

THE

CHOICES MARKET



HEARTBEET

March, 2024

BRAIN HEALTH MONTH

Discover Oranges ~ BY CHEF ANTONIO pg 5

Reducing Alzheimer's Risk pg 6

Nurturing Minds pg 7

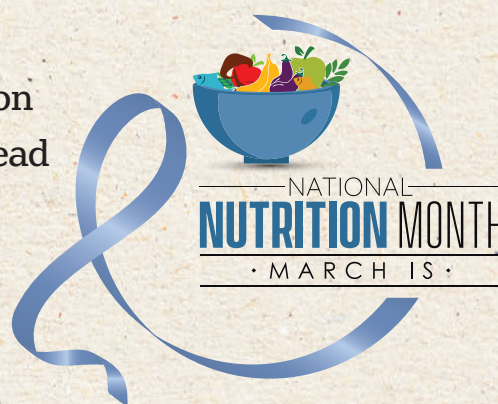




MARCH IS NUTRITION MONTH!

Every year, the Dietitians of Canada celebrate nutrition month in March. This campaign is meant to help spread awareness and education to up and coming nutrition trends to help build healthy communities.

Book an appointment with one of our nutrition specialists at our website: choices.market



GOT A GREEN THUMB?

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

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



Lorem ipsum

SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

**MARCH
5**

6:00pm - 7:30 pm

**IN-STORE
KELOWNA**

Free Event

Food For Thought

with Anna Pepperdine, BSc

*Have you ever wondered how
what you eat can impact your brain?*

Whether you'd like to learn about foods to include in your diet for long-term brain health or just learn about foods that will give you a small boost throughout your day, this seminar is for you!



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



IRON UP, ENERGY UP!

with Cheryl Grant

Are you struggling with your energy and low iron levels? Join us to learn reasons that can lead to low iron levels, and how to incorporate food and supplements including key vitamins to increase iron levels and feel energy again. We'll also discuss lifestyle changes that can help in your journey to fuel your energy and good health.

Sponsored By: **VITALITY**



**MARCH
26**

7:00pm - 8:30 pm

ONLINE

Free Event



**MARCH
28**

6:30pm - 8:00 pm

**IN-STORE
SOUTH
SURREY**

Free Event

INSULIN RESISTANCE: HIDDEN IN PLAIN SITE

with Dr. NavNirat Nibber, ND

Are you experiencing extreme fatigue following meals, skin changes around your neck and armpits, skin tags, hormonal changes, sleep disruption, headaches but your lab work is coming up "normal." Find out if Insulin resistance may be hiding in plain sight impacting your quality of life and what to do about it if it is.

Sponsored By: **AOR**
Advanced Orthomolecular Research





DISCOVER ORANGES

BY CHEF ANTONIO

Did you know the orange is a 4000 year old hybrid between a pomelo and a mandarin?

Originally from the southeast of Asia, where it is still grown, oranges expanded to the vast majority of the Mediterranean, the Americas, South Africa, Australia and more. The name of the fruit is originally from a Sanskrit word, meaning fragrant. This origin predates the use of orange as a colour. Oranges are so popular that the colour was named from the fruit.

In the northern hemisphere, the orange tree fruits as early as November peaks between January and February, and continues on until early June. Oranges, like all other citrus, need cooler nights in order to gain their bright colour on the outside. Oranges ripen in semi tropical climates will retain a green peel, even when fully ripe and sugary inside.

400+ types of oranges exist, and between them all, oranges are the most cultivated tree in the world. Navel is the most common you will find in our store. Valencia is also really popular, especially for juicing, due to its balanced tart to sweet flavour.

Cara Cara, with their pink flesh, and high sugar content are a fan favourite. Blood oranges, a standard of Sicilian production, have intense red colour and super sweet taste. Seville, or bitter orange, are perfect for marmalade and candied peels.

