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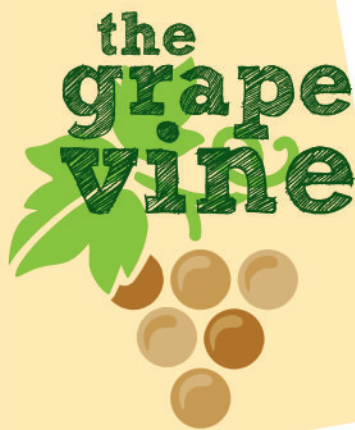
Monthly Newsletter | May 2022

Fairtrade Education

The Dish Fairtrade Grapes

Women's Health **Q&A**

Happy Mother's Day!



Fairtrade Month

May is Choices' celebration of everything Fairtrade!

Choices is one of the most dedicated Fairtrade retailers in the country. We're constantly recognized as a Fairtrade retailer of distinction, and we are proud to say that we were Fairtrade retailer of the year in 2018! We've won this award more times than any other retailer in Canada since the award was created. We believe in the power of Fairtrade as a way to promote developing industries and promoting sustainable growing practices.



Women's Health



This month, we've got some great articles specifically tailored for Women and Women's health concerns. Whether you're young or old, the Choices Nutrition team has advice that can help women live their best at any stage of life. Read this month's articles for more info, or speak to a member of our brilliant in-store Nutrition Team members.

Mother's Day

May 8th is all about Mom!

Come to Choices to get Mom's favourite items, like Fairtrade chocolates, beautiful floral arrangements or natural body care products. If you need help in the kitchen, don't forget that the Choices Deli has dozens of ready to heat and eat options available so everyone can take a night off in the kitchen. Need a quick dessert? Try our selection of amazing cakes and cupcakes from our bakery.

We've got some amazing alternate flour recipes that make it easy for everyone to enjoy a treat. No matter what your Mother's Day traditions are, Choices is here to help.



ENTER TO WIN

Win a Smart Solutions Gift Basket!



Approximate
Retail Value \$600

Courtesy of **smartSOLUTIONS™**

Skill Testing Question:

$(56 - 18) \times (25 - 13) =$ _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from May 1-31, 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. Winner is responsible for picking up their prize from the Choices Markets location of their convenience. There can be no repeat winners for Choices contests throughout 2022.

the Dish

on Fairtrade Grapes

For us BC residents, May isn't usually the month we think about enjoying some fresh off the vine grapes. However, we at Choices feel it is just as important to support local growers as it is to support Fairtrade. More and more small-scale farmers around the world are forming Fairtrade groups that allow their communities to have better quality of life. Fairtrade helps people access better education and medicine, plus can help communities build essential infrastructure. If I can't support a local grower, I always advocate for supporting a Fairtrade one.



Grapes have been cultivated by humans for almost all of recorded history. Wine jugs were found in King Tut's burial chamber in Egypt!

We've cultivated thousands of varieties over the centuries, from those best for wine, to some designed just for drying into raisins, and others perfect for the simple act of popping into your mouth as a snack. The colour and shape of these grapes can be as diverse as their names, and even the nutrition value can vary a ton between varieties due to sugar contents.

Of course, fresh, perfectly ripe grapes are exquisite just the way they are. Give them a wash, then pop them in your mouth for a treat as good as candy. But, like all berries, grapes will not ripen further after being picked. If your grapes aren't as sweet as you hoped, never fear. In the right conditions, you can use this to your advantage and make raisins.

By getting your grapes to evaporate water under the right conditions, the sugars will concentrate, making a tasty treat. You can use this property of grapes in other ways, like by cooking them up. Jams and compotes are super easy to make and let your grapes natural sweetness shine through.

Grapes are a perfect addition to a simple fruit salad. I like to include them in recipes that only include a few other fruits. Try a fruit salad of just grapes, melon and kiwi fruit. Fresh salsas and salads love a fresh or roasted grape for a pop of sweetness.

When baking, you might not think of grapes, but I assure you they go hand and hand. Include some with tart fruits in your pies to boost the sweetness. Savory breads are enhanced as well. Cut some grapes up and place on top of your homemade focaccia before putting it in the oven and you'll have a transcendent loaf.

