



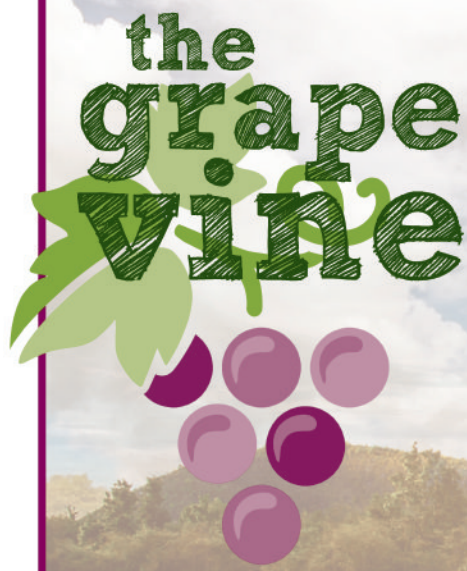
CHOICES'

Monthly Newsletter | January 2023

The Dish on BEANS

Busting Food Myths

Eating Intuitively



Happy New Year

Happy New Year to all of our customers!

We hope that your 2023 is filled with achieved goals, delicious food and good health.



What's Trending in 2023

Yaupon



Upcycled pulp



Sustainability At The Forefront



Nostalgic Treats



Veggie Infused Pastas



Dates In Foods



Supplements For Pets



Chicken and Egg Welfare



Avocado Oil In Snacks



Kelp, The Sustainable Veggie



Mushrooms

the Dish

On Beans



I have never met a bean I didn't like. In fact, they've always "bean" good to me. Beans are very affordable and loaded with nutrition. Protein, fibre, folate, magnesium and iron are just a few benefits of beans. They originated in Central America but have since become a staple food across the globe. There are thousands of bean varieties available, dried, fresh or canned.



Dried beans are simple to cook—but you do need to plan ahead as the cooking time is lengthy. Start by soaking them overnight. Use cold water and set them aside for at least 8 hours. Or use the quick soak method. Pour boiling water over the beans then soak for three hours.

To fully cook the beans, drain them and discard the water. Fill a pot with fresh water and simmer the beans anywhere from 30 minutes to 2 hours. Add salt when the beans are nearly cooked. Beans are done when they're tender but not mushy. Drain as soon as they're cooked then use however you like.



If you can get your hands on fresh beans (other than green and yellow), I encourage you to try them. Pinto, dragon tongue, borlotti, black eyed peas are some you might find around BC. To enjoy them, shuck then simmer in salted water until tender. Because you don't have to rehydrate fresh beans, the cooking time is a fraction of that of dried beans.

Freezing beans is handy. Cook your favourite dried beans in big batches then drain and freeze in bags. Fresh green and yellow beans can be

blanched quickly in salted water then separated into bags and frozen. Other varieties will need to be shucked before freezing, but there's no need to cook them. Throughout the winter, use your frozen beans in soups, stews, salads and more.

Of course, if you're in a pinch, good ole canned beans will do just fine. All you have to do is rinse them well before cooking.



No matter what you choose, beans incorporate easily into so many dishes. Add them to soups, stews and salads for a hearty boost. Puree them into healthy, delicious dips. Incorporate into stuffing, savoury pies and even lasagna. Don't forget dessert. Beans can be made into a sweet bean paste (anko) or can be turned into cakes and brownies.

But I love beans best in pasta e fagioli. This traditional Italian dish is a pasta and red bean stew. It's a combination of pasta (as its name suggests), red kidney beans, fresh herbs like thyme and rosemary, onions, garlic, some bacon (if you like) and a bit of freshly grated Parmigiano Reggiano. You can keep it basic like I suggest here or play around with a recipe to make it your own signature stew.



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



Thursday, January 12th
7:00pm - 8:30pm

Build Your Iron & Your Energy

with Cheryl Grant, President and CEO of Vitality

ONLINE ONLY

*Are you struggling with low energy and iron deficiency?
Join Vitality to learn how to boost your iron and energy to feel your
best naturally!*

**Sponsored
By Vitality**

Free event.

