



CHOICES'

Monthly Newsletter | August 2022

FUN IN THE SUN!

Say Cheese! Bocconcini

Stay Hydrated!

The Best of BC Produce



Buying Local

At Choices, we've always been big on buying local and supporting the communities we live in. More than ever, we're looking to help out the growers and producers who live in our communities.

Help out your friends, neighbours and family members by buying BC and Canadian made products, and we'll all be better off for it.



Buying Local. What's in Season?

BC is home to some of the greatest fresh produce in the world! So what's in season this month for those of us who love to eat local

August Veggies	August Fruit
Artichokes, Beets, Broccoli	Apples, Apricots
Cabbage, Carrots, Cauliflower, Corn	Blackberries, Blueberries, Cherries
Cucumber, Fennel, Garlic, Kale	Pears, Plums, Peaches
Potatoes, Radishes, Shallots,	Nectarines, Strawberries
Spinach, Summer Squash	
Tomatoes, Zucchini	



SAY CHEESE!

Bocconcini Cheese



Bocconcini means “little bites” or “morsels” in Italian.

They are small balls of stretched Mozzarella, perfectly bite sized. They are traditionally about the size of an egg, but are available in smaller sizes as well. Who doesn't love foods that can be enjoyed in a single bite?

Bocconcini was first made from Italian water buffalo milk and has mostly changed to cows milk over time, although the original version is still available. Packed in water, these snack size balls of fresh cheese have a mild, milky taste and a stretchy, chewy texture which pairs well with countless dishes.

We at Choices Markets have recently launched a new line of marinated Bocconcini products to help take the guess work out of meal time. Our team works hard to turn our dreams into your reality, and it all pays off when we are able to present delicious treats like these.

Basil Pesto Marinated Bocconcini:

It hardly gets more Italian than this fantastic flavour, with house made Basil Pesto and fresh Bocconcini.

This tasty treat is perfect for pasta or pasta salad with Italian olives and dressed with a rich olive oil.

You can also serve on a fresh fruit platter, pairing perfectly with watermelon and stone fruits such as plums, apricots and peaches. It also works great with berries! Put together a plate and share with your friends, if you can stop yourself from sampling it all first.

Honey Cilantro Marinated Bocconcini:

Summer snacks ask for a certain brightness that will be found here in abundance. Light enough to shine, yet packing enough protein to round out your favourite summer salad with quinoa and strawberries.

This would also make an excellent addition to breakfast bowls with fruits like apples, cantaloup and honeydew melon. For a hearty option, serve it as an accompaniment to grilled chicken and barbequed veggies. Try it at your next lazy afternoon patio lunch and thank us later.



Chimichurri Marinated Bocconcini:

A more assertive flavour than the other two, this delicious cheese can stand up to stronger pairings like the red onion in a nice Greek salad. It would be right at home in a power bowls, or melted into a grilled cheese tomato sandwich. If its closer to dinner time, add it to a baked potato with a steak or the grilled meat of your choice. In the morning, if there is any Bocconcini left, play around with a breakfast bagel sandwich and start your day with a little luxury.

You can find our new Marinated Bocconcini and many more wonderful ingredients in the Deli at your local Choices Markets.

The Best In BC Summer Produce

by Kelsey Moore, RD



Arugula

Arugula is a versatile bitter green that pairs well with foods like almonds, basil, goat feta, clams, corn lemon, and fennel. Adding arugula to your diet is a great way to mix up your regular greens rotation and get a variety of nutrients like vitamin A, calcium, and magnesium. It works well mixed with other leafy greens or on its own as the base of a salad.



Peaches

We all know Naramata is home to a sea of grapes, but did you know it is also known for its delicious sweet seasonal peaches? Peaches are no doubt delicious but also an easy way to get in important nutrients like potassium, vitamin A and fibre. Peaches make a great base for a summer dessert, try making your own peach pie. In a pinch? Check our bakery for an absolutely delicious peach pie, while supplies last!



