

THE

CHOICES



MARKET

HEARTBEET

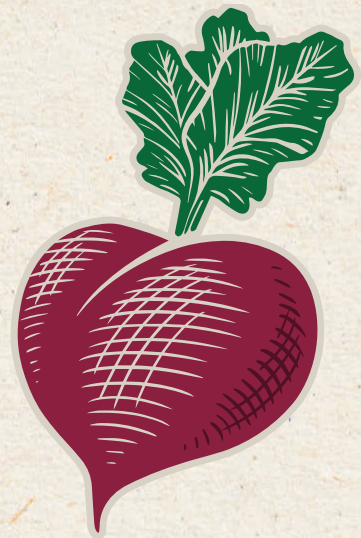
October, 2023

DISCOVER FARRO

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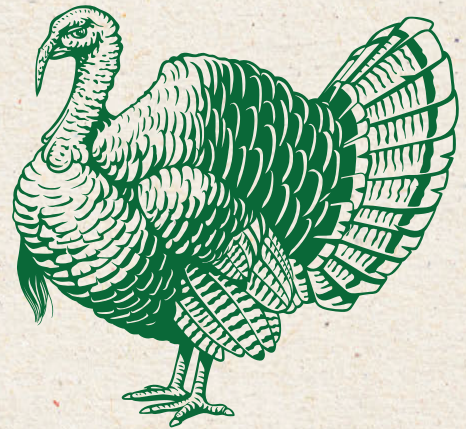
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Stop by The Choices Deli for all Your Thanksgiving Needs!

Making a big dinner for the holidays can be intimidating! Let the Choices Deli be your secret to success. We can take care of any part of your holiday meal with our pre-made specialties. From turkey roasts, to a rainbow of side dishes to the gravy, we've tirelessly perfected our recipes to make sure they're worthy of your table at home.

Don't forget, our bakery also makes an amazing pumpkin pie alongside other great desserts and dinner rolls!



MONTHLY GIVEAWAY ENTER TO WIN! 1 of 4 - Year's Supply of VIP & Echoclean Cleaning Products!

Echoclean and VIP Cleaning Products are biodegradable and locally made in BC.

Name: _____

Phone Number: _____ Choices Location: _____

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

Contest open from October 1-31, 2023. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Market 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 Market for publicity purposes. Entries can be dropped off at any Choices location. Winner is responsible for picking up their prize from the Choices Market location of their convenience. There can be no repeat winners for Choices contests throughout 2023.



SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

OCTOBER
19

7 - 8:30 pm

ONLINE

Free Event

EVERYDAY IMMUNE HEALTH

with M. Dino Halikas

Who should be supplementing with Vitamin C?

Why Should they choose Ester-C?

Which Ester-C product is the best fit?

At Sisu, we've been crafting nutritional supplements for over 40 years, helping Canadians to live a healthy, happy, and balanced life. We carefully select natural-source ingredients and make supplements with guaranteed consistency, purity, and potency. Tradition, modern research, and the power of nature...you'll find it all in the blue bottle.

Sponsored By:



REGISTER ONLINE AT [CHOICES.MARKET/EVENTS](https://choices.market/events)



MODERN MUSHROOM MEDICINE

with Yarrow Willard, CL. H

Learn how to support immune system intelligence, mental wellness, and whole-body vitality with medicinal mushrooms.

Join second generation Clinical Herbalist, Yarrow Willard, CL.H (The Herbal Jedi) in exploring the folklore, science, and healing power of the world's top functional mushrooms as food and medicine.

Sponsored By:

 HARMONIC ARTS



OCTOBER
24

7 - 8:30 pm

ONLINE

Free Event



DISCOVER FARRO

BY CHEF ANTONIO



With the end of the last glacial era, humans settled in the vast areas of the prime farming land called the fertile crescent. The area, which spreads from northern Egypt through Palestine all the way to Turkey and across back down to Iraq was where neolithic humans discovered a little innovation called farming. One of the first things our earliest ancestors learned to grow was grain. The origin of our modern farro starts here, before spreading across the Mediterranean.

Farro is not actually a single grain, but is three different varieties. Spelt, Emmer, and Einkorn are all members of the Triticum family of grains. Emmer, or Triticum dicoccum became a staple of Roman legions, keeping them nourished on long marches. Establishing itself in ancient Tuscany and central Italy over 2000 years ago, farro has now come to rest on moderns plates.