Register online at choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed.



Thursday, January 26th
7:00pm - 8:30pm

Whole Food Nutrition for a Resilient Immune System

with Dr. Miranda Wiley, ND

ONLINE ONLY

*Join Dr. Miranda Wiley, ND to learn about the correlation between
resilience and immunity, and how using whole foods keep us healthy.*

Sponsored: By MegaFood

Free event.

Register online at choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed.



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/



Tasty Top Choices Recipe



Protein Oatmeal Cookies

- 1 scoop LEANFIT vanilla whey or completegreen protein
- 2 cups old-fashioned rolled oats
- ¾ cup whole wheat flour
- ½ tsp baking soda
- ½ tsp ground cinnamon
- Pinch of salt
- 1 cup brown sugar
- ½ cup soft butter
- 2 eggs
- ¼ cup water
- ½ tsp vanilla
- ½ cup raisins (optional)

Directions:

1. In a bowl, stir together oats, flour, LEANFIT protein powder, baking soda, cinnamon and salt and set aside.
2. In another large bowl, beat the brown sugar, butter, eggs, water and vanilla until smooth.
3. Stir the oat mixture into the butter mixture until combined.
4. Optional: Add raisins and mix evenly.
5. Preheat oven to 190°C (375°F).
6. Drop the dough by heaping tablespoonfuls onto a baking sheet lined with parchment paper and flatten slightly.
7. Bake until firm and golden on bottom, about 8 minutes.
8. Let cool on a rack.



Tasty Top Choices Recipe



Heavenly Hummus

- 1 cup chickpeas (or 1 can, rinsed and drained)
- 1 clove garlic
- 2 ½ tsp Organika Broth powder of your choice
- ½ tsp sea salt
- Juice of half a lemon
- 2 tbsp tahini
- 2 tbsp olive oil
- 2 - 4 tbsp water

Directions:

1. Place all ingredients into a food processor or blender, starting with only 2 tbsp of water
2. Begin to mix on medium high
3. Add the additional 2 tbsp of water if needed
4. Blend until you reach a smooth and creamy texture
5. Serve with crackers, cut up veggies, on top of toast or roasted yams.



ORGANIKA
AUTHENTICALLY CANADIAN



JANUARY 1-15th ONLY

club specials

49TH Parallel Coffee Roasters



Assorted Varieties

13⁹⁹
340 g

Exceptional artisan coffee small-batch roasted in Vancouver.

Stash Premium Tea



Assorted Varieties

3⁹⁹
18 - 20 Tea Bags

Relish in the classic, bold flavours of Stash tea.

Bremner's Frozen Fruit



Selected Varieties

4⁹⁹ to 7⁹⁹
300g-600g

Flash frozen at the peak of freshness for a delicious frozen fruit.



Califia Farms Plant Based Beverages

Assorted Varieties

4⁴⁹

1 L
plus deposit and eco fee

These dairy-free beverages are delicious to drink and easy to use in recipes.



Joyya Ultrafiltered Milk

3⁹⁹

1 L
plus deposit and eco fee

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

Prana Organic Granolove



Assorted Varieties

3⁹⁹
300 g

Rich in fibre and an excellent source of protein.

Bio Steel Hydration Beverage



1⁹⁹

500ml
plus deposit and eco fee

The best kept secret in sports hydration is now at Choices Markets!

Sunrise Tofu



Firm
2⁴⁹
500g

Extra Firm
2⁶⁹
350g

Premium tofu made with traditional methods in the heart of Vancouver.

Navitas Organic Turmeric Powder



5⁹⁹
227g

Specifically sourced for high curcumin, the compound that gives turmeric its anti-inflammatory properties.



Covered Bridge Potato Chips

2⁹⁹

120g - 170g

Crunchy chips done up in classic and fun flavours.

Aspen Clean Organic Eco Friendly Products



Cleaners
5⁹⁹
650ml

Pods
10⁹⁹
396g

A healthy home comes along with these organic and eco friendly cleaners.

