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BY EMAIL.

JANUARY SUPER SPECIALS

VISIT WWW.AMBROSIA.CA
TO SHOP ONLINE!

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



BULK ORGANIC WHITE QUINOA Product of Bolivia

SAVE \$1⁵⁰/lb

2⁹⁹ /lb



BULK ORGANIC TURKISH APRICOTS Product of Turkey

SAVE \$3²²/lb

7⁷⁷ /lb



EAT WHOLESOME ORGANIC CANNED BEANS, PEAS, AND LENTILS 398ml

SAVE 80¢

2⁹⁹ ea



VITA COCO GMO FREE COCONUT WATER 1L

SAVE \$2³⁶

3³³ ea



NATURE CLEAN NATURAL DISHWASHING LIQUID 740ml

SAVE \$1³⁶

3³³ ea



NATURE'S PATH ORGANIC FROZEN WAFFLES 210g

SAVE \$1⁸⁰

3⁹⁹ ea



AMY'S ORGANIC CANNED SOUPS 398ml

SAVE \$1²⁵

4⁴⁴ ea



NUTS TO YOU NATURAL CRUNCHY OR SMOOTH PEANUT BUTTER 750g

SAVE \$1⁷⁰

4⁹⁹ ea



SKINNY POP GLUTEN FREE PACK POPCORN 6 x 18g

SAVE \$2⁶⁴

5⁵⁵ ea



SWEETS FROM THE EARTH VEGAN COOKIES Select Varieties

SAVE \$1⁷⁴

5⁵⁵ ea



CROFTER'S ORGANIC PREMIUM FRUIT SPREAD 383ml

SAVE 70¢

5⁹⁹ ea



NOW BIOTIN - 5000MCG 60 Veg Caps

SAVE \$1⁵⁰

5⁹⁹ ea



ATTITUDE NATURAL SHAMPOO OR CONDITIONER Select Varieties

SAVE \$2⁶¹

8⁸⁸ ea



LAND ART MELATONIN 50ml

SAVE \$2³¹

8⁸⁸ ea



ENZYMEDICA DIGEST BASIC 90 Caps

SAVE \$5⁹⁴

15⁵⁵ ea



GNA NATURALS ULTRA C + BIOFLAVONOIDS 120 Veg Caps

SAVE \$4⁵²

17⁷⁷ ea



NEW ROOTS VITAMIN E8 - 400IU 120 Soft Gels

SAVE \$7⁴⁰

29⁹⁹ ea

FOLLOW US



NEWMARKET

17555 Yonge Street
newmarket@ambrosia.ca
+1 (289) 903-1755

NOW OPEN!

THORNHILL

55 Doncaster Avenue
thornhill@ambrosia.ca
+1 (905) 881-7811

VAUGHAN

57 Northview Blvd.
vaughan@ambrosia.ca
+1 (905) 264-2510

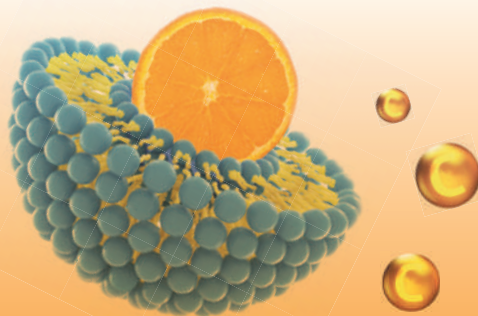
TORONTO

1725 Avenue Road
avenue@ambrosia.ca
+1 (416) 748-1725

STORE HOURS

Mon-Fri: 9:00am - 9:00pm
Saturday: 9:00am - 6:00pm
Sunday: 10:00am - 6:00pm

PRICES VALID FROM JANUARY 1-31, 2024 AND ONLY WHILE QUANTITIES LAST. SOME PRICES MAY BE AVAILABLE ONLY IN-STORE.
PICTURES MAY NOT BE EXACTLY AS SHOWN (WE RESERVE ALL RIGHTS AND LIMIT QUANTITIES)