Remember to only use organic citrus if you're planning on using the peel in your dish. Orange will last up to a month or more in the fridge, but only a few days on the counter. Either you juice them or blend the juice in beverages, bake cakes, muffins, loaves, or custards, toss it in sweet or savoury salads, or just in a salad dressing.

Mix fresh juice in your pumpkin, squash or carrot soup for an outstanding result. Sweet marmalade or spicy chutney anyone? Next time you're cooking seafood, try to sub your lemon for orange and you'll be amazed. Poultry, vegetable, and orange skewers are an idea. Game and pork will also appreciate the golden citrus. Why not sweet and sour orange vegetable dishes? You could pair fresh or dried oranges with a variety of cheese.

You can enjoy oranges all the time. I do!



ORANGE QUICK FACTS

Botanical Family:
Oranges belongs to the citrus genus and are a type of berry called a hesperidium.

Nutrition:
Oranges are renowned for their high vitamin C content, a powerful antioxidant that supports the immune system, promotes skin health, and aids in the absorption of iron.

Culture:
Oranges are often associated with freshness, health, and prosperity. In some cultures, they are symbols of good luck and abundance.



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.



ALZHEIMER'S DISEASE: REDUCING OUR RISK

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

Researchers project that by 2050, more than 1.7 million people in Canada will develop Alzheimer's Disease. This devastating disease forever alters families and relationships, and is the 9th leading cause of death in Canada. Aside from the emotional toll, this illness places a huge burden on our healthcare system and long term care facilities.

The good news? There's much we can do to lower our risk of developing Alzheimer's Disease. The actions we take to lower our Alzheimer's Disease risk will also lower our risk of several other potentially life-limiting chronic diseases such as cardiovascular disease, diabetes and specific cancers.

Here are 10 ways that you can reduce your risk and protect yourself:

1. Be physically active each day.
2. Avoid smoking and excessive alcohol consumption.
3. Protect your heart – what's good for the heart is good for the brain. Keep your blood pressure, cholesterol, blood sugar and weight within recommended ranges.
4. Stay socially connected and find meaning in your life.
5. Make healthy food choices. Choose minimally processed whole foods and reduce sugars and refined carbohydrates. Ensure that vegetables fill half your plate each meal.
6. Find ways to reduce stress in your life.
7. Challenge your brain by trying new activities, learning new things and playing games or doing puzzles.
8. Take care of your hearing and wear hearing aids if necessary.
9. Lower your risk of falls to avoid head injuries.
10. Reduce your exposure to air pollution.

There is no cure for Alzheimer's Disease and other dementias but we're not helpless! We can lower our risk by making the right lifestyle choices, along with choosing a whole foods, nutrient dense diet. For more information on eating to protect our brain health, reach out to your Choices Nutritionist.



SHARING MEALS PROMOTES OVERALL WELLBEING

By Dionne Legge, CNP, Choices Market Abbotsford

While a balanced plate with adequate protein, fat and fibre has many health promoting benefits, the importance of sharing a meal with others should not be overlooked. Coming together over a shared meal creates a supportive environment where we can nourish both our bodies and our hearts. This emotional support can help build a sense of community and add enjoyment to your life. It can provide many benefits and contribute to a healthy lifestyle. Although many of us may tend to live fast paced busy lives, we do not have to save eating with others for only special occasions. Plan to share lunch with a colleague. Make a morning breakfast date or ask a neighbour over for dinner. If you live alone consider reaching out to extend an invite to a friend or take part in a community meal program.



When we gather together to enjoy a shared meal we can often become more present and mindful. We slow down and appreciate what is before us. We take time to taste and savour the food and share in conversation with one another the flavours we like. In fact, sharing food with others is also a way to expand our palettes and explore culinary diversity. We can get curious. This can bring an overall sense of adventure and contribute to a sense of comfort and a more positive mood.

As we join with others around the table we should take the time to talk each other. We can share about what happened during the day or what is going on in our lives. We take time to share and we take time to listen. We can laugh and be light hearted. Food doesn't just have to be about nutrients, food can also be about connection. Who are you going to share your next meal with?