Caboo Bamboo Bathroom Tissue



Selected Varieties

8⁹⁹
12 Rolls

16⁹⁹
24 Rolls

The tree-free toilet paper!

JANUARY 16-31st ONLY

club specials



GT's Organic
Raw Kombucha

3⁴⁹

480ml
plus deposit
and eco fee

The original kombucha
brand that began the craze!

Smart Sweets
Low Sugar Candy



2⁹⁹
50g

Kick sugar,
keep candy!



Hardbite
Vegetable
Chips

4⁷⁹
150g

A healthier chip option
made with nutritious
root veggies.



Earth's Own
Oat Beverages

Regular Oat

3⁹⁹
1.75L

Naked Oat

4⁹⁹
1.75L

plus deposit
and eco fee

Great oat flavour and an oh-so-creamy
texture make this oat milk a favourite.

Stahlbush Island Farms
Sustainable Frozen Fruit



**4⁴⁹
to
5⁹⁹**

283g - 300g

Sustainably minded frozen fruit for your recipes.

Liberté
Greek Yogurt



3⁴⁹

Pkg. of 2 or 4

Smooth, creamy and decadent, these yogurts are a
great high protein snack.

Zevia O Calorie Sodas
or Energy Drinks



Energy
Drinks

1⁹⁹

355ml

Soda

5⁴⁹

Pkg. of 6

plus deposit and eco fee

Bubbly and refreshing without any sugar!



Pacific
Organic Soups

5⁴⁹

946ml - 1L

High quality soups
perfect for cold days.

Lotus Foods
Rice Ramen Noodles



7⁹⁹

283g

Delicious noodles made of rice and grains from
small family farms.



BSA
Non-Alcoholic
Craft Beer

Selected Varieties

2⁹⁹

473ml

plus deposit and eco fee

Microbrewed artisan beer
flavour, just without
the alcohol!



Carbone
Premium
Pasta Sauce
Assorted Varieties

8⁹⁹

660ml

For a true New York pasta
flavour, trust Carbone.

EcoMax Natural Liquid
Laundry Detergent

Selected Varieties

14⁹⁹

3L



Give your clothing
a powerful plant-based
clean.

3 Nutrition Myths Busted in 3 Minutes

By Skye Moore, UBC Dietetics Student

It has become increasingly difficult to discern between what is fact and myth in terms of food and nutrition. The rise of nutrition misinformation has made trying to stay well-informed feel like an overwhelming and often impossible task. We are here to help BUST some common nutrition myths to clear up some of the nutrition controversies out there and make nourishing your body simpler.



MYTH: “Adopting a gluten-free diet will make you healthier”

FACT: There seems to be a growing number of people giving up gluten but unless you have Celiac Disease or a gluten intolerance/sensitivity, simply cutting out gluten from your diet will not improve your health. Gluten is a protein found in various grain products like wheat, rye and barley. Although your body does not require gluten, gluten-containing products like whole grain bread and cereal are rich in fibre, vitamins and minerals that are important to maintain health. Plus, some gluten-free products contain less of these crucial nutrients and instead are higher in sugars and fats, making them not necessarily more nutritious than their gluten-containing counterparts. You can certainly maintain a healthy diet without gluten BUT removing it from your diet is not a quick fix to improving your health. Be sure to talk to your GP or health care provider before cutting gluten out of your diet!



MYTH: “Drinking lemon water helps detoxify the body from toxins”

FACT: Adding lemon to your water can certainly enhance the flavour and help you drink more water throughout the day but its ability to help your body with detoxification is a myth we have heard time and time again. Lucky for us, we are born with organs like our liver, lungs and kidneys free of charge that help cleanse our bodies of toxins. There is no doubt that drinking water is essential to helping our body with this process of detoxification BUT the addition of lemon will not enhance this process. Let lemons do what they do best, flavour things, including your water and sit back and let your body tackle the toxins.