CREATING healthier life

Liposomal Vitamin C is a potent water-soluble antioxidant, and even in small amounts can protect us from damage by free radicals. It is vital to immune function and is an essential co-factor in many enzymatic reactions in the body. It is truly our most universal antioxidant

- Powerful antioxidant
- Prevents cold & flu
- Immune booster
- High absorption
- Collagen booster

ENHANCE THE IMMUNE SYSTEM

- Boost the immune system
- Reduces high blood pressure
- Reduces asthma symptoms
- Reduces stomach upset
- Hydrates hair
- Reduces the incidence of acne
- Reduces the incidence of psoriasis plaques
- Improves wound healing



Breathe Easy!

- Supports respiratory health
- Prevents LDL (bad cholesterol) oxidation to help support cardio health
- Supports detoxification
- Supports glutathione production (an important antioxidant)

POWERFUL ANTIOXIDANT

- Immune system support
- Reduce inflammation
- Relieves allergy symptoms
- Reduces blood pressure
- Supports brain health



nakaherbs.com



nakapro.com

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

FEEL IT IN YOUR BONES.



D₃ & K₂ options that
keep you moving.



SAVE
\$3³⁰

5⁹⁹ ea

**ONE DEGREE ORGANIC
SPROUTED OATS** 680g



SAVE
\$3⁰⁰

6⁹⁹ ea

**ONE DEGREE ORGANIC
SPROUTED INSTANT OATMEAL**
510g



SAVE
\$1²⁴

5⁵⁵ ea

**GREENHOUSE ORGANIC
JUICES OR SHAKES** 300ml



SAVE
\$2⁷⁷

12²² ea

**GREENHOUSE ORGANIC
BOOSTERS** 4 x 60ml



SAVE
\$1⁹⁰

6⁹⁹ ea

**NAVITAS ORGANIC TURMERIC
POWDER** 227g



SAVE
\$4⁹²

17⁷⁷ ea

**NAVITAS ORGANIC ACAI OR
POMEGRANATE POWDER**
Select Varieties



SAVE
\$4²⁷

12²² ea

**WELEDA BABY GENTLE
SHAMPOO + BODY WASH**
200ml



SAVE
\$4²⁷

12²² ea

**WELEDA BABY CALENDULA
DIAPER CREAM** 81g



SAVE
\$5⁴⁴

15⁵⁵ ea

**WELEDA SKIN FOOD
LIGHT NOURISHING OR
ULTRA RICH BODY
CREAM** 75ml



SAVE
\$2⁹⁰

11⁹⁹ ea

**A. VOGEL
ECHINAFORCE SORE
THROAT SPRAY** 30ml



SAVE
\$3⁵⁵

14⁴⁴ ea

**A. VOGEL
ECHINAFORCE EXTRA
COLD & FLU** 30 Tabs



SAVE
\$6⁸⁰

19⁹⁹ ea

**A. VOGEL
ECHINAFORCE HOT
DRINK DUO PACK**
100+100ml



SAVE
\$4⁷⁰

15⁹⁹ ea

**HIMALAYA ORGANIC
BITTER MELON** 60 Caplets



SAVE
\$6⁷⁰

22⁹⁹ ea

**HIMALAYA ORGANIC
BACOPA** 60 Caplets



SAVE
\$7³⁴

25⁵⁵ ea

**HIMALAYA ORGANIC
ASHWAGANDHA**
90 Caplets



25% OFF

**PROGRESSIVE MEN'S
OR WOMEN'S 50+
MULTIVITAMIN**
120 Veg Caps



15% OFF

**CANPREV MAGNESIUM
BIS-GLYCINATE 200**
120 Veg Caps



15% OFF

**CANPREV COLLAGEN
FULL SPECTRUM POWDER**
250g

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JUMPSTART JANUARY: FUEL YOUR 2024 GOALS!



