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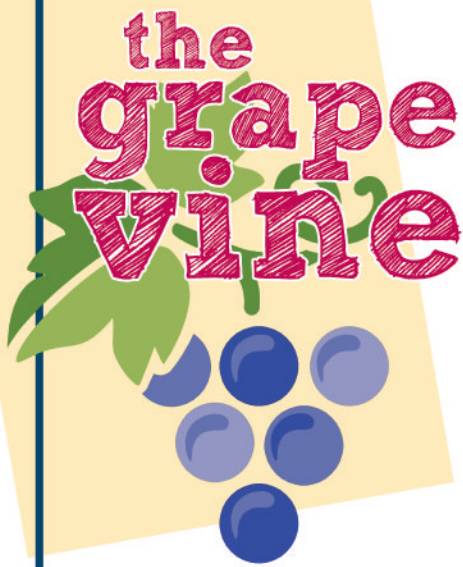
Monthly Newsletter | March 2023

Eating For Brain Health

Nutrition Month

Omega-3 and Brain Health

The Dish on Parsley



Got A Green Thumb?



The sun is staying out longer and longer each day, and you know what that means: time to plant some seeds!

Start first with Choices Full Circle Topsoil. Full Circle is made from food scraps collected from our stores and processed in to nutritious top soil at a facility in Delta, BC. It's a great product that gets made thanks to Choices' commitment to sustainability.

March is Nutrition Month!

Every year, the Dietitians of Canada celebrate nutrition month in March. This campaign is meant to help spread awareness and education to up and coming nutrition trends to help build healthy communities. This year's theme is Unlock the Potential of Food. During Nutrition Month 2023, dietitians will explore For Nutrition Month 2023, dietitians will be encouraged to address the informational needs of the various patients, clients and communities they serve and showcase how finding a dietitian can help Canadians unlock the potential of food. Book an appointment with one of our nutrition specialists at our website: choicesmarkets.com/nutrition-tours-choices-markets/.



All New Online Choices

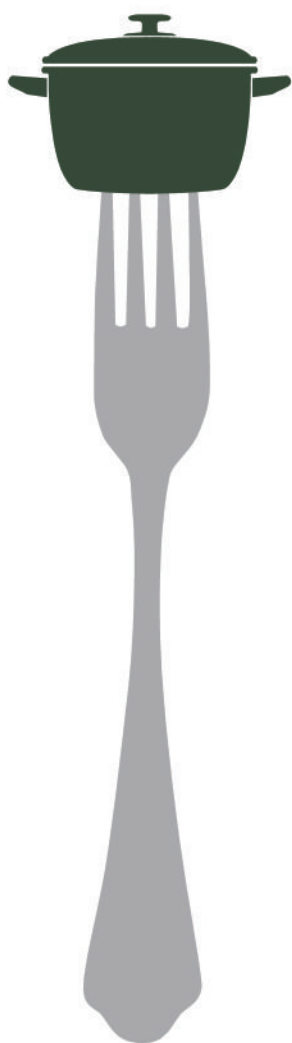
shop.choicesmarkets.com is live at all of our locations! Visit our site where you can click & collect on hundreds of your favourite, local, specialty and organic products at all of our locations.

Visit shop.choicesmarkets.com to start shopping today!



the Dish

on Parsley



Once found growing wild in southeast Europe, parsley is now propagated all over the world. While a key ingredient in many classical dishes and preparations, parsley was relegated to being nothing but a garnish for many years of my professional career. Parsley is far more than a garnish and can stand on its own merits.



There are over thirty varieties of parsley in the world, but the most common two we find here in BC are curly, or Italian flat leaf. Dried parsley, in my opinion, is not worth its place in the spice rack. It has little flavour and a muted colour. On the other hand, fresh parsley finds its way into many of my dishes, cooked or raw.

It goes without saying that Italian parsley is my favourite variety. Once purchased, try to keep it standing in a bit of water in a jar in your fridge to make it last longer. If you still can't get through it all, process the parsley with a bit of olive oil and put it in an ice cube tray. Freeze and enjoy whenever you need.



Fresh parsley adds brightness to many salads, but one of my favourite recipes includes lots of parsley, tomatoes, green onions, radishes, and

carrots. Dress it with some lemon juice, olive oil, salt and pepper, and voila, and you've got a tasty salad. Add a sliced hard-boiled egg for a complete healthy meal.

