

THE

CHOICES MARKET



HEARTBEET

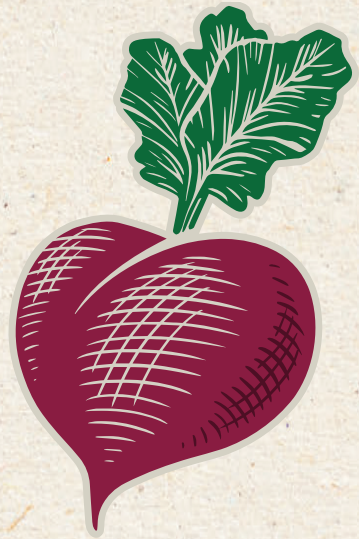
February, 2024

DISCOVER CABBAGE

BY CHEF ANTONIO pg 5

Heart-Shaped Jam Cookies ~ Recipe pg 6

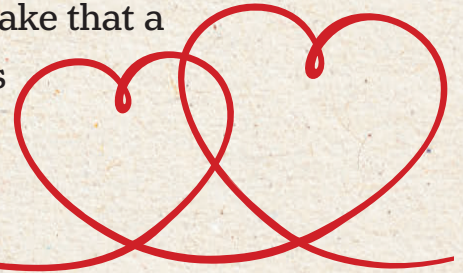
5 Simple Ways To Support your Heart Health pg 7



HAPPY VALENTINE'S DAY!

Some people consider February 14th the most romantic day of the year.

Here at Choices, we've got everything you need to help make that a reality. From Fairtrade chocolates and body care products to artichoke hearts and strawberries, you'll find it all.



Star of the Season!

Every year during the holiday season, Choices runs a fundraising campaign in support of local neighbourhood houses and food banks across British Columbia.

We'd like to thank our customers for donating to our annual Star of the Season Campaign and helping to make it an incredible success.



SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

**FEBRUARY
6**

7:00pm - 8:30 pm

**IN-STORE
KITSILANO**

Free Event

Chocolate to Fall in Love With:

Beyond the Taste & Ingredients

With Emma Smith, Founder

Join Emma, founder of Zimt a local artisan plant-based chocolate company, for a chocolate tasting extravaganza!

Sponsored
By: **zimt**
CHOCOLATES



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



GETTING YOUR CIRCADIAN RHYTHM ON TRACK

with Thalia Charney

There is a best time to sleep, eat, exercise, and even eat. Learn how to fine-tune your built-in clocks for optimal wellbeing, energy, mood and a good night's sleep.

Sponsored By:



FEBRUARY

20

6:00 - 7:30 pm

ONLINE



FIGHT STRESS & FATIGUE; MUSHROOM ALLIES FOR GROUNDED VITALITY

with Jerry Angelini, MS, LRC, LMT

Beneficial mushrooms can help engage our parasympathetic nervous system while supporting vitality, mood and cognitive function. Join Jerry Angelini MS., to learn more.

Sponsored By:

HOST DEFENSE
Mushrooms

FEBRUARY

29

7:00pm - 8:30pm

ONLINE





DISCOVER CABBAGE

BY CHEF ANTONIO

There are plenty of cabbage varieties to try: green, purple, white, savoy, napa and more. Cabbage—any variety—grows best in cooler climates that range between 4 and up to 24 degrees Celsius. Any warmer and it'll end up being more leafy, like lettuce, and less dense than normal cabbage should be.

One of the great things about cabbage is that it's extremely affordable, especially when it's in season. And, as our team of dietitians and holistic nutritionists will tell you, cabbage has heaps of health benefits. It's an excellent source of vitamins K, C and B6 and provides fibre and other nutrients like folate and calcium.

When buying any cabbage variety, look for tight, firmly packed leaves and head that's dense and heavy. Once you have a healthy head of cabbage, it'll last in your fridge for quite a while until you find the perfect recipe(s) to try.