Of course, fresh grape juice is a favourite among kids and adults everywhere. Just be sure to drink it pronto, because grape juice will ferment quickly, even under refrigeration. Freeze any leftovers you might have into sorbet or healthy fruit juice popsicles.

The sweetness of grapes is a great complement for more savory dishes as well. As mentioned before, a compote can be lovely with a meat dish. Experiment with chutneys and relishes for tasteful accompaniments, to your savory dishes.

Try roasting veggies with grapes for a burst of sweetness with your side dish. Why not pickle them and use with your fish, poultry, pork or lamb based dishes? I love to include some grapes on my charcuterie boards, as they are amazing when paired with cured meats and sharp cheeses.

I do often wonder why grapes share a name with grapefruit. With one being a sweet berry and the other being a bitter citrus, they couldn't be further from each other in flavour profile! Whatever the reason, I'm eternally grateful that grapes are as sweet and tasty as they are!



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

Tuesday May 3rd, 2022
7:00-8:30pm

5 Heart Healthy Nutrition Myths Busted

with Gloria Sun, RD

ONLINE ONLY

If you're looking to lower your cholesterol, blood pressure or blood sugars, join to learn nutrition tips to improve your heart health.

Free event.

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



Tuesday May 17th, 2022
7:00-8:30pm

What's All The Hype About Collagen?

with Dr. Jennifer Brix, ND in partnership with Natural Factors

ONLINE ONLY

Everyone is hearing the buzz about collagen. Smoothing wrinkles & cellulite, improving hair, skin, nails and joints, but can it really be true?

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



Wednesday May 18th, 2022
7:00-8:30pm

Acure Spring Skin Care Solutions

with Tammy Ball

ONLINE ONLY

Get the most out of your products and get your skin thriving! Acure offers a plethora of natural skincare products for all skin types, all budgets and all ages.

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



Tuesday May 24th, 2022
7:00-8:30pm

Eating For A Balanced Blood Sugar

with Shannon Smith, RD, partnered with Inspire Health

ONLINE ONLY

This workshop will explore how the body naturally regulates our blood sugar and what types of food and fibres support balanced blood sugars.

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/

A Look At Campos Borquez

A Fairtrade Produce Partner with Choices Markets

Our family farming legacy began years prior to the Mexican land reform, growing wheat and corn, when in 1976, Pablo Borquez Sr. lost the family land to the Mexican Government. With his innate innovation and vision, Pablo Sr. moved to Caborca to continue our family heritage in farming and planted the first table grapes vineyards in the region. 30 years later, on a mission to reclaim our family land, Pablo's son Pablo II began his own legacy: becoming the first to produce asparagus and table grapes in the Yaqui Valley.



Today, as then, Campos Borquez has expanded the window in each crop, and we have begun farming new crops beyond grapes and asparagus—adding avocados, and winter vegetables such as celery and cauliflower. We continue to innovate and search globally to bring innovation into the fields. We are fully certified Fair Trade and we implement farming practices that take care of our soil health and precious resources, and produce the highest-level quality produce for our consumers.

Each day, all of us at Campos Borquez strive to grow the highest quality agricultural food products, through our legacy of service to each other, with integrity and trust, and with an enduring ambition to make the world a better place.

The cornerstone of our family and our business is service. Service to our team, to our community and our business partners. With this foundation and focus, we seek to contribute to our communities, to our farming collaborators and their families. We provide varied opportunities for personal empowerment, to improve their quality of life, and to elevate the communities they live in through a strong social commitment. We will continue to do this today, tomorrow and well into the future.

We focus on regenerative organic practices that improve and replenish our farmlands. Organic farming employs sustainable practices that work in harmony with nature. Organic farming keeps toxins out of our soil, our drinking water, and the air we all breathe. Organic soil captures more carbon from the atmosphere and has the ability to contribute to the reversal of climate change.

By purchasing organic food, grown in organic soil free from chemicals you ensure you and your family get the nutritional benefits nature intended.



MAY 1-15 ONLY

club specials

Ritter Sport Chocolate Bars



Premium
2⁹⁹ 100g
Nut Selection
3⁴⁹ 100g

Ritter Sport chocolates contain nothing but the best ingredients to make truly amazing chocolates.