Parsley is such a wonderful herb that I like to think of instead as a vegetable, and certainly not just a decoration. Think of the delicious green flavours of parsley soup, chimichurri, or salsa verde and how sad they'd be without parsley. Parsley goes with garlic and lemon like PB and J. It's great in fish recipes, and a fantastic finisher for big stir fry's, tomato sauces and even beef marinades. Let's not forget about tabbouli! Without it garlic bread wouldn't be as delicious, nor pasta salads or freshly baked naan.



Now I hope you see that parsley is more than just something nice to look at. It is a flavour that deserves a starring role on your plate!



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

Probiotics For Digestive Health

with Amber Lynn Vitale, CN

Thursday, March 9th
7:00pm-8:30pm

Attendees have the opportunity to
ENTER TO WIN
A months' supply
of probiotics

ONLINE ONLY

Join Amber Lynn Vitale for a discussion on Probiotics. Learn about the supporting of the microbiome, and how probiotic formulas with added vitamins can support a healthy digestive tract and immune system.

Free event.

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

Event Sponsored By:

Garden of Life
Dr. Formulated Probiotics



Essential Oils 101

with Thalia, ND

Wednesday, March 15th
7:00pm -8:30pm

ONLINE ONLY

Essential oils can be used to make perfumes, air fresheners, body butter, or simply to spice up existing cleaning products, cosmetics and more! With some knowledge from expert Thalia, you can get started with endless DIY projects using essential oils.

Leave with great simple recipes to enhance your mood, clean your house and soothe a headache.

Free event.

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

Event Sponsored By:

Now Solutions Essential Oils



Do you love our seminars, but wish they were more catered to you or your organizations needs?

We love heading over to businesses, community centres, schools, and more to teach you all things nutrition!

Email us at nutrition@choicesmarkets.com to set up a personalized seminar for your group!

Ps. We may even let you try some of our latest tastiest creations!



New!

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

Pregnancy Nutrition for Baby & Me

With Annie Tsang, RD,

Certified Prenatal and Fertility Dietitian, Med(c)

Thursday, March 30th, 2023
5:00pm-6:30pm

ONLINE ONLY

Join Annie to learn about pregnancy nutrition! Annie will discuss key nutrients and the latest research that supports a healthy pregnancy.

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



Brain Boosting Energy Bites

By Kelsey Moore, RD

Omega-3's play a key role in maintaining and improving our brain health.

These "Brain Boosting" Energy Bites deliver an Omega-3 punch with Omega-3's found in walnuts, ground flax seeds, and hemp hearts.

1 cup Quick oats

1/2 cup Crushed unsalted walnuts

1/2 cup Ground flax seeds

1/2 cup Nut or seed butter

(we recommend peanut or pumpkin butter)

1/2 cup Chocolate chips.

1/3 cup Hemp hearts

1/3 cup Maple syrup

Dash Vanilla extract

Directions:

1. Blend 1/2 cup of oats until flour-like consistency.
2. Heat nut or seed butter in the microwave for 25 seconds.
3. Combine all ingredients in a large mixing bowl and stir until combined. If the mixture is not sticking together add more maple syrup until desired consistency is achieved.
4. Roll into 1-inch balls.
5. Store in fridge, best-served cold.
Can store in the freezer for 3 months.



HEALTHY CHOICES MADE SIMPLE



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

NUTRITION TOURS ARE BACK!

Sign up for a **FREE** nutrition tour personalized to your needs with the Choices Nutrition Team in-store or online at choicesmarkets.com

MARCH 1ST - 15TH ONLY

club specials



GT's Organic
Raw Kombucha

349

480ml
+deposit +eco fee

The original kombucha brand that started the movement.

Savor Salted
Crackers

249

170g - 185g



Delicious with your favourite spread, alongside soup or salad or rounding out your cheese board, these crackers are as versatile as they come!



Panda
Natural
Licorice

349

120g - 170g

Soft black and red licorice since 1927 from carefully selected natural ingredients, no artificial nasties! It's vegan, too.



St. Dalfour
Jams

599

225ml

Delicious jams handmade in the French tradition.

