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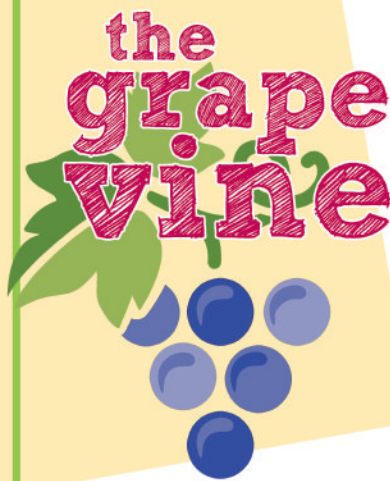
Monthly Newsletter | May 2023

Women's Health

Helping Mom

The Importance of Iron

The Dish on Salsa



Mother's Day

May 14th is all about Mom!

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

Try our selection of amazing cakes and cupcakes from our bakery.

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



Women's Health

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

ENTER TO WIN

A Nutribullet and Backpack

Plus 1 Tub of Vega All In One and

1 Tub of Vega Sport Protein

Courtesy of **vega**

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

Name: _____

Phone Number: _____ Choices Location: _____

Prize may not be exactly as illustrated

Contest open from May 1 to 31, 2023. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Markets and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Markets for publicity purposes. Entries can be dropped off at any Choices location. There can be no repeat winners for throughout 2023.



Online Video Seminars

MARK YOUR CALENDAR

Wednesday, May 17th

7:00pm - 8:30pm

The Dangers of Iron Deficiency at All Ages!

with Caitlyn Vanderhaeghe, B.A.B.Ed

ONLINE ONLY

Iron deficiency is the number one deficiency worldwide and is considered a severe health concern in Canada.

Join Caitlyn Vanderhaeghe, founder & CEO of KidStar Nutrients, as she shares her story of iron deficiency anemia, with her daughters and why she dedicated to educating others on this.

Caitlyn will discuss the role and importance of iron at every age, the risk factors for low iron and the signs and symptoms associated with low iron. A dedicated conversation regarding iron deficiency's long-term adverse health effects and what to do if you suspect you and your child have low iron.

Free event.

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

Sponsored By:



Thursday, May 25th

7:00pm - 8:30pm

HMF Probiotics Life Changing Supplements

with M. Dino Halikas, ND

ONLINE ONLY

With a specialized range of professionally endorsed probiotics and a longstanding reputation of setting quality and purity standards,

Genestra HMF is the brand of choice for those looking for just the right digestive health solution.

Whether it's age, condition or personal preference, Genestra's tailored formulas are designed to meet each patient's unique health needs.



Sponsored By:



Free event.

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

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!



REGISTRATION DETAILS

To register for events, visit choicesmarkets.com/events.

For inquiries, please call 604.952.2266 or email eventregistration@choicesmarkets.com.

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New!

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

Dish

the

on Salsa



Believe it or not, May is salsa month. Salsa the sauce, not the dance, of course. The freshly diced tomato, jalapeno or serrano peppers, fresh cilantro, lime and onion combo is a worldwide favourite. While North Americans north of the southern USA border call it salsa, it's called pico de gallo in most of Mexico and other Spanish speaking countries. Other traditional names are bandera sauce (because the fresh ingredients are the same colour as the Mexican flag) or simply salsa fresca or salsa cruda. The word salsa in both Italian and Spanish translates literally to sauce. It originates from the Latin *salsus*, meaning salty.



In a true pico de gallo, our ingredients are strictly raw. A variation on this colourful and tasty sauce could contain cucumbers, mangos, papayas, pineapple, jicama, melon, watermelon and so on. For a local twist it would be easy enough when berry season starts in our valley to make a strawberry, raspberry, blueberry or blackberry west coast salsa. Maybe even peaches or nectarines!

For some more authentic variations on the pico de gallo classic style, research ranchera salsa, taquera salsa, salsa roja, salsa verde con aguacate, and salsa criolla. Some are close in ingredients to pico, some completely different, but they always add a fresh twist on the traditional salsa formula.