SAVE 80¢

1⁹⁹ ea

SMARTBITE FIT N' LIGHT ORGANIC CRISPBREAD
Assorted Varieties



SAVE 97¢

2²² ea

THUNDERBIRD SUPERFOOD BARS 48g



SAVE \$1⁰²

2⁷⁷ ea

SIMPLY PROTEIN CHOCOLATE PLANT-BASED PROTEIN SHAKE 330ml



SAVE \$1⁰⁵

4⁴⁴ ea

ECOIDEAS ORGANIC KONJAC NOODLES, SPAGHETTI, OR RICE 385g



SAVE \$1²⁰

4⁹⁹ ea

HIPPIE SNACKS CAULIFLOWER OR AVOCADO CRISPS 70g



SAVE \$1⁹⁰

6⁹⁹ ea

UNCLE LEE'S BODY BALANCE TEA Assorted Varieties



SAVE \$2⁷²

7⁷⁷ ea

FLOURISH PROTEIN PANCAKE & WAFFLE MIXES 430g



SAVE \$2⁴¹

8⁸⁸ ea

PRIMAL KITCHEN PALEO SALAD DRESSING 237ml



SAVE \$1⁶¹

8⁸⁸ ea

CATALINA CRUNCH KETO FRIENDLY CRUNCH MIX 148g



SAVE \$2³⁸

11¹¹ ea

CATALINA CRUNCH KETO FRIENDLY CEREAL 227g



SAVE \$2⁶⁶

13³³ ea

ENER-LIFE VITAMIN D OR C DRINK MIX BOX Select Varieties



SAVE \$5⁰⁰

23⁹⁹ ea

PURE-LE NATURAL FIBERRIFIC 500g



SAVE \$10²²

27⁷⁷ ea

BULLETPROOF BRAIN OCTANE C8 MCT OIL 473ml



SAVE \$7⁹²

27⁷⁷ ea

AERYON WELLNESS LOSE IT! 60 Veg Caps



SAVE \$10⁹⁰

39⁹⁹ ea

SUNWARRIOR WARRIOR PROTEIN BLEND 750g



Our Promise

What is on the label is
precisely what is in the bottle



nowfoods.ca/essential-oils



Flora Iron+™ with B-Vitamin Complex

- Helps prevent iron deficiency anemia and associated tiredness and fatigue
- Includes a range of B-Complex vitamins that support energy production
- Free of gluten, yeast, dairy, lactose, alcohol, and artificial colours and flavours
- Non-constipating, vegan

Made in Canada



NPN 80106509

Energy You Can Count On

Ferritin+™, a breakthrough
iron supplement

- Helps prevent iron deficiency anemia
- Doctor developed
- Unrivalled absorption
- Made with organic peas
- Just one capsule per day!

Made in Canada

**VEGAN + GLUTEN-FREE + NON-GMO
+ NON-CONSTIPATING**



NPN 80112602

www.florahealth.com



HEALTHY MATHEMATICS: Ambrosia's Price Advantage

At Ambrosia, every day is a savings day! We skip the gimmicks of loyalty point programs and senior discount days, offering unbeatable low prices daily. It's our way of ensuring healthy living is accessible and affordable for everyone, every day!

Case Study 1 GIMME SEAWEED 6 PACK



Ambrosia

By shopping at Ambrosia you save
\$3.30 - \$4.93 any day of the year!

Retailer 1
Regular Price:

\$11.99

Retailer 2
Regular Price:

\$13.62

Ambrosia
Regular Price:

\$8.69

Case Study 2 NATURAL CALM POWDER - 452g

Ambrosia

By shopping at Ambrosia you save
\$3.70 - \$9.70 any day of the year!

Retailer 1
Regular Price:

\$49.99

Retailer 2
Regular Price:

\$55.99

Ambrosia
Regular Price:

\$46.29



SHOP SMART, SHOP AMBROSIA.

If you're currently spending an average of \$200/week on your health food and supplements at one of our competitors, this works out to \$10,400/year. By simply shopping at Ambrosia, you would be spending approximately \$120/week and \$6,240/year for those same groceries. This saves you \$4,160/year by shopping at Ambrosia!

What would YOU do with those savings?!