Nuts to You
Peanut Butter

Smooth or Crunchy

599

750 g

You'll find nothing but delicious peanuts in these fantastic peanut butters.



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

499

227g - 340g



Everything you love about creamy, delicious dairy, just without any of the dairy!

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

349

Selected Sizes
& Varieties

Free from common allergens so it's safe for school lunches.



Olympic Yogurt
Organic or Greek

**999-
1299**

1.75kg

Taste the creamy goodness of Canadian dairy in all Olympic products



Liberté
Méditerranée Yogurt

399

500g

It's rich tasting enough to carry intense flavours, but supple enough to feel lighter than cream. A pantry staple in every chef's kitchen.



Lundberg
Organic Rice

**849-
1099**

Assorted Sizes & Varieties

A simple and delicious pantry staple perfect for any night of the week.



Verily Kitchen
Plant-Based Pasta Sauces

799

250g

Truly. Honestly. Wholesome. Delicious sauces made with nutritious plant-rich ingredients.



Scout Sustainable
Canned Seafood Products

**699-
999**

Assorted Sizes
& Varieties



Scout's mission is to be the most trusted seafood brand in North America while reducing food waste and protecting our oceans and waterways.

MARCH 16TH - 31ST ONLY **club specials**

Hardbite Natural Potato Chips



2⁹⁹
128g - 150g

Our classic potato chips are all potato, and no couch!

Hippeas Chickpea Puffs



3⁹⁹
113g

Packed with fibre for a snack that's good for mind, body and planet.

Greenhouse Organic Cold Pressed Juice



5⁹⁹

300ml
Plus Deposit, Recycling Fee
Where Applicable

Healthy drinks that taste as good as they make you feel.

Bonne Maman Jams & Spreads



5⁹⁹
250 ml

These jams are sure to delight the tastebuds of both young and old!

Uncle Luke's Organic Maple Syrup



22⁹⁹
1L

These maple syrups are the real deal and the taste of Canada.

Level Ground Organic Fair Trade Coffee



8⁹⁹
300g

Organic, Fair Trade coffee produced globally and small batch roasted in Victoria, BC.

Liberté Greek Yogurt



5⁹⁹
750 g

Crafted using traditional Greek methods, the yogurt is strained according to the principles of old-time cheesecloth draining.

Eat Up! Upcycled Gluten-Free



Baking Mixes
4⁹⁹
290g

Oats
6⁹⁹
680g

Regenerative farmed, naturally gluten-free foods for a healthier planet.



Silk Plant-Based Beverages

5⁴⁹

1.75L - 1.89L
+deposit +eco fee

Almond, soy, oat and more! Whatever your non-dairy preference, Silk has you covered.

Gratitude Authentic Aboriginal Canned Salmon



Salted or Unsalted
4⁹⁹
150g

Smoked
6⁹⁹
150g

Stewardship from ocean to table. Sustaining life for the next 7 generations. Sustainable fishing & production processes.

Nuts For Cheese Plant-Based Cheese Alternatives



8⁹⁹
120g

Gourmet, dairy-free cheeses made from cashews, herbs and spices.

Prasad Ayurveda Organic Ghee



18⁹⁹
225g

32⁹⁹
425g

Ghee or clarified butter is the end result of a process that removes all the moisture, milk solids and impurities from the butter.



Q&A

with RD Annie Tsang



Q Annie, you focus on women's health in your practice. What are some top nutrients of concern for women over age 19 should know about? What about women over age 50?

A For women of childbearing age, especially for those thinking about or planning to conceive in the future, I would always assess their iron, vitamin D, calcium, vitamin B12, omega-3, and folic acid levels. For women over age 50, I would assess for protein, vitamin D, calcium, omega-3, and vitamin B12 levels. Regardless of age, each woman's nutritional needs vary depending on her diet and medical history. Women who are diagnosed with polycystic ovarian syndrome, endometriosis, or other hormonal disorders might have different nutrient requirements.

Q Give us some insight as to how you can help women meet their health goals? Are there any specific areas of women's health you focus on in particular?

