



CHOICES'

Monthly Newsletter | March 2022

The Dish on BARLEY

The New shop.choicesmarkets.com!

Q&A: Plant-Based Basics

Say Cheese! Gorgonzola Cheese

the grape vine



March is Nutrition Month!

Every year, Dietitians of Canada celebrate nutrition month in March.

This campaign is meant to help spread awareness and education to up and coming nutrition trends to help build healthy communities. This year's theme is ingredients for a healthier tomorrow. During Nutrition Month 2022, dietitians will explore the key "ingredients" needed to change our food systems for a healthier tomorrow.

Book an appointment with one of our nutrition consultants at our website: choicesmarkets.com/nutrition-tours-choices-markets/.

All New Online Choices

We're proud to announce that shop.choicesmarkets.com is live! Now you can click & collect on hundreds of your favourite, local, specialty and organic products at all of our locations from the comfort of your couch!

Visit shop.choicesmarkets.com to start shopping today!

Got A Green Thumb?

The sun is staying out longer and longer each day, and you know what that means: time to plant some seeds! Start first with Choices Full Circle Topsoil. Full Circle is made from food scraps collected from our stores and processed in to nutritious top soil at a facility in Delta, BC. It's a great product that gets made thanks to Choices' commitment to sustainability.

ENTER TO WIN

A Peloton!

Courtesy of **ORGANIKA**
AUTHENTICALLY CANADIAN

Organika Health Products is a Canadian leader in quality vitamin, supplement, and functional food products. Here to help you reach your fitness goals, One lucky Choices customer will win an amazing Peloton prize, courtesy of Organika Health Products.

Skill Testing Question: $(56 - 18) \times (25 - 13) =$ _____

Name: _____

Phone Number: _____ Choices Location: _____



Contest open from March 1 to 31, 2022. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Markets and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Markets for publicity purposes. Entries can be dropped off at any Choices location. There can be no repeat winners for throughout 2022.

the Dish

On Barley!



While some consider it an alternative grain, the humble barley is actually the 4th most cultivated grain in the world. With domestication dating back as far as the stone age, barley has long been a staple food for humans. Barley can be malted, which is a process of germination and toasting. This has led to it being a key ingredient in beer and whiskey production. I think once you know that fact, it's no longer a mystery as to why it's so popular!



While a lot of the world's barley production goes towards producing alcohol, it's also often used as animal feed. Let's not forget though that barley is good eating for people too.

Breads and cereals are where most of us eat our barley, but there's more to barley than that.

Whole barley or barley kernels is the grain where the inedible outer hull has been removed.

The less processed kernel takes the longest to cook and yield a crunchier and nuttier grain. Pot or scotch barley has been polished further, but not as much as pearl barley. Both grains require similar cooking procedures, but different times and water needs.

If you've never cooked with barley before, soup will be your first introduction. Beef barley, scotch broth, or a tasty barley vegetable is great made with or without any meat. Steamed on its own, barley is the perfect substitute for rice and other starches. Making a barley pilaf where you cook the grain with small amounts of diced vegetables and your choice of stock could also be a great side dish. Use barley to bulk out salads, hot or cold, or try a barley risotto for a delicious innovation.



There's more to barley than that, however.

Cakes are a wonderful way to cook with barley, sweet or savory. Try porridge made using cracked barley as a tasty and nutritious breakfast alternative to oatmeal. Cold and hot barley drinks, such as toasted barley, make for a tasty coffee or tea substitute. It's caffeine-free, which means even kids can enjoy it. Refreshing barley water is a drink enjoyed in traditions around the world.



How about a barley pudding or ice cream?

It may be the next great addition to your dessert repertoire. I don't know about you, but I can barley contain my excitement for these new recipe ideas.



Chef Antonio's delicious creations are made fresh and on sale every day in the Choices Deli. Pick something up today for a quick lunch or a meal for the whole family.

Online Video Seminars

MARK YOUR CALENDAR



Wednesday, March 9th, 2022
7-8:30pm

Proven Clean Beauty

with Sarah Miles, DERMA E Educator

ONLINE ONLY

Learn from the experts about the best skin-loving vitamins, antioxidants and botanicals for all skin types, at all ages and for all budgets. Get glowing skin all over with these tips and tricks for choosing the perfect skincare products to suit your individual needs!

Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.

