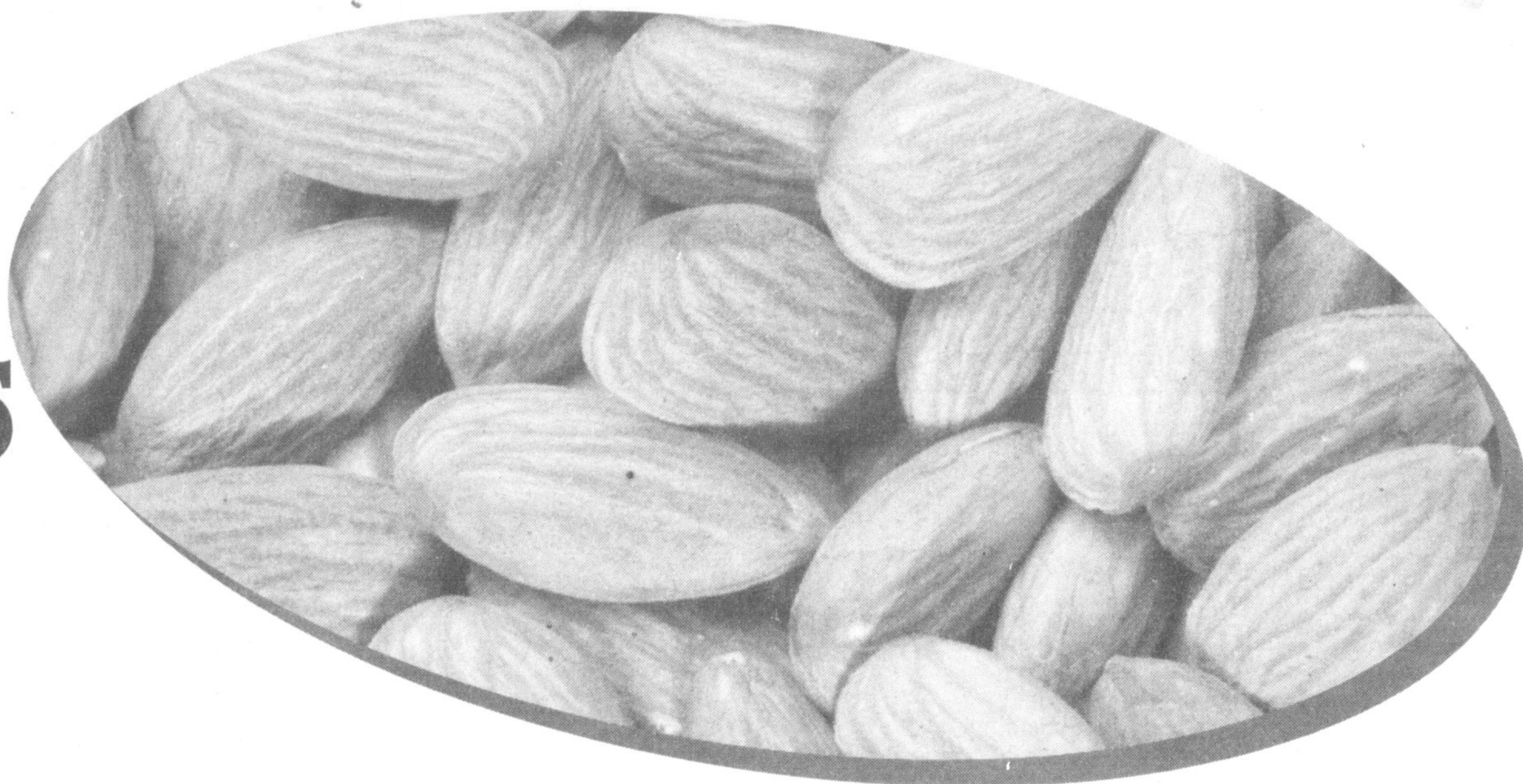


# BULK FOOD WAREHOUSE

## Natural Almonds

**\$2.89** lb.



<b>Sundried Cherries</b> \$9.95 lb.	<b>Raw Pepitas (Pumpkin Seeds)</b> \$2.99 lb.	<b>Pecan Halves</b> \$9.95 lb.	<b>Pitted Prunes</b> \$2.79 lb.	<b>Raw Sunflower Seeds</b> \$1.99 lb.	<b>Coffee White</b> \$1.99 lb.	<b>Roasted Jumbo Cashews</b> \$5.95 lb.
<b>Organic Extra Virgin Olive Oil</b> \$6.99 500ml	<b>California Walnut Halves</b> \$7.95 lb.	<b>Dried Peruvian Inca Berries</b> \$4.00 100 g	<b>All Natural Peanut Butter</b> \$2.29 lb.	<b>Ground Blanched Almonds</b> \$3.99 lb.	<b>Tahini Butter</b> \$3.59 lb.	<b>California Thompson Raisins</b> \$1.59 lb.
						<b>Sundried Cranberries</b> \$4.99 lb.

**SYMON'S SUPER MIX**  
with Herbalist  
**Walter Enns**

The most nutritionally balanced and concentrated natural food supplement on the market today.

.....  
: Demo: Sat, May 3rd 3:30-5:30 pm :  
.....

**UHTCO**  
**Graviola XP®**  
**Sacha Inchi Omega Oil**  
**Chancapiedra XP®**

.....  
: Info Session: Tues, May 20th 11am-4pm :  
.....

**Probiotic Rescue**

*Learn how probiotics can rescue you from cholesterol, cancer, superbugs, digestive complaints and more.*

**Author Allison Tannis**

.....  
: Book Signing: Thurs, May 29 1-3pm :  
.....

**Recovery Formula**

Consider Recovery® if you have just been injured, undergone surgery or are dealing with inflammation and pain.

.....  
: Demo: Tues, May 27 11am-3pm :  
.....

**PASCOE**  
**Pascallerg**  
Homeopathic treatment for allergies and hay fever  
**\$24.99**  
100 tabs

**North American Herb & Spice**  
**Pom-o-Power**  
Mediterranean Pomegranate Concentrate  