Lily's Stevia Sweetened Fair Trade Chocolate Bars



3⁹⁹
80g - 85g

At Lily's we think everyone deserves sweets, so we've come up with amazing sugar-free chocolates!

Good To Go Keto Bars & Bites



1⁹⁹
Bars, 40g
4⁴⁹
Bites, 100g

Easily stick to your goals with these satisfying keto-friendly treats.

Hardbite Natural Potato Chips



2⁷⁹
128g - 150g

All natural chips, made without preservatives, GMOs or trans fats.

Rise Organic Raw Kombucha



6⁹⁹
1L
Plus Deposit & Eco Fee

Delicious kombucha made in Montreal featuring fun and unique flavours.

Earth Balance Dairy-Free Spreads



4⁹⁹
Assorted Varieties & Sizes

All the flavour of butter, without the dairy!

Bob's Red Mill Gluten-Free Oats



7⁹⁹
680g - 907g

These oats are a deliciously hearty cereal to give you lasting energy.

Liberté Classique Yogurt



3⁴⁹
650g

Liberté classique has a very light and loose texture. Simple and uncomplicated.

Bremner's Organic Frozen Blueberries or Berry Blend



20⁹⁹
1.5kg

Picked in the field and frozen at the peak of freshness to make your recipes delicious.

Udi's Gluten Free Frozen Pizza



9⁹⁹
493g - 542g

Udi's thinks pizza should taste outstanding even if you're on a restricted diet.

Pacific Foods Organic Soup



4⁹⁹
946ml - 1L

At Pacific, we make foods that are clean and simple for you and your family.

Amano Organic Miso



4⁴⁹
400g

We've spent generations perfecting our handcrafted organic miso.

MAY 16-31 ONLY

club specials

Brew Dr. Organic Raw Kombucha



3.49

414ml
Plus Deposit & Eco Fee

Brew Dr. has a mission to explore the magic of tea for health and refreshment.

Angie's Boomchickapop. Popcorn



3.99

125g - 198g

Angie's believes that snacking on tasty popcorn should always be something to smile about.

Cocoa Camino Organic Fair Trade Chocolate Bars



3.99

80g - 100g

Camino chocolate bars are a mouth watering treat that is both Fair Trade and organic!

Made Good Gluten-Free Snacks



Select Varieties

3.89

Assorted Sizes

Free from the most common allergens, this is a snack that's easy to feel good about.

Schär Gluten-Free Crackers



6.99

210g

Our gluten-free snacks are full of flavour and ready to get you through the day.

Glutino Gluten-Free Products



3.99 - 6.99

Assorted Sizes

Glutino makes a wide variety of foods to serve any gluten-free need.



Greenhouse Plant-Based Almond or Oat Milk

6.99

946ml
Plus Deposit & Eco Fee

Organic, glass-bottled dairy-free choices to bring to your breakfast table.

Silk Dairy-Free Beverages & Creamers



Creamers

2.99

473ml

Beverages

4.49

1.75L - 1.89L

Plus Deposit & Eco Fee

Silk makes dozens of dairy-free alternatives for every need.

La Tortilla Factory Wraps & Sauces



3.89 to 7.59

Assorted Varieties & Sizes

Every night is taco night with these authentic Mexican wraps and sauces.

Riviera Petit Pots Set Style, Goat or Organic Yogurt



Set Style

4.99

Goat/Organic

5.79

4 Packs

Delicious yogurts packaged in adorable reusable glass containers.

Faith Farms Cheese



5.49

360g - 380g

The perfect cheese for grilling into a sandwich or mixing into some macaroni.

Righteous Gelato & Sorbetto



6.99

562ml

Small batch and plant based gelato made in Canada with only the best ingredients and flavours.

Women's Health Q&A

with RD Annie Tsang



Q Tell us about yourself and why you focus on women's health in your practice?

A Hi! My name is Annie Tsang. I am a registered dietitian and founder of The Nutrition Well Consulting. Although I have seen many clients with various nutritional needs, recently I have been seeing clients seeking support with hormonal health, pre- and post-natal nutrition, and pregnancy nutrition. Since having two kids, I am now even more passionate about focusing my practice on fertility and pregnancy nutrition.

Q What nutrients do women need to pay particular attention to?