Tuesday, March 22nd, 2022
7-8:30pm

Healthy Eating For Seniors

with Rachelle Duckworth, RDt

ONLINE ONLY

As we age, there are important considerations when it comes to our diet. Join Rachelle to learn about which vitamins, minerals and nutrients are important to include daily.

Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.



New!

Watch our recorded seminars on YouTube! Visit choicesmarkets.com for more info.

REGISTRATION DETAILS

To register for events, visit choicesmarkets.com/events.
For inquiries, please call 604.952.2266 or email eventregistration@choicesmarkets.com.

Choices Markets Nutrition Department Disclaimer Statement: The views and opinions expressed by the presenter do not necessarily represent those of Choices Markets and its employees. Choices Markets is not responsible for and does not verify the accuracy of any of the information presented. The information presented does not constitute medical or other professional advice and is for education purposes only. Seminar schedules are subject to change. For the most current schedule, please visit www.choicesmarkets.com/events/

SAY CHEESE!

Gorgonzola Cheese

March is a hard month to plan for owing to the fact that some years it is still winter and others, full on springtime. As such, it lends itself to a mixture of both light and hearty meal combos, which I have tried to encompass in this month's recipe.

I present to you, Smoked Gorgonzola. A semi soft blue veined cow's milk cheese, it is on the mild end of the blue spectrum.

The flavour of both the blue veins and the smoke are not overpowering and just sharp enough to be balanced with its own creaminess. Gorgonzola hails from a town near Milan in Italy, but its smoked cousin is a much more recent addition to the market. Coming from North America it blends the traditional with a new world twist. Crumbly yet creamy, this is a versatile cheese which is equally at home sliced on a warm dinner roll or crumbled into your next salad served with walnuts or pecans.

This great cheese is a must have on your next charcuterie plate alongside some gourmet crackers or sliced fresh breads from your nearest Choices Markets.



Drew Baughman is a Red Seal Chef with over 7 years' experience in the food industry. He is a key factor in the running of the Choices Markets Kitchen. He loves great food, the outdoors and a good book.

COOK IT UP



Chickpea & Apple Salad with Smoked Gorgonzola

2 cups canned chickpeas, rinsed and drained

1 large Ambrosia apple, diced

Half a cucumber, thinly sliced

1 package spring mix or other greens

3 green onions, thinly sliced

The Dressing:

1 ripe avocado, mashed

1 Tbsp honey

1 Tbsp Dijon mustard

2 Tbsp lemon juice

$\frac{3}{4}$ tsp salt

$\frac{1}{4}$ tsp fine black pepper

3 Tbsp olive oil

140 g smoked Gorgonzola, crumbled

Helpful Tip:

Be sure not to prepare this salad too far in advance as the spring mix will become wilted and lose much of its appeal. Serve as a side for a roasted chicken or (weather permitting) the first barbeque of the season!

MARCH 1ST - 15TH ONLY

club specials



GT's Organic
Raw Kombucha

3.49

480 ml
+deposit +eco fee

The original kombucha
brand that started the
movement.



Zevia
Stevia Sweetened
Energy Drinks

1.99

355 ml
+deposit +eco fee

Power your inner beast mode
with a can of Zevia zero sugar
energy.

Panda Natural
Licorice



79¢

Bars, 32 g

2.99

170 g Bag

Panda is the
authentic tasting
natural licorice.

Bonne Maman
Jams & Spreads



4.99

250 ml

Deightful spreads that
excite the tastebuds of
both young and old.

Nuts to You
Peanut Butter



Smooth or Crunchy

5.99

750 g

Just the best in nuts
since 1989!

Made Good Gluten-Free
Cookies, Granola Minis
& Granola Bars



3.49

Selected Sizes

Snacks baked with the
best intentions, organic
and free from common
allergens.

Liberté
Méditerranée Yogurt



3.49

500 g

These amazing
yogurts are rich
enough to carry
intense and exotic
flavours.

Olympic
Yogurt 1.75 kg



10.99

Organic

11.99

Krema
or Greek

Made with 100% natural ingredients and a
west coast spirit that is pure BC!

Sunflower Kitchen
Hummus



2.49-3.99

227 g - 300 g

A family owned business comitted to fulfilling
the promise of creating wholesome dishes.

Earth's Own Plant-Based
Butter Spread, Sour Cream
& Cream
Cheese

3.99

227 g - 340 g



Forget everything you know about plant-based,
Earth's Own is more delicious than ever.