Thanks to the recent renaissance of ancient grains, farro has become more and more popular. In Italy where its cultivated, you could write a menu following tradition, from appetizer to soups, salads, side dishes and even dessert. Tender, chewy, nutty, plus fibre, protein and iron rich, it can be substituted for a lot of common ingredients. Different, than pasta and rice, farro will hold its shape without losing too much of its crunch.

Try it instead of pasta in your minestrone and you'll see just what I mean. Farro could be substituted to rice in recipes ranging from fried rice to risotto. A huge variety of salads can be created with a farro base just by switching a few ingredients such as vegetables, tomatoes, cheese, chickpeas, beans, nuts, even freshly cooked or canned fish. Use it as a base to your healthy bowl as a plain side dish to your protein. Farro porridge for breakfast anyone? What about your own farro granola for delicious parfaits with freshly cooked or raw fruit and yogurt. A perfect snack for any time of day!

It's a fun and healthy ingredient that should be a staple in your pantry and your varied diet. Don't wait for your farro godmother to wave her magic wand and bring you some, head to your local Choices Market to get some. You won't regret it.



FARRO QUICK FACTS

Ancient Grain:

Has been cultivated for thousands of years

Low Gluten Content:

Not gluten-free, but contains less gluten than modern wheat varieties.

Texture and Flavour:

Slightly nutty and earthy flavour, and its chewy texture adds depth to dishes.

Substitute For:

Rice & Pasta

Nutrition:

High in protein, fibre and various essential nutrients such as B Vitamins, iron magnesium and zinc.



CHEF ANTONIO

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.

LIFESTYLE HABITS TO SUPPORT IMMUNE FUNCTION



BY: D'ARCY FURNESS, RHN
CHOICES MARKET SOUTH SURREY

Fall and winter bring more viruses. Here are 5 lifestyle changes we can incorporate to support our immune system to help us stay well this season.

1. Grab Those Zz's - Less than 7-8 hrs per night affects our immune function in part by a reduction in proteins called cytokines, some of which help promote sleep and some which help fight infections as well as a reduction in infection-fighting antibodies and cells. Practice good sleep hygiene: reduce caffeine; choose relaxing music rather than devices; opt for blackout curtains and lower the temp to prime your environment for the best shut-eye. Calm an overactive brain by jotting, down any to-do lists and practicing intentional breathing to release any residual tension from the day.

2. Manage Your Stress - When chronically stressed, our bodies produce more cortisol which hinders our body's anti-inflammatory response. Unchecked inflammation can lead to many chronic diseases, including heart disease and cancers. Chronic stress also reduces natural killer cells making us more vulnerable to viruses.

Reach out for support from the people you're closest to; reduce negative self-talk; enjoy time in nature and choose daily movement that you enjoy!

3. Choose Whole Foods - Harness the power of antioxidant, vitamin and mineral dense whole foods. Reduce sugars and ultra-processed foods and swap for more nutrient-dense foods like fruits, vegetables, beans, nuts, and seeds.

4. Stay Positive - Research shows that positive thoughts can reduce stress and inflammation resulting in increased resilience to infection while negative emotions can make us more susceptible to common viruses.

5. Wash Your Hands - *An oldy but a goody!*

According to the BCCDC, eighty percent of common infections are spread by hand. To protect yourself and others, wash your hands thoroughly at least 5 times per day.

Bonus Tip! - Consider taking a daily vitamin D3 supplement, particularly in the winter months as our bodies cannot make vitamin D in the winter from the sun. A vitamin D deficiency may make you more susceptible to infections. So, talk to your healthcare provider about what dose may be right for you!



FAIR TRADE PRODUCTS FOR YOU!

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

Try these Fair Trade products and know that your dollars are contributing to the betterment of people, communities and the planet!



FAIRTRADE
CANADA

Frog Friendly Coffee beans are sustainably grown and wild harvested in the mountains of Oaxaca, Mexico and are then shipped and roasted in Shuswap Lake, BC. Frog Friendly controls production from source to cup, protecting farms and workers with fair wages and good working conditions. Frog Friendly takes great care to ensure this “whole quality” approach translates into wonderful coffee.

Rico Farms Organic Delicata Squash also from Mexico, is grown in harmony with nature. Through their onsite lab, Rico Farms create their own agro-inputs all while protecting workers and enhancing communities through their educational programs and free health services. Delicata are easy to cut and the skin is edible which means no peeling required! Delicious and nutritious roasted or air fried.