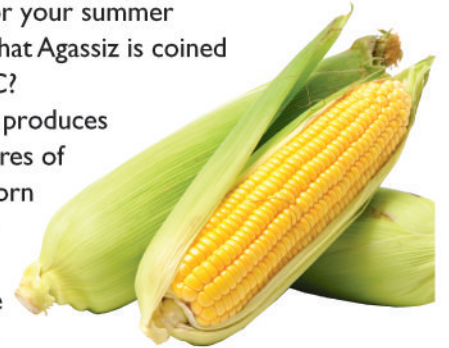
Melons

It's melon season! Did you know that melons are grown in BC in the summer? Melons are high in a host of nutrients like folate, vitamin C, vitamin K, potassium and more. Consuming fresh BC melons this summer is one way to help ensure you are getting a wide variety of micronutrients to meet your needs. A great way to enjoy a refreshing melon-chop and freeze, once frozen blend with soda and a dash of mint; sip and enjoy on a hot summer's day!



Corn

We've been waiting all summer, but it's finally time to enjoy that great BC corn for your summer bbq. Did you know that Agassiz is coined the corn capital of BC? Every year, BC alone produces upwards of 30,000 acres of corn! Our summer corn recommendation: try roasted corn on the bbq, remove from the cob and mix it into a fresh summer corn salad.



Kale

First time gardener? Well, Kale may just be one of the easiest first-time vegetables to grow in your home garden, even if you don't have a green thumb! Kale planting season typically starts in spring or early summer, so if you've missed the boat this year, try experimenting with different varieties from your local grocery store like black, red or baby kale. All kales are rich sources of Vitamin A, K and C, and a great vessel for getting other nutrients in when used as a salad base. Try adding a fruit, protein, fat and crunch element to your kale salad to make it a tasty, yet filling summer salad.



the Dish

On Basil



With summer here, we should all have a few plants of basil growing in our garden or even windowsill pots. Though there are dozens upon dozens of exotic basil cultivars, most of us just grow the familiar sweet basil we all know and love. For that reason, let's focus on the similar tasting sweet basil varieties for this issue of the Dish.



When growing your own basil plant, make sure to trim off any flowers that may start budding. This will promote the growth of more of those wonderfully aromatic leaves, at least until the weather turns cold. Basil loves sunlight and well-drained soil to mimic the Mediterranean climate that it grows so well in (though the plant is originally an Asian import). It's good for everyone to keep a basil plant, since basil should be used fresh to keep that wonderful aroma intact. Dry basil is really no substitute for fresh since it has a closer flavour to dried hay than actual basil.

Fresh made pesto, made with parmigianno reggiano, fresh garlic and good extra virgin olive oil tossed on fresh pasta, is one of life's greatest joys for me. I love to put pesto on everything, to be honest. I mix it with mayo for my sandwiches, or as a dressing for salad. I especially love it on a hot or cold potato or rice salad as a dressing. I'll marinate fish or seafood in it as well. And there's nothing quite as wonderfully delicious as a slice of fully ripe heirloom tomato with a leaf of basil, extra virgin olive oil and salt and pepper. Add fresh bocconcini, buffalo mozzarella or burrata for a complete Italian meal.



When adding basil to your sauces and soups, always wait for the last minute to get the most of the aromatic oils in the leaves. Make refreshing chilled vegetable soups with fresh basil for an unexpected summer delight. Why not experiment with basil in drinks? Swap out mint for basil in your mojito or bellini, or throw a leaf in your martini. If you love the taste of fresh basil as much as I do, you could even try adding it to a sorbet or salsa.

In the unlikely event you don't use all your summer harvest of basil, it's easy to stock it up and keep it easily accessible through the fall and winter. Simply portion it out into an ice cube tray in small amounts, fill it with olive oil and put it in an airtight container in the freezer. Pop a cube out whenever you need to cook up a reminder of that summer freshness. Enjoy the summer sun, everyone, and make the best of basil!



As you're reading this, Chef Antonio is probably enjoying a basil mojito in a hammock in the sun. If not, he's creating amazing recipes for you to try every day in our Choices Delis. He's also getting excited for his cooking seminars to start up again this fall. Stay tuned for details to come.



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.