The culinary applications of cabbage are amazingly diverse. Slice it finely and serve it as a crunchy coleslaw with a cream- or oil-based dressing. Feature it in a soup all on its own or combine it with other vegetables for classics like borscht (beet soup) or minestrone (vegetables, beans and pasta or rice soup). Hearty cabbage leaves (steamed or raw) make wonderful wraps for cabbage rolls. Meat and rice are a common combination, but you can also try potatoes and more cabbage, cheese like ricotta or marinated, roasted tofu. I also highly recommend adding bacon to your cabbage roll combo to boost the flavour profile, but it's not absolutely necessary.



Many cultures worldwide use cabbage for various stews. Russian shchi is a stew with cabbage or sauerkraut, vegetables and usually pork or beef. Italian cassoeula is a cabbage stew that uses up the less popular pork pieces like ribs or rind for flavour. There's also Chinese lion head soup that stews cabbage and other vegetables with pork meat balls. All are delicious, healthy, hearty and very economical because of the cabbage and other inexpensive ingredients.

Of course, you can enjoy braised cabbage on its own. Fermented cabbage is also jam packed with flavour and nutritional benefits. Consider taking a workshop to find out how you can make easy and probiotic-rich sauerkraut at home.



CABBAGE QUICK FACTS

Botanical Family:
Cabbage belongs to the Brassicaceae family.

Related To:
Broccoli, Cauliflower and Brussels Sprouts

Varieties:
Green, Red, Savoy and Napa

Nutrition:
Low in calories, high in nutrients. Excellent source of Vitamin C, K, B6, Fibre, Manganese and Folate

Culinary Uses:
Cabbage is a very versatile vegetable used in various cuisines. It can be eaten raw in salads, fermented into sauerkraut or kimchi, or cooked in dishes like coleslaw, stir-fries and soups.

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.





Heart-Shaped Jam Cookies

By Willow Tolchinsky, UBC Dietetics Student

INGREDIENTS

- 2 1/2 cups all-purpose flour
- 3/4 cup powdered sugar
- 1 1/4 cups salted vegan butter, softened
- 3/4 tsp. pure vanilla extract
- 1/4 cup raspberry or strawberry jam

INSTRUCTIONS

1. Using a hand or stand mixer, cream together the softened butter and icing sugar until smooth. Add in the vanilla and mix through. Next, add in the flour and mix until just combined. The dough will look soft and sandy, but should hold when pressed together.
2. Form a ball with the dough, wrap with plastic wrap and place in the fridge for 30 minutes to one hour.
3. Pre-heat oven to 325 degrees. Lightly flour a piece of parchment paper, remove the dough ball from the plastic wrap and place onto the parchment. Sprinkle a little more flour on top of the dough, and place another piece of parchment on top.
4. Roll the dough overtop of the parchment to about 1/8th of an inch thick. Using a 3" heart-shaped cookie cutter, cut dough into heart shapes. With half of the cookies, use a 1" heart-shaped cookie cutter to cut out the centers.
5. Place cookies onto parchment lined baking sheets. Bake for 12-15 minutes, until the bottom is slightly golden. Let cool for 10 minutes before transferring to a cooling rack.
6. Spread jam over the full heart cookies. Sift a little powdered sugar overtop of the cookies with heart cut outs, and then place them on top of the jam covered cookies.

TAKE CARE OF YOUR HEART WITH THESE HEART HEALTHY TIPS!

• Replace saturated fats with sources of heart healthy fats

- This recipe replaces dairy butter with vegan butter - Earth Balance or Becel Vegan are great options. Both are great sources of omega-3 fats and have less than half the amount of saturated fat as dairy butter.

• Move your body

- Aim to get at least 30 minutes of exercise each day. A run first thing in the morning, a walk after dinner, or some gentle yoga before bed to unwind are some easy ways to fit movement into a busy schedule. Grab a friend, your partner, or yourself and try a new class for a fun and active date night!