A colorful illustration of a pink, cloud-like brain wearing blue-rimmed glasses. The brain is holding a small brown chocolate bar in its right hand and a green leafy vegetable in its left. It is surrounded by various healthy foods: a red strawberry, a slice of orange, a green apple, a blueberry, a red rose, a green avocado, a green leafy vegetable, a green olive, a green leaf, a green egg, a green broccoli, and a green chocolate bar. The background is a light pink cloud shape on a white background.

Nutrition plays a vital role in supporting brain health and aiding the rehabilitation process for those with brain injuries. Foods rich in antioxidants, omega-3 fatty acids, and other essential nutrients can contribute to brain function and recovery. Let's explore how a well-balanced diet can make a difference.

4. Hydration Matters: Staying well-hydrated is often overlooked but is equally important for brain health. Dehydration can negatively impact cognitive function and hinder the recovery process. Drinking an adequate amount of water daily is a simple yet effective way to support your brain and overall health.

As we celebrate National Brain Health Awareness Month in March, let's not only raise awareness about the importance of brain health but also emphasize the role of nutrition in supporting those with brain injuries. A nutritious diet can be a valuable ally in the rehabilitation journey, promoting healing and enhancing cognitive function.

The infographic features a central illustration of a human brain, split vertically into a blue left hemisphere and a red right hemisphere. The text "FOODS FOR YOUR BRAIN" is written in a red, curved font above the brain. Surrounding the brain is a circular ring of ten food items, each in its own colored segment. Starting from the top and moving clockwise, the items are: a chocolate bar (brown), a fried egg and two whole eggs (yellow/orange), a roasted chicken (orange), a ginseng root (green), a bowl of white rice with a red berry (white), a green tea pot (green), a fish and shrimp (blue/pink), a pumpkin and vegetables (orange/green), walnuts and berries (brown/red), and a cluster of grapes and kiwi (purple/green). The background is a light beige with a subtle pattern.



PREFERRED SHOPPER SPECIALS

MARCH 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store..



**GT's
Kombucha**
480 mL

\$3⁹⁹ Plus Deposit,
Recycling Fee
Where Applicable

At GT's we cultivate our offerings with whole raw ingredients.



**49TH Parallel
Organic Coffee**
340g

\$14⁹⁹

Brewing at home? These are our favourite beans to make the perfect cup of specialty coffee.



**St. Dalfour
Jams**
225 mL

\$5⁶⁹

We craft our fruit spreads south of Bordeaux, "the Garden of France".



**RW Garcia
Crackers**
155g - 180g

\$5⁹⁹

At RW Garcia, we believe that satisfying your craving for snacks should go hand in hand with a commitment to eating healthier.



**Bioitalia
Pasta Sauce**
660 mL

\$6⁴⁹

Discover all the goodness of Bioitalia organic pasta sauces.



**Anita's Organic
Rolled Oats**
900g

\$9⁹⁹

Like baking, our process is traditional. Our grains come from Canadian farmers, and are milled right here in Chilliwack, B.C.



**Nuts To You
Peanut Butter**
750g

\$5⁹⁹

Peanut butter made with nothing but high quality peanuts.



**Earth's Choice
Organic Tomatoes**
796mL

\$2⁹⁹

Earth's Choice works with farmers that employ sustainable, organic farming methods to build strong roots and enrich soil quality.

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



**Only Goodness
Gluten-Free
Pastas**
340g

\$3⁴⁹

Perfect for those dealing with celiac disease or gluten sensitivity.



**Earth's Choice
Organic Tomatoes**
796 mL

\$2⁹⁹

The perfect start to dozens of home cooked meals.



**Olympic Organic
or Greek Yogurt**
Select Varieties,
1.75 kg

\$11⁹⁹ / \$14⁴⁹

Olympic yogurts are made with wholesome milk and organic fruits.