AUGUST 1-15 ONLY

club specials



GT'S Organic
Raw Kombucha

3.49

480ml
Plus Deposit & Eco Fee

The original kombucha brand that started the kombucha craze.

Zevia Zero
Calorie Soda



5.49

Selected Varieties
Pkg. of 6
Plus Deposit
& Eco Fee

Sweetened with stevia for a clean, natural taste.

La Croix Natural
Sparkling Water



5.49

Selected Varieties
Pkg. of 8
Plus Deposit
& Eco Fee

Refreshing and ideal for a hot summer's day.



Harmless Harvest
Organic Coconut
Water

5.49

473ml

9.99

946ml

Plus Deposit
& Eco Fee

With no extra ingredients, our coconut water is the closest you can come to drinking straight from a coconut.

Righteous
Gelato & Sorbetto



6.99

Selected
Varieties
562 ml

Made in small batches.
Proudly Canadian.
Gluten-free.

Spudsy Sweet Potato Fries
& Puffs



3.99

Selected
Varieties
113g

Indulge your savoury or sweet yearnings with vegan, gluten-free, kosher, non-GMO Sweet Potato Puffs.

Terra Breads
Granola



Selected Varieties

Pure Crunch

6.99

340g

Original & Spiced

7.99

454g

Enjoy with Yogurt, Milk or Cream or on its own as a Great Trail Mix Snack.

Silk True Almond
Beverages



2.99

Selected Varieties
946 ml
Plus Deposit
& Eco Fee

Pour it in cereal, use it in your favourite recipe or sip it from a glass. The world is your almond!

Barbara's Puffins
Cereal



3.99

Selected
Varieties
283g - 312g

This cereal is delicious, nutritious and great for the whole family.

Liberté
Greek Yogurt



5.99

Selected
Varieties
750g

Luxuriously smooth yogurts for elevated recipes, or simple off-the-spoon enjoyment.

Annie's
Macaroni
& Cheese



1.99

Selected Varieties
149g - 170g

Deliciously cheesy and made only with wholesome ingredients.

V.I.P. Ultra Biodegradable
Laundry Detergent



**BUY 1
GET 1
FREE**

Liquid, 2.95 L

Locally and sustainably made in BC.

AUGUST 16-31 ONLY

club specials



Mateina Organic Yerba Mate

2⁹⁹

Selected Varieties
355 ml
Plus Deposit
& Eco Fee

The chemical composition of mate awakens your body and mind in a unique way that keeps you alert, focused, and calm.



Kirk's Sparkling Kefir

4⁴⁹

330ml
Plus Deposit
& Eco Fee

Kirk's Kefir is 100% vegan, dairy-free, and contains billions of living probiotics in every bottle to support wellness and digestion.

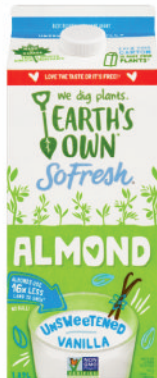
Siete Grain Free Tortilla Chips



3⁹⁹

142g

Paleo friendly, grain free tortilla chips made with simple ingredients like cassava flour.



Earth's Own & So Nice Almond Beverages

3⁴⁹ to 3⁹⁹

1.75L - 1.89L
Selected Varieties
Plus Deposit & Eco Fee

100% plant-based and amazing taste for hype worthy almond milk!



Nature's Path Organic Cereal

8⁹⁹

Selected Varieties & Sizes
Eco Pac

Larger recyclable bags of delicious cereals to keep your family fed sustainably!

La Tortilla Factory Wraps



30% off

Selected Varieties and Sizes

Every night can be taco night with these delicious Mexican tortillas.

Nuts to You Almond Butter



8⁹⁹

Selected Varieties
365 ml

With nothing but whole almonds inside, you'll go nuts for this almond butter!

Liberté Greek or Méditerranée Yogurt



3⁴⁹

Selected Varieties & Sizes

The perfect serving size for on the go protein.

Beyond Moo Oat Based Yogurt & Drinkable Yogurts



Drinkable Yogurt

1⁷⁹

180ml

Yogurt

4⁴⁹

550g

Delicious and creamy oat-based yogurts and kefirs.