Prasad Ayurveda
Organic Ghee



14.99

225 g

24.99

425 g

A versatile, premium oil
with a pleasant,
mild taste.

Lundberg Organic
Rice & Quinoa



6.99

Quinoa, 454 g

5.99-7.99

Rice, 907 g

Lundberg Family Farms
brings eco-friendly grains
to your table.

MARCH 16TH - 31ST ONLY

club specials

Choices Organic Beans



179

398 ml

The perfect healthy start for dips, nachos, soups and more!

Choices Small Batch Gourmet Pasta Sauce



799

750 ml

Hand made in small batches, our pasta sauces are a great simple way to feed the family.

Choices Small Batch Gourmet Salsa



599

750 ml

Get dipping with our small batch salsa. Available in three different spice levels!

Kinnikinnick Gluten Free Foods

299-399

Selected Sizes & Varieties



Crafting safe and scrumptious gluten-free foods since 1991.

Lily's Stevia Sweetened Baking Chips & Bars

379

Bars
80 g - 85 g

599

Baking Chips
255 g



The ideal chip for not-too-sweet cookies and more.

Hardbite Natural Potato Chips

279

128 g - 150 g

BC's own all natural brand of perfectly crunchy potato chips.



Liberté Greek Yogurt



599

750 g

Thick, rich and creamy, these yogurts are ideal for recipes or a protein rich snack.

Riviera Coconut Milk & Oat Milk Yogurt



499

500 g - 650 g

New vegan delights with delicious exotic and tropical flavours.

Joyya Ultrafiltered Milk



399

1 L

+deposit +eco fee

75% more protein and 25% less lactose than traditional milk.

Nature's Nuts Organic Peanut Butter or Natural Almond Butter



549

Peanut Butter, 500 g

1099

Almond Butter, 500 g

Deliciously creamy and nutritious nut butters.

St. Dalfour Jams



449

225 ml

100% fruit jams made from traditional French family recipes.

Eco-Max Natural Laundry Wash



1299

3 L

Eco-Max is the #1 rated natural liquid laundry detergent in Canada!

Q&A

The Plant-Based Basics

Q Why should I consume more plant-based proteins?

- A**
1. They may prevent cancer, coronary heart disease, and/or many other chronic diseases.
 2. They have favourable effects on blood pressure, glycemic regulation, and weight management.
 3. They can improve and promote a healthy gut microbiome.

Q Can I meet my protein needs on a plant-based diet?

- A**
- Yes! The average person should aim to consume approximately 15-25g of protein per meal or snack. There may be different protein requirements for individuals such as athletes or those with health conditions.

Q What are some examples of plant-based protein sources?

- A**
1. Soy products (ex. tofu, edamame, tempeh)
1 serving = $\frac{3}{4}$ - 1 cup
 2. Seitan - 1 serving = $\frac{1}{4}$ cup
 3. Lentils, peas and legumes - 1 serving = $\frac{1}{2}$ cup
 4. Nuts and Seeds - 1 serving = 2 tbsp
 5. Grains - 1 serving = $\frac{1}{2}$ cup (cooked)
 6. Other: Nutritional yeast - 1 serving = 2 tbsp

Q Do I need to supplement with protein powder?

- A**
- Protein powder is not necessary if you are consuming a sufficient, well-balanced diet containing protein-rich foods. However, it's a convenient way to boost your protein intake and may be helpful when you have limited time or a low appetite.

Q Are all plant-based proteins considered "high quality" when they stand alone??

A There are two types of protein:

1. Complete proteins contain all 9 essential amino acids, making them high quality proteins. We cannot make them ourselves, therefore we need to obtain them through our diet. Examples of complete plant proteins include soy products, some whole grains (quinoa, buckwheat, and amaranth) and nutritional yeast.

2. Incomplete proteins do not contain all of the 9 essential amino acids. Incomplete proteins include most grains, legumes, and nuts and seeds. However, we don't need to worry about getting each specific amino acid if we are consuming a wide variety of incomplete proteins each day.

Q Are processed plant-based proteins healthy?

A When looking at meat analogues, check the nutrition label for the following nutrients:

1. What is the protein source? This may be important if you are allergic to specific plant-based proteins such as gluten, or soy.
2. Does it contain simple ingredients?
3. How much protein does it contain?
4. What is the fat and sodium content?