When making your fresh salsa, here are a few pointers. Freshness of ingredients is key, and ripeness of your tomatoes, possibly Roma or San Marzano, will yield your most flavourful dish. After obtaining your ingredients, be sure to wash them thoroughly. Being a raw product, hygiene is paramount for safety. Lastly, dice everything by hand. No cheating with a food processor. Finely chop the cilantro, and be sure to use enough salt. Salsa should be made and used fresh, but it can be stored and refrigerated for up to 5 days. Eat with nachos, tacos, or pair with grilled tofu or canape. Fish, chicken or pork is delicious topped with salsa, or mix into plain steamed rice or other steamed grains for a tasty side.



Choices Markets also produces a fine line of fresh salsas that you can find in our deli. Give them a try and let me know how you like them, then let's get dancing and dipping!



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.

The Importance of Iron for Women's Health

By Kelsey Moore, RD

When it comes to women's health, it's important for all women to understand their risk of deficiency and why that matters.

What puts anyone at risk for iron deficiency?

Leading a plant-based lifestyle, being an endurance athlete, and having ovaries. If even just one of these applies to you, you need to keep reading.

According to the World Health Organization (WHO), "Iron deficiency is the main cause of anemia, which is the most prevalent nutritional deficiency worldwide, affecting 33% of non-pregnant women, 40% of pregnant women, and 42% of children worldwide".

So, what can you do to check your status?

The only way to know for sure is by having your iron tested by your doctor via a blood test. If you are severely deficient, they may suggest an iron infusion or iron supplements, we recommend following your doctor's guidance.

However, if you are moderately deficient a food-first approach may be the answer. Food sources of iron-rich foods include red meats, beans, tofu, legumes, nuts, seeds, and leafy greens.

There are also other things we can do to help increase our absorption of iron which are key when trying to boost your iron levels.

1. Consume your iron-rich foods with sources of Vitamin C like oranges, red peppers, and tomatoes.
2. Avoid consuming foods rich in calcium (like dairy products and plant-based milk) at the same time as iron-rich foods, as they compete for absorption.
3. Avoid consuming coffee or tea around iron-rich foods as they interfere with iron absorption.



Mother's Day Gift Ideas Every Mom Will Love!

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

I remember the afternoon vividly: I was in a dark room with the marketing team, screening our ad agency's latest television spot for Mother's Day. The ad was beautiful and well-written, but what I recall most about that afternoon was the sound of all of us grown adults snuffling and nose blowing as discreetly as we could in the dark!

Careers and colleagues change but what stays the same are the emotions that well up when we think about our moms or our special women on Mother's Day. Some hold that Mother's Day was created by greeting card companies. But in fact, an American, Ann Jarvis, organized the first Mother's Day to commemorate her own mother's community work in 1907 and by 1914, Mother's Day was celebrated throughout the US. Canada followed suit in 1915 and now Mother's Day is celebrated in more than 50 countries.

Here are some great ways to show your special women just how much you love them this May 14th.

1. Flowers, particularly long-lasting carnations hold a special spot for many. White carnations are considered to be the original Mother's Day flower. White, pink, red or a combination are sure to thrill any mom as will any other of our fresh floral offerings.
2. Check out our huge selection of wellness products. Everything from body washes and lotions to perfumes, jewelry, aromatherapy and candles, let our wellness team help you choose the perfect gift.
3. If mom loves chocolate, check out our bounty of local, fair trade and artisanal confections – you'll find the perfect treat. And speaking of treats, give mom a day off and pamper her with ready-made meals from our Deli and Bakery. Breakfast in bed, a picnic lunch or special family dinner - pop in for help curating that perfect meal!



MAY 1-15 ONLY

club specials

Hardbite
Natural
Potato Chips

2⁹⁹
128g - 150g

A chip made from the finest, freshest ingredients means that every chip comes dressed in all-natural seasoning and is free from GMOs, trans fat, cholesterol and gluten.



Lily's
Chocolate Bars
Stevia Sweetened,
Fair Trade

3⁹⁹
80g & 85g

Lily's thinks that sweets should be for everyone, regardless of your diet.



