

WE'RE ALL  
NATURALS®

# Ambrosia

SEE INSIDE  
FOR MORE!

## SEPTEMBER SUPER SPECIALS

• EVERY-DAY LOW PRICED HEALTH FOODS • CERTIFIED ORGANIC PRODUCE • ALL NATURAL HEALTH & BEAUTY •  
• VITAMINS & SUPPLEMENTS • NATURAL & ORGANIC GROCERIES • QUALITY BULK FOODS • HEALTHY EATING •



**\$3.33**  
**ORGANIC JUMBO RAISINS** /LB  
Rich in Iron & Potassium.  
Product of USA. Bulk.

SAVE \$1.96



**GREAT BUY!**  
**NATURAL FRUIT JUICE**  
Kiju.  
No Sugar Added.  
5 Varieties. 4 x 200mL  
**\$1.99**

SAVE \$0.90



**NATURAL MACARONI & CHEESE**  
Annie's. No Artificial Flavours.  
Great For Kids.  
Select Varieties Only. 170g  
**\$1.99**

SAVE \$0.90



**WOW!**  
**ORGANIC BURRITOS**  
Amy's Kitchen. Frozen.  
Wheat Flour Wrap.  
4 Varieties. 170g  
**\$2.49**

SAVE \$0.50



**\$4.99**  
**BLANCHED ALMONDS** /LB  
Antioxidant.  
Product of California.  
Whole, Sliced,  
Slivered, Ground.  
Bulk.

SAVE \$2.00



**SCHOOL SAFE GRANOLA BARS**  
Made Good. Nut Free.  
Gluten Free. Non GMO.  
5 Varieties. 5 x 24g  
**\$2.77**

SAVE \$2.22



**WOW!**  
**ONTARIO WILDFLOWER HONEY**  
100% Pure. Natural.  
Glass Jar. 500g  
**\$3.33**

SAVE \$2.66



**TASTES GREAT!**  
**DELICIOUS!**  
**WILD CAUGHT ALBACORE TUNA**  
Raincoast.  
Solid White & Unsalted White.  
150g  
**\$4.44**

SAVE \$1.45



**WOW!**  
**DESERT ESSENCE SHAMPOO OR CONDITIONER**  
Organic.  
Paraben Free. 237mL  
**\$5.99**

SAVE \$3.40



**\$9.99**  
**ORGANIC OLIVE OIL**  
Maison Orphee.  
Extra Virgin.  
Delicate. 750mL  
**EPIC SAVINGS!**

SAVE \$7.00



**VITAMIN D3**  
Prairie Naturals.  
Maintenance of Good Health.  
1000IU. 500 Softgels  
**\$11.11**

SAVE \$8.28



**GREAT BUY!**  
**YUMMI BEARS MULTIVITAMIN**  
Hero. Immunity Health.  
90 gummies  
**\$12.22**

SAVE \$3.07



**GREAT BUY!**  
**TEA TREE OIL**  
Natural Factors.  
Antiseptic.  
Helps Treat Skin Conditions.  
100mL  
**\$14.99**

SAVE \$4.40



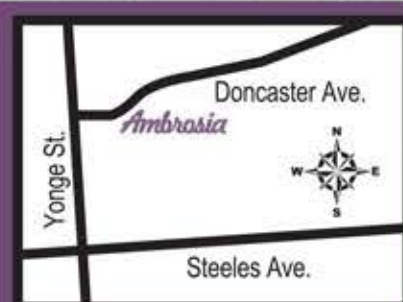
**GARCINIA CAMBOGIA**  
SlimCentials.  
Fat Burning.  
Reduce Appetite. 60 caps  
**\$14.99**

SAVE \$3.30



**DISCOUNTED!**  
**BIO-K 6-PACK**  
Probiotic.  
50 Billion Friendly Bacteria Per Bottle.  
6 varieties. 6 x 98g  
**\$14.99**

SAVE up to \$5.70



**THORNHILL**  
55 Doncaster Ave.  
Thornhill, ON. L3T 1L7  
905.881.7811  
Mon-Fri: 9am - 9pm  
Sat: 9am - 6pm  
Sun: 10am - 5pm



**VAUGHAN**  
57 Northview Blvd.  
Vaughan, ON. L4L 8X9  
905.264.2510  
Mon-Fri: 9am - 9pm  
Sat: 9am - 6pm  
Sun: 10am - 5pm

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# MegaFood®

Fresh From Farm To Tablet™

PULLING UP BEETS BY THE

*megaton,* SO YOU CAN PUSH  
THROUGH YOUR DAY WITH  
*fists of iron.*

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**ON SALE**  
SELECTED MEGAFOOD  
VITAMINS

Farm Fresh  
Ingredients From



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# ELORE® NATURALS

The Elore Naturals Dead Sea 100% PURE Mud mask has the highest concentration of minerals and nutrients. This is the cleanest Dead Sea product you'll find. Helps to improve skin quality while reducing skin inflammation such as eczema, psoriasis, rosacea and acne.



