

MON-SAT
9-8

SUN
10-8



Blush Lane ORGANIC MARKET

#3000-10 Aspen Stone Blvd SW (403) 210-1247

From Our Orchard to You

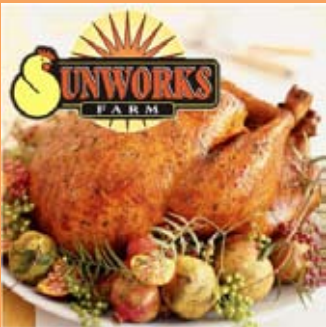


Fresh, Crisp
Organic Spartan Apples
\$.88 /lb
Oct. 16th- 31st



Fresh Organic
Gala Apples
\$.99/lb
Oct. 1st-15th

IN- STORE SPECIALS Sept.30th-Oct. 30th



**SUNWORKS FARM
THANKGIVING TURKEYS**
Reservations accepted in store
until October 5th.
Pick up day: Friday October 7th after 9 am
First Come- First Choice

GOGO Quinoa assorted products

- Quinoa Burger Mix 375g \$6.99
- Quinoa Spaghetti 227g \$2.99
- Quinoa Macaroni 227g \$2.99
- Quinoa Fusilli 227g \$2.99
- Rice & Amaranth Penne 227g \$2.99
- Quinoa Anellini Pasta 300g \$4.99
- Quinoa Puffs 180g \$3.69
- Quinoa Cocoa Puffs 225g \$5.49
- Muesli 300g \$6.39
- Amaranth Puffs 180g \$3.39
- 4 Grain Hot Cereal 360g \$7.99
- Quinoa Flakes 350g \$5.49
- Orange Essence Quinoa Cookies 198g \$5.49
- Chocolate Chip Quinoa Cookies 198g \$5.49
- Quinoa Crunchies 99g \$2.69
- Quinoa Crunchies - Cinnamon 99g \$2.69
- Quinoa White Grain 500g \$4.99
- Quinoa Red Grain 500g \$6.39
- Quinoa Red & White Grain 500g \$6.39
- Quinoa Black Grain 500g \$6.39
- Quinoa Flour 500g \$6.69
- Pink Andean Table Salt 250g \$2.29
- Pink Andean Cooking Salt 750g \$5.29



Camino Organic Chocolate Bars

\$3.99 100g
Assorted flavors

Organic Chocolate Snack Bars

\$1.19 32g
Assorted flavors
FairTrade Product



Sahale Snacks

\$3.99 113g-142g
Assorted Products

Sahale Snacks are packed with flavor & loaded with nutrition because they are made with whole, natural & organic ingredients.



Product of USA



Gluten Free Cereals

- Honey Nut 285g \$5.59
- Apple Cinnamon 285g \$5.59
- Berry Great Beginnings 284g \$4.99
- Great Beginnings 284g \$4.99
- Frosted Great Beginnings 312g \$4.99

Gluten Free Breakfast Bars

- \$5.29** 200g
- Apple, Blueberry
- Cherry, Strawberry

Gluten Free Pretzels

- \$5.39** 156g
- Chocolate Coated Pretzels
- Yogurt Coated Pretzels



Product of Canada

Barbara's Bakery Cereals

\$4.79 285g-400g

- Puffins
- Cinnamon Puffins
- Shredded Oats Original
- Shredded Spoonfuls Multigrain
- Peanut Butter Puffins

Barbara's Bakery Cheese Puffs

\$2.69 155g-198g
Original Bakes, White Cheddar Bakes
Jalapeno, Original



Alexia Foods Oven Fries

- Olive Oil & Sea Salt 450g \$3.19
- Olive Oil Rosemary & Garlic 450g \$3.19
- Olive Oil Parmesan & Rst Garlic 425g \$3.19
- Sweet Potato with Sea Salt 425g \$3.19
- Spicy Sweet Potato 567g \$4.39
- Crispy Waffle-Cut Potatoes 567g \$4.39
- Onion Rings with Sea Salt 340g \$3.99



Product of USA

Seapoint Farms Edamame

\$2.99 454g
Pods or Shelled

Edamame, "The Wonder Veggie"® is a complete protein containing all the essential Amino Acids.
Product of USA