Alaffia Body Products from Olympia WA, are made using traditional handcrafting techniques with Fair Trade ingredients. The Alaffia Foundation manages projects in West Africa that support Fair Trade producer communities and works to alleviate poverty by reinvesting into these projects. Surround yourself with gentle, botanical-based lavender, vanilla mint or coconut body soap ~ getting clean never felt so good!

Four O'Clock Teas – is created in Montreal, sourced with fair trade, organic ingredients. Their tea bags are 100% compostable and their boxes are made from recycled cardboard. Four O'Clock's mixologist travels the globe searching for the highest quality plants, flowers and spices to develop expertly crafted blends!

NUTRIENT HIGHLIGHT - FIBRE

By: Dionne Legge, CNP, Choices Market Abbotsford

Often when looking at nutrients we tend to overlook how fibre is an important component of a healthful diet. We get dietary fibre from eating plants in the form of legumes, vegetables, fruits, nuts, seeds and whole grains.

Though its essential to your gut and overall health, most people don't reach the recommended 25-38g daily amounts. It can be helpful to apply the plate method that is used in Canada's Food Guide. This is a visualization of the plate, with half being filled with vegetables and fruits. The other half of the plate being split into 2 quarters, one for protein and the other for whole grains.

One of the most significant benefits of dietary fibre is its ability to promote digestive health. Some fibres are prebiotic, which means that they have been proven to promote very specific bacteria in our gut to proliferate. These are good bacteria that have been studied and shown to have a healthful outcome, such as producing short chain fatty acids which benefit the immune system. The prebiotic fibre is essentially the food that feeds those microbes. Try including onion, garlic, leek, and apples. If you have been diagnosed with IBS and have problems with specific fermentable fibres, it may be beneficial to work with a trained healthcare provider or registered dietitian, to ensure you can still get enough beneficial fibre in your diet without exacerbating symptoms.

Eating more fibre with your meals may help balance blood sugar levels, because it slows the absorption of glucose in the bloodstream. Viscous soluble fibres typically form a gel-like substance when mixed with water. Try including psyllium husk, chia seed, vegetables and pectin rich fruits like apple or citrus. Insoluble fibre adds bulk and promotes regularity. Try eating more legumes, whole grains and vegetable skins!





PREFERRED SHOPPER SPECIALS

OCTOBER 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS
Ask us for details in store..



**49th Parallel
Organic Coffee**
340g

\$13⁹⁹

Exceptional Coffee Unwavering Quality & Consistency.



**Bob's Red Mill
Baking Additions**
Assorted
Varieties and Sizes

starting at
\$3⁹⁹

Take your baking to the next level with these extras for your baking.



**Pacific Foods
Organic Broth**
946ml & 1 Litre

\$4²⁹

Made slowly with the best ingredients available for incredible flavour.



**Kettle Brand
Potato Chips**
198g & 220g

\$3²⁹

The crunch you love in the flavours you crave!



**Chocxo
Chocolate
Snacks**
98g

\$4⁴⁹

Chocxo is award winning, better for you dark chocolates, made by passionate chocolatiers.



**Simply Organic
Baking Extracts
& Flavours**
59ml & 118ml

starting at
\$4⁴⁹

Tons of flavour packed into small bottles for your kitchen.



**Simply Organic
Bottled Spices**
Assorted Sizes

starting at
\$4⁴⁹

We search the world for the most delicious spices for your pantry.



**Simply Organic
Gravy Mixes**
24g & 28g

\$1⁹⁹

Delicious gravy is a cinch with these ready to go mixes.

**DISCOVER LOCAL, ORGANIC AND SPECIALTY FOODS
TO NOURISH YOUR BODY AND MIND**



**Uncle Luke's
Maple Syrup**
500mL

\$12⁹⁹

The finest quality, Canadian made syrups in a range of grades and flavours.



**Righteous
Gelato**
562ml

\$6⁹⁹

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



**Tre Stelle
Mozzarella
Cheese Ball**
340g

\$5⁴⁹

Great pizza starts with delicious mozzarella.



**Liberté
Méditerranée
Yogurt**
500g

\$3⁹⁹

Méditerranée yogurt is made from milk and cream. With a texture that's the richest and creamiest on the market, this is yogurt at its finest.

PREFERRED SHOPPER SPECIALS

OCTOBER 16 - 31 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS
Ask us for details in store.