Chosen Foods
Pure Avocado Oil
Spray

10⁹⁹
383g

100% pure Avocado Oil spray is the perfect kitchen companion, offering you versatility and a high smoke point.



Chocxo
Organic
Chocolate
Cups or Snaps
4⁹⁹
98g - 100g

Individually wrapped almond butter cups are all natural organic and gluten-free, so you can indulge without the guilt.

Good To Go
Keto Bars & Bites

1⁹⁹
40g

Easily stick to your goals with our deliciously satisfying soft baked bars!



La Tortilla Factory
Tortillas

3⁴⁹
9²⁹
200g - 496g

Delicious and versatile, these tortillas are baked with care and a lot of pride in the La Tortilla factory!"



a2 Milk

5⁷⁹
2L
+deposit +eco fee

Gut-friendly a2 Milk is 100% Canadian milk that's easier to digest so you Feel AmaZing!



Dairyland
Lactose Free
Milk

4⁹⁹
1.89L
+deposit +eco fee

The same great taste you love, just without the lactose!



Pacific Foods
Organic Soups

4⁹⁹
946ml & 1L

Nothing says comfort quite like our creamy and delicious soups.



Greenhouse
Organic Almond
or Oat Milk

6⁹⁹
946ml
+deposit +eco fee

Whole plant milks with no gums and no nonsense.



Earth's Own
Oat Beverages

Regular
3⁹⁹
1.75L
+deposit +eco fee

Naked
4⁹⁹
1.75L
+deposit +eco fee

Voted Canada's best tasting oat milk!



Quesava
Poppers,
Samosas
or Perogies

3⁹⁹
5⁹⁹
Assorted Sizes

Made from cassava, simple ingredients and naturally gluten-free.

MAY 16-31 ONLY

club specials

Angie's
BoomchickaPOP
Popcorn

3⁹⁹
125g - 198g

Brings you a BOOM
of bold, craveable
flavour and whole
grain goodness!



Made Good
Gluten-Free Snacks



Bars, Bites,
Squares, Cookies
or Crackers

**349-
499**
Assorted Sizes

Made with organic
ingredients, whole grains, and 6 vegetables.

Schar Gluten-Free Products



**4⁹⁹-
10⁹⁹**
Assorted Sizes

The best gluten-free
products made with
nutritious ingredients you
can trust. Discover our
wide selection of Gluten-Free baked goods.

Ritter Sport
Chocolate Bars



349
100g

These bright and delicious chocolate squares are
made for sharing.

TRU Brands
TRUBAR

2⁹⁹
50g

The first bar that lets you
have it all: amazing taste
and clean nutrition.
Our bars are made with
all-natural ingredients like
cassava flour and brown rice protein.



Righteous Premium
Gelato & Sorbetto

6⁹⁹
562ml

Small batch and plant
based gelato made with
only the good stuff.
Made in Canada.



Remedy
Organic Kombucha



5⁹⁹
4x330ml
+deposit +eco fee

Full of organic acids,
antioxidants and
no sugar, naturally!

Zevia Zero Calorie
Soda



5⁷⁹
6x355ml
+deposit +eco fee

The better-for-you alternative to conventional
sodas and diet sodas, Zevia Soda has all the
flavour you crave, with zero artificial sweeteners.

Califia Farms
Cold Brew Coffee



4⁹⁹
1.4L
+deposit +eco fee

Coffees you can sip straight or
turn into the iced coffee of your dreams.
The perfect additions to your barista toolkit.

Udi's Gluten-Free Frozen
Pizza or Bread



Bread
4⁷⁹
340g
Pizza
9⁹⁹
497g - 522g

Delicious gluten-free food because we believe
you shouldn't have to compromise on taste to
live a gluten-free lifestyle.