Carbone Premium Pasta Sauce

8⁹⁹

Assorted Varieties
660ml

From the chefs of our award winning restaurants to your kitchen.

Culcherd Organic Plant Based Cheese Alternative



9⁹⁹

Selected Varieties
115g

Plant-based products that satisfy the melty, gooey, tanginess of dairy based-cheeses.

Kinnikinnick Gluten-Free Products



2⁷⁹ to 4⁴⁹

Selected Varieties & Sizes

The best in safe and scrumptious gluten-free products.

Benefits of Staying Hydrated

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

If there is a season that re-introduces us to our love of water, it is surely the summer, as we sweat and frolic in the sun more than usual, we need to make sure we are replenishing the water and electrolytes we lose.

Hydration is more than just consuming water. It is consuming water along with the right nutrients for proper absorption to keep the water balanced both inside and outside the cells.

Fun fact: water makes up about 60% of your total body mass, this equates to 10-13 gallons of water for an average person!

Being adequately hydrated helps your body fulfill the following functions:

- Oxygen delivery to cells
- Mobilize and lubricate bones, joints, and your organs.
- Flushing out toxins (skin and digestive system)
- Maintaining electrical properties in and out of cells

Electrolytes are minerals that conduct electrical charges in your body and they include:

- Sodium • Chloride • Potassium • Magnesium • Calcium



Try these electrolyte rich drink recipes when enjoying a hot day out in the sun:

Tasty Top Choices Recipe



Lemony-Coconut Refresher

Ingredients:

- 1 cup coconut water
- 1 cup filtered water
- 1 tablespoon raw honey
- 1 lemon juiced
- 1/8 teaspoon sea salt

Stir & Serve



Tasty Top Choices Recipe



Minty-Watermelon Refresher

Ingredients:

- 1 1/2 cups water
- 1 cup diced watermelon
- 4 mint leaves
- 1 lime (1/4 cup) juiced
- 1/8 teaspoon sea salt

Blend & Serve



Fun In The Sun!

By D'Arcy Furness, R.H.N., Choices South Surrey

Who doesn't love the warm sun on their skin, the briny smell of the ocean, the sound of seagulls and the magical lull of the wind and waves?

The only thing better than a day at the beach is a day at the beach with a picnic lunch or dinner! Fish and chips at the beach were a family favourite of ours growing up. I can still feel the grit in my mouth from the sand in our take-out fish and chips at Kits beach many years ago. While beach fish and chips and other snack shack items are great options on occasion, packing our own food is healthier and way more cost-effective.

Here are some super quick, above-average yum factor meal and snack ideas to help you make the most of this somewhat fleeting time of year.

Grab your cooler and sunscreen and head to the shore!

Oh and don't forget your water bottle – you'll want to stay well-hydrated while enjoying the surf.

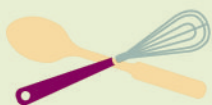
- **Pasta or grain salad** – check out all the options in one of our delis!
- **Fruit salad** – an easy make ahead, include watermelon for hydration, mint for freshness and orange sections for vitamin C.
- **Chocolate Brownies** for a non-melting chocolate treat – because, well, brownies!
- **Peeled hard boiled eggs** – a great, fast protein hit, easily rinsed if it rolls into the sand.
- **Hummus** and cut up veggies.
- **Easy Charcuterie**- cheese cubes, olives, pickles, crackers, meat slices.
- **Trail mix** rich with a variety of nuts, dried fruits and coconut chips for added crunch and satiating healthy fats.

Choices offer a great selection of pre-made mixes!

Pack some homemade iced tea alongside your water bottle – try peppermint for an instant pick-me-up and digestive aid while picnicking.