A Nutrition plays a significant role in our health, from blood sugar regulation, metabolism, brain functions, to hormonal balance, to name a few. No matter what their nutrition goals are, I always assess their diet and medical history, sleep, physical activity, and stress levels, in order to get a good overview of their health. Every woman is unique and I prioritize their nutritional goals based on their individual needs. I usually recommend my clients to make small, realistic goals with regular follow ups for accountability. I try to adapt each of my recommendations to their current lifestyle and food preferences.

I focus specifically on fertility and perinatal nutrition. Within this focus, some of my clients have history of polycystic ovarian syndrome or endometriosis, and others might have underlying gut concerns or food allergies or intolerances. All of these health histories are important factors to consider when making nutrition recommendation for my clients.

Q We're seeing more and more supplements these days targeting women. What kinds of supplements do you recommend for women? Does it vary based on their medical history?

A Like most dietitians, we always want to focus on food first approach. I often only recommend basic supplements, such as multivitamin or vitamin D, if needed after assessing my clients' diet and medical history. There might be more supplements that I would discuss with my clients who are trying to conceive or going through fertility treatment. Regardless of the type of supplements that I discuss with my clients, I always share with my clients the current evidence available for each supplement suggested in order to help my clients make informed decisions.

March is Brain Health Awareness month, and these days social media is buzzing about the link between medicinal mushrooms and brain health. Is there a connection? Should we all be consuming more mushrooms?

There have definitely been more research on medicinal mushrooms and their potential health benefits. When discussing about brain health awareness, I would actually focus on sharing the latest evidence-based nutrition information on gut health. Compared to medicinal mushrooms, there has been more research supporting the gut-brain connection. Many of you might have heard of the gut being considered as the 'second brain'. We, as dietitians, are nutrition experts who can help our clients work on improving their gut health with food and nutrition. In my personal opinion, the focus on gut health would have a bigger impact on improving our brain health.

What easy nutrition tips can you give to women to help promote brain health?

Reflect on your diet and assess whether you are having adequate fibre intake, pre- and pro-biotics, and antioxidants (rainbow of fruits and vegetables) in your diet. Regulating your blood sugar is also important in promoting brain health.

To add fibre and probiotics to your diet, you can incorporate yogurt into your smoothies or as a snack; choosing whole grains whenever possible and adding quinoa or seeds/nuts to your meals. Keep a stock of frozen fruits and vegetables in your freezer – frozen options have similar nutritional profiles as fresh options. Frozen vegetables can be added to soups, stews, or casserole dishes for extra fibre.



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

What is the MIND diet?

By Dionne Legge, CNP

The MIND diet stands for Mediterranean-DASH diet intervention for neurodegenerative delay (MIND). As the long name implies the MIND diet combines the Mediterranean diet with the DASH diet. (Dietary Approaches to Stop Hypertension) Research suggests this plant rich pattern of eating was associated with the preservation of cognitive function in healthy individuals. Rather than restriction, the focus is on incorporating more nutrient rich foods. These foods offer folate, antioxidants, brain healthy omega-3 fats, and protein!

Let's take a look at the 10 suggested food categories to include:

1. Whole grains, at every meal or 3 times per day.

Enjoy oats, barley, millet and faro.

2. Leafy greens, 6 times a week.

Such as spinach, romaine lettuce or kale.

Try them cooked, raw in salads, finely chopped in sauces or blended into pesto.

3. Vegetables at least once a day, however the more the better!

4. Nuts at least 5 times per week.

Try walnuts, almonds, and hazelnuts.

Eat them as a snack or try them as toppings for salads or your morning oatmeal.

5. Beans and legumes aim for 4 or more times per week.

Such as garbanzo, black-beans or lentils. Try them in soups, stews or chili.

6. Berries at least twice per week.

Try fresh or frozen blueberries, blackberries or a handful of grapes.

7. Poultry twice a week.

Try roasted turkey or baked chicken breast. If you are vegetarian include more servings of legumes, nuts and seeds.

8. Fish once a week.

Look for fatty fish such as salmon, mackerel, trout, and sardines. If you don't eat fish include seeds such as flax, hemp, pumpkin and chia daily.

9. Olive Oil daily.

10. Get more resveratrol in your diet.

Resveratrol can be found in wine and grapes. However, considering new proposed guidelines on alcohol, aim to get this compound from grapes over wine.