Faith Farms
Cheese



5⁹⁹
360g - 380g

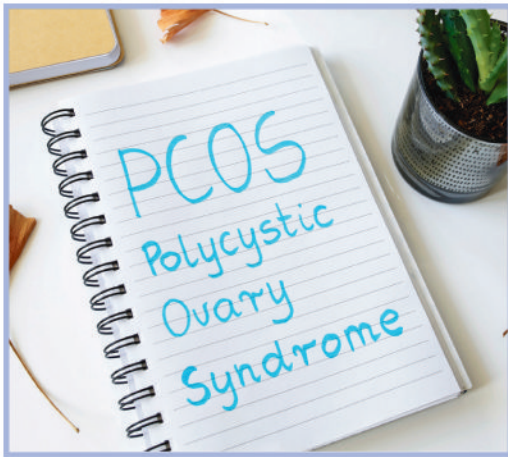
Perfect for grilled cheese, macaroni's best friend
and delicious melted over nachos.

Silk Milk
Alternatives



4⁹⁹
Assorted Sizes
+deposit +eco fee

Delicious alternative
milk beverages, perfect
for drinks and recipes.



Grocery List For PCOS

Polycystic Ovary Syndrome (PCOS) is a hormonal disorder that affects up to 10% of women across the world. Women with PCOS often struggle with fertility issues, and high blood sugar levels and are at risk for developing type 2 diabetes.

Consuming a diet high in protein, fibre, and healthy fats can help balance hormone levels in PCOS along with exercise and medication recommended by your doctor.

Here is a simple one week grocery list for one managing hormone levels and blood sugars in PCOS.

Fruits/Vegetables

- 1 small box Spring mix
- 1 bunch Kale
- 1 head of Broccoli
- 1 Yam
- 1 bunch carrots
- 1 Onion
- 2 Tomatoes
- 2 Avocados
- 1 Cucumber
- 1 container of Berries
- 1 bunch bananas
- 2 Oranges
- 3 oz Ginger

Protein

- 4 oz Salmon
- 8 oz Trout
- 1 200 g block Extra firm tofu
- 200 g plain tempeh
- 1 can Chickpeas
- 2 cans of lentils

Dairy

- 750 g Plain 2% Greek yogurt
- 2 L Milk or Plant-based milk (pea or soy based)

Grains

- 200 g Brown rice
- 200 g Quinoa
- 1 box whole wheat pasta
- 100 g Farro
- 1 loaf Whole grain bread

Other

- 100 g Ground flax seeds
- 100 g Hemp seeds
- 50 g Chia seeds
- 1 cup Almonds
- ½ cup Cashews
- 1 small bottle Olive oil
- 1 750 ml can Tomato sauce



Citrus-Lovers Hummus

Recipe from Dreena's Kind Kitchen
by Dreena Burton.

This hummus has a good dose of both lemon and lime juice, perfect for those who really love a strong tang in homemade hummus.

Serves 4–6

Ingredients

- 2 (14-ounce) cans chickpeas, rinsed and drained
- 1 (14-ounce) can white beans, rinsed and drained
- 1/4 cup tahini
- 1 medium clove garlic
- 3/4 teaspoon salt
- 3/4 teaspoon sumac *(optional, see note)
- Lemon pepper or freshly ground black pepper to taste (optional)
- 1/4 cup fresh lemon juice **(optional, see note)
- 3–4 tablespoons fresh lime juice **(optional, see note)
- 1 teaspoon grated lemon zest **(optional, see note)

Directions:

1. Combine all the ingredients except the zests and water in a food processor.
2. Puree until smooth. If it's too thick, add water 1 tablespoon at a time or an ice cube. Continue until you have a very smooth puree. (Sometimes you need to puree hummus much longer than you think - keep going and be sparing with your water or ice so it doesn't become too watery.)
3. Add the zests and pulse to mix.
4. Taste and season with additional salt and pepper or other spices as desired.

***Sumac Note:** Sumac adds another layer of lemony flavour to this hummus. If you don't have sumac, you can also try adding 1/4 teaspoon ground cumin or smoked paprika for additional flavour, or simply omit it.

****Lemon/Lime Note:** Since citrus plays such a big flavour role in this hummus, do not substitute store-bought lemon and lime juices. Freshly squeezed juice is important. Plus, you'll need the zest of those lemons and limes for added flavour. Preferably, opt for organic lemons and limes when collecting zest.



Dreena Burton is the OG vegan cookbook author, plant-based for over 25 years. Author and co-author of eight books, her most recent title "Dreena's Kind Kitchen" won the world's first vegan cookbook award. For more, visit dreenaburton.com.