## Dead Sea Mud Mask – Unscented

- 100% Pure Dead Sea Mud
- No Additives, No Preservatives, Fragrance Free
- Exfoliates and Tone Skin
- Improve Circulation and Reduce Fine Lines & Wrinkles

## Dead Sea Mud Mask – Sensitive Skin

- No Additives, No Preservatives, Fragrance Free
- Blended with Aloe Vera and Coconut
- Exfoliates and Tone Skin
- Offers a triple delivery system for silky smooth skin



## Dead Sea Mud Soap – Unscented

- Blended with 100% Pure Dead Sea Mud
- Paraben Free, Perfume Free, Anti-Bacterial
- Cleanses and Detoxifies Normal or Oily Skin
- Each Package contains two bars



## SKINPlus

- Full Spectrum Skin Collagen Formula
- Amazing for Hair, Skin & Nails
- Support Joints & Bones



**\$1.49**

**SIMPLY PROTEIN BARS**  
Non GMO.  
Assorted Varieties.  
40g



SAVE \$0.30

**\$3.33**

**TOASTED HEMP SEEDS**  
Manitoba Harvest. Non GMO.  
Crunchy. Sriracha. Sea Salt. 113g



SAVE \$0.66

**HEMP HEART BITES**  
Manitoba Harvest. Non GMO.  
Assorted Varieties. 113g



SAVE \$0.95

**\$5.99**

**SUGAR FREE CHOCOLATE BARS**  
Lakanto. Vegan. 3 Varieties  
Monkfruit Sweetened. 85g



SAVE \$2.80

**\$5.99**

**OXYGEN STAIN REMOVER POWDER**  
Nature Clean. Hypoallergenic.  
Chlorine-Free. 700g



SAVE \$2.00

**\$9.99**

**HE LAUNDRY POWDER**  
Nature Clean. Hypoallergenic.  
Chlorine-Free. 3.4kg



SAVE \$3.40

**MUSHROOM COFFEE**  
Four Sigma.  
Antioxidant. 2 Varieties.  
Vegan. 10 Packets



SAVE \$4.20

**\$14.99**

**DANDY BLEND**  
Gluten Free. Caffeine Free.  
No Acidity. No Bitterness.  
200g



SAVE \$5.00

**AMAZING!**

**\$6.99**

**BABY SHAMPOO & BODY WASH OR DIAPER CREAM**  
Attitude.  
Sensitive Skin.  
Carcinogen-Free.  
Assorted Sizes.



SAVE \$3.40

**WOW! GREAT BUY!**

**\$8.88**

**BLOOMING BELLY CREAM OR STRETCH OIL**  
Attitude. Worry-Free Ingredients.  
No Animal Testing.



SAVE \$3.81

**WOW!**

**\$7.77**

**NATURAL BODY WASH**  
Weleda. Nourishing.  
Assorted Varieties. 200mL



SAVE \$3.52

**EPIC SAVINGS!**

**\$14.99**

**ARNICA MUSCLE SOAK**  
Weleda. Energizing.  
Post-Workout. 200mL



SAVE \$6.20



**ORGANIC VIRGIN COCONUT OIL**  
VegiDay. Unrefined. Cold-Pressed.  
Multi-Purpose. 800mL

SAVE \$5.17

**\$14.44**

**MAGNESIUM GLYCINATE**  
Pure Lab Vitamins.  
Promotes Muscle Function.  
Relieves Spasms. 120 vegi-caps



SAVE \$4.55



**L-THEANINE**  
Pure Lab Vitamins.  
Relaxation. Improves Focus.  
60 vegi-caps

SAVE \$4.55



**MODUCARE**  
Immune System Support.  
90 vegi-caps

SAVE \$4.30



# WE'RE ALL NATURALS®

# BACK TO SCHOOL SAVINGS

Here comes school. Are you ready?

\$4.99

## RECYCLED SANDWICH CONTAINER

- Preserve •
- Dishwasher Safe •
- BPA Free •
- Microwave Durable •
- 3 Varieties • 2 Pack •

\$2.22

## OATMEAL CUPS

- Bob's Red Mill •
- Gluten Free •

## VEGAN COOKIES

- Gogo Quinoa •
- Gluten Free • 198g •

\$4.99

## DAIRY FREE PUDDING SNACKS

- Belsoy •
- Non GMO •
- 4 x 125g •

\$3.99

\$1.99

## RECYCLED SNACK CONTAINER

- Preserve •
- Dishwasher Safe •
- BPA Free • 3 Varieties •
- Snack Size •

\$4.99

## NUT-FREE SPREADS

- Sunbutter • Soy Free •
- Peanut Free •
- 3 Varieties •

\$9.99

## CHICKEN NUGGETS OR FISH STICKS

- Ian's • Gluten Free •
- Family Size •

We carry hundreds of items that are perfect for back to school.