EchoClean Laundry Detergent
Liquid, 2.95L

\$13⁹⁹

Plant-based, natural laundry detergent.



GT's Organic Kombucha
480mL

\$3⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

Each unique offering from GT's provides nourishment to reinvigorate the mind, body, and soul.



Organic Traditions Cacao Powder
227g

\$6⁹⁹

Our organic cacao powder is pure, rich, and natural with no added flavourings or sweeteners.



Stash Tea Seasonal Fall Variety
Pkg. of 18

\$4⁹⁹

Savor the Fall Flavors! These teas are seasonal and that means they will only be available for a short time and in limited quantities.



Silk Nut Beverage
1.75 Litre & 1.89 Litre

\$5⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Kick start your day with a smile and a delicious Silk Nut Beverage.



Choices Extra Virgin Olive Oil
500mL

\$5⁹⁹

Our house brand olive oil is made with attention to detail and exquisite olives.



Naked & Saucey Organic Sauces
296mL

starting at
\$5⁴⁹

Tired of your old soy sauces?
No need to be salty about it, meet our coconut aminos!



Zevia Sodas
6-Pack

\$5⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Meet Zevia Soda. All the taste you crave, sweetened naturally with zero sugar.

NOURISHING LIFESTYLES SINCE 1990



Terra Breads Granola
340g

\$6⁹⁹

Inspired by Head Baker Mary Mackay's family recipe.



Riviera Non-Dairy Yogurts
500g & 650g

\$5⁹⁹

Velvety texture, comparable to the consistency of a classic yogurt, but without any dairy!



Liberté Greek Yogurt
750g

\$6⁶⁹

Thick creamy and rich, an absolute delicious joy.



Arla Cream Cheese
200g

\$3⁷⁹

Creamy and delicious, perfect for bagels or recipes.



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.



RIGHT RICE

Right Rice is the perfect blend of veggies, lentils and beans that mimics the consistency of traditional rice. Right Rice is high in fibre and is a good source of protein and iron. Adding Right Rice in your meal is a great addition that helps to fill you up while also providing essential nutrients.

LEVEL GROUND

Level Ground coffee is organic, fair trade and local, from Victoria BC! What a great way to support your local community by switching to Level Ground for your daily coffee needs!



GLUTENULL

GluteNull's flavourful artisan loaves are gluten-free, vegan, and non-GMO.

Talk about bread that works for everyone!

Their hearty 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.





Sweet and Savory Snacking Mix

By Dionne Legge, CNP

INGREDIENTS

- 1 cup Pumpkin Seeds
- 1 cup Walnut Pieces
- 1/3 cup Goji Berries
- 1/4 cup Chocxo Dark Chocolate covered almonds

METHOD

Mix up ingredients together and portion out individually (1/3 cup size servings) for grab and go snacks throughout the busy week.

Recipe should yield approximately 7 servings

Optional: Add Pretzels and popcorn for more bulk and crunch.

WE USED

Chocxo

Whether you're a milk or dark chocolate lover, this is the chocolate for you!

Chocxo chocolate is a low-sugar chocolate that does not lack in flavour.

High-quality chocolate is paired with simple nutritious ingredients like almond butter, peanut butter, coconut and more that will leave you perfectly satisfied. Try our favourite, the dark chocolate almond butter cups. We promise you won't regret it!



WELLNESS CENTRE SPECIALS

OCTOBER 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS
Ask us for details in store.



**Natural Factors
Vitamin A, D & K
Supplements**
Assorted
Varieties & Sizes

20% OFF

With vitamin K2, calcium is guided towards the areas of the body where it is needed.



**Manitoba
Hemp Harvest
Hemp Yeah! and
Hemp Protein**
Assorted Varieties & Sizes

20% OFF

Our line of protein powders offers a variety of options for getting that plant-based nutrition you need.



**Harmonic Arts
Mushroom Elixirs,
Concentrates
or Tinctures**
Assorted Varieties & Sizes

20% OFF

Concentrated mushroom powder.
Support whole-body harmony and immune system intelligence with the world's top medicinal mushrooms.



**Salus
Floradix & Floravit**
500mL + 250mL
Shrink Wrapped
Bonus Pack

\$49⁹⁹

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



**Natren
Probiotics**
Assorted
Varieties & Sizes

20% OFF

Natren specializes in single strain probiotics in a delivery method that guarantees results!