When it comes to choosing quality ingredients remember, 5% or more is a little and 15% or more is a lot when it comes to reading a nutrition label and choosing what's best for you!

If you have more questions about plant-based nutrition register to speak with one of our in-store Nutrition Consultants or Registered Dietitians today!

A Recipe for Eating Sustainably to Support a Healthier Tomorrow

By Toni Vandenbrink BSc, Nutrition Consultant

Ingredients:

- 2 cups of re-usable bags
- 3 tbsp of buying bulk ingredients
- 2 tsp of buying locally grown products
- 1 dash of letting nothing go to waste

Instructions:

1. Remember to pack your reusable produce bags & grocery bags before heading to the grocery store as single-use plastic bags are now banned in Vancouver!
2. When shopping, try and buy ingredients such as whole grains, nuts & seeds from bulk. This reduces the amount of packaging used for all these products and is often more cost-effective as well!

3. For the rest of your grocery shopping look for produce and other products that are locally grown or produced!

- This is easy at Choices because we have symbols underneath each product with a checkmark next to local if it was made in BC.

- In our produce section there will also be signs stating where the produce was grown.

4. Save your produce scraps! Put them aside rather than in the compost, throw them in a container and toss them in the freezer to use for vegetable stock in the future.



How to Re-use Your Leftovers and Create Tasty Meals!

By Kelsey Moore, RD

Stale Bread

Repurpose: Homemade croutons, grind up into breadcrumbs and use for a casserole, or crostini appetizers

Opened Can of Beans

Repurpose: Freeze and use in a soup later. Puree and make an into a dip, or bake and season and have in a snack (crispy chickpeas anyone?)

Leftover Raw Veggies

Repurpose: put in a bag and freeze for soup stock, chop and freeze for later, or add to a casserole

For Leftover Meals...

Dinner Chicken or Tofu Stir-fry:

Lunch the next day: Instead of placing your protein and veggies from the stir-fry on noodles, opt for a wrap and bring for lunch in a pinch!

Dinner Tacos:

Lunch the next day: Use the taco fillings to top a bed of greens.

Bonus, crush up any leftover taco shells and place them on top for a hearty salad!





Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices.

Wellness Wisdom

Herbaria Tea:

Are you tired of just drinking plain water? Try elevating your hydration practice with Herbaria Tradition teas! Herbaria carries a wide variety of tea, all composed of wild-crafted and traditionally harvested herbs. Not only is herbal tea a great, lower caffeine coffee alternative, but it may also help promote relaxation and improve sleep quality.

Try switching up your mid-day coffee order with an inviting cup of Herbaria Tea!



Grocery Gossip

Wize Tea:

If you're looking for a beverage that may improve your health, increase alertness and focus, yet won't give you a crash - Wize Tea may be perfect for you! It is a sustainable, fair-trade product made from the leaves of arabica coffee plants and contains antioxidants such as Mangiferin and Chlorogenic Acids. These antioxidants are known to have therapeutic effects due to their anti-diabetic, anti-viral, anti-inflammatory, and heart, liver, and neuroprotective properties. You can drink Wize Tea cold or cozy up to a warm steeped cup!



Grocery Gossip

Olympic Kefir:

Ever wondered what the difference is between kefir and yogurt? Yogurt making involves the addition of lactic acid bacteria to milk whereas kefir is made by adding lactic acid and kefir grains (a type of yeast) to milk. Then, both products undergo a fermentation process. Kefir is a source of important nutrients like calcium, and protein. Some kefirs, like Olympic Kefir, also contain probiotics, live bacterial cultures that benefit the consumer. What are some great ways to use Kefir? Try adding it to smoothies, overnight oats, or just drink as a snack!



a2 Milk:

What is a2 milk? The main protein found in cow's milk is casein protein which comes in two forms, A1 and A2. However, some cows naturally only produce milk that contains A2. Studies show that individuals drinking milk only containing A2 report fewer digestive symptoms like bloating, gas and diarrhea compared to traditional milk. Bottom line, if you are not lactose intolerant but are still experiencing digestive concerns a2 milk may help to alleviate these symptoms! And great news, the taste is identical to traditional milk so no need to sacrifice flavour here.