MYTH: “Unrefined sugars are healthier than refined sugars”

FACT: Refined sugars (ex. white table sugar) have a long-standing bad reputation whereas their unrefined counterparts (ex. honey, maple syrup, coconut sugar) are thought to be more “natural” and thus, considered healthier. BUT you might be surprised to learn that at the end of the day sugar is sugar! It doesn't matter what form it comes in, your body is going to process all sugar the same way. It is true that certain unrefined sugars contain more vitamins and minerals than refined sugars but this difference is often insignificant due to the small amounts consumed in a serving. Therefore, when it comes to choosing a sugar, simply choose which one you enjoy most because your body won't know the difference!



Skye Moore is currently completing a degree in dietetics at the University of British Columbia. She is entering her final year of the program which includes completing her dietetic internship with Fraser Health and Interior Health. Her passion in life is food and it is her goal as a future RD to get people excited about nourishing their bodies with delicious foods. In her free time, you can find Skye experimenting with new recipes in the kitchen, going on walks with friends, reading and trying to find the best oat latte in Vancouver.

Do I Need to Diet to be Healthy?

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

Nowadays, you can't walk down the grocery store aisle without noticing foods labelled with vegan, gluten-free, paleo, and/or keto. It can be confusing! Surely, not everyone is following the same diet. So what does it take to be healthy, following a diet or following your body's intuition?

The difficult part about following a diet plan is that it does not teach sustainable food skills — it should start with preparing healthy meals, meal planning, and reading nutrition labels. There's no need to strive to eat "perfectly", as this does not exist. Your body knows best, a craving is there for a reason!

The key is understanding a balance between ingredients and their contributing macro- and micro-nutrients. Putting these together will build a healthy meal for your body to optimally perform as the fuel it needs and feel of satisfaction derived from the meals we ingest.

Aim for each meal to include quality protein (beans, legumes, lean meats and poultry), high fibre carbohydrates (whole grain, fruits, and vegetables) and healthy fats. Not only will this help you eat a variety of nutrient-rich foods, but it will also stabilize your blood sugar and promote a healthy gut microbiota. A diet rich in fruits and vegetables has been scientifically proven to provide numerous health benefits.

Aim for 4–5 servings daily and start slow if it seems like a lot.

Follow these tips to build a healthy meal and body:

1. Eat foods rich in fibre
2. Include protein in every meal
3. Drink water throughout the day
4. Sit down and chew thoroughly
5. Be mindful of each bite and limit distractions
6. Use smaller plates for high sugar/salt foods



Myth Busting Plant-Based Milk

By Lizzie Yan, Choices Markets Kerrisdale

Plant-based milks have boomed in popularity in recent years and there are so many different types to choose from. However, keep in mind that some have low nutritional value, so it is important to look at the nutrition label before making your final decision. Pay close attention to the protein, calcium and vitamin D content.

Let's take a look at the average nutrient content of some popular plant-based milks. For reference, 1 cup of cow's milk contains about 8g of protein, 30%DV (daily value calcium and 45%DV vitamin D.

Soy Milk: is texturally and nutritionally similar to cow's milk, containing all essential amino acids. On average, 1 cup has 7g protein, 23%DV calcium and 10%DV vitamin D. It is also a good source of magnesium.

Pea-Protein Milk: is the newest of the bunch here. 1 cup of Ripple's Unsweetened Original Pea Milk contains 8g protein, 35%DV calcium and 30%DV vitamin D.

Oat Milk: has probably received the most attention due to its creamy, rich mouthfeel, neutral taste, and popular usage in coffee. On average, 1 cup has 2g protein, 23%DV calcium and 10%DV vitamin D.

Cashew milk: is a particularly creamy milk. 1 cup of Silk's Unsweetened Cashew Milk contains less than 1g of protein, 30%DV calcium and 10%DV vitamin D.

Almond Milk: has a lighter texture than most other milks. On average, 1 cup contains 1g protein, 23%DV calcium and 10%DV vitamin D.

Tip: Shake calcium-fortified beverages before pouring!

Calcium can settle to the bottom of the container and not end up in your drink.

If you want a plant-based milk that's nutritionally comparable to cow's milk, then soy or pea-protein milks would be your best option thanks to their high protein content.