COOK IT UP



Buttermilk Pancakes with Terra Breads Pistachio Granola and Granny Smith Apples

Makes about 10 Pancakes

Pancakes:

- 1 cup all-purpose flour
- 1 Tbsp. sugar
- 1-1/4 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. sea salt
- 1 cup buttermilk
- 1 large egg
- 1-1/2 Tbsp. unsalted butter, melted and cooled
- 1 Granny Smith Apple, peeled, cored and grated

Toppings:

- Terra Breads Pistachio Granola
- Plain yogurt
- Maple syrup

Directions:

- Whisk together the flour, sugar, baking powder, baking soda and salt.
- In a separate bowl, whisk together the buttermilk, egg and melted butter.
- Pour the wet ingredients into the dry ingredients.
- Stir gently until the ingredients are just combined.
- Fold in grated apple; batter should appear slightly lumpy.
- Let the batter rest for 10 minutes while heating griddle or skillet.
- Heat a griddle or a large skillet over medium heat.
- Lightly oil the griddle.
- Pour 1/4 cup of the batter onto the griddle for each pancake, space about 1 inch apart.
- Let cook until bubbles rise to the surface and the edges look dry, 1 to 2 minutes.
- Flip the pancakes over and cook until the second side is nicely browned, about 1 minute more.
- Pancakes can be served immediately or held in a 200°F oven until ready to serve.
- Top warm pancakes with Terra Breads Pistachio Granola, plain yogurt and maple syrup.





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.

Grocery Gossip

SweetMonk:

SweetMonk is a natural, zero-calorie sweetener that is 100-250 times sweeter than sugar. Its intense sweetness comes from antioxidants called mogrosides, which may help promote weight loss and blood sugar control. SweetMonk contains 100% monk fruit extract and is free from gut-irritating components, making it appropriate for those with irritable bowel syndrome (IBS). Try SweetMonk in your next cup of coffee or stir it into your favourite unsweetened yogurt!



Fresh Produce

Blackberries:

Blackberries are one of many fruits that are native to BC. The shiny black berries ripen over a few weeks, yielding a flavourful and nutritious addition to your diet. Blackberries are packed with beneficial vitamins and minerals, fibre and antioxidants, which support overall health, promote a healthy gut microbiome and may yield anti-inflammatory and antibacterial effects. Enjoy blackberries in a smoothie, baked goods or tossed in a salad!

Fresh Produce



Warba Potatoes:

Warba potatoes are a seasonal potato grown right here in BC. Potatoes are a good source of potassium and an excellent source of energy. They can be enjoyed hot or cold, and given the heat, a cold potato dish is a great summer side dish option. Enjoy this first-of-the-season potato in a fresh summer creamy potato dill salad or a cold potato soup.

Fresh Produce

Apples:

Did you know ~98% of BC apples are produced in the Okanagan and Similkameen Valleys? The dry weather and high sunlight levels in the interior are ideal for apple colouring and yield. Apples are a good source of soluble fibre, which helps slow digestion and contributes to increased feelings of fullness. Looking for a fun, innovative way to incorporate apples into your diet? Try this healthy caramel apple nachos recipe!



Tasty Top Choices Recipe



Caramel Apple Nachos

By: *Rachelle Duckworth RD*

Serves 1

Ingredients:

- 1 - Large apple of choice, cored sliced thinly
- 2 - 4 tbsp date caramel

Toppings:

- Mini Dark Chocolate Chips
- Chopped nuts or seeds (peanuts, almonds, walnuts or hemp hearts)
- Shredded Coconut
- Cinnamon

Date Caramel (makes about 1 1/2 Cups):

- 1 cup pitted medjool dates, soaked
- 1/4 cup natural nut or seed butter of choice
- 1 tsp vanilla extract
- Pinch of salt

Directions:

Prepare your apple slices and place them evenly on a plate

Prepare your date caramel:

- Soak your pitted medjool dates in boiled water for 10-30 minutes.
- Drain them, then add to a high speed blender or food processor, along with your nut/seed butter, plant milk, vanilla and salt.
- Blend till your mixture is smooth and there are no chunks remaining. You may need to take a spatula to scrape down the sides as necessary.
- Store in the fridge in an air-tight container.

Drizzle your apples with your date caramel and sprinkle on your desired toppings (mini chocolate chips, crushed nuts, cinnamon).



AUGUST 1-15 ONLY

wellness centre



CanPrev
Beauty
Supplements
20% Off

Assorted
Varieties & Sizes

Helps improve the appearance of skin, reduces wrinkles and diminishes fine lines.