• Limit alcohol intake

- Life is about balance! So enjoy a glass of wine on Valentine's Day, but try to limit overall intake to Health Canada's guideline of 2 alcoholic drinks per week. Why not make an evening out of experimenting with new recipes for fancy mocktails?

• Increase your fibre

- Focus on making half your plate fruits and vegetables, boost your cereal, oatmeal or smoothies with a tablespoon of ground flax, choose whole grain or sprouted bread, snack on nuts and seeds, or try swapping quinoa for white rice.

DATE NIGHT IDEAS FOR EVERYONE!

By The Choices Market Nutrition Team

Whether it's a date night with your BFFs or a loved one, here are some meal ideas that are simple, elegant and healthy! These dinner ideas will be ready in 30 minutes or less, freeing up time to set the ambience for a special evening together.

EASY DATE NIGHT MEALS:

Try sautéed chicken breast fillets with sautéed garlic, lemon, chicken broth and white wine and finished with a bit of ghee and extra virgin olive oil. Serve with angel hair pasta, brown and wild rice or cauliflower rice and serve with sautéed asparagus spears. Sprinkle with a bit of parsley and capers.

Another heart healthy and date worthy meal is baked wild salmon fillets which are rich in omega-3's. These can be topped with slices of lemon, a bit of ghee and drizzled with extra virgin olive oil and baked on high for 15 – 20 minutes. Serve with sautéed broccolini and roasted baby potatoes.

EASY MEALS FROM THE DELI:

If you don't have time to cook you can still enjoy a special date night meal!

Try our deli for these easy to make meals:

Free run roast chicken, sliced and served over a bed of arugula drizzled with extra virgin olive oil, topped with grated Parmesan. Add a squeeze of lemon if desired and sprinkle of sea salt, served with some in house baked Sourdough bread.

Ravioli gorgonzola walnut pasta, served with cashew alfredo sauce, roast chicken and deli side salad of your choice.

DATE NIGHT OUT:

Looking to get away? We recommend visiting Parksville, home of our newest Choices Market location!

There are many choices for a great date night out in Parksville but here a couple of picks:

Chameleons

A fine dining boutique restaurant across from the beach, which offers beautifully plated meals such as Chicken Neptune and Stuffed Chicken Breast. They also have an assortment of gluten-free options.

Bayside Resort Ocean Front Resort

Experience beautiful views and beautifully presented dishes right on the beach. Try Mediterranean Rigatoni or their Bayside Poke Bowl. They also have an assortment of vegan and gluten-free options.



5 SIMPLE WAYS TO SUPPORT YOUR HEART

By The Choices Nutrition Team

1. Add more Fibre: Adequate fibre can help lower your cholesterol and blood pressure, both of which are risk factors for developing heart disease. Men over 19 years of age should aim for 38 grams of fibre per day and women over 19 should aim for at least 25 grams per day.

2. Add more Omega-3's: Omega-3's play a role in reducing inflammation in the body and inflammation can lead to damaging blood vessels which are important for transporting blood too and from the heart. Aim for two 4 oz servings of fatty fish per week or a daily plant-based source like flax oil, ground flax, walnuts, or hemp hearts.

3. Add more Polyunsaturated fats. Polyunsaturated fats are a type of fat found in plant-based foods that support your heart by helping to reduce the LDL cholesterol in the blood (a type of cholesterol we want less of). Try including more nuts, seeds, and tofu in your diet to boost your consumption of these heart healthy fats.

4. Add more herbs and spices. Herbs and spices are a great way to add flavour to your food, by adding more of these flavouring agents we naturally tend to reduce the amount of salt we add to foods. Some salt is good for us but too much can impact our heart health. So, try adding more herbs like garlic, ginger, parsley, and thyme to flavour food over the saltshaker.

5. Add more movement. Regular movement is a great way to increase HDL cholesterol (the kind that supports our heart!). Even if your time is limited small changes like adding one to three 15-minute daily walks can make a difference!