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.

Tasty Top Choices Recipe



The "Arnold Palmer" from Four O'clock Teas

"The Arnold Palmer is a non-alcoholic drink that combines iced tea and lemonade."

The name refers to the professional American golfer Arnold Palmer, who is considered the inventor of this beverage!"

Ingredients

- 4 Bags of Four O'clock® Organic Fairtrade English Breakfast Black Tea
- 3 cups of water
- 1 tbsp of honey
- 2 1/2 cup lemonade (store bought or homemade)
- Ice cubes
- Lemon slices

Directions

1. Boil 3 cups of water.
2. Steep 4 bags of tea in boiled water and infuse 4-5 minutes.
3. Once the infusion is complete, remove the tea bags, pour the infusion into a pitcher; add the honey, mix well and place the mixture in the refrigerator for 2 hours.
4. Remove from the refrigerator and add the 2 1/2 cup of lemonade to the pitcher.
5. Serve your drink in a glass filled with ice and add lemon slices.



Earth's Choice Citrus Juice:

Fresh citrus juice is a key component of many dishes (oven-baked salmon anyone?).

The great thing about Earth's Choice citrus juices is that they can last for up to 2-3 months in the fridge after opening. As well, Earth's Choice citrus juices are organic, kosher and free from preservatives making it a choice you can feel great about.



Ener-C Sugar-Free Electrolytes:

Are you an athlete? Do you exercise intensely for more than 60 minutes a session? If you answered yes to both of those then you're losing important nutrients in your sweat!

You should consider an electrolyte supplement to replace those nutrients during your exercise to help you perform your best! Ener-C Sugar-Free Electrolyte is free from artificial ingredients, is non-GMO and is a Canadian brand that you can trust to provide you with the electrolytes you need during sports, whatever your sport may be.



Alkeme:

Gluten-free friends! How often have you tried gluten-free bread that tastes like cardboard? Too often we'll bet!

Well, we mean it when we say we have (actually) found a truly superior gluten-free bread. Alkeme is a BC-based artisan bread manufacturer that uses a wild fermentation process to create a soft fluffy certified gluten-free bread that not only mimics traditional bread but also holds its own! Trust us, you haven't done gluten-free right if you haven't tried their bread.



GluteNull:

GluteNull's flavourful artisan loaves are gluten-free, vegan, and non-GMO. Talk about bread that works for everyone! Their hearty sprouted amaranth bread is packed full of nutrition with 4 grams of each protein and fibre per slice. Further, each slice contains 4 mg of iron and as men need 8 mg/day and women need 18 mg/day this is a great source of iron for everyone! Have a slice with your morning coffee or use it to build a satisfying sandwich.



Holy Crap Cereal:

Holy Crap's cereals are high in fibre and plant-based making them an optimal breakfast choice for many. With a whopping 7 grams of fibre per serving in their All Natural Super Seed Cereal they really live by their motto, "we're here to help (you poop)"!

MAY 1-15 ONLY

wellness centre

See Instore for more Vega Products on Sale



Vega All-In-One Shake

52⁹⁹ 834g - 876g

One and done. Each scoop is packed with: 20g protein, antioxidants, minerals, probiotics, fibre, omega-3s, and greens.



Natural Factors Stress & Sleep Supplements

20% Off

Assorted Varieties & Sizes

Helps you fall asleep quickly and wake up feeling refreshed, without the potentially serious mental and physical side effects caused by pharmaceutical "sleeping pills."

Organika Collagen Supplements

25% Off

Assorted Varieties & Sizes

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




Nature's Way Horny Goat Weed

27⁹⁹ 60 Capsules

Used in Traditional Chinese Medicine (TCM) to tonify the kidney yang (aphrodisiac), strengthen sinew and bone, dispel wind-dampness and alleviate Bi zheng (painful obstruction syndrome).