# Ambrosia

Your destination for fresh selections.

Check out our blog:  
[ambrosia.ca/blog/](http://ambrosia.ca/blog/)  
We've got you covered  
with some delicious  
new healthy lunch  
box instructions.

## BE FULLY PREPARED



\$4.99

**POPCORN**

- Skinny Pop
- Gluten Free
- Non GMO • 6 pack



**ORGANIC SLICED CHEESE**

- L'Ancêtre
- Lactose Free
- 180g

\$5.55

**MORNING ROUNDS**

- Pita Break
- 4 Varieties
- 6 x 450g



\$2.77

\$3.99

**NITRATE FREE DELI MEATS**

- McLean
- No Preservatives Added
- Raised Without Antibiotics



\$14.99



**CHILDREN'S MAGNESIUM**

- Natural Calm
- Raspberry Lemon • 113g



\$12.22

**CHILDREN'S PROBIOTICS**

- Bio-K
- Improves Intestinal Flora Health
- 6 pack

\$7.99



**LICE KIT**

- Thursday Plantation
- Paraben Free
- Fragrance Free • 1 Kit

\$27.77



**CHILDREN'S MULTIVITAMIN**

- Animal Parade
- Tropical Berry
- 900mL



**DEEP IMMUNE KIDS**

- St. Francis
- Healthy Immune System
- 100mL

\$19.99

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# Vitamin C Skin Care System

**Brightening System for Most Skin Types - Paraben Free & Gluten Free**

*Redefining natural beauty.*



trusted, family owned company for more than 45 years.

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*Ambrosia*

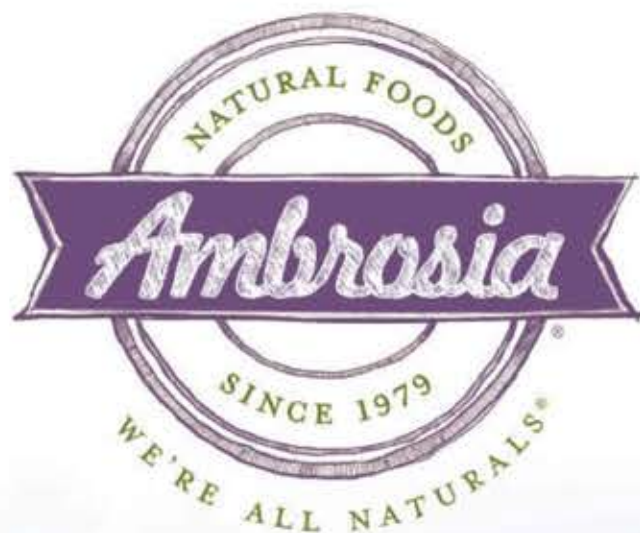
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*Nature. Science. Wellness.*

Ortho Adapt is AOR's premium anti-stress formula, the proof is in the results shown with improved energy and better stress coping abilities. Ortho Adapt mobilizes internal energy stores, reduces the impact of stressful conditions, activates whole body defenses and prevents the body from overreacting to stressors.



**ADVANCED**  
ORTHOMOLECULAR RESEARCH





We're fun, engaging and follow-worthy!

# YOUR Ambrosia SOCIAL MEDIA FEEDS



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*Connect with us on one or all of our official channels.  
We're always posting great promotions, contests, featured products,  
healthy living tips, great recipes and lots more.  
Stay connected. You'll be glad you did!*



## Easy Back to School Snacks!

### Ingredients:

- Sliced Bread
- SunButter - Crunchy
- Organic Jumbo Raisins
- Kiwi, sliced and halved
- Sliced Banana
- Sliced, (Peeled) Oranges; cut into small triangles

### Directions:

1. Cut the crust off of the sides of sliced bread.
2. On one end of the toast, make two diagonal cuts from both corners to about 2/3 of the way down.
3. Spread Original SunButter onto the sliced bread.
4. Place two slices of banana where the diagonal cuts meet.
5. Add the organic jumbo raisins on top of the banana slices to make the pupil.
6. Place the small orange triangle in between the banana slices.
7. Place one half of a kiwi onto each side of the bread to make the wings! 8. Serve!



*Did YOU know? SunButter Sunflower Butter is vegan, kosher AND free from the top 8 food allergens?!*



# ADVANCED NATURAL PAIN RELIEF!



15%  
OFF

Featuring  
**SUPERIOR**  
**CURCUMIN**  
BIOAVAILABILITY



- Fight inflammation
- Boost immune system
- Fast acting
- Clinically proven



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[nakapro.com](http://nakapro.com)

# Wrinkle Resistance



15%  
OFF



- Ease joint pain and inflammation
- Helps support bone density
- Supports healthy skin, hair & nails

The information is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.

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- A proudly Canadian company Family owned and operated
- We grow and harvest our own elderberries
- We are certified organic
- Our products contain only wholesome ingredients



Certified organic by / Certifié biologique par Pro-Cert



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