Tasty Top Choices Recipe



Orange Creamsicle Yogurt Chia Parfait

By Dionne Legge, CNP, Nutrition Consultant

Ingredients

- ¼ cup orange juice
- 2 tbsp chia seeds
- 1 cup Olympic kefir
- Splash vanilla extract (optional)

Makes 2 Servings

1. Squeeze oranges to yield ¼ cup orange juice.
2. Whisk together orange juice and chia seeds, add vanilla extract, refrigerate to set. (2 hours or overnight)
3. In mini mason jars or parfait cups layer the set chia mixture with Olympic Kefir.
4. Garnish with orange zest or orange slices, serve and enjoy.





Vega One All-In-One Shake

53⁹⁹

827 g - 876 g
Selected Varieties

Non- GMO,
Gluten-free, Vegan,
No added sugar,
No artificial colors,
flavors or preservatives



New Roots Liver

22⁹⁹

45 Vegetabe Capsules

41⁹⁹

90 Vegetabe Capsules

Liver Protection is formulated with potency-validated botanical extracts traditionally used to protect and support liver function.

Bio-K Plus Probiotics

2/40⁰⁰

Dairy or
Non-Dairy
6 Pack



Strengthen your intestinal flora when you take the Bio K+ Fermented Drinkable Probiotic.

NutraSea Omega-3 Fish Oil Supplements

20% Off

Assorted Varieties
and Sizes

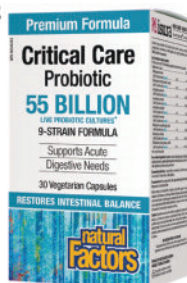
Ultra-pure, great
tasting omega-3
products that
are unsurpassed
in quality and
innovation.



Natural Factors Probiotics

20% Off

Assorted Sizes



Ultimate Multi-Probiotic
contains 12 billion active cells, specially cultured
strains of probiotics known for compatibility &
ability to survive stomach acidity.

Healthology Lung-FX Formula

29⁹⁹

90 Capsules



LUNG-FX works by
supporting the lungs'
natural defense systems.



St. Francis Herbal Tinctures

20% Off

Assorted Varieties and Sizes

An adaptogenic formula,
Deep Immune®
supports and fortifies
the immune system by
restoring the body's
innate balance.

Ener-C Sport Electrolyte Drink Mix



6⁹⁹

Pkg. of 12

22⁹⁹

154 g

Perfect for before, during and after exercise to
support muscle function and re-hydration.

Natural Factors CurcuminRich Theracurmin

23⁹⁹

60 Capsules

41⁹⁹

120 Capsules



Theracurmin™ is an enhanced form of curcumin,
its absorption over 300 times compared to regular
curcumin.



Mountain Sky Shampoo & Conditioner Bars

9⁹⁹

60 g Bar

Non-soap based shampoo bars. pH balanced bars
that are functional as bottled shampoo & better
for the environment.



Shikai Borage Therapy Dry Skin Lotion

13⁹⁹

238 ml

Original or Advanced

Offers results for extreme dry
skin. Addresses a fundamental
cause of dryness by supplying
GLA (Omega-6) that the body
requires to maintain healthy skin.



I Luv It Deodorant

14⁹⁹

100 g

21⁹⁹

Sensitive, 100 g

A natural deodorant that keeps you smelling clean all
day, with skin nourishing ingredients. Made Locally!



CanPev
Full Spectrum
Collagen
34⁹⁹
250 g

No smell, no taste, no clumps, no fuss. Dissolves instantly into your favourite sports drink, nutritional shake or morning joe, and go about your day feeling great. Type I and III Hydrolyzed Collagen (bovine) – these natural peptides are hydrolyzed to be easily digested and highly bioavailable.

100% pure hydrolyzed peptides Enhanced solubility & bioavailability
Derived from grass fed, pasture raised cows, free of antibiotics, hormones, and GMO ingredient.



Prairie Naturals
Organic
Moringa Leaf
27⁹⁹
180 Capsules or 200 g

Prairie Naturals Organic Moringa Leaf Powder is sustainably and certified organically grown in India. Packaged as pure powder and in vegetable capsules (without fillers), Moringa Leaf is a convenient way to fortify your diet with potent, plant-source antioxidants.