Prairie Harvest Organic Pasta Sauces

\$4.49 769ml
Garlic, Basil, Herb, Garden Vegetable, Portabello Mushroom

Prairie Harvest Organic Pastas

- Spaghetti 454g \$2.89
- Linguine 454g \$2.89
- Macaroni Elbows 454g \$2.89
- Rotini 454g \$2.89
- Small Shells 454g \$2.89
- Lasagna 454g \$3.59
- Alphabet 454g \$2.89 **NEW**
- Whole Wheat Linguine 454g \$3.19 **NEW**
- Whole Wheat Macaroni 454g \$3.19 **NEW**
- Whole Wheat Penne 454g \$3.19 **NEW**
- Whole Wheat Rotini 454g \$3.19 **NEW**
- Whole Wheat Spaghetti 454g \$3.19 **NEW**



Product of Canada

Wholesome Sweeteners Fair Trade Sugar

- Fair Trade Raw Cane Sugar 681g \$4.69
- Fair Trade Cane Sugar 681g \$3.99
- Sugar 908g \$5.99
- Sugar 454g \$3.69
- Powdered Sugar 454g \$4.99
- Demerara 681g \$4.89
- Dark Brown 681g \$5.19
- Light Brown 681g \$5.19
- Sucanat 454g \$4.49
- Sucanat 907g \$7.19



FairTrade Product

Maison Orphee Organic Condiments

- \$2.99 and up** 250ml-500ml
- Yellow Mustard Turmeric 250ml \$2.99
- Dijon Mustard 250ml \$2.99
- Old fashioned Mustard 250ml \$2.99
- Balsamic Vinegar 500ml \$10.69
- Red Wine Vinegar 500ml \$6.99
- White Wine Vinegar 500ml \$6.99



Product of Canada

Simply Organic

Seasoning Mixes,
Gravy & Sauce Mixes \$1.89

Spices \$2.39

Special Mulling Spice \$1.99

Product of USA



Kinnikinnick Gluten Free Cookies

- S'moreables Graham Style Crackers 220g \$4.49
- Chocolate Animal Cookies 220g \$3.69
- Graham Animal Cookies 220g \$3.69
- Vanilla Sandwich Cream 220g \$4.89
- Chocolate Sandwich Cream 220g \$4.89



Pamela's Wheat & Gluten Free Baking Mixes

- Amazing Bread 539g \$5.69
- Baking & Pancake 680g \$6.99
- Chocolate Brownie 454g \$6.19
- Incredible Choc Chunk Cookie 386g \$5.99
- Luscious Chocolate Cake 595g \$5.99
- Classic White Cake 595g \$5.49
- Dark Chocolate Frosting 340g \$4.79
- Vanilla Frosting 340g \$4.79

Gourmet Rice Cookies

- \$2.99** 150g
- Butter Short Bread, Chunky Chocolate Chip,
Lemon Shortbread

Product of USA



**Health & Body Care Specials
September 30th- October 30th**

Bounce Balls

\$1.99 All Flavors
Bounce Balls are delicious healthy snacks made from 100% natural ingredients.



Product of UK

Luna Bar
\$1.29 48g

Nutz Over Chocolate, Chocolate Peppermint Stick
White Chocolate Macadamia Nut, Lemon Zest
S'mores, Caramel Nut Brownie



Product of USA

KIND Fruit & Nut Bars

\$1.89 40-45g
Fruit & Nut Delight
Nut Delight
Almond & Apricot
Almond & Coconut
Macadamia & Apricot
Fruit & Nut with Yogurt
Product of USA

**Mix & Match
3 for \$5**



G.T.'s

Organic Raw Kombucha

\$3.19 480ml
Original, Gingerade, Multi-Green



**G.T.'s
Synergy Organic
& Raw Kombucha**

\$3.19 480ml
Divine Grape,
Cranberry,
Trilogy

Product of USA

Vega Complete Whole Food Health Optimizer

\$62.99 979g - 1064g
An instant, one-stop meal made exclusively from plant-based whole foods. Vega is packed with protein, 100% RDI of vitamins & minerals, fibre, Omega 3 & 6 EFAs, antioxidants, probiotics and superfoods. Vega contains no animal products, dairy, gluten, soy, sugar, wheat, yeast, artificial sweeteners, GMOs or pesticides. www.myvega.com

Flavors:
Natural
Berry
Chocolate
Vanilla Chai



Product of Canada

ChlorEssence

Cleanse, Nourish and Rejuvenate with ChlorEssence! As Japan's #1 health food, Chlorella is packed with nutrition and proven by extensive studies to detoxify the body, activate the immune system and slow down aging. ChlorEssence is a premium brand of Japanese Chlorella, containing more Chlorella Growth Factor, chlorophyll and protein than any other brand.