PREFERRED SHOPPER SPECIALS

FEBRUARY 1 - 15 ONLY!

Become a Preferred Shopper today.
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Ask us for details in store..



Ritter Sport
Chocolate Bars
100g

\$2.99

We offer your favourite chocolate with the best ingredients for every taste: whole biscuits, crunchy hazelnuts, sweet strawberries, alpine milk and more.



Alter Eco
Organic Truffles
120g

\$6.99

Our deep, smooth Ecuadorian chocolate surrounds these sumptuous truffles.



Sunrise
Soft Tofu
300g

\$1.49

Sunrise Soft Tofu has a very smooth consistency and is rather delicate. It is the ideal choice for recipes which require blending.



Justin's Organic
Mini Peanut Butter
Cups
120g

\$6.49

Made with Organic, Non-GMO Project Verified ingredients and Rainforest Alliance Certified™ Cacao.



Nuts To You
Almond Butter
735g

\$14.99

Nuts to You Nut Butter Inc is a Canadian, family-owned, organic and natural nut butter manufacturer.



John WM Macy's
Cheese Sticks
113g

\$4.99

Made from layers of sourdough, rich aged cheeses and hand-picked seasonings.



Patience
Sour Candy
60g

\$2.29

Our candy is a revamped approach that puts real fruit front and centre.



Mi-Del
Gluten-Free
Cookies
227g

\$5.49

MI-DEL Gluten-Free products are routinely tested using the ELISA method to ensure gluten-free status.

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



Faith Farms
Cheese
360g & 380g

\$6.49

Perfect for grilled cheese sandwiches, essential for nachos, and a must-have for mac and cheese.



Harmless Harvest
Coconut Water
296 mL

\$4.49

To achieve peak deliciousness, we start with uniquely fragrant and tasty, organic, young Nam Hom coconuts grown in Thailand.



Frankie's
Organic Puffs
Assorted Sizes

\$2.69

We believe that food can be both healthy and delicious. That's why we create flavorful products using nutrient-rich ingredients.



Riviera Coconut
Milk Yogurt
500g & 650g

\$5.99

Our new vegan option offering exotic and tropical flavours, dairy-free, made with coconut milk.

PREFERRED SHOPPER SPECIALS

FEBRUARY 16 - 29 ONLY!

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Que Pasa Organic Tortilla Chips or Salsa
300g & 350g
or 420 mL

\$3.49

Not only are our tortilla chips certifiably delicious, they're also gluten-free, nut free, and vegan!



Iogo Nano Drinkable Yogurt
Pack of 6

\$4.99

Plus Deposit,
Recycling Fee
Where Applicable

A go-to Strawberry drinkable yogurt that kids love.



Probar Protein Bars
70g & 85g

\$2.99

Want a protein bar that resembles nature rather than a science experiment? We packed 20 grams of plant-based protein and real ingredients into this bar.



Dairyland Organic Milk
1.89 Litre

\$5.49

Plus Deposit,
Recycling Fee
Where Applicable

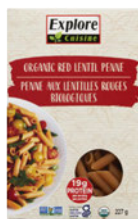
The same fresh taste that is sustainable and locally-sourced. Discover our organic milk products.



Barbara's Cheese Puffs
155g & 198g

\$2.99

A family favorite, our deliciously cheesy and crunchy cheese puffs are the snack you will be happy to have.



Explore Cuisine Organic Bean Based Pasta
200g - 227g

\$4.49

Explore Cuisine makes gluten-free, high-protein, good-for-you pasta that your whole family will love.



GT'S Organic Raw Kombucha
1.4 Litre

\$8.99

Plus Deposit,
Recycling Fee
Where Applicable

The original kombucha brand that started the craze.



NutJar Hazelnut Chocolate Spread
240g

\$9.99

Made with organic chocolate and hazelnuts, this vegan, palm oil-free spread is meant to leave a guilt-free, satisfied smile lingering across your face!