Rich in flavanoids. Powerful antioxidant.  
**\$16.80**  
355 ml

**nāka**  
**Pro Men Plus**  
Helps ease the symptoms of enlarged prostate  
**\$21.95**  
150 caps

**Wobenzym® N**  
Recommended for healthy joints, improved mobility, sports injuries, normalized inflammation, chronic and acute inflammation.  
**\$175.00**  
800 tabs

**new**  
**Chromium Picolinate**  
200 mcg  
**\$8.49**  
100 caps

**Flavin 7**  
Helps reduce side effects of chemotherapy  
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200 ml

**Wira**  
**Sacha Inchi Omega Oil**  
Highly Digestible 3/6/9  
Average 50% Omega 3  
**\$29.99**  
500 ml

**CAMU CAMU C++®**  
**Natural Vitamin C**  
Powerful antioxidant  
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120 caps

**PLATINUM**  
**easy-Q COQ10**  
100 mg  
**\$59.95**  
120 liq caps

**new**  
**Cinnamon Bark**  
600 mg  
**\$14.99**  
100 caps

**new**  
**Cal-Mag DK**  
Supports Bone Health  
Complete Bone Formula\* with Vitamin D<sub>3</sub>, Vitamin K, plus trace minerals  
**\$24.99**  
180 caps

**Blood Cell Analysis**  
with Jim Fishback  
**Friday, May 30th**  
Call for Appointment  
**\$50.00**

**516 Plains Road, East • 905-634-9480**  
**bfw@bellnet.ca**

Specials in effect May 1-31, 2008  
We reserve the right to limit quantities.  
Prices subject to change without notice.  
\*No other discounts allowed including Senior's Days

**Store Hours:**  
Mon. - Thurs. 9am to 6pm  
Friday 9am to 9pm  
Saturday 9am to 6pm  
Sunday CLOSED

We are located 3 blocks west of King Rd. on the south side of Plains Rd. East