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.

Top Choices Recipe



High Protein Pizza

By Rachelle Duckworth, RD

Crust (Dry)

- 2/3 cup vital wheat gluten flour
- 1/3 cup oat flour (or flour of choice)
- 1/4 cup + 1 tbsp nutracleanse
- 1/2 tsp salt

Crust (Wet)

- 1/2 cup warm water
- 1/2 tbsp instant yeast
- 1/2 tsp sugar
- 1 tbsp olive oil

Toppings as desired

Directions:

1. Combine all your wet ingredients (except the olive oil) together and let rest till a foam has formed.
2. In a separate bowl, combine all your dry ingredients and whisk together.
3. Stir the olive oil into your yeast/sugar mixture, then pour it in the bowl containing your dry ingredients.
4. Use your hands to blend all of your ingredients into a ball, adding a splash of water if needed. Transfer the dough onto a clean, floured surface and knead for about 3 minutes.
5. Transfer the dough into a clean, oiled bowl, cover with cling wrap and let it rest for 1 hour in a warm environment. It should be nice and fluffy and about doubled in size before you shape it into a crust.
6. Pre-heat your oven to 400°F. Using your hands, stretch the dough into a thinner crust, leaving a thicker layer of dough along the edges to embody a crust.
7. Place your crust on a pan with parchment paper; brush with olive oil and top with desired toppings. Bake for 10-14 minutes (or until the edges are nicely brown).





Omega-3 Nutracleanse:

Nutracleanse contains ground flaxseed and psyllium husk, which are both a natural source of plant-based soluble fibre. Fibre is an indigestible carbohydrate that absorbs water to form a gel-like substance. Although fibre is well known for its ability to reduce hunger, many people don't realize that it plays an important role in creating a healthy gut microbiome. When we eat soluble fibre, we produce short chain fatty acids (SCFAs) in our gut. SCFAs have been shown to improve gut barrier integrity, decrease colon cancer risk, and prevent gut inflammation. Try this protein-rich, high-fibre pizza recipe to boost your microbiome!



Sperri:

Malnutrition can result from low appetites, excessive energy needs, diseases, or psychological factors. Sperri delivers all of your daily nutrient needs, including all 9 essential amino acids, superfoods, and omega-3's. With its delicious taste and smooth texture, it allows those with a low appetite to achieve better nutrition, promoting faster recovery, immune support and muscle maintenance. Furthermore, it contains no allergens, processed sugars or sweeteners, and is appropriate for those with Irritable Bowel Syndrome (IBS). You can drink Sperri on its own, or add it to smoothies or cereal for extra energy and nutrients!



King Soba Noodles:

King Soba Noodle Culture provides a wide range of organic, and non-GMO products. Their noodles are made from naturally wheat and gluten-free grains such as rice, quinoa, buckwheat, millet and amaranth making them suitable for celiacs or those sensitive to wheat and gluten. Their products have a low-glycemic index, meaning when consumed the body takes longer to break down the carbohydrates, resulting in a slow rise in blood sugar. Try swapping traditional pasta for these noodles, or incorporate them in your next Asian-style dish!



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 still 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.

JANUARY 1-15 ONLY

wellness centre

CanPrev Vitamins & Supplements



20% Off

Assorted Varieties & Sizes

Canada's favourite magnesium!

Developed by ND's. 200 mg therapeutic dose, offering 20% more elemental than most brands.

Platinum Naturals Vitamin D3 & Oregano 8



20% Off

Selected Varieties & Sizes

Vitamin D3 is essential for a healthy immune system, cardiovascular health, bone health and many other systems in the body.

NutraSea Omega-3 Supplements



20% Off

Assorted Varieties & Sizes

Proudly Canadian. We've built our reputation through sustainable sourcing and a commitment to purity and taste. 1% of sales are donated to environmental causes.