11. Ask your in-store nutrition consultant for tips.



Omega-3 and Brain Health

By Anna Pepperdine, BSc, Nutrition Consultant Choices Kelowna

Our brain is our most important organ, as it functions as the command centre for our entire body, therefore trying to maintain its health and function should take a priority when discussing longevity and health. Many studies have linked healthy fats, such as Omega-3, to improvements in brain function and cognition. So, what exactly are Omega-3s and where can we find them in our diet?

Omega-3s are health promoting fats that can be found in many parts of our diet inflammation and oxidative stress both damage the brain's structure and impair brain cell functions. Omega-3 fats can offer protection for our brain by reducing the effects of inflammation and oxidative stress. Consuming Omega-3s regularly impacts the health of the brain on a broad spectrum. If you just want to focus on improving your cognitive function or want to reduce your risk for developing a brain related chronic illnesses, such as Alzheimer's, ensuring adequate Omega-3 intake can help.

Main sources of Omega-3s are fatty fishes, such as salmon, sardines, and tuna. It is recommended to consume about 2 servings of fatty fishes, the equivalent of two decks of cards, per week to reap the benefits of Omega-3. Plant-based sources of Omega-3s are more difficult to come by, but it is possible to find plant foods that contain it. Chia seeds, walnuts, and flaxseeds are some of the most abundant sources of Omega-3s in a plant-based diet. Experts have still not agreed on a concrete recommendation for Omega-3s for people consuming a plant-based diet. However, some studies have found that 1.5 tablespoons of chia seeds, 1 tablespoon of flaxseed oil, or a small handful of walnuts per day may be sufficient to get the health benefits of Omega-3.





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

Holos Muesli:

Looking to soak up every last minute of sleep in the morning?

Then try soaking this muesli overnight and enjoy a delicious, no-fuss breakfast. Holos is an organic overnight muesli that contains a unique blend of whole grains, nuts, seeds, dried fruit and spices that makes for a nutrient-dense breakfast. There are numerous benefits to soaking whole grains, nuts and seeds such as improving the absorption of certain nutrients including protein, iron and calcium and reducing gas-causing compounds like oligosaccharides and fructans. Simply add milk, leave it in the fridge overnight and customize it in the morning with toppings like fresh fruit or nut butter!



Produce

Grapes:

Spring is approaching and that calls for grapes!

Check out our delicious organic red and green grapes which are packed with nutrients and bursting with flavour. One nutrient of note is resveratrol. Resveratrol is an important compound found in many fruits like grapes. Specifically, studies show resveratrol may help to reduce inflammation and acts as an antioxidant, helping protect cells from damage. As spring approaches, what are some fun new ways to include more of this delicious seasonal fruit in your diet?

Try frozen grapes as a cool afternoon snack, add to a spring salad, or roast some grapes with your favourite vegetable mix to add a sweet punch of flavour.



Grocery Gossip

Kaslo Sourdough Pasta:

Ok we all love sourdough bread, what could be better than that? Well, if you haven't tried sourdough pasta you're missing out! Kaslo Sourdough Pasta a BC based company that focuses on delivering tasty, fermented pasta using local ingredients from Canadian farmers. Bonus, for people with IBS, sourdough products are typically better tolerated than traditional wheat products. Fructans, a high FODMAP offender in bread, are reduced in sourdough products due to the fermentation process. But whether you have IBS or not this tasty pasta is a welcomed twist on traditional pasta!



Italpasta:

Runners! We know that having long sustained energy for a run (particularly runs over 10 km) is the key to a successful run or race. Now it may seem simple but never underestimated pasta as a good source of energy for a run! Italpasta uses 100% Canadian wheat so you can also feel great about supporting local! Enjoy 2 hours prior to a run to allow your body time to digest!