**Genuine Health
Clean Collagen**
Bovine or Marine
210g - 301g

\$34⁹⁹

Clean collagen makes it easy to get your daily dose of collagen. Also available in bars!



**Aiya
Matcha
Green Tea**
Assorted
Varieties & Sizes

20% OFF

Family owned and operated for over 130 years, Aiya is the world's leading Matcha green tea producer.



**Palma Christi
Organic Castor Oil**
120mL/240mL

\$15⁹⁹ / \$24⁹⁹

Palma Christi is a non sticky, organic castor oil that penetrates quickly and completely.



**Andalou Naturals
& CannaCell
Body, Face
and Hair Care**
Assorted
Varieties & Sizes

30% OFF

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**
Assorted
Varieties & Sizes

20% OFF

The "JOURNEY FROM HOME" candle collection is an invitation to travel.



**Works Wonders
Calendula Body Care**
Assorted
Varieties & Sizes

20% OFF

Handcrafted products made with sustainably grown lavender and calendula from Gabriola Island, BC.



**Redmond Silver
Earthpaste Mineral
Toothpaste**
Assorted Varieties
113g

\$9⁷⁹

Earthpaste's ingredients are all natural and from the Earth. No glycerin, no fluoride, no foaming agents, no artificial coloring.



WELLNESS CENTRE SPECIALS

OCTOBER 1 - 15 ONLY!

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Ask us for details in store.



**Sisu Ester-C
Supplements**
Assorted
Varieties & Sizes

20% OFF

Ester-C: The Better Vitamin C

- 24-Hour Immune Support.

Clinical studies show that Ester-C increases vitamin C levels in the body for up to 24 hours.

- Quick Absorption.

Better absorbed and more bioavailable due to the active vitamin C metabolites only found in Ester-C.

- Gentle on the Stomach.

Ester-C is non-acidic and gentle, making it gentle on the digestive system unlike regular vitamin C.

- Backed by Science.

The patented Ester-C has been studied for decades and is better researched than all other buffered forms of vitamin C.



**CanPrev
Antioxidant
Network**
60 Capsules

\$26⁹⁹

Antioxidant Network™ is a synergistic combination of antioxidants that provide ongoing protection against free radical damage, keeping oxidative stress at bay. They become “electron donors” to unstable free radicals, making them complete cells again

Antioxidant Network™ contains N-Acetylcysteine, a precursor to the formation of Glutathione, a powerful antioxidant recycler. It also contains mixed tocopherols, a family of vitamin E compounds that act as fat-soluble antioxidants, along with Coenzyme Q10, DL-Alpha lipoic acid, green tea and zinc to provide a quick response to the first signs of free radical activity, protecting your cells from oxidative damage.



**Platinum Naturals
Meno-Thrive**
60 Softgels

\$27⁹⁹

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



**Ancient Minerals
Magnesium
Bath & Body Care**
Assorted
Varieties & Sizes

20% OFF

Dissolved in warm water, our magnesium chloride flakes provide the user with highly soluble magnesium chloride.

- Ideal for children and other sensitive individuals
- Effective for stress relief and relaxation
- Great for soaking muscles and joints
- Soothes and nourishes skin

Ancient Minerals bath flakes are the dry flakes of magnesium chloride and other naturally-occurring trace minerals in a convenient and economical form for utilization in baths and foot soaks. Some individuals with sensitive skin may prefer this method of application to the more concentrated Ancient Minerals Magnesium Gel or Magnesium Oil.



**Skin Essence
Organics
Facial Care**
Assorted
Varieties & Sizes

20% OFF

This unique product helps achieve smooth, vibrant skin by removing dead skin cells that clog pores and form blackheads. Exfoliating regularly improves skin's elasticity and its ability to absorb moisture and retain the rich nutrients found in each one of our serums.

- Softens & balances the skin's complexion
- Brightens the skin's natural tone
- Prevents blackheads and clogged pores
- Helps to regenerate and renew the skin
- Helps reduce the appearance of dark spots



**New Roots
Evening Primrose
Oil 1000mg**
90 Softgels/180 Softgels

\$22⁴⁹ / \$42⁴⁹

Cold-pressed Evening Primrose Oil contains a minimum gamma-linoleic acid (GLA) content of 10%. GLA is recognized as beneficial for women's health.

Current interest with EPO is due to its fatty acid profile. Its typical fatty acid composition is of approximately 70% linoleic acid (LA) and 10% gamma-linolenic acid (GLA).