Vega All-In-One Shake



52⁹⁹ 834g - 876g

- Protein & Energy
- Brand New to Vega!
- 20g of plant based protein
- MCTs
- 100mg of caffeine from coffee berry

See Instore for more Vega Products on Sale

Sproos Collagen



30% Off

Assorted Varieties & Sizes

Our lifestyle-focused supplements and functional beverages are easy for busy individuals to incorporate into their daily lives and provide them with purposeful, clean and sustainable nutrition.

NOW Vitamins and Supplements



20% Off

Assorted Varieties & Sizes

Helps to temporarily promote relaxation. A factor in the maintenance of good health. With Vitamin B-6, Vegetarian / Vegan.

Smarty Pants Organic Vitamin Gummies



Kids

28⁹⁹ 120 Gummies

Adults

36⁹⁹ 120 Gummies

These multivitamin gummies are NON-GMO, gluten-free and do not contain any synthetic colours, artificial flavours, artificial sweeteners or preservatives.

Flora Sleep•Essence



18⁹⁹

500ml

Sleep•Essence eases restlessness and trouble sleeping, allowing you to fall asleep more easily and stay asleep all night.

Prairie Naturals ReCleanse



21⁹⁹ | Kit

ReCleanse® Herbal Cleanse gently cleanses more deeply with regular use, enabling your body to heal and function optimally while promoting excess weight loss.

Moducare Daily Immune Support



29⁹⁹

60 Kids Chewables

35⁹⁹

90 Tablets

61⁹⁹

180 Tablets

Moducare combines the nutrients and benefits found naturally in fruits, nuts, seeds and vegetables in to one great supplement!

Borage Therapy



Regular or Advanced

Hand Cream

7⁹⁹ 72.5ml

Body Lotion

14⁹⁹

232ml - 238ml

Borage Therapy can offer real results for those suffering from extreme dry skin conditions.

Andalou Naturals and Cannacel Hair Care



9⁹⁹

340ml

Nourishing sunflower, rich in Vitamin E, and Fruit Stem Cell Science to treat each hair follicle for improved longevity and vitality.



New Roots Probiotics

20% Off

Assorted
Varieties & Sizes

New Roots Herbal is a pioneer in probiotics, with an extensive

selection of daily use and condition specific formulas, featuring scientifically researched probiotic strains. Results driven formulas are only as effective as their delivery method. This inspired the development of the exclusive GPS™ enteric coating. It keeps harsh stomach acid from seeping into the capsule and protects it from disintegrating in your stomach. This safeguards the delicate probiotics and preserves their viability until they reach the safety of your intestines! Once there, the capsule releases live, healthy, colony forming probiotics, which get to work on improving your gut health!

Healthology Vitamins and Supplements



20% Off

Assorted
Varieties & Sizes

GUT-FX is the ultimate formula to heal inflammation and restore our gut-neighbourhood. It provides the building blocks that your body needs to repair the lining of the intestinal tract. It contains herbs to reduce inflammation and soothe digestion, and probiotics to support a healthy gut flora. GUT-FX provides a well-rounded approach to supporting gut health, which improves our ability to absorb nutrients, eliminate toxins, balance the immune system, and support neurological hormones.

Innotech Fasting Days



47⁹⁹
360g

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.

Sisu Stress and Sleep Supplements

20% Off

Assorted
Varieties & Sizes



Relieve anxiety, reduce stress, and promote relaxation naturally with Sisu Stress Rescue. This fast-acting, non-sedating formula features L-Theanine, a safe, natural remedy that has been helping people deal with stress for hundreds of years. Available in high-potency capsules or rapidly absorbed chewables, this non-habit forming supplement also helps improve sleep quality and mental focus and reduce caffeine jitters.

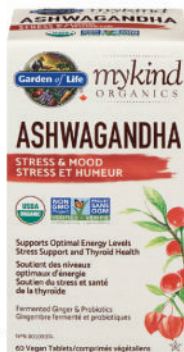
Benefits

- Relieves anxiety, reduces stress, promotes relaxation
- Fast acting, effects last for hours
- Non-sedating and non-habit forming

Also available in rapidly-absorbed chewables

Garden of Life mykind Organics Ashwagandha

33⁹⁹
60 Capsules



Ashwagandha is a clinically studied adaptogenic herb that helps your body to manage stress and anxiety, optimizes energy levels and fights mental and physical fatigue. Inspired by centuries of Ayurveda, we've added Organic fermented ginger root to our Ashwagandha for its synergistic effect.

mykind Organics Ashwagandha—and the entire line of Herbs—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.