**Only Goodness
Organic Pesto Basil**
180 mL

\$5⁹⁹

Made in the Italian tradition with fresh basil.



PREFERRED SHOPPER SPECIALS

MARCH 16 - 31 ONLY!

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



**Hardbite
Potato Chips**
128g & 150g

\$2⁹⁹

Our classic potato chips.
ALL POTATO, NO COUCH!



**Lundberg
Organic Rice**
Brown/Basmati,
Jasmine or Sushi
907g

\$7⁹⁹ / \$9⁹⁹

Lundberg Organic Rice is grown with an obsession for quality.



**Bonne Maman
Spreads**
250 mL

\$4⁹⁹

A high quality spread in a classy and timeless glass jar!



**One
Coffee Pods**
Pack of 12

\$7⁹⁹

The best organic & fair trade coffees, packed in a
compostable pod.



**Gardein
Plant-Based
Meat Alternatives**
Assorted Varieties
& Sizes

\$5⁹⁹

Gardein makes your meatless lifestyle easy.
Find plant-based meat substitutes for chicken, sausage,
beef, and more.



**Silk Non-Dairy
Beverage**
1.89 Litre

\$5⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

Kick Start Your Day With A Smile!
Give Your Breakfast And Recipes A Boost.
Smooth Taste At Every Single Bite!



**Earth's Choice
Organic Peanut
Butter**
500g

\$5⁹⁹

Delicious Earth's Choice nut butters are made
simply, the old-fashioned way.



**Earth Balance
Buttery Spread**
425g/1.3kg

\$5⁹⁹ / \$13⁹⁹

Earth Balance's original recipe of dairy-free butter makes
plant-based cooking easy.

NOURISHING LIFESTYLES SINCE 1990



**Ovino
Sheep Yogurt**
500g

\$4⁴⁹

Made with fresh sheep milk on our farm in Halton Hills, our
yogurt is A2 and lactose friendly making it easy to digest.



**Only Goodness
Organic Frozen
Fruit**
1.5 kg

\$12⁹⁹

Perfect for smoothies and other delicious recipes.



**Cha's Organic
Coconut Milk & Rolls**
Coconut Milk, 400 mL/
Coconut Roll, 100g

\$3⁴⁹ / \$4⁹⁹

Cha's Organics proudly offers only the finest quality spices, tea & coconut
milk.



**Earth's Choice Coconut
Chips, Shredded & Flour**
200g, 250g, 500g

\$4⁴⁹

Coconut milk and cream are the perfect, dairy-free
alternatives for baking and savoury dishes.



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.



LEEKS

Leeks are members of the allium family and therefore related to onions, garlic, shallots and chives. Rich in polyphenols, they help protect against free radical damage and reducing inflammation. Leeks are also rich sources of vitamins A, C, K, and the B vitamin folate. Try sautéing leeks and adding to your favourite pasta dishes, salads, stir-fries, stews, soups, omelettes, or casseroles.

GRAPES

Spring is approaching and that calls for grapes! Check out our delicious organic red and green grapes which are packed with nutrients and bursting with flavour! One nutrient of note in grapes is resveratrol. Resveratrol is an important antioxidant found in grapes. Studies show that resveratrol may help to reduce inflammation.



Try adding grapes to your salad or making a simple chia grape jam.

Good Food Good Sauces

Craving a homemade sauce without all of the extra work? Try Good Food for Good's mouth-watering sauces. Their organic vegan sauces are made from whole ingredients, free from preservatives and contain no added sugar.

Looking for a quick dinner? Try their plant-based Bolognese sauces for a simple and nutritious meal.





Plant-Based Rosé Sauce

By The Choices Market Nutrition Team

INGREDIENTS

- 1 cup Tomato Sauce
- 1/4 - 1/3 cup Rawsome cream cheese spread (to taste)
- 1 tbsp Chopped fresh basil (optional)

DIRECTIONS

1. Place all ingredients in a pot. Heat on medium until warm, serve with noodles, vegetables, and protein (Chicken breast or add cooked red lentils to the sauce for a plant-based variety).