- Heart health and promoting healthy cholesterol levels
- Reducing Inflammation and pain
- Supports digestive health
- Balances blood sugar
- Supports cognitive health
- Beauty from within – skin and hair health
- Liver protective
- Boosting hepatic glutathione
- Powerful free radical scavenging especially of lipids



Boiron
Arnicare
Gel
13⁹⁹
Selected Varieties

Arnicare Gel is a homeopathic medicine for the relief of muscle and joint pain. It eases the resorption of bruises and inflammatory oedema caused by falls, blows, blunt injury or surgery. Arnicare Gel is quickly absorbed, non-greasy, paraben free and fragrance free. Arnicare Gel is made from 100% naturally sourced medicinal ingredients. Adults and children 2 years of age and older can use Arnicare gel.

Innotech
Fasting Days
47⁹⁹
360 g



Fasting Days™ is formulated by Reginald Friesen M.D. and Innotech Nutrition to help support Intermittent Fasting with a balanced nutrient powder. Low in calories (Keto Friendly), non-GMO, non-dairy and free of sugar, gluten, MSG, artificial sweeteners, artificial flavours and colours. With 10 grams of amino acids, 13 vitamins and minerals including your daily electrolyte requirement. Drink this during your 18-20 hour fast.

Blis
Probiotics
25% Off



BLIS Probiotics are scientifically proven to support the health of your mouth & throat, to help prevent and ward off issues from bad breath to sensitive gums or even the recurrence of sore throats. Increase the good bacteria in your mouth, every day, with BLIS Probiotics.

Honibe
Honey Lozenges
42⁹⁹
Pkg. of 10



Honibe Honey Lozenges are made with 100% pure Canadian honey. We use our patented technology to create pure dried honey that maintains all of the naturally occurring benefits of honey. Our lozenges are made with a maximum of 5 ingredients. Those ingredients are Canadian honey, natural herbs, vitamins and natural flavours.

MARCH 16TH - 31ST ONLY

wellness centre

Garden of Life
Dr. Formulated
Probiotics

20% Off

Selected Sizes
and Varieties

Promotes favorable
gut flora for daily
gastrointestinal support.



Natural Factors
Stress & Sleep
Supplements

20% Off

Selected Sizes and Varieties

Helps you fall asleep quickly,
sleep soundly through the
night, and wake up feeling
refreshed.



Organika
FAV Keto Mini Cookies

2.99

30 g Pack

35.99

Pkg. of 12

The perfect bite-sized
cookies with big-benefits
including 4g of protein and
only 1g of sugar per sachet.



Flora
CircuVein

23.99

60 Capsules

Clinically proven to
alleviate symptoms
(swelling, heavy
sensation) of varicose
veins / chronic venous
insufficiency.



AOR Advanced B
Complex

37.99

90 Capsules

52.99

180 Capsules

Active forms of B-vitamins in a form your body
can utilize immediately in clinically-supported
doses. Support for energy, stress, metabolism &
nerve function.



A.Vogel
Vitamins &
Supplements

20% Off

Selected Sizes
and Varieties



Clinically shown to help prevent and relieve the
symptoms of upper respiratory tract infections
(URTI) such as the common cold and flu.



Bass
Hair Brushes

20% Off

Selected Varieties

Bass hairbrushes with
beautifully classic designs,
made with unsurpassed
quality. Natural & durable
materials for long product
life & environmental
sustainability.

Purple Frog
Hand Sanitizer

3.49

60 ml

70% plant-based ethyl,
antibacterial boost of pink
grapefruit, 2x moisturizers,
Carbon-filtered, and essential
oils. Made Locally!



Derma E
Firm & Lift Facial Care

25% Off

Selected Sizes
and Varieties



Resurfacing pads work to deeply cleanse while
removing dead skin cells, revealing new skin cells
over time.



ThinkSport
Body Care &
Stainless Steel
Bottles

20% Off

Selected Varieties and Sizes

We are excited to now
introduce a simple, effective
chlorine remover that serves
as a shampoo and body wash.

Dom's
Deodorant

17.99

60 ml

Selected Varieties



100% Natural + Organic Deodorant .We don't
use any harmful chemicals, and always use
organic ingredients where we can.



Nature's Aid
Skin Gel

12.99

125 g

31.99

500 ml

Made with aloe vera, tea tree, witch hazel, rosemary
and vitamin E. This product is a must-have for your
beauty care & skin care.