NOURISHING LIFESTYLES SINCE 1990



Prana Organic Trail Mixes
150g

\$4.99

Discover the perfect balance of sweet and salty with Pranas trail mixes, made with high-quality nuts, dried fruits, and superfoods.



Zazubean Organic Fair Trade Chocolate Bars
80g & 85g

\$3.89

Zazubean creates chocolate that is Good For The Growers, Good For The Planet, Good For You!



Pukka Organic Tea
Pkg. of 20 Bags

\$5.99

All our products are made with care and affection from the highest quality organic herbs our beautiful planet has to offer.



Terra Bread Granola
800g & 850g

\$13.99

Inspired by Head Baker Mary Mackay's family recipe.



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.

BLUE JAY NAVEL ORANGES

Getting enough fruits and vegetables in the winter months can be tricky. Vitamin C, which we get from many fruits and vegetables, is particularly important for your immune system, skin health and acts as an antioxidant. Did you know that as little as one orange per week can help you to meet your vitamin C needs?

Luckily, we carry delicious Blue Jay Navel oranges from Johnston Farms in California! Oranges make a great snack year-round or a good addition to oatmeal with a bit of dark chocolate. Yum!



ORGANIC TRADITIONS FUNCTIONAL BEVERAGES

Looking to boost the nutrition in your drink? Whether it's adding probiotics, antioxidants or fibre, Organic Traditions Functional beverages have you covered! Try adding some acai powder to your

smoothie for extra antioxidants or switch out your latte for a lower caffeine option like a Yerba Mint Latte.



ITALPASTA ARTISAN PASTA

Looking to elevate your pasta? Italtasta is a Canadian company with an artisan pasta line that takes pasta to the next level. Inspired by an age-old Italian way of making high-quality combined with Canadian craftsmanship and made with 100% Canadian wheat. Try building a balanced pasta dish by adding two vegetables and a source of lean protein to make a well rounded meal.





Winter Breakfast Parfait

By The Choices Market Nutrition Team

INGREDIENTS

- 3/4 cup** Tree Island Plant-Based Yogurt
- 2 tbsp.** Hemp Hearts
- 1/4 cup** Pumpkin seeds or Pecans
- 1/2 cup** Peaches (canned)
- 1 tbsp** Nut Butter (optional)

DIRECTIONS

1. Mix yogurt and hemp seeds.
2. Place peaches in the bottom of a jar, layer yogurt mixture then pumpkin seeds or pecans and drizzle with your favourite nut butter of choice. Enjoy!

Makes 1 Serving.

WE USED

TREE ISLAND HEMP YOGURT

Plant-based yogurts often lack protein compared to their dairy-based counterparts. However, now there is a new plant-based alternative on the market. Tree Island Plant-based yogurt made with hemp hearts and coconut packs 6 grams of protein per serving and is a source of iron, magnesium, zinc and probiotics.

So if you're looking for more protein in your diet try Tree Island Plant-based yogurt paired with your favourite nuts, seeds or fruit!





WELLNESS CENTRE SPECIALS

FEBRUARY 1 - 15 ONLY!

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



**Salus Organic
Red Beet
Crystals**
200g

\$23⁹⁹

Salus Red Beet Crystals blend well into fruit juices, milk and milk products, soups, muesli, cereals, and other dishes and are also delicious when eaten dry.



**Flora Elderberry
+Formula
and Crystals**
Assorted Varieties & Sizes

20% OFF

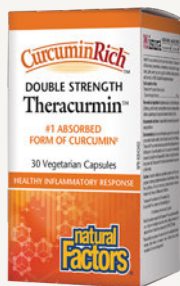
Top up your health with Flora Elderberry Crystals! Looking for relief from cold & flu symptoms? Add delicious Flora Elderberry Crystals to the mix.