Purica TrimActiv

38⁹⁹
168 Capsules



"If you are tired of dieting and losing weight, only to put it back on again, you will love TrimActiv®.

Formulated to address the body's response to calorie deprivation, to stabilize blood sugar and to enhance the metabolic process, TrimActiv® approaches successful weight management from all angles."

"PURICA TrimActiv® contains a combination of natural ingredients recognized for their ability to support the processes involved in healthy weight management. The unique formulation has been expertly developed using active plant ingredients that have been shown to help manage a variety of factors that lead to weight gain."



Natural Factors Immune Supplements

20% Off

Assorted Varieties & Sizes

Natural Factors ECHINAMIDE Anti-Cold Fresh Herb Tincture contains clinically proven and certified organic echinacea, used in herbal medicine to help fight off infections, especially of the upper respiratory tract.



MegaFood Vitamins & Supplements

20% Off

Assorted Varieties & Sizes

Convenient, once-daily multis that nourish the whole body and are gentle enough to take on an empty stomach.



RenewLife Vitamins & Supplements

20% Off

Assorted Varieties & Sizes

Discover the world of gut health. Renew Life® helps achieve optimal health from the inside out with probiotics.



Garden Of Life Proteins & Sports Nutrition Supplements

20% Off

Assorted Varieties & Sizes

Our premium quality, Certified Grass Fed Whey is not only free of hormones & antibiotics, but also is the ONLY Non- GMO Project Verified Whey.



Suku Vitamins & Supplements

20% Off

Assorted Varieties & Sizes

Mega Magnesium contains 177mg of magnesium bisglycinate in every gummy to help your body maintain proper muscle function as well as aids in the development and maintenance of bones and teeth.



Flora Flor-Essence Herbal Cleanse

34⁹⁹ 500ml

54⁹⁹ 941 ml

Flor-Essence® is a traditional herbal formula developed to gently cleanse the whole body at the cellular level.



Beekeeper's Naturals

Propolis Throat Relief

13⁴⁹ 30ml

B Powered Superfood Honey

33⁹⁹ 330g

Supports your immune system with antioxidants, vitamin C, zinc, iron, B vitamins, and over 300 other beneficial compounds.

Herbion Naturals Cough Lozenges & Syrup

2⁴⁹ 18 pk

8⁹⁹ 150ml



Herbion Naturals Cough Lozenges with natural Honey-Lemon flavour is a convenient addition to cough syrups.

Aiya Matcha Green Tea



Culinary Grade

21⁹⁹ 100g

Ceremonial Grade

25⁹⁹ 30g

Certified USDA Organic, Aiya's Organic Ceremonial Matcha is light and smooth with a pleasant vegetal aftertaste.

Avalon Organics



Hand Soap

9⁹⁹ 350ml, Assorted Varieties

Shampoo or Conditioner

10⁹⁹ 75ml

Gentle plant-based formula unites botanical cleansers to purify and revitalize extra dry skin.



Hyalogic Supplements & Face Care

20% Off

Assorted Varieties & Sizes

Our products help to hydrate joints, and support hair, skin, eyes, and bones with Hyaluronic Acid, nature's hydrator.



Schmidt's Deodorant

9⁹⁹ 75g

Canada's #1 Natural Deodorant is always plant-based, certified vegan and cruelty free.

Boiron Oscilloccoccinum



11⁹⁹
6 Doses

29⁹⁹
30 Doses

Regulated as medicines by Health Canada since 1990, Boiron homeopathic products meet the highest manufacturing and marketing quality standards.

Oscilloccoccinum is a homeopathic medicine that reduces the duration of flu-like symptoms and relieves body aches, headache, fever and chills. Oscilloccoccinum does not cause drowsiness or sleeplessness and is suitable for the whole family: adults, children and infants.