A As women, our bodies are constantly changing throughout our lifespan. Besides focusing on balanced eating, iron is one nutrient that needs to be increased particularly during pregnancy but decreased after reaching menopause. As well, folate is important for those of childbearing age, which helps decrease the risk of birth defects. Calcium and vitamin D are also important nutrients for women to help maintain healthy bones and reduce the risk for osteoporosis.

Q Can diet help women diagnosed with polycystic ovary syndrome (PCOS) or endometriosis?

A Although there is no specific diet that can prevent or treat these conditions, certain foods can help manage or lessen the severity of symptoms or long-term complications. I have been diagnosed with PCOS myself and have suffered from irregular cycles for many years. Every woman who has been diagnosed with these conditions might go through different symptoms and risk factors. This is also why I love working with clients individually and guiding them in achieving the best nutritional goals that best fit their needs!

Q Many women in our society often lead busy lives, working, raising kids, caring for family, and more. What advice do you have for busy women to help maintain their overall health?

Easier said than done but putting some 'me' time to focus on our overall mental wellness can have a positive impact on our health!

Some tips on supporting your hormonal and overall health:

- Q
 - Plan for success
 - Batch cook at dinner and store extra meals in your freezers, example: chili, pasta sauces or burritos
 - Fill up a snack drawer with various protein and carbohydrate choices – cheese, yogurt, fruits, veggies, crackers, nuts, seeds, nut butter and more!
- A
 - Schedule some 'break time' for yourself every day even 10 to 15 minutes,
 - Go for a brisk walk by yourself or with a family/friend
 - Close your eyes and just relax.
 - Enjoy a bath for a brief time if you can!
 - Stay nourished and hydrated! You need to eat for energy!
 - Set an alarm to eat something if you know you are going to have a busy day ahead.
 - Keep a water bottle on your desk.



Annie is a registered dietitian who believes food is the nourishment that drives our emotions, energy, and self-esteem. She has owned her private practice, The Nutrition Well, since 2012, and has seen and consulted many clients on women's health.

She has extensive experience in mental health, emotional and disorder eating, gut health, pre- and post-natal nutrition, and hormonal health. She is passionate about her career and would love to help you discover how to eat with awareness, manage cravings, love your body,

and build a peaceful relationship with food. Contact her at www.nutritionwell.ca for a discovery call.

IG: @nutritionwell FB: @nutritionwell
Podcast: <https://nutritionwell.ca/media/>
Contact: info@nutritionwell.ca

Food Choices for Younger Looking Skin

By D'Arcy Furness, RHN, Choices Markets South Surrey

“I really want to look my age”, said no one, ever!

The cosmetic industry would love us to believe that if we just had the right cream or serum, we'd knock ten years off. Topical products can help, but it's what we eat and how we live that are the biggest influencers on how our skin ages.

In the lifestyle category, UV damage and smoking are the top two offenders causing direct DNA damage and oxidative stress. Dietary culprits include deficiencies in anti-oxidants, too much sugar and not enough of the right fats which can cause inflammation.

Here's the anti-aging lineup:

Stay well-hydrated

Our bodies are comprised of 60% water and our skin, 64%. It's pretty easy to see that our skin won't look or act its best when dehydrated.

Increase Your Antioxidants

Up those antioxidants, such as vitamin C, vitamin E, carotenoids and selenium on a regular basis to help our dermis protect itself. For the biggest impact, choose whole foods like red bell peppers, blueberries, spinach, nuts and seeds, watercress, avocado and green tea.

Limit sugars and refined carbohydrates

To avoid “sugar sag”, opt for fresh fruit to get your sweet fix. Fill ½ your plate at every meal with vegetables and choose whole grains and legumes such as quinoa, sorghum, brown rice, chickpeas, lentils and legume-based pastas.

Focus on health promoting fats

Lean into extra virgin olive oil, omega 3 fatty acids from fish (or algae for the plant-based among us), grass-fed butter, avocados, coconut oil and nuts and seeds.

Feed healthy gut bacteria

Feed those healthy gut bacteria with prebiotics such as onions, garlic, onions, leeks, asparagus, barley, oats, flaxseed, and seaweed. Include more fermented foods like kefir, unsweetened yogurt, sauerkraut, kombucha, tempeh, miso.