**CanPrev
Inno-Q-Nol**
Assorted Varieties & Sizes

20% OFF

CanPrev's Inno-Q-Nol® features ubiquinol, the most bioactive form of coenzyme Q10 available. Exclusive to Inno-Q-Nol® is a unique patented process that ensures your CoQ10 is as potent as it can be.



**Natural Factors
Curcuminrich
Theracurmin
Supplements**
Assorted Varieties & Sizes

20% OFF

Curcumin, from the spice turmeric, has powerful anti-inflammatory, antioxidant, and antimicrobial properties that support neurological, cardiovascular, and joint health.



**Trophic Super
Concentrate
Chlorophyll**
100 mL/250 mL

\$12⁹⁹ / \$24⁹⁹

Chlorophyll is known to enhance the effects of vitamins and minerals and plays an important role in digestion.



**Nordic Naturals
Omega-3 Fish Oils**
Assorted
Varieties & Sizes

20% OFF

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



**NOW Solutions
Essential Oils
& Body Oils**
Assorted
Varieties & Sizes

20% OFF

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



**Dr. Bronner's
Pure Castile Soap**
473 mL

\$12⁹⁹

Pure Castile Liquid Soap Face, body, hair—food, dishes laundry, mopping, pets—the best for human, home, and Earth!



**Attitude
Natural Care
Body Care
or Oral Care**
Assorted Varieties & Sizes

30% OFF

Turn shower time into a luxurious eco-experience thanks to our new leaves bar™ body soaps.



**Redmond
Silver Earthpaste
Mineral Toothpaste**
113g

\$10⁹⁹

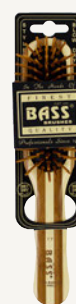
No foaming agents, no colouring, no glycerin, and no fluoride. Everything your mouth needs to feel and be clean, and nothing extra.



**Andalou Naturals
& CannaCell
Facial Care**
Assorted
Varieties & Sizes

25% OFF

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



**Bass
Hair Brushes**
Assorted Varieties

20% OFF

Hair brushes with beautifully classic designs that are made with unsurpassed quality and emphasis on natural, genuine, and durable materials for long product life and environmental sustainability.



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**New Roots
Wild Oregano C93**
Assorted
Varieties & Sizes

20% OFF

Discover New Roots Herbal's Wild Oregano C93—a potent blend with one of the highest carvacrol contents (93%) on the market, sourced sustainably from Turkey's Anatolian mountains. Hand-picked from plants thriving 1,500 meters (5,000 ft.) above sea level, this Origanum minutiflorum oil is steam-distilled and imported directly from the Mediterranean. Blended with certified organic, cold-pressed olive oil, it offers a bold, smooth flavor profile and a powerful antioxidant boost.



**New Roots
Vitamin D3
Supplements**
Assorted
Varieties & Sizes

20% OFF

Introducing New Roots Herbal's Extra Strength Vitamin D3 Drops! Each drop contains a potent 2,500 IU, a convenient option for those with swallowing difficulties. Statistics Canada reports that 40% of Canadians face vitamin D3 deficiency in winter, 25% in summer. These drops provide the maximum dosage recommended by Health Canada without a prescription, aiding in preventing vitamin D3 deficiency. With a medium-chain triglyceride (MCT) emulsification for accurate dosing, ensure year-round support against deficiency.



**Natural Factors
WellBetX
Berberine**
60 Capsules/120 Capsules

\$19⁹⁹ / \$36⁹⁹

If you're working on maintaining your blood sugar or cholesterol already within the healthy range, you need to know about AMPK – your body's metabolic master switch. When this switch is activated, you supercharge your body's ability to metabolize blood sugar and cholesterol.* How can you "turn on" this switch? With berberine, a plant alkaloid found in goldenseal and Oregon grape root.* Our berberine is sustainably sourced from barberry and provides a clinically studied amount of 500 mg per vegetarian capsule, so you reap all the berberine benefits.