Oscilloccoccinum is available in different size formats.



Salus Floradix & Floravit Liquid Iron Formula

23⁹⁹
250ml

39⁹⁹
500ml

Floradix Liquid Iron Formula is clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy.

- Floradix Liquid Iron Formula is clinically proven to quickly raise serum ferritin levels (iron levels) in the body, thereby restoring energy and well-being
- Formulated for those with low iron or anemia
- Easily absorbed, non-constipating formula.
- Contains B Vitamins and Vitamin C for enhanced absorption
- Vegetarian, kosher, no additives, preservatives, added sugars or alcohol
- Naturopath recommended



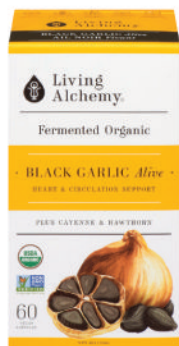
NutraCentrals Weight Management MAX!

23⁹⁹
45 Capsules

Weight Management MAX! combines 3 key ingredients, together in one formulation. These ingredients work

naturally, to deliver 3 important benefits.

- Could be a complement to a healthy lifestyle that incorporates a calorie-reduced diet and regular physical activity for individuals involved in a weight management program.
 - Helps the body to metabolize carbohydrates
 - Helps the body to metabolize Fats
- Recommended Dose: To assess individual tolerance, for the first 3 days start with 1 capsule, taken with a 250 ml glass of water 15-30 minutes prior to breakfast and the second serving 6 hours later prior to an afternoon meal or snack. Do not exceed 2 capsules in a 4 hour period and do not take within 5 hours of bedtime. For best results, combine with a calorie-controlled diet, and regular physical activity.



Living Alchemy Black Garlic

27⁹⁹
60 Capsules

Living Alchemy utilizes an exceptional fermentation process to naturally

slow age, fresh organic garlic bulbs up to a 90-day fermentation process to increase the many nutrients in whole garlic for the highest anti-inflammatory and antioxidant potency, plus superior absorption.

- Supports cardiovascular health
- Helps improve circulation
- Reduces elevated blood lipid levels
- Relieves upper respiratory tract infection symptoms (nasal congestion & excess mucus)
- Plus supporting herbs Organic Hawthorn & Organic Cayenne
- Vegan, Gluten-Free, No Isolates, No Fillers



Tanit Revolubar Foaming Soaps

4⁷⁹
4g Soap Tab

14⁹⁹
Reusable Bottle

The glass foaming soap dispenser is designed to be used with the compressed tablets that create a rich, foaming soap made up of plant extracts and

essential oils that are gentle on the skin and planet. Introduce yourself to a new kind of clean. All-natural hand soap tablets will wow you with their convenience, effectiveness, and unparalleled sustainability.

SAVE SPACE — Store a pile of tablets oh so minimally thanks to their ultra-compact design
SAVE THE PLANET — No plastic waste with 100% compostable pouches and no transport emissions produced by needlessly shipping water you already have in your home.

With our super-soft formula using plant extracts and essential oils, no matter how often you wash, your hands will thank you.



Plumpp Irish Sea Moss

10⁹⁹
40g

27⁹⁹
120g

Upgrade your immune system with critical minerals through a daily dose of this unprocessed, natural, straight from the ocean superfood! Can be applied topically or ingested. Anti-inflammatory properties make sea moss excellent for dry & sensitive skin, providing relief from symptoms of rashes, eczema and psoriasis. Prep with a rinse, soak, strain and blend. Make a full batch and keep in the fridge or freezer, adding to your daily shake or taking it straight up.



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Yaletown

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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 +

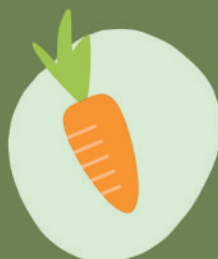
1 kg NMVOC or 260 km driven by car

Energy:

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

Results based on the Rolland Environmental Calculator

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