Celebrate The Pregnancy Glow with an Abundance of Nutrients

By Sharan Malhi, B.ASc. R.H.N. Choices Yaletown

What is the best thing about being pregnant? You've got that glow, your skin is brighter and feels extra flushed, all due to the amazing nutrients fueling your body and baby within you. There's an increase in your blood volume, your belly is expanding, milk is being prepared with your hormones controlling the master plan. Your body is doing a lot during this time, but how can you also feel your absolute best?

Fill in these blanks below to see which foods are the most nutritious for a growing baby and a healthy mother.

- 1 _____ Contains a high amount of folate and helps to prevent fetal defects and pregnancy complications.
- 2 _____ Is a great source of omega-3 fatty acids, which help support brain, eye, and nervous system development and fight off inflammation.
- 3 _____ Are a good source of iron which is important for increasing blood supply during pregnancy.
- 4 _____ This fat-soluble vitamin regulates cell growth and is needed to create hormones.
- 5 _____ Everything in the body requires this as it transports nutrients where they need to go in the body and carries waste products out.

Answer Options: • Leafy Greens • Vitamin A • Banana • Vitamin D • Ground flax • Watermelon • Blood • Water • Lentils

Answer Key: 1. Leafy Greens 2. Ground Flax 3. Lentils 4. Vitamin D 5. Water



Grocery Gossip



Earth's Choice Citrus Juice:

Earth's Choice organic and kosher certified citrus juice is 100% juice and doesn't contain any additional water, enzymes or artificial flavours! Citrus juice is a great source of vitamin C, which can help promote the absorption of iron to up to 70%. vitamin C in combination with iron may help prevent symptoms of iron deficiency such as extreme fatigue, brittle nails, and lightheadedness. Get creative and try adding it into dressings or sauces to drizzle on salads, rice bowls or vegetables!

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.

Choice Produce Picks

Fair Trade Grapes:

It's grape season! Come by and indulge in our delicious, organic, Fair Trade grapes from Mexico. Did you know grapes are full of a whole host of important nutrients like fiber, copper, B vitamins, vitamin K, potassium and more? A diet rich in fruit and vegetables containing fiber and antioxidants can help to keep you fuller longer and repair damaged cells. What tastier way to get in these important nutrients than snacking on some juicy grapes!



Assorted Fruit and Vegetable Tray:

In a hurry? Grab one of our assorted fresh-cut fruit and veggie trays locally made in Richmond from a combination of local and imported produce! Health Canada recommends making half of your plate fruits or vegetables to help meet your nutrient needs. We understand you are busy so grab a premade tray that you can use for kids' lunches, dinner parties or an on-the-go snack in a pinch! Find them in the produce section.





Tasty Top Choices Recipe



CARROT CAKE ENERGY BITES

By **Rachelle Duckworth, RD(t), Registered Dietitian**
Choices Markets Kitsilano

Makes 14 Balls

- 1 cup rolled oats
- 1/2 cup Holy Crap Cereal (Maple)
- 1 serving (40g) vanilla protein powder of choice
- 2 medium (~1 cup) finely grated carrots
- 3 tbsp unsweetened shredded coconut
- 1/4 cup crushed pecans
- 2 tsp cinnamon
- 1/2 tsp pumpkin pie spice
- 1/4 tsp sea salt
- 1/4 cup agave or maple syrup
- 1/3 cup cashew or almond butter
- Plant milk/water as needed.

Directions:

1. Combine all ingredients (from the top of the list, down) into a large bowl.
 2. Stir all ingredients together and mix till evenly combined. You may need to use a fork or your hands to evenly incorporate the nut butter.
 3. Add small amounts of plant milk or water as needed until your mixture forms a dough that will easily stick together.
 4. Roll into 14 energy balls.
 5. Optional: combine even parts of sweetener and nut butter together and drizzle on top.
- Keep refrigerated in an air-tight container.



Holy Crap Cereal:

Looking for a nutrient-dense addition to your diet? This plant-based cereal is not only allergen-friendly, but it contains fiber, omega-3s, protein from chia seeds, buckwheat groats and hemp hearts. These nutrients may help promote satiation, stabilize blood sugar, decrease cholesterol, reduce inflammation, and help promote healthy skin, hair and nails. Try throwing this in oatmeal, yogurt, salads or even baked goods!