Tasty Top Choices Recipe

Gut-Friendly Pasta Salad

By: Kelsey Moore, RD Choices Markets

Ingredients:

- 2 cups dry Kaslo's Classic Sourdough Rotini
- 1 cup canned Lentils
- 1 cup chopped Cucumber
- 1/2 cup chopped Green Onions
- 4 Sprigs chopped Spring Onion
- 1/2 cup Extra virgin olive oil (or garlic infused olive oil)
- 1/4 cup Red Wine Vinegar
- 1 tbsp. Lemon Juice
- 1 tsp. Fresh or Dried Oregano
- Dash Salt & Pepper
- 1/2 cup crumbled Feta Cheese (optional)

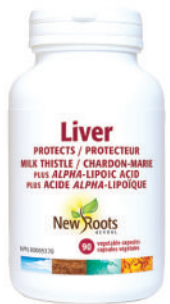
Directions:

1. Bring a large pot of lightly salted water to a boil. Add pasta, and cook per package instruction or until al dente, about 7-10 minutes. Drain, rinse (under cold water), set aside in fridge or a cool area.
2. Whisk oil, vinegar lemon juices, and spices together in a separate bowl.
3. Strain lentils and rinse. Add lentils and chopped vegetables to pasta. Add dressing and mix. Optional, top with feta. **Makes 8 Servings**



MARCH 1ST - 15TH ONLY

wellness centre



New Roots
Liver

22⁹⁹

45 Vegetable Capsules

42⁹⁹

90 Vegetable Capsules

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



Vega One
All-In-One
Shake

53⁹⁹

827g - 876g
Selected Varieties

Non-GMO,
Gluten-free, Vegan,
No added sugar,
No artificial colours,
flavours or preservatives.

Natural Factors
Cognitive Support



**20%
Off**

Assorted Varieties
& Sizes

Supports energy metabolism
and healthy aging.



CanPrev
Collagen Beauty

23⁹⁹

500ml

31⁹⁹

300g

Small scoop size! Advanced peptides that focus
on all areas.



St. Francis
Herbal
Supplements

20% Off

Assorted Sizes & Varieties

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



AOR
Advanced B
Complex

39⁹⁹

90 Capsules

54⁹⁹

180 Capsules

Active forms of B-vitamins in a form your body
can utilize immediately. Support for energy, stress
and burnout, metabolism, and nerve function



Flora
Ferritin+

25⁹⁹

30 Capsules

It allows for time release and efficient
absorption, which helps to minimize digestive
upset.

Himalaya
Koflet
Lozenges

74⁹⁹

Pkg. of 20



Specially formulated to help ease cough
(both productive and dry).

Pacifica Perfumes
& Body Mists

Hair & Body Mist

23⁹⁹

194ml

45⁹⁹

29ml

The moon is powerful and so are you!
The different phases of the moon
inspired us to showcase the power
of aromatherapy. These scents mingle
with your own body chemistry so
each becomes part of your unique vibe.



AlgaeCal
Plant Calcium

34⁹⁹

90 Capsules

Plant Calcium
Bio-Available calcium,
magnesium and trace minerals from ocean algae
with vitamin D3 added.



Shikai
Borage Therapy
Dry Skin Lotion

13⁹⁹

Original or Advanced, 238 ml

Borage Therapy can offer real
results for those suffering from
extreme dry skin conditions. It
addresses a fundamental cause
of dry skin by supplying GLA, an
Omega-6 fatty acid that the body
requires to maintain healthy skin.



Thayers
Witch Hazel

124⁹⁹

355ml

This pH balanced, Alcohol-Free
gentle facial toner is
formulated to cleanse, tone &
moisturize the skin.

MARCH 1ST - 15TH ONLY

wellness centre



Natural Stacks
Neuro Fuel

**25%
Off**

Assorted Varieties
& Sizes

BETTER BRAIN. BETTER LIFE.®

Being able to think clearly, remember more and learn new things is the key to life. That's why we started Natural Stacks. Since 2013 we've been providing you the best natural supplements to build a better brain.

NEUROFUEL™ is the original CILTEP® formula for enhanced focus, deep concentration and improved memory.

The premium natural ingredients work as fuel for your neurotransmitters, supporting greater signaling between brain cells.



Healthology
Vitamins &
Supplements

**20%
Off**

Assorted Varieties
& Sizes

LUNG-FX works by supporting the lungs' natural defense systems. It contains expectorant herbs to help you break down and expel mucous. It promotes detoxification to protect the lungs from damage caused by pollutants and toxins. It contains anti-inflammatories and antioxidants to heal and soothe damaged lung tissue.

Breathing easily is something that most people take for granted. We usually inhale and exhale without even thinking about it, but the moment you can't get enough air, like during an asthma attack, it becomes very clear just how important breathing is.