Living Alchemy

Plant-based Probiotics, Prebiotics & Enzymes

25% Off

Assorted Varieties & Sizes

Your Flora WOMAN: Vaginal Balance & UTI, 35-Strain Plant-based Probiotics, Prebiotics & Enzymes



Aeryon Wellness Supplements

20% Off

Assorted Varieties & Sizes

Designed to restore a healthy estrogen balance, regulate menstrual cycles, and support estrogen metabolism, plus provide a full range of hormonal acne and post Birth Control Support.



Andalou Naturals & CannaCell Body, Face & Hair Care

30% Off

Assorted Varieties & Sizes

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

La Luna Journey Home Candles & Bath Fizzies



20% Off

Assorted Varieties & Sizes

Our candles are made of 100% vegetable and non-GMO soy and coconut waxes. Our candles are vegan and allow a cleaner combustion.

Prairie Naturals Haircare

Shampoo or Conditioner

11⁹⁹ 350ml - 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.




Tints of Nature Henna Cream

16⁹⁹ 70ml

Made with natural henna and plant extracts, Tints of Nature Henna Cream offers a healthier way to colour your hair.



BeeKeeper's Naturals B.Powered Superfood Honey

35⁹⁹ 330g

This therapeutic blend of royal jelly, bee pollen, propolis, and raw honey is designed to support those heavy, low energy days while supporting your immune system.

See Instore for more BeeKeeper's Products on Sale

Aura Cacia Essential Oils & Kits



30% Off

Assorted Varieties & Sizes

Aura Cacia offers natural essential oils, diffusers and aromatherapy products made from simple and pure botanical ingredients.

MAY 1-15 ONLY

wellness centre

Phillip Adam

Leave in Conditioner

13⁹⁹
237ml

Shampoo, Conditioner,
Bodywash or Lotions

13⁹⁹
355ml - 400ml

Phillip Adam leave-in conditioner is easy to use for those that are wanting to add a little extra body, hydration, and heat protection. Our water based leave in conditioner detangles, tames frizz, protects against split ends, and controls flyaway hair. The special blend of jojoba oil and pea protein revitalizes hair and keeps it healthy. This sulfate free and silicone free leave-in conditioner is designed for all types of hair and safe for the whole family. Hydrates and nourishes with plant based ingredients like jojoba oil and pea protein. Detangles and helps protect hair from damage and heat. Cleans and naturally derived, suitable for colored hair and virgin hair; keeps hair healthy and silky smooth. Vegan, cruelty-free and safe for daily family use.



Healthology Liv-Great

35⁴⁹
60 Capsules

LIV-GREAT provides the liver with daily support by boosting its detox capacity and helping to protect it from damage. It contains nutrients and herbs to support both Phase 1 and Phase 2 of liver detoxification, and it promotes the production of bile to improve the elimination of toxins. It also contains powerful antioxidants to protect and heal the liver from damage. Sluggish liver detoxification can be caused by genetic deficiencies, nutrient deficiencies, or alcohol burden, medication use, or exposures to environmental toxins. Most of us are bombarded with more toxins than we realize. Think about how many toxins your liver deals with solely from your morning routine: you wake up, have a shower and put soap, shampoo, shaving cream, toothpaste, deodorant, face wash and moisturizer on your body. Each one of these products absorbs through the skin and has to be detoxed. Your liver is already overwhelmed before you have even left the house!



Sisu Magnesium Supplements

**20%
Off**

Assorted Varieties & Sizes

Heart & Muscle Support; Magnesium helps relieve muscle pain and weakness and contributes to proper heart function and rhythm. Vital Magnesium Supplement; Involved in over 300 biochemical reactions in the body, magnesium is crucial for the proper functioning of every organ but is often lost in cooking and difficult to store. Overall Health Support; Aids in prevention of headaches and migraines and other symptoms of magnesium deficiency such as restless leg syndrome, low blood pressure, nausea, agitation and irritability, poor nail growth, and more.



Newco Broccofusion Supplements & Body Care

20% Off

Assorted Varieties & Sizes

BroccoSpa Advanced Anti-Aging Facial Treatment Creme 50ml with Sulforaphane & Shitake Mushroom Extracts. Essential Oil of Blood Orange. For All Skin Types. Contains a synergistic blend of exotic oils, extracts and potent antioxidants, providing a wealth of nourishment for your delicate skin

- Reverses the Visible Signs of Aging
- Minimizes the Look of Dark Circles
- Improves Tone and Texture of Skin
- Protects Against the Drying Effects of the Sun & Abuse of the Elements.



