assorted

2/6⁰⁰

AMY'S BOWLS



Assorted

547
ea.

LIBERTE
BUTTER



794
/454g

MOULIN VERT
DATE



MANAGER'S
BREAKFAST
CEREAL

794
/700g

FARMERSGOLD
GERMAN
EGG
NOODLES



Assorted

397
/500g



EARTH'S CHOICE
ORGANIC
BEANS

Assorted

227
/398ml

ORGANIC BULK
CANE SUGAR



54¢
/100g

AVALON
MILK 2%



347
/1L

ORGANIC BULK
UNBLEACHED
FLOUR



47¢
/100g

YOGI TEAS

Assorted



574
/6 Pack

PARADISE MOUNTAIN
ORGANIC
COFFEE

Selected Varieties



869
/340g

EARTH'S CHOICE
XT
VIRGIN
OLIVE OIL



987
/500ml

SEVENTH GENERATION
BATHROOM
TISSUE



1127
/12 Pack

HIMALAYAN BULK
SALT



47¢
/100g



GT's
KOMBUCHA

Assorted

427
/480ml

KIJU
ORGANIC JUICE

Assorted



294
/1L

TREE ISLAND
YOGURT

Assorted



1167
/1.5Kg

ICEFIELD
WATER



97¢
/1.5L

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LOCAL HAS A NAME
MOTHER NATURE'S

COOK ST. VILLAGE
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DELI

LITTLE NORTHERN
BAKEHOUSE
GF BREAD



6⁴⁷
ea.

PORTOFINO
PEASANT
LOAF



4⁶⁹
/585g

SOUTHWESTERN
VEGAN WRAP



6⁴⁹
ea.

VEGAN
BROCCOLI
SALAD



2⁹⁹
/100g

SWISS GRUYÈRE



4⁹⁷
/100g

SALES

PRODUCE

WEST COAST SEEDS



**Get Ready
for
Spring!**

ORGANIC
BANANAS



1²⁷
/lb

ORGANIC
MEDJOOOL DATES



12⁹⁹
/lb

ORGANIC BULK
BEETS



3⁴⁹
/lb

ORGANIC
GRAPE
TOMATOES
CLAMSHELL



4⁹⁷
ea.

ORGANIC EARTHBOUND FARM
CARROTS

2-LB. BAG



3⁹⁷
ea.

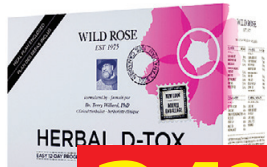
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ORGANIC HAS A NAME
MOTHER NATURE'S

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HEALTHY LIVING SALES



WILD ROSE
D-TOX

34²⁷
ea.

PURICA
IMMUNE 7



22⁹⁹
/60VC

POWERPLANT
RAW
WHOLE
FOOD BAR
Assorted



2/6⁰⁰

NORTH COAST
NATURAL
HEMP
HEARTS



13⁹⁹
/454g



PURE-LE NATURAL
LIQUID
GREENS

18⁸⁷
/1L

KARLENE'S
SEA-LICIOUS
FISH
OIL



20⁹⁹
/250ml

DR. BRONNER'S
PURE CASTILE SOAP



6⁹⁷
/238ml

NOW
L-LYSINE
500mg



15⁸⁷
/250cp

vega
one

Vega One. Do more. Better. MyVega.com

We put the best in so you get the best out.

Made from real, whole food, non-GMO ingredients, Vega One is like a serving of "I've totally got this" in a glass. With everything you need, Vega One gives you 20 grams of premium, plant-based protein, 6 servings of greens, 50% DV food-based vitamins and minerals, fiber, Omega-3, antioxidants, and probiotics—with only 160 calories*, all in one delicious scoop. Vega One gives you the nutritional confidence to tackle your full life with gusto—no matter how much you pack into it.

**French Vanilla flavor*



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HEALTHY LIVING HAS A NAME
MOTHER NATURE'S

COOK ST. VILLAGE
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