Genestra
Probiotics

**10%
Off**

Assorted Varieties
& Sizes

GENESTRA BRANDS HMF Fit for School includes a combination of research-driven probiotic strains and vitamin C that helps to reduce incidence of URTI symptoms in children. In a recent clinical trial, 57 schoolchildren were randomized to receive either a placebo tablet or the probiotic strains included in HMF Fit for School's formula plus 50 mg of vitamin C daily for 6 months. Children in the probiotic plus vitamin C group had 33% less incidence of URTI, a significant decrease in the number of days with URTI symptoms, and a 30% decrease in school absenteeism. HMF Fit for School also includes 25 mcg (1000 IU) of vitamin D per tablet.

Nature's Aid Shampoo
or Conditioner Bars

9.99
60g



NO PLASTIC, JUST NATURALLY CLEAN AND HEALTHY HAIR!

These true natural solid shampoo bars offer all the benefits of a liquid shampoo, without the plastic packaging.

Available in 4 amazing scents, these salon quality shampoos offer an amazing natural lather and cleanse – no residue or waxy build-up! Conditioner bars also available.

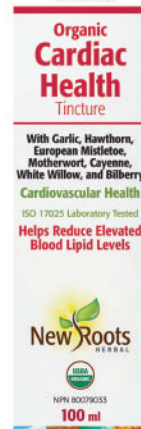
In addition to using natural and organic ingredients, all bars are biodegradable, vegan friendly and cruelty free.

New Roots
Organic Cardiac
Health Tincture

41.99
100ml

Organic Cardiac Health Tincture is formulated with eight certified organic botanicals traditionally steeped in organic, non GMO sugarcane alcohol.

These robust nutrients, in highly bioavailable forms, are recognized in herbal medicine to help manage elevated blood lipid levels and nurture cardiovascular status in adults. Garlic forges the botanical backbone of our formula as one of the most intensely researched natural botanicals for cardiovascular health. Hawthorn fruit, berry, and leaf strengthen our blend as they rank among the most popular natural selections for cardiovascular health. Organic Cardiac Health Tincture is an excellent complement to healthy nutrition and an active lifestyle to elevate your cardiovascular status, naturally.



Seaweed Bath Co.

Hair Care
or Body Wash

12.99
354ml

Lotion

14.99
118ml - 177ml

We embrace the nourishing

magic of the ocean in everything we do at Seaweed Bath Co. From hand-harvested seaweed to the endless gifts of the ocean, we energize, inspire, and restore. A salve for the body and soul, our trusted approach to skin and hair begins and ends with the sea. No matter where you go, or where you are, the ocean is always with you.



MARCH 16TH - 31ST ONLY

wellness centre

Natural Factors Magnesium Supplements

**20%
Off**

Assorted Sizes
and Varieties



Magnesium is required for the formation of bones and teeth, and for nerve and muscle function.

Prairie Naturals Digestive Enzymes

**20%
Off**

Selected Sizes and Varieties



Ginger extract, traditionally used in herbal medicine to rapidly alleviate nausea, bloating and gas.

NutreSea Omega-3 Fish Oil Supplements

**20%
Off**

Selected Sizes and Varieties



Ultra-pure, great tasting high quality omega-3 liquids & softgels with or without Vitamin D. No fishy burp-back.

Natren Probiotics

20% Off

Selected Sizes and Varieties



Heal your gut flora with the best quality probiotics today.

Honibe

Lozenges

449
Pkg. of 10

Gummies

1499
Pkg. of 70

- Vegetarian Friendly
- Gelatin Free
- No Unwanted Additives
- Made in Canada



A.Vogel Vitamins & Supplements

20% Off

Selected Sizes
and Varieties



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

Joy of the Mountains Organic Oil or Oregano

**20%
Off**

Selected Sizes and Varieties



Our oil is derived from the finest Wild Mediterranean Oregano plants.

BioSteel Hydration Mix

1099
Pkg. of 7

2299
140g

This zero sugar, essential electrolyte powder, tastes great and will help hydrate your active lifestyle.



Emuaid

Original
6999
59g

Max
8199
59g



Topical symptomatic relief for resistant skin conditions: Severe Boils, Hemorrhoids, Eczema, Cold Sores, Fungal Infections, Poison Ivy, Psoriasis, Oak & Sumac and other itchy, painful conditions.