WE USED

RAWSOME SPREADS

Looking for a delicious spread that's dairy-free? Rawsome's cream cheese spreads are a great way to add flavour and extra nutrition to your meals. Their spreads are packed full of cashews which are a good source of protein, fibre and healthy fats to help you meet your energy needs. Try their cream cheeses on toast, a dip for veggies or add to pasta sauces to create a creamy dairy-free rosé.



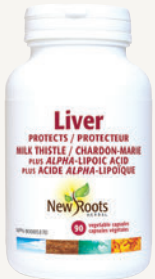


WELLNESS CENTRE SPECIALS

MARCH 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**New Roots
Liver**
45 Capsules/90 Capsules

\$22⁹⁹ / \$42⁹⁹

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



**CanPrev Beauty
Supplements**
Assorted Varieties & Sizes

20% OFF

Helps improve the appearance of skin, reduces wrinkles and diminishes fine lines.



**Smart Solutions
Vitamins
and Supplements**
Assorted Varieties & Sizes

20% OFF

Smart Solutions has been a leader in women's health, empowering them to reach their optimal wellness for over 10 years.



**NutraSea
Omega-3
Supplements**
Assorted Varieties & Sizes

20% OFF

- Ultra-pure, great tasting high quality omega-3
- Helps support the maintenance of good health, cardiovascular health, cognitive and brain function.
- Sustainably sourced ingredients.



**Vega One
All-In-One
Nutritional Shake**
Assorted Varieties
827g - 876g

\$53⁹⁹

Non- GMO, gluten-free, vegan, no added sugar, no artificial colors, flavors or preservatives.



**Flora Digestive
Enzymes**
Assorted
Varieties & Sizes

20% OFF

This formula was developed to address specific concerns as well as help maintain the overall health of your digestive system.



**Newco Broccofusion
Supplements
& Body Care**
Assorted
Varieties & Sizes

20% OFF

Our complex formula will help reduce signs of aging, reduces the appearance of age spots, and more.



**Enerex
Black Seed Oil**
100 mL/240 mL

\$29⁴⁹ / \$46⁹⁹

- Support modulated immunity for enhanced protection
- Suppress and balance chronic inflammation
 - Gastroprotective benefits, working almost instantly for digestive relief



**Innotech
Liquid Fermented
Probiotics**
500 mL

\$35⁹⁹

Premium triple fermented food beverage which contains beneficial microbes that are essential for maintaining balanced micro-flora in your gastrointestinal tract.



**Oneka
Shampoo or
Conditioner**
500 mL

\$10⁹⁹

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



**Pure Creations
Facial Care**
Assorted
Varieties & Sizes

20% OFF

A luxurious serum with plant-based Retinol, peptides, and Glucosyl Hesperidin that brights the skin, reduce the look of dark circles and wrinkles.



**Green Beaver
Concentrated Castile
All Purpose Soap**
1 Litre

\$18⁹⁹

Versatile, concentrated, and earth-friendly, one bottle of Castile soap is enough to safely clean just about anything!

WELLNESS CENTRE SPECIALS

MARCH 1 - 15 ONLY!

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



**Healthology
Cholesto-less**
60 Softgels

\$39⁹⁹

The typical North American diet contains far too many foods that increase our cholesterol levels above and beyond what our bodies can use. Excess total cholesterol and LDL "bad" cholesterol will stick to the walls of our blood vessels, narrowing the space for blood to flow. This prevents oxygen and nutrients from reaching vital organs. Most dangerously, it can prevent oxygen from getting to the heart or brain, increasing our risk for heart attack and stroke.