Linoleic acid is an essential fatty acid found in nuts, seeds, and many vegetable oils (including EPO). There are unfortunately many factors which can interfere with this process, which include saturated fats; hydrogenated oils; blood-glucose problems; along with inadequate dietary intake of vitamin C, magnesium, zinc, and B vitamins. On the other hand, gamma-linoleic acid does not require this conversion, which makes it a desirable source for prostaglandin production by the body.

WELLNESS CENTRE SPECIALS

OCTOBER 16 - 31 ONLY!

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Ask us for details in store.



**Botanica
Herbals, Vitamins
& Supplements**
Assorted Varieties & Sizes

25% OFF

Whether you are looking to reduce inflammation, manage adrenal health or get a better sleep, Botanica's Liquid Capsules are a highly concentrated and effective way to improve your health with herbs.



**Organika Full Spectrum
Collagen Type 1, 2, 3**
250g

\$25⁹⁹

This multi-sourced blend provides collagen types 1, 2 and 3 to support you head to toe, sourced from grass-fed cattle, fish scales and cage-free poultry.



**Quantum Health
Immune Supplements**
Assorted
Varieties & Sizes

20% OFF

SuperLysine+® lysine tablets are ideal for those who prefer vitamins with lysine to promote immune health.



**Beyond
Structured
Silver**

Gel 56mL Liquid 473mL
\$29⁹⁹ / \$51⁹⁹

Beyond Structured Silver provides ideal access to silver's benefits.



**Natural Factors
Vitamin C
Supplements**
Assorted Varieties & Sizes

20% OFF

Natural Factors Vitamin C 1000 mg plus Bioflavonoids & Rosehips is a superior antioxidant formulation containing citrus bioflavonoids plus a 4:1 extract of rosehips.



**Harmonic Arts
Shilajit Powder**
50g

\$33⁹⁹

Shilajit contains 85 minerals in ionic form including iron, calcium, zinc, and other trace minerals. It is also high in fulvic acid which is known to contain as many as 70 chelated vitamins that help our bodies better absorb nutrients into muscles, tissues, and bones.



**NutriBiotic
Supplements
& Body Care**
Assorted
Varieties & Sizes

20% OFF

NutriBiotic Non-Soap Skin Cleanser is gentler than soap, clean rinsing, and will leave your skin feeling clean and refreshed.



**Inecto Naturals
Shampoo or
Conditioner**
Assorted Varieties
500mL

\$6⁹⁹

We believe in natural goodness, and we smell outrageously good. Vegan too! Nourish your hair with our Avocado Shampoo. Infused with Organic Avocado Oil, your tresses will be left feeling softer, smoother and nourished.



**Basd
Body Care**
Assorted
Varieties & Sizes

20% OFF

Basd is a range of organic, plant-based, cruelty-free body care products to make you feel good, look good and do good.



**Routine Natural
Deodorants and
Solid Perfume**
Assorted Sizes

Natural Deodorant Solid Perfume
\$24⁹⁹ / \$34⁹⁹

A deodorant that is not only natural, but more effective than conventional.



Dr. Bronner's

Pure-Castile Soap Lotion
237mL 237mL

\$8⁹⁹ / \$12⁴⁹

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



**Marsielle's Theives
Remedy**

Balm 25mL Essential Oil 30mL

\$11⁴⁹ / \$22⁹⁹

Ancient remedy that is all-natural, therapeutic and full-strength, for many antifungal, antibacterial and antiviral uses, personal and household.

WELLNESS CENTRE SPECIALS

OCTOBER 16 - 31 ONLY!

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Ask us for details in store.



New Roots Mushroom Supplements

Single Mushrooms
60 Capsules
\$29⁹⁹

Resilience
90 Capsules
\$42⁹⁹

New Roots Herbal's medicinal mushroom extracts are hot water extracted and standardized to contain a minimum 40% polysaccharides. Hot water extraction is critical to ensure that all active constituents are released from the mushroom, intact and bioavailable. They are tested for identity, purity, and potency in our ISO 17025-accredited analytical laboratory. This ranks them among the purest and most potent extracts on the market. They are encapsulated in non-GMO, vegan-friendly capsules.