- Supports blood sugar balance
- Helps maintain already-normal cholesterol levels
- Supports healthy insulin sensitivity and weight management



**KidStar Nutrients
Vitamins &
Supplements**
Assorted
Varieties & Sizes

25% OFF

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.



**Ganesha Garden
Solid Perfume**
13g

\$9⁹⁹

Every batch of perfume starts with a Non-GMO, certified organic coconut oil base. Blended with natural, organic beeswax, essential oils, fair trade MCT oil from coconut and safe lab produced ingredients that are completely phthalate, paraben, sulfate, and formaldehyde free. It is then poured into a recyclable glass container with a sustainably grown bamboo lid and packaged into a recyclable box.

Our perfume container and packaging are made with 100% plastic free, recyclable material.



**Colour Energy
Dead Sea Salts**
Coarse or Fine
600g/1 kg

\$12⁴⁹ / \$18⁹⁹

FOR PHYSICAL, MENTAL & SPIRITUAL CLEANSING
Since ancient times Dead Sea Salts have been known for their therapeutic and healing powers that even the Ancient Egyptians used in their beauty treatments. The Dead Sea is one of the world's richest sources of minerals. Therefore, the salts that come from the Dead Sea have a high mineral content, containing more than 25 different types of minerals. The intense salinity of the Dead Sea, with its extreme content of salts and minerals, does not exist anywhere else in the world. Dead Sea Salts contain high concentrations of Magnesium (aids in maintaining the proper pH balance), Sodium (helps to maintain water balance within the body), Potassium (supports muscular elasticity), Calcium (hypo-allergenic, supports bones), and Bromine (relaxing, anti-inflammatory) to name a few of their healing properties.

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**Botanica
Organic Herbs
and Supplements**
Assorted Varieties & Sizes

20% OFF

Discover Botanica's collection of finely-crafted, organic plant-based supplements for your unique path to wellness.



**Prairie Naturals
ReCleanse**
1 Kit

\$23⁹⁹

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



**CanPrev
Vitamin D3 & K2**
120 Softgels/240 Softgels

\$21⁹⁹ / \$34⁹⁹

D3 & K2 assists the body in the absorption and utilization of calcium and supports the development and maintenance of bones and teeth.



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

20% OFF

Natural Factors Vitamin C 1000 mg time release tablets are designed to gradually release their contents over an 8-hour period.



**Herbion Natural
Cough Lozenges
& Cough Syrup**
150mL/18 Pack

\$8⁹⁹ / \$24⁹⁹

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



**AOR
Nattokinase**
60 Capsules

\$31⁹⁹

• Supports cardiovascular health • Normalizes blood flow
• Reduces the risk factors of heart attack, stroke and thrombosis



**DoMatcha
Teas**
Assorted
Varieties & Sizes

20% OFF

Our Matcha teas contain L-theanine, an amino acid that increases alpha waves in the brain, reducing stress and anxiety.



**Nature's Way
Calcium and
Magnesium**
500 mL

\$26⁹⁹

Helps in the maintenance of bones and teeth. It also contains bone-friendly ingredients Collagen, Manganese, Boron, Vitamin K2 and Vitamin D3.



**Flora
Respir-Essence**
500 mL

\$21⁹⁹

If you suffer from respiratory issues, there is a natural solution that can help you breathe a little easier.



**Heritage Store
Rosewater Face Care**
Assorted
Varieties & Sizes

20% OFF

This cult fave has two ingredients of versatility to refresh, set, hydrate, and uplift.



**Radius Toothbrushes
& Toothpaste**
Assorted
Varieties & Sizes

25% OFF

Eco-friendly toothbrush! Each super soft toothbrush is created with EcoPure®, meaning that it is 100% biodegradable in landfills.



**Marseille's
Remedy**
Balm, 25 mL/
Essential Oil, 30 mL

\$10⁹⁹ / \$21⁹⁹

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



WELLNESS CENTRE SPECIALS

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Ask us for details in store.