Purica Recovery & Curcumin Supplements

**20%
Off**

Assorted Varieties & Sizes

Glucosamine hydrochloride reduces and relieves pain associated with osteoarthritis. MSM helps relieve the joint pain associated with osteoarthritis. Vitamin C helps the development and maintenance of cartilage; the formation of connective tissue, and assists in wound healing. Vitamin C and Vitamin E are antioxidants for the maintenance of good health. Magnesium helps to maintain proper muscle function.

- Reduces and relieves pain associated with osteoarthritis
- Helps relieve the joint pain associated with osteoarthritis
- Helps the development and maintenance of cartilage

Platinum Naturals Meno-Thrive

27⁹⁹
60 Capsules

Meno-Thrive™ combines clinically proven ingredients, Eucommia and Mung Bean, to help manage symptoms and discomfort associated with perimenopause and menopause including hot flashes and night sweats. It also includes pomegranate seed oil, a potent source of antioxidants to help reduce inflammation which is commonly associated with menopause.

- Fast relief in just 7 days from night sweats and hot flashes
- Clinically researched and proven ingredients
- Supports heart health
- Relieves inflammation
- Supports mood and cognitive function
- Omega Absorb™ delivery system



MAY 16-31 ONLY

wellness centre

New Roots Strong Bones

27⁴⁹

90 Capsules

48⁹⁹

180 Capsules



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

Efamol Evening Primrose 1000mg

28⁹⁹

90 Softgels

48⁹⁹

180 Softgels



Naturally rich in GLA—a skin-loving omega-6 fatty acid that minimizes fine lines, wrinkles and dull skin.

Sproos Collagen

30% Off

Assorted
Sizes and Varieties



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

Nordic Naturals Omega-3 Supplements

20% Off

Assorted Sizes and Varieties

Nordic Naturals delivers the purest Omega-3 from sardines and anchovies offering unparalleled support for heart, brain and inflammatory conditions.



Hyalogic Hyaluronic Supplements & Face Care

20% Off

Assorted Sizes and Varieties

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



Homeocan Traumacare



10⁹⁹

60 Tablets

19⁹⁹

50g Cream

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

Now Solutions Essential Oils & Body Oils

20% Off

Assorted Sizes & Varieties

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



Nature's Aid Healing Skin Gel or Moisturizer

12⁹⁹

125ml

31⁹⁹

500ml

Made with aloe vera, tea tree, witch hazel, rosemary and vitamin E, our true natural skin gel can be used from head to toe.



Green Beaver Naturapeutics Toothpaste

7⁴⁹

100g

Helps prevent dental cavities, plaque formation and reduce the risk of tooth decay.



The Kelowna Candle Factory Beeswax & Soy Candles

20% Off

Assorted Varieties



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

Mrs. Meyer's Hand Soap

5⁹⁹

370ml

Hard-working, non-drying soap for busy hands



Aura Cacia

Foam or Salt Bath

3⁴⁹

70g & 71g

Bubble Bath

10⁹⁹

384ml

Aura Cacia Essential Oil Foam Baths are a blend of 100% pure botanical ingredients. Relax and unwind without the use of synthetic colours or fragrances.



Innotech CardioFlex Q10™

47⁹⁹
300g



CardioFlex Q10™ is a collagen precursor formula designed to promote the body's natural ability to produce collagen which repair connective tissues and support cardiovascular health. It contains amino acids, vitamins, electrolytes, CoQ10, a prebiotic and high antioxidant fruit powders. It is free of sugar, gluten, preservatives, artificial sweeteners, flavours and colours. Sourced from Non-GMO ingredients and is vegan friendly. Made with care in Canada.

Kidstar Nutrients Vitamins & Supplements

All in One Protein

37⁹⁹
400g

See Instore
for more
KidStar
Products
on Sale



Protein is an essential macronutrient and an important building block for muscles, tissue, organs, bones, skin, and nails. It can be hard for picky eaters, vegetarians, and vegans to reach daily protein requirements. KidStar All-In-One helps to meet protein needs for growing and developing children. KidStar Nutrients are clean with nothing to hide, and we are proudly Canadian family-managed company.