CanPrev Rocket Testosterone Recharge

90 Capsules

\$54⁹⁹

Losing muscle mass? Experiencing reduced sex drive? Feeling like you have less energy than you used to? When your performance is impacted in these ways, you may be suffering from low testosterone. A testosterone deficiency can even impact your mood, behaviour and decision-making. It's safe to say testosterone is an undeniably important hormone. Testosterone is required for bone development, muscle mass and strength, fat distribution and the production of red blood cells and sperm. If you feel like you're falling short in these areas, you could likely benefit from a little extra support. CanPrev's Rocket T is designed to promote healthy testosterone levels to help enhance athletic performance, support muscle growth and sex drive. Featuring Testofen®, a patented form of fenugreek clinically proven to support testosterone production, KSM-66® ashwagandha and vitamins for increased resistance to stress and added minerals important for anabolic hormone production.



Enerex Black Seed Oil

100mL/240mL

\$29⁴⁹ / \$46⁹⁹

Certified organic, cold-pressed, and undiluted Black Seed Oil made from Mediterranean Nigella Sativa seeds. Highest guaranteed natural thymoquinone content on the market at 2.0-2.25%. Not all Black Seed Oil products are created equal. Third-party tested.

Support modulated immunity for enhanced protection

- Suppress and balance chronic inflammation
- Gastroprotective benefits, working almost instantly for digestive relief
- May decrease both asthmatic and seasonal allergy symptoms
- Nourishing and healing for inflammatory skin conditions



Prairie Naturals Sytrinol

60 Capsules

\$44⁹⁹

The body needs cholesterol to function, but too much of it in the blood or too much of the wrong kind can increase the risk of heart disease. Sytrinol is a patented cholesterol-lowering supplement made from the natural phytochemical compounds in citrus peel and palm fruit extracts. This formulation synergistically combines polymethoxylated flavones – PMFs for short – with delta, gamma, and alpha tocotrienols with other proprietary ingredients recognized for their role in promoting heart and cardiovascular health. One-a-day is all you need to safely lower cholesterol in 30 days without toxic side effects (unlike statin drugs).

- Take control of cholesterol • Clinically studied
- Patented cholesterol-lowering supplement
- Made from compounds in citrus peel & palm fruit extracts • One-a-day is all you need
- Can lower cholesterol in 30 Days • Safe & cost-effective
- No toxic side effects • Vegetarian capsules



Maple Organics Natural Pharmacy Remedies

60mL

\$26⁹⁹

A safe and effective therapy for stiff joints, Maple's Joint Therapy is formulated with Arnica Montana, a remedy for pain and inflammation due to osteoarthritis, tendonitis and rheumatoid arthritis. Our anti-inflammatory and analgesic natural ingredients bring fast, long-lasting pain relief to your aching joints.

- This product does not contain any steroids thus decreasing muscle damage rates amongst conventional over the counter ointments.

• WHAT IT IS

A remedy for pain and inflammation due to osteoarthritis, tendonitis and rheumatoid arthritis

• WHAT IT DOES

Using Arnica as a topical supplement will assist the body in naturally reducing inflammation. No pills needed!



Sperri Organic Plant-Based Meal Replacement

330mL/4-Pack

\$5⁹⁹ / \$23⁴⁹

You already face many challenges throughout your day. It's good to have complete confidence in what you eat at mealtime. Sperri contains ingredients that support immunity and reduces inflammation, helping you heal naturally. It complies with gluten-free, lactose-free and vegan diets.

- Organic
- Gluten Free
- Dairy Free
- Vegan
- No Artificial Sweeteners



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CHOICES MARKET 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

Parksville – NOW OPEN

319 Island Hwy East
250.947.8000

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 NOx

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

CHOICES MARKET

NOW OPEN

PARKSVILLE, BC

319 Island Highway East

DISCOVER LOCAL CHOICES



Discover the LARGEST Selection of Wellness Choices on Vancouver Island



Your Choice for Wellness

Discover the largest number of vitamins, supplements and natural body care items on Vancouver Island to balance, restore and rejuvenate your body and mind.



Need Help?

We're here to help you navigate our extensive collection of wellness products. Simply speak to a member of our Wellness Team for one-on-one advice that's suited to your health needs.



Live Pure

Stop by Pure Integrative Pharmacy for your prescription compounding and explore the widest assortment of professional-grade supplements you will find on the island to ensure your optimal health solutions.



Pure  INTEGRATIVE
PHARMACY

Phone: 250-947-7140

Pharmacy Hours: Monday - Friday 9am - 6pm |

Saturday 9am - 5pm | Sunday 10am - 4pm