MAY 1-15 ONLY

wellness centre



Efamol Evening Primrose Oil

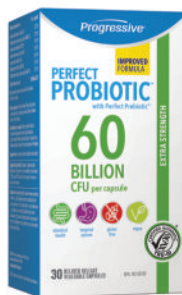
28⁹⁹

90 Softgels

47⁹⁹

180 Softgels

Evening primrose oil is naturally rich in GLA—a skin-loving omega-6 fatty acid that minimizes fine lines, wrinkles and dull skin.



Progressive Probiotics

20% Off

Assorted Varieties & Sizes

Multi-strain formulas with targeted lactobacilli and bifidobacterial potencies that support your entire digestive system.

NutraSea Omega-3 Fish Oil Supplements



20% Off

Assorted Varieties & Sizes

Ultra-pure, great tasting high quality omega-3. Helps support the maintenance of good health, cardiovascular health, brain function and more.



Vega All-In-One Shake

53⁹⁹

834g - 876g

Made from carefully selected, premium, plant-based food ingredients, Vega One™

helps give you the nutritional confidence to live your best life.

Ecoideas Organic Chia Seeds



7⁴⁹

227g

12⁴⁹

454g

Black or White

Chia seeds are considered to be one of nature's richest vegetarian source of omega-3 and fibre.

Allimax



26⁹⁹

30 Capsules

61⁹⁹

90 Capsules

91⁹⁹

180 Capsules

Allimax is a traditional herbal medicine to relieve symptoms of upper respiratory tract infections.

Le Comptoir Aroma Diffusers



20% Off

Assorted Varieties & Sizes

A Line of various eco-inspired diffusers. The perfect gift for Mother's Day.



Aura Cacia Essential Oils & Body Care

25% Off

Assorted Varieties & Sizes

Use Aura Cacia body care products to moisturize skin while enjoying the aromatherapy benefits of your favorite essential oils.



Oneka Shampoo & Conditioner

12⁹⁹

500ml

Made from plants grown on an organic family-owned farm, Oneka is a high-quality, natural product crafted in Canada.

Kelowna Candle Company Candles



20% Off

Assorted Varieties

Ignite your inner glow! Beautiful custom hand made by a proud Canadian and local BC company!

Andalou Naturals & CannaCell Body, Face and Hair Care



25% Off

Assorted Varieties & Sizes

Unlock the power of Fruit Stem Cell Science® and the illuminating qualities of Magnesium Ascorbyl Phosphate (aka vitamin C) to promote skin radiance.

LACC Natural Nail Polish

10⁹⁹

13ml

LACC eco-friendly nail lacquers are 14 toxin-free, breathable & halal, gluten-free, paraben-free, cruelty-free and vegan.



Vitality Glow Collagen

Collagen & Biotin

32⁹⁹
153g

Rose or
Cranberry
Collagen

45⁹⁹
200g



VITALITY GLOW uses sustainably sourced, non-GMO, cold water Canadian caught fish to provide high quality Type I & III collagen.

Type I collagen is the most abundant in marine collagen and in the human body - including the skin.

Marine Collagen + Biotin helps build collagen levels for healthy skin, hair, nails and joints. Premium quality, Canadian marine collagen with vitamin C & biotin.

Virtually taste-free & dissolves easily into beverages, smoothies or food.

Keto Friendly, Canadian Made, All Natural.

Healthology Liv-Great

35⁹⁹

60 Capsules



The liver is the body's most important detoxifier. It is continually working to neutralize toxins so they can be safely eliminated from the body.

LIV-GREAT provides the liver with daily support by boosting its detox capacity and helping to protect it from damage. It contains nutrients and herbs to support both Phase I and Phase 2 of liver detoxification, and it promotes the production of bile to improve the elimination of toxins. It also contains powerful antioxidants to protect and heal the liver from damage.

Natural Calm Ionic Magnesium Citrate Powder

Assorted Varieties

24⁹⁹
226g

41⁹⁹
454g



Everyone needs magnesium! It's an essential mineral that's critical to the health of every organ, muscle, bone, blood vessel, nerve, and each cell of your body.