LeafSource Humic-Fulvic Acid Complex

27⁹⁹
60 Capsules

46⁹⁹
180 Capsules



What makes Humic & Fulvic Acids so unique, is the fact that they are the final breakdown components of all plant life, meaning they contain all the genetic information from the plants they came from. The reason human-grade Humic-Fulvic Acid Complexes are so rare, is because they require almost miraculous circumstances for their creation. Humic-Fulvic Acid Complexes are formed because they weren't exposed to the same tremendous pressures as coal and oil, and were much closer to the surface where there was enough microbial activity to properly ferment the plant material. LeafSource humic fulvic acid complex is the proprietary remains of one such prehistoric rainforest reserve. The rarest forms of Humic-Fulvic Acid Complexes take millions of years to form and cure as a perfect matrix of humic and fulvic acid. Many humic or fulvic acid products come from 1st generation reserves (thousands of years old), which have not gone through sufficient stages of natural fermentation.

SierraSil Joint Formula Products

**20%
Off**

Assorted Sizes and Varieties



SierraSil is a naturally occurring hydrothermal mineral complex from the Sierra Mountains that has been clinically proven to help support a healthy inflammatory response, gently detoxify and improve physical function. With extensive research in human clinical trials for both safety and efficacy with consistently positive results, SierraSil is the natural choice for proven joint relief. Start feeling better in 14 days or less. SierraSil Joint Formula 14™ contains SierraSil®, a pure mineral powder with essential minerals including calcium, iron, silicon, potassium, magnesium, manganese, copper and zinc. Research shows SierraSil Joint Formula 14™ supports joint, cartilage and muscle function.* SierraSil Joint Formula 14™ also supports gentle detoxification because of its clay mineral structure.*

Pascoe Pascoflair Night

26⁹⁹
Capsules



Formulated for the sleepless nights, Pascoflair Night contains a synergistic blend of valerian, passionflower and lemon balm for sleep. Pascoflair Night works quickly to help you fall asleep and stay asleep for a restful and peaceful night. Pascoflair Night is used in herbal medicine as a sleep aid (during times of mental stress) as an alternative to sleeping pills to promote restful sleep. Pascoflair Night is a sleep aid that works to help you fall asleep, and stay asleep throughout the night without waking or disruption. Effects of valerian, lemon balm and passionflower for sleep help to reduce stress and promote relaxation without side effects.

ThinkSport Mineral Sunscreen Spray

26⁹⁹
177ml



Dermatologist Tested | Reef

Friendly | Non-Aerosol

- non-greasy application
- non-sticky formula
- air-powered spray
- broad spectrum UVA/UVB

Designed for an active lifestyle, our high performance, dermatologist tested sunscreen spray is formulated with reef safe, non-nano Zinc Oxide and Titanium Dioxide for up to 80 minutes of sweat and water-resistant protection. Works to create a physical barrier from harmful UVA/UVB sun rays.

- Benefits of ThinkSport Mineral Sunscreen Spray
- Provides healthy, broad-spectrum UVA/UVB protection
 - No PABA, parabens, phthalates, oxybenzone, avobenzene, petroleum, dioxane, gluten or dairy. No animal by-products or testing.
 - Does not contain any chemicals known to be harmful to coral reefs.



comments@choicesmarkets.com

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Choices Markets Locations

Kitsilano

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): 27

Waste: 1,199 kg

Water: 97,773 L

Greenhouse Gas Emissions: 3,932 kg CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

SINCE 1990



DISCOVER LOCAL CHOICES

We're big fans of cultivating long-lasting relationships with local growers and producers. By supporting local, we make our communities stronger and help protect our environment.



100% BC OWNED & OPERATED.

VISIT YOUR LOCAL CHOICES AND DISCOVER ALL OUR NEW BC PRODUCTS, PRODUCE AND PROTEINS THROUGHOUT OUR STORE.

choicesmarkets.com



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