Vitality
Time Release
Super Multi+
19⁹⁹
30 Tablets
29⁹⁹
60 Tablets

Packed with 19 essential vitamins and minerals, made with plant fibres to slowly release and support absorption of nutrients.

A.Vogel
MenoForce



22⁴⁹
30 Tablets
53⁹⁹
90 Tablets

Helps to relieve hot flashes, difficulty sleeping, physical and mental exhaustion, moodiness and difficulty concentrating.



SierraSil
Joint Formula
Supplements
20% Off

Assorted
Varieties & Sizes

Research shows SierraSil Joint Formula 14™ supports joint, cartilage and muscle function.

New Chapter
Fermented Iron Complex



37⁹⁹
60 Tablets

Helps form red blood cells, support energy & reduce fatigue caused by low iron. Gentle on your stomach and 100% Vegetarian!

Genuine Health
Kids Vitamins
& Supplements

18⁹⁹
Fermented Superfood
88g



22⁹⁹

Probiotics or
Omega-3 + VitaminD
30 Chewables
or 150ml

Boost, build and balance your child's nutrition with Genuine Health-y kids in partnership with Joyous Health.



Boiron
Arnicare
12⁴⁹ to 13⁷⁹

Cream, Gel or Sports Tabs
Selected Sizes

Arnicare Gel is a homeopathic medicine for the relief of muscle and joint pain.



Aeryon Wellness
Water B Gone
32⁹⁹
60 Tablets

Water B Göne support supplement reduces water weight and bloating.

EpsomGel Pain Relief &
Natural Epsom Salt Bath
Products



20% Off

Assorted
Varieties & Sizes

Pure essential oil bath for men and women. Our Natural Epsom Salt is extracted from an ancient underground deposit.



All Good
Body Lotion
& Suncare
25% Off

Assorted
Varieties & Sizes

Made from organic, botanic ingredients and never greasy, oily, or watery.



Island Essentials
Shampoo &
Conditioner
15⁹⁹
450ml

Our sulfate-free herbal shampoo & conditioner uses only organic & natural ingredients in 3 amazing scent choices.

Dom's
Natural Deodorant



17⁹⁹
50ml

100% Natural 85% Organic Vegan + Cruelty Free. All day odor control.

Sisu Ester-C Energy

Boost

1.99

Pkg. of 3 Sachets

17.49

Pkg. of 30



Your daily dose of get up and go – Sisu Ester-C® Energy Boost! Energy-Boosting Formula; Added B vitamins for improved energy metabolism and electrolytes for better hydration. Immune Support & More; This antioxidant-rich Ester-C formula provides 24-hour immune system support, improves hydration and boosts metabolism. Well Retained; Clinical studies show that Ester-C increases vitamin C levels in the body for up to 24 hours. On-The-Go Convenience; just add to water to benefit from the vitamin C, B vitamins, electrolytes, calcium, magnesium and trace minerals in each serving. Low Calorie & Delicious; Naturally sweetened, low-calorie vitamin C drink mix with all-natural flavours; Vegan, non-GMO formula contains no dairy or gluten. Energize your tastebuds with Pina Colada, Orange, Wildberry, or Lemon-Lime. We've also got all 4 flavours in a variety pack.

Organika Effervess Marine Collagen

7.99

14 Tablets

61.99

Pkg. of 8



Make your collagen water anywhere, anytime. Effervess makes the most out of your water by boosting it with premium hydrolyzed marine collagen and vitamin C in a fun and fizzy way. Our premium hydrolyzed marine collagen is sourced from the skin of wild-caught codfish, making it highly bioavailable for beauty. Hydrolyzed collagen, combined with vitamin C, provides the body with free amino acids while stimulating production of new collagen in the skin, hair, nails, or wherever the body needs it most.