Visit www.chloressence.com for more information.

\$25.99 150 tab

\$41.99 300 tab

\$37.99 150g



Traditional Medicinals Teas

\$4.49 - \$5.49 20ct

Organic Classic Chamomile \$4.49
Organic Spearmint \$5.49
Organic Golden Green \$4.49
Organic Green Tea with Ginger \$5.49
Organic Chamomile with Lavender \$5.49



Product of USA

**Preferred Nutrition
Ultimate Anti-Stress**

\$23.99 120 caps

-Normalizes adrenal function
-Induces relaxation without sedation
-Activates fat breakdown instead of muscle loss
-Increases mental function



Product of Canada

**Preferred Nutrition
Ultimate Sleep**

\$15.99 60 vcaps

- Protects against Tryptophan breakdown
- Supports a healthy sleep cycle thus increasing human growth hormone (HGH) release
- Helps to effectively burn calories during the sleep phase



Product of Canada

**SISU ESTER C SUPREME
BONUS SIZE**

\$30.99 150 vcaps

When flu season strikes, you need more than just vitamin C. Ester-C® Supreme provides advanced immune support with immune-boosting larch arabinogalactan, and quercetin & berry bioflavonoids for antihistamine, antioxidant, and anti-inflammatory support.



Product of Canada

Boiron Oscilloccinum

F\$19.99 - 12 doses
\$27.99 - 30 doses FAMILY VALUE PACK

FEVERS, CHILLS ACHES & PAINS?

OSCILLOCOCCINUM is clinically proven and provides fast, effective relief for all flu symptoms. It's safe for the whole family, so keep it on hand all winter season.

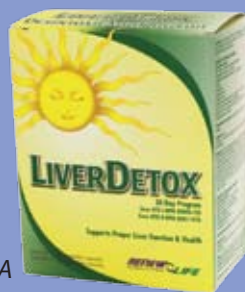


Product of Canada

**RENEW LIFE
Liver Detox**

\$31.99 kit

Renew Life's Liver Detox works to stimulate and enhance the liver's natural cleansing ability and improve overall liver function.



Product of USA

**RENEW LIFE
Ultimate Flora**

\$28.79 30 vcaps

If you suffer from chronic intestinal problems, or just want the best probiotic product available, there is only 1 product to take - **ULTIMATE FLORA CRITICAL CARE**



Product of USA

**RENEW LIFE
Critical Omega**

\$22.99 60 fish gels

Norwegian Gold Critical Omega is formulated for everyday supplementation and is designed to help people with chronic conditions such as inflammation, arthritis, cardiovascular issues, high cholesterol, I.B.S., bowel conditions, etc. It contains 840mg of Omega 3 fatty acids per capsule.



Product of USA

**MegaFood
Women's One Daily**
\$29.99 30 tab

Wholesome nourishment for life in a convenient one tablet daily formula for Women.

This rejuvenating combination offers a complete spectrum of 100% whole food nutrients essential for life.



Product of USA

Natracare

Natracare products are chemical & additive free, biodegradable, & contain only organic & natural ingredients sourced from sound, ecologically managed producers.

We will never compromise on quality or reliability & continue to apply modern thinking to the use of natural materials to find intelligent, worthwhile solutions, keeping Natracare the trusted, proven name it has become. We are committed to improving personal & environmental health & believe in a balanced, ecologically driven lifestyle.

Cotton Tampons w/o applicator 20 regular \$7.29
Cotton Tampons with applicator 16 regular \$8.39
Cotton Tampons w/o applicator 20 super \$7.29
Cotton Tampons with applicator 16 super \$8.39
Natural Ultra Pads 14 regular \$6.29
Natural Pads 12 super \$4.99
Natural Panty Liners 30 \$3.99
Baby Wipes 50 wipes \$7.99



Natural Factors

Stress-Relax 100% Natural GABA 100 mg

\$18.99 60 chewables
\$24.99 90 cap

Fast-acting relief for nervousness & acute stress

- Contains PharmaGABA™, the only natural GABA
- Most products contain less expensive synthetic GABA which is much less effective
- Promotes relaxation while keeping you alert and focused
- Increases mental focus and alertness
- Decreases nervousness and promotes relaxation
- Clinically-tested PharmaGABA™
- Promotes relaxation and rest
- Improves sleep quality and ability to fall asleep
- Supports the nervous system in times of stress
- Can counter the effects of too much caffeine



Product of Canada