MARCH 16TH - 31ST ONLY

wellness centre



Genuine Health
Clean
Collagen
29⁹⁹
201 g - 301 g
Marine or Bovine

Collagen is important! It keeps your skin looking youthful and hydrated. But beginning in your 20s, your skin will start to lose about 1% of its collagen each year. marine clean collagen helps to replace the collagen lost to the aging process and supports youthful, hydrated skin, healthy joints, nails and hair!

Marine clean collagen is sustainably sourced from the deep, cold seas of the North Atlantic and has no fishy taste or smell.



Tru
Niagen
53⁹⁹
30 Capsules

Tru Niagen™ is a unique form of vitamin B3 shown to increase NAD levels. We use NAD every day for basic functions like eating, breathing, sleeping, and drinking. But our NAD levels decline as we age. Tru Niagen™ increases NAD levels to support your cellular health, every time you take it. Each capsule contains 300 mg of Niagen™ (nicotinamide riboside chloride) providing 263 mg of nicotinamide riboside (NR). Take one to three capsule once daily with or without food. No animal byproducts, no artificial colors or flavors. Now available in convenient 30-day and 90-day bottles.



FeraPro
Iron
46⁹⁹
100 Capsules

FERAPRO™ is a holistic blend of iron, vitamins, and cofactors to prevent and/or treat iron deficiency. The absorption and tolerability of the iron in this blend is enhanced by vitamin C and glycine, while the active forms of vitamin B12 (Methylcobalamin) and folate (5-MTHF) support the growth and function of healthy red blood cells. With only one non-medicinal ingredient and packaged in environmentally friendly glass bottles, FERAPRO™ upholds a standard of being clean and sustainable.

Purica
IonicBone
Vegan Bone
Builder

47⁹⁹

300 g



- Supports development & maintenance of strong bones and teeth.
- Helps to maintain normal muscle function, metabolism, tissue formation and electrolyte balance; all vital for bone health and overall wellness.
- Regulates cell division and specialization, energy metabolism, tissue formation and bone.
- Powered by K2Vital®, which regulates the usage of calcium, keeping it in your bones and not in your blood;
- Features Atlantic Seaweed (CAS®) mineral complex, has 32% more elemental calcium than other organic calcium sources
- Non-GMO, gluten-free & ionic formula tastes great as an effervescent drink.

Organika
Cr-Bittermelon
Blood Sugar
Control

19⁹⁹
120 Capsules



- A synergistic combination of bitter melon and chromium to control blood sugar.
- Supports healthy glucose metabolism
- Helps the body metabolize carbohydrates and fats
- Improves fat metabolism for better use and storage in the body, helping with healthy weight management
- Keeps energy levels constant throughout the day, leading to less fatigue
- Chelated Chromium for increased absorbability

Hyalogic
Hyaluronic Acid
Supplements and
Body Care

20% Off



HA Whole Body aids your joints in maintaining their healthy and fluid motion. Hyaluronic Acid supplements the synovial fluid within the joint to help maintain its healthy cushioning properties. Hyaluronic Acid is naturally produced by the body as a constituent of synovial fluid that lubricates the cartilage between the joints. As we age, the body produces less high-molecular weight Hyaluronic Acid. The Hyaluronic Acid in HA Whole Body aids the body in maintaining a healthy amount of Hyaluronic Acid needed for the body.



comments@choicesmarkets.com

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Choices Markets Locations

Kitsilano

2627 VW 16th Ave, Vancouver
604.736.0009

Cambie

3493 Cambie St, Vancouver
604.875.0099

Kerrisdale

1888 VW 57th Ave, Vancouver
604.263.4600

Yaletown

1202 Richards St, Vancouver
604.633.2392

Commercial Drive

1045 Commercial Dr, Vancouver
604.678.9665

Kelowna

1937 Harvey Ave, Kelowna
250.862.4864

South Surrey

3248 King George Blvd, Surrey
604.541.3902

Burnaby Crest

8683 10th Ave, Burnaby
604.522.0936

Abbotsford

3033 Immel St, Abbotsford
604.744.3567

North Vancouver

801 Marine Dr, North Vancouver
604.770.2868

Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

Tree(s): 0

Waste: 1,199 kg

Water: 1 m³ world eq. of water

Greenhouse Gas Emissions:

109 kg CO₂ or 432 km driven by car +

1 kg NMVOC or 260 km driven by car

Energy:

2 GJ or 8,164 60-W light bulbs for one hour

Results based on the Rolland Environmental Calculator



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