AquaOmega Kids Omega-3 Gummies

28.99

60 Gummies



AquaOmega's High DHA Omega-3 gummies provide fatty acids which are a crucial component of a healthy diet. EPA & DHA are especially important for children, as they play a key role in growth and development and are associated with numerous health benefits. Omega-3s may improve brain function and mood in children — in particular, learning, memory, and brain development. Research finds DHA may help preserve your vision, which helps children focus and participate in the classroom. Supplementing with Omega-3s can decrease sleep interruptions, averaging nearly 1 more hour of sleep per night.

- Gelatin Free • Great Taste
- No Artificial Colours or Flavours

Living Alchemy Stress Less

42.99

60 Capsules



STRESS LESS a one-of-a-kind formula that includes multiple fermented activated adaptogens targeted to support the adrenal system to respond to stress. We've also included a special nervine herb that promotes calmness to the nervous system; together these herbs give you the synergistic solution you need, in times you need it most

- Reduces High Stress Levels
- Relieves Restlessness & Nervousness
- Optimizes Cognitive & Nerve Function
- Energy & Adrenal Support

Garden of Life myKind Organics Sleep Well Spray

26.99

58ml



Need help relaxing so you can fall asleep quickly? The ingredients in myKind Organics Sleep Well are designed to do just that. We've combined L-Theanine from Organic Green Tea Extract, a powerful amino acid clinically researched to promote relaxation; with relaxing herbs like Organic Lemon Balm, Hibiscus and Chamomile to help you fall asleep. myKind Organics Sleep Well Spray—and the entire line of Herbals—is Certified USDA Organic and Non-GMO Project Verified ensuring these herbals are clean and grown without toxic pesticides, herbicides or fungicides. We also use an Organic, Non-GMO Verified extraction method so no harsh chemicals or conventional corn alcohol are used.

New Roots Ox Bile

38.99

60 Capsules



Ox bile is known to help increase bile flow. It is useful for individuals who have had their gallbladder removed, for age-related or health-related declines in bile production, and for bile-acid synthesis disorders. Bile breaks down fats into fatty acid components in food, for improved intestinal absorption and assimilation. This makes it a critical digestive agent for both animal and plant-based fats, and other nutrients.

AUGUST 16 - 31 ONLY

wellness centre

New Roots Wild Omega-3



20⁹⁹

60 Softgels

37⁹⁹

120 Softgels

Molecularly distilled, pharmaceutical-grade, pure fish oil sourced only from anchovies and sardines.

Big Friends Vitamins and Supplements



**20%
Off**

Assorted Sizes
& Varieties

Provides peace of mind that your children are receiving the nutrients they need for good health and physical and mental development.

Natural Calm Magnesium



27⁹⁹

226g

44⁹⁹

454g

This essential mineral doesn't just make us feel calmer, more rested, and ready to take on the day. Magnesium is also key for heart health and total wellness for men, women, and children of all ages.

MegaFood Baby & Me 2



55⁹⁹

60 Tablets

With nutrients in their safe and gentle whole food form, this comprehensive prenatal formula is gentle on the stomach.



Bio-Strath

26⁹⁹

100 Tablets
100ml or 250ml Elixir

Helps promote well-being by decreasing fatigue and support the body during periods of physical and mental stress.

Harmony Ki Cold & Flu Attack or My Sleep



Harmony My Sleep is a unique & natural multi herb formula to induce sleep and relieve restlessness.

Homeocan Traumacare

10⁹⁹

60 Capsules

18⁹⁹

50g Cream



Traumacare cream provides effective relief for: muscle pain, joint pain, inflammation and minor injuries such as sprains and contusions.



Bio-K Plus Probiotic Capsules

**20%
Off**

Assorted Sizes & Varieties

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



Green Cricket Hand Wash

5⁹⁹

300ml

Body Wash & Lotion

11⁹⁹

500ml

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



Weleda Face & Body Care

**20%
Off**

Assorted Sizes & Varieties

Nourish your skin with rich plant oils that brighten your spirit and calm your mind.

Prairie Naturals Hair Care



Shampoo & Conditioner

11⁹⁹

500ml

Hair Serum

21⁹⁹

100ml - 120ml

Coconut Breeze Smoothing Shampoo is a protein-rich cleanser that nourishes the scalp while repairing split ends and reducing breakage.



