

Ch-ch-ch-ch- Changes

The best new products this fall

1 Rawtella Chocolate Spread

I don't think I'm alone when I say that I am happy to just eat chocolate-hazelnut spreads out of the jar with a spoon. For raw foodists, there wasn't a lot of options on the market, but Rawtella has come out with a spread made with organic hazelnuts, cacao nibs, and coconut crystals. This creamy treat is great on desserts, on bread, or just straight out of the jar.

www.rawtella.com

2 Glutino Gluten-Free Chocolate Covered Pretzels

Gluten allergies and sensitivities can really get in the way when you're trying to find snacks for yourself or family. Glutino has come out with a line of gluten-free chocolate covered pretzels. These wheat-free pretzels are a crunchy snack that's good for lunches, after-school snacks, or movie treat for those quiet nights at home.

www.glutino.com

3 Tart is Smart Tart Cherry Concentrate

A new trend on the juice market is tart cherry juice, which has been shown to contain all kinds of health benefits to help your mind and your body. Tart is Smart juice contains 100 percent cherry juice packed with antioxidants and anthocyanins. Have a glass with breakfast or use it to tart up your smoothies.

www.tartissmart.com

4 New Chapter Multi for Two

If you're going through a fall pregnancy, you'll definitely be thinking about how best to supplement yourself and your baby through this time. New Chapter's new Multi for Two contains 19 organic fruits, vegetables, herbs, and superfoods, along with important nutrients such as vitamin D, iron, folate, and more. Take care of yourself and take care of your baby through your pregnancy!

www.newchapter.ca

5 Genuine Health Vegan Proteins+

Are you a vegan looking to up your protein intake? Genuine Health's Vegan proteins+ is a non-GMO formula containing brown rice, alfalfa, hemp, and cranberries. A single serving of the powder contains plenty of vitamins, amino acids, and 20 grams of dietary protein. Add it to your favourite drink in flavours like chocolate, vanilla, or strawberry.

www.genuinehealth.com

6 Hylands 4 Kids

It's everyone's favourite time of year: Cold season! If your kids are dealing with colds, coughs, and runny noses, Hylands now offers natural liquid medicines for kids. They offer Cough 'n Cold, Cough Syrup, and Complete Allergy. The medicines are great tasting, have no stimulant side effects, and offer multi-symptom relief.

www.hylands.ca