Yet most of us don't get enough. That's why symptoms of low magnesium are so common, including irritability, depression, anxiety, insomnia, tension, cramps, pain and more.

Natural Calm makes it easier — and more delicious — to get enough magnesium.

Never chalky, lumpy, or fake-sweet, Natural Calm tastes like a soothing fruit tea, with nothing artificial added and no sugar.

Fast-acting, Natural Calm is proven to be more absorbable than other leading magnesium supplements, so you feel the calm quickly.

A.Vogel Echinaforce® Extra

15⁹⁹

30 Tablets



Clinically shown to help prevent and relieve the symptoms of upper respiratory tract infections (URTI) such as the common cold and flu-like episodes. Shortens the duration of URTI. Tablets made from fresh, organically grown echinacea, which is 10 times more effective compared to dried herb. Strengthens the immune system to protect against cold and flu viruses. Can be taken long term. Support the immune system in times of stress, lack of sleep and for smokers. Safe to take daily up to 4 months to prevent colds and flu including pregnant and breastfeeding women.

Phillip Adam Shampoo & Conditioner

12⁹⁹

355ml - 400ml



With a very pure and simple approach of emphasising the natural beauty working with clean, high-performing products led Phillip to creating his original line of hair care products made of all-natural based botanical ingredients with Apple Cider Vinegar (ACV) as a star ingredient. With the success of ACV hair care program and increased customers' demand for natural products that are free of harsh chemicals, Phillip soon extended his product line to skin care and styling products that proved to have the same beneficial effects to skin and hair. Biodegradable, Paraben Free, Vegan, Cruelty Free and Gluten Free. Our products are completely free of any gluten ingredients. SLS FREE Free from SLS (Sodium Lauryl Sulfate) and safe for sensitive skin. GMO FREE

Our products do not consist of genetically modified organisms or GMO produced ingredients.

Sundhed Himalayan Bath Salts

7⁹⁹

850g



Anyone can benefit from an invigorating salt bath. Bathing with Himalayan bath salts cleanses and rejuvenates the skin.

Sundhed's exclusive bath line has a variety of relaxing fragrances for you to indulge your senses. These salts are ideal to relax the body, mind & spirit. They are great to ease sore muscles and increase circulation.

The body's highest energy potential can be observed during a full moon. When a full moon appears it enables the body to absorb minerals and energies at its optimal level. These crystal salts have up to 84 different minerals that can provide unique health benefits to users. Crystal bath crystals will entrench your body with a natural feeling of floating in the pristine oceans while replenishing your skin and body with a newfound aura of sheer pleasure.

MAY 16-31 ONLY

wellness centre



New Roots
Strong Bones

26⁹⁹
90 Capsules

46⁹⁹
180 Capsules

Strong Bones contains the proper form of calcium (MCHA) from New Zealand, with cofactors for immediate absorption for the prevention of osteoporosis.

Natural Factors
Big Friends Vitamins



20% Off

Assorted Sizes & Varieties

Big Friends Children's Chewable Multi provides children with a complete, balanced spectrum of nutrients essential to maintaining optimal health.

Prairie Naturals
ReCleanse



19⁹⁹
1 Kit

ReCleanse Herbal Cleanse is formulated to gently and effectively support your body's natural detoxifying and elimination process.

Sisu Magnesium
Supplements



20% Off

Assorted Sizes & Varieties

Heart & Muscle Support; Magnesium helps relieve muscle pain and weakness and contributes to proper heart function and rhythm.



Strauss
Heart Drops
Original or Cinnamon

79⁹⁹
100ml

159⁹⁹
225ml

Lower blood lipids like LDL cholesterol, stimulate blood circulation and maintain heart health and blood pressure.



Organika
Enhanced
Collagen

27⁹⁹
250g

Relax, Vitality or
Full Spectrum

Relax while you glow! Support growth and recovery of lean muscle mass and joints while building stronger hair, skin and nails.

AnneMarie Borlind
Cosmetics & Facial Care



20% Off

Assorted Sizes
& Varieties

Natural cosmetics with proven efficacy, which we develop from singular raw materials through innovative and sustainable action.

NOW® Solutions
Essential Oils & Body Oils



20% Off

Assorted Sizes
& Varieties

NOW® Solutions' natural carrier oils are a gentle, natural way to maintain smooth, radiant skin.