Silver Earth Paste Mineral Toothpaste

9⁴⁹

113g

We started with hydrated Redmond Clay® and added xylitol, essential oils, Real Salt®, and nano silver until we landed on the perfect Earthpaste formula.

New Roots Children's ADHD Balance Cognitive Support

32⁴⁹
120 Softgels



Children's ADHD Balance can play a foundational role in managing symptoms associated with ADHD in children. It also helps support brain function, as well as eye and nerve development. The convenient, chewable softgels have a mild lemony taste, without sugar or artificial flavours. They consist of wild omega-3 and certified organic evening primrose oil. Together, these provide a combination of EPA, DHA, and GLA shown to relieve symptoms of ADHD in children.

Sproos Beauty Collagen

36⁹⁹
283 g



Sproos® Beauty Collagen is a synergistic combination of collagen and other active ingredients designed to work meaningfully from within to enhance your skin and hair health. Add a scoop to water for a refreshing daily beverage and your skin and hair will thank you!

- Citrus green tea flavour
- 7 g of wild-caught marine collagen per serving
- 6 active ingredients (collagen, organic acerola, hyaluronic acid, zinc, silica, biotin)
- 0g sugar
- Light, refreshing beverage
- Just add one scoop to water

Nutiva Organic Plant Protein Superfood Smoothie

44⁹⁹
Chocolate or Vanilla
620g



Our Organic Plant Protein Superfood Smoothie is everything you want in a protein drink: high-protein, vegan, nutrient dense, non-GMO, gluten-free and grain-free, with no added sugar. Its smooth texture and clean flavour make it equally delicious blended with fruits and veggies or with water. Scoop. Shake. Enjoy. Then get on with your day. Available in vanilla and chocolate flavours.

Our Organic Protein Superfood Smoothie offers a complete plant protein blend derived from pea, pumpkin, hemp, and sunflower. It's an excellent source of vitamins from fruits and vegetables. And it includes probiotics. It's made to taste great, without added sugar, gluten, soy, grain or wheat.

Purica Immune 7

26⁹⁹
60 Capsules
49⁹⁹
120 Capsules



Our specialized organic mushroom products optimize Nature through full spectrum processing and micronization. Immune 7® is a potent—yet safe—dietary supplement that may be used alone, or in combination with mainstream treatments. Our strictly controlled organic methods of mushroom cultivation ensure that our products are of the highest possible quality. The end result requires no irradiation, is always GMO-free, and far exceeds the original potency. Potent blend of extracts from six medicinal mushrooms, Organic and GMO-free Mushrooms. Proprietary whole-mushroom complex includes mycelium, fruiting body, spores and primordial/extracellular compounds. Micronization improves the potency by five to ten times by unlocking active compounds from the indigestible fibrous structure. Contains Nutricol®—our proprietary blend of super-strength antioxidants.

Healthology Gut-FX Formula

35⁴⁹
180g



Healthy digestion is the foundation of a healthy body, and a healthy colon plays a key role in your overall digestive health. GO-LAX provides a gentle, effective solution for occasional constipation.

- GO-LAX provides a gentle, effective solution for occasional constipation.
- It works to hydrate and soften the stool, promote peristalsis, soothe the gut lining, and promotes bowel movements
- Non-habit forming, non-purgative formula

NewCo BroccoFusion Sulforaphane & BroccoSpa Face and Body Care

20% Off
Assorted Sizes &
Varieties



When our skin is healthy, light reflects off the rich colour below the surface enabling it to literally glow. But when skin is dry, its surface becomes uneven and rough. BroccoFusion® Sulforaphane Ointment provides deep down moisture for trouble spots. Our complex formula that was featured on the Oprah Winfrey Network, will help reduce signs of aging, reduces the appearance of age spots, protects against drying effects of the sun and abuse of the elements, hides acne, and skin blotches, improve the texture of the skin and more!



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Kerrisdale

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Yaletown

1202 Richards St, Vancouver
604.633.2392

Commercial Drive

1045 Commercial Dr, Vancouver
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Kelowna

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604.541.3902

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604.744.3567

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Eco Audit

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