**Omega Nutrition
Pumpkin Seed
Protein**
600g

\$23⁹⁹

Our single ingredient, Plant-Based Protein Powder is a powerhouse in nutrition. Made from just pumpkin seeds, this easy-to-use powder offers 60% of plant-based protein by weight. Our premium quality, nutrient-rich protein powder, is easy to digest and can be used to make more than just protein shakes. This Plant-Based Protein Powder provides health-minded consumers with an alternative to other ultra-processed protein powders on the market and since it's made from just pumpkin seeds, they'll know exactly what they're getting each time they use it.



**Moducare
Daily Immune
Support**
Kids, 60 Chewables/
Adults, 90 Capsules

\$31⁹⁹ / \$35⁹⁹

A proprietary blend of plant sterols and sterolins that help support a healthy immune system balance. When your immune system is underactive, your body cannot fight off infections and you can suffer from frequent colds and flus, or fevers. When your immune system is in overdrive, it can overreact to normally harmless substances like pollen, dust, or certain foods, which can cause conditions like allergies, eczema, or asthma. Take Moducare® daily to help support a healthy immune system balance.



**Maple Organics
Natural Pharmacy
Remedies**
60 mL

\$25⁹⁹

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!



**Nena Glacial
Skin Care**
Assorted
Varieties & Sizes

30% OFF

Clinically Proven: Glacial Clay is proven to contain anti-inflammatory and soothing properties, increase collagen production by 70% (anti-aging benefits), reduce oil on the face by 95% and tighten pores after just one application.

Purifying & Softening: Glacial Clay is negatively-charged, making it a powerful magnet for the positively-charged impurities trapped in the skin. Effectively removes dead skin cells and environmental pollutants, revealing a soft and toned complexion.

Natural & Powerful: contains 99% natural Canadian Glacial Oceanic Clay from a pristine source in Northern British Columbia Canada. Glacial Clay has been used for centuries by the First Nation People for its antibacterial properties.

Rich in 60+ Minerals: Glacial Oceanic Clay contains over 60 minerals and rare earth elements beneficial to the skin.

For All Skin Types: including dry, oily, combination, sensitive, and aging skin.

Clean Ingredients: Halal certified, Environmental Working Group (EWG) Verified. Made in Canada in a certified facility.



**Badger Botanical
Hair Oil**
Argan or Jojoba
60 mL

\$19⁹⁹

For silkiness and shine. Moisturize and restore dry, lifeless hair with this nourishing hair oil. Argan oil penetrates deeply to repair damage and smooth split ends, while baobab oil strengthens the hair cuticle and improves elasticity. Rich in vitamins, proteins, and essential fatty acids, this conditioning blend helps to soften and protect your hair, leaving it shiny and bright. Can be used daily as a leave-in conditioner, or as a weekly intensive treatment.

Balancing herbal hydration. Soothe dry or itchy scalp with this hydrating, refreshing hair oil. Jojoba balances oil production, antimicrobial rosemary and tea tree deeply cleanse the hair follicles, and stimulating menthol and peppermint leave a cooling, tingling sensation. Soothing and ultra-hydrating, this energizing blend encourages healthy hair from root to tip.



**Life Candy
Shampoo or
Conditioner**
1 Litre

\$19⁹⁹

Life Candy's non-silicone, all-natural formula seals the hair cuticle to lock in color molecules and slow color fading while enhancing the quality of your hair. Achieve noticeably better hair with color+ treatments, protect hair fibre integrity from sun exposure and friction damage, and maintain quality results with rinse-off and leave-on systems.

The Life Candy line up consists of fabulous products, all prolong hair colour + an additional benefit.

All natural formula are biodegradable, better for you, and better for the ecology.



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604.678.9665

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Parksville

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

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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.



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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.



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Pure  INTEGRATIVE
PHARMACY

Phone: 250-947-8001

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