Acure Facial Care



20% Off

Assorted Sizes
& Varieties

The perfect combination of super nutrients for powerful products that take skin & hair from blah to brilliant.

Sundhed Himalayan
Salt Lamps



20% Off

Assorted Sizes & Varieties

Sundhed salt lamps help refresh the air with negative ions to create a balanced, healthier environment.

Herban Cowboy
Natural Deodorant



9⁹⁹
80g Stick

11⁹⁹
80g Spray

Smell great and feel good knowing your deodorant is aluminum free, cruelty-free and never tested on animals.

Green Cricket



Hand Wash
4⁹⁹
300ml

Body Wash & Lotion
10⁹⁹
227ml

Our foaming hand washes are good for both you and the environment! 100% natural. Cruelty free. Vegan.

Newco Brocco Fusion Sulforaphane Supplements & Bodycare



20% Off

Assorted Sizes & Varieties

Sulforaphane is a naturally occurring nutrient found in cruciferous vegetables and the highest concentration is found in broccoli sprouts. BroccoFusion® Sulforaphane Ointment provides deep down moisture for trouble spots. This multi purpose ointment will help reverse the visible signs of aging, reduce the appearance of age spots, minimize dark circles under the eyes, hide acne and protect against the drying effects of the sun and more!

Harmonic Arts Pine Pollen

27⁹⁹

50g



Pine trees produce a high volume of pollen every spring, blanketing the ground and acting as fertilizer for all the plants in its ecosystem. We could call pine pollen a spring tonic for the forest itself. It has been consumed as a food by many native tribes in North America and is considered one of nature's most nutrient dense substances. Pine pollen is an excellent source of flavonoid groups, antioxidants, vitamins, and minerals - making a nice addition to your superfood kitchen. Historically, pine pollen use has been well documented and traditionally used for a variety of conditions, most notably balancing hormones and having an adaptogenic effect on the body. With over 200 bioactive nutrients including 20 amino acids, pine pollen is a powerful superfood and has been consumed as a powerful nutrient source for over 2400 years.

Junglista Natural Bug Spray

9⁹⁹

60ml



Many mainstream remedies can make you feel a bit better but overall worsen the human condition. Ethical products that are ethically made are good! We make Junglista because we want a safe, natural product for our personal use, for our friends, and for our families. It would make us very happy if it works for you, too.

Junglista is special formulated from natural ingredients for the outdoor enthusiasts who are simply exhausted from non-stop flailing. Formulated with naturally derived ingredients.

- non-toxic
- biodegradable
- deters Mosquito, Ticks, Fleas, Lice, and Bedbugs

AOR Melatonin DualCap

23⁹⁹

30 Capsules



Working in concert with your body's

circadian rhythm, melatonin is a hormone the body creates that tells you when it is time for bed and it is also an antioxidant used by the body. Many people are affected by poor sleep or a lack of sleep. This can lead to complications for the body, from depleting energy, to lowering productivity and affecting diet and exercise routines.

- Sleep aid with sustained release.
- Helps to reduce/speed up time it takes to fall asleep
- Melatonin lasts through the night
- Helps to reduce the effects of jet lag

Smart Solutions Adrenasmart

22⁹⁹

90 Capsules

40⁴⁹

180 Capsules



Adrenasmart protects against stress related symptoms of fatigue, irritability and inability to focus. It promotes feelings of well being and restful sleep.

Supports cognitive function and physical stamina. Helps reduce the symptoms of stress such as fatigue, sleeplessness, irritability, and inability to concentrate.

Helps reduce cortisol and C-reactive protein levels, the biomarkers of physical stress. Supports cardiovascular health

Purica Pet Curcumin+ Extra Strength

39⁹⁹

60 Chewables



From the makers of PURICA

Pet Recovery and PURICA Pet Immune comes a powerful antioxidant and anti-inflammatory that delivers joint health and immunity support for dogs, cats and other small animals.

- Potent antioxidant blend
- Optimizes immune system
- Supports healthy joints and flexibility

Main Uses:

- Injury • Joint pain • Post-surgical recovery



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604.875.0099

Kerrisdale

1888 W 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

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604.541.3902

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604.522.0936

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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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