Everyone Soap

3 in 1 Soap
1499
946ml

Lotion
1799
946ml

Whether as a body wash, shampoo, or shaving gel, the rustic appeal of cedarwood and the invigorating burst of citrus will give you an intense clean without being harsh on your hair and skin.

Oneka Shampoo or Conditioner

1299
500ml

Our haircare products are crafted from organic plants carefully chosen for their toning, nourishing, and pH balancing properties.



I Luv It Natural Deodorant

Original
1549
110g

Sensitive
2249
110g



Finally! A Natural deodorant that really keeps you smelling clean ALL day!



Genuine Health Clean Collagen

29⁹⁹

210g - 301g
Marine or Bovine

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

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



FeraPro Iron

46⁹⁹

100 Capsules

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

Ancient Minerals Magnesium Lotion

26⁹⁹

150ml



Ancient Minerals Magnesium Lotion is a smooth, quickly absorbed emulsion of magnesium chloride in a skin-nourishing base of certified organic oils. Ancient Minerals is fragrance free, paraben free, and contains no phenoxyethanol. A gentler concentration of magnesium chloride than our magnesium oil or magnesium gel products, Ancient Minerals Magnesium Lotion protects the most sensitive skin. 1 ml / 1 full pump press contains approximately 30mg elemental magnesium. Our complete line of topical magnesium products, including our magnesium bath flakes, magnesium gel, and magnesium oil spray, combine the power of the body's largest organ, the skin, with the life sustaining properties of one of our most vital minerals.

Organika Goutrin

21⁹⁹

120 Capsules



Goutrin is a unique blend of ingredients that targets gout from all angles - from limiting uric acid production, to flushing the uric acid already in the body, to providing pain relief and preventing an attack.

- One-of-a-kind gout formulation
- Relieves joint pain, stiffness and inflammation around joints
- Lowers uric acid levels
- Reduces symptoms during an acute flare-up of gout
- Source of antioxidants for the maintenance of good health

Himalaya Hello Energy Adrenal Support

26⁹⁹

60 Capsules
Hello Energy or Hello Joy



The best views in life come after the highest climbs, but once you reach the top, you deserve to find a way to recharge. Himalaya Hello Energy® has been clinically studied to restore energy levels, improve mood, and support normal cortisol and DHEA levels, all leading indicators of adrenal health and increased vitality. Hello Energy® can help you achieve your daily tasks without taxing your adrenals, and without having to use stimulants like caffeine.* Happiness Through Wellness: Crafting traditional medicines based on Ayurveda, a 5,000 year old science that believes the journey back to wholeness begins with nurturing the capacity for joy. Trusting the gifts of nature and the irreplaceable relationship between the plant and its native soil for consistent healing properties

Natreve Protein Powders

48⁹⁹


648g - 720g
Vegan or Grass Fed Whey




Natreve Vegan Protein Powder is a light and delicious blend featuring nutrients needed for your daily activities. It contains a special and carefully blended multi-sourced plant-based protein complex from organic pea, organic pumpkin seed, and organic brown rice. And brings you a well-balanced protein source with 25 grams of protein and 4.5 grams BCAA with the added benefits of probiotics, organic grains, and organic greens. Vegan Protein is Non-GMO Project Verified, Informed Sport Certified, and Gluten-Free. This product contains no added sugar and is made with no artificial colours, flavours, or sweeteners.



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Choices Markets Locations

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2627 W 16th Ave, Vancouver
604.736.0009

Cambie

3493 Cambie St, Vancouver
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

3248 King George Blvd, Surrey
604.541.3902

Burnaby Crest

8683 10th Ave, Burnaby
604.522.0936

Abbotsford

3033 Immel St, Abbotsford
604.744.3567

North Vancouver

801 Marine Dr, North Vancouver
604.770.2868

Eco Audit

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

Tree(s): 0

Waste: 1,199 kg

Water: 1 m³ world eq. of water

Greenhouse Gas Emissions:

109 kg CO₂ or 432 km driven by car +

1 kg NMVOC or 260 km driven by car

Energy:

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

Results based on the Rolland Environmental Calculator



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