CHOLESTO-LESS, is formulated to lower total cholesterol and LDL "bad" cholesterol and raise HDL "good" cholesterol to maintain healthy cholesterol levels. It also supports overall cardiovascular health with the addition of the powerful antioxidant, ubiquinol (Active CoQ10). Having healthy cholesterol levels supports cardiovascular health, helping to prevent life-threatening illnesses such as heart attack and stroke.



**Platinum
Naturals**
Magnesium Bisglycinate
or Curcumin Complete 95
60 Softgels

\$19⁹⁹ / \$33⁹⁹

Magnesium Bisglycinate is a chelated mineral, which means that the magnesium is attached to an amino acid (glycine). Chelated minerals have excellent bioavailability and absorption, which means you can get effective results without the GI issues that can be associated with taking large doses. When glycine is attached to magnesium it lowers the pH in the intestine in order to improve passive transport across the wall of the intestine. Glycine also makes it easier for magnesium to dissolve. Both effects mean that magnesium bisglycinate has a higher bioavailability and better absorption than most other forms of magnesium. The chelated form is easy on the stomach and prevents uncomfortable GI side effects.



**CanPrev NAC+
N-Acetyl-L-Cysteine**
120 Capsules

\$26⁹⁹

NAC+ was designed for superior defence against oxidative stress from over-exercise, pollutants and respiratory conditions. It features 600mg of N-Acetyl-L-Cysteine (NAC) with L-Glycine and selenium for enhanced cell protection against free radicals.

NAC has mucolytic properties that help to relieve symptoms of chronic bronchitis caused by oxidative stress. Taking NAC may improve phlegm consistency in people with chronic obstructive pulmonary disease (COPD) and help to decrease flare-ups. Studies suggest that NAC may have a positive effect on reducing homocysteine levels in cases where high plasma homocysteine levels are present.

Both N-Acetyl-L-Cysteine and L-Glycine are precursors to glutathione (GSH) – our critical intracellular antioxidant for the liver and brain. GSH scavenges free radicals, reducing inflammation and protecting cell mitochondria. When combined with the powerhouse mineral selenium, Vitamin E levels and glutathione peroxidase levels are further enhanced for cellular health and protection.



**Genestra
Probiotics**
Select
Varieties & Sizes

15% OFF

Not all probiotics are created equal! Genestra Brands® is committed to producing targeted, effective products that make a positive difference in the health of those who choose them. Hundreds of bacterial strains reside in our gastrointestinal tract with different roles and interactions. Supplementing with strategically chosen strains in effective amounts is key in obtaining the outcome you're looking for. That's why Genestra Brands® offers a variety of targeted probiotic formulas with clinically researched strains in clinically proven amounts.



Nasaline
Saline, Pack of 50/Kit

\$13⁴⁹ / \$21⁹⁹

Nasaline® is a unique, patented, drug-free nasal rinsing system designed by a team of Swedish ear, nose, and throat specialists. With the simple use of saline solution, Nasaline® effectively washes away unwanted mucous, crusty secretions or allergens. Nasaline® cleans and soothes the nasal passages, reducing nasal irritation and moistening the mucous membranes. Best when used with Nasaline® Premixed Saline Packets.

- Nasal allergies, dryness and hay fever
- Sinus pressure and nasal stuffiness
- Nasal symptoms from cold, flu, and sinusitis
- Post-nasal drip and nasal congestion
- Nasal irritation from occupational and house dust, fumes, dander, grass pollen, smoke, etc.
- Saline nasal irrigation, moisturization, and daily nasal hygiene
- For use after sinus surgery and for sinus symptoms suffered by Cystic Fibrosis patients



**African
Fair Trade Society
Shea Butter**
Unscented or Lavender
57g/114g

\$6⁴⁹ / \$10⁹⁹

We believe that small amounts of targeted money can make a huge difference in the lives of people in rural West Africa. The African Fair Trade Society uses the profits of our Shea Butter sales to invest back into the education and health care of rural villages. Also by providing employment for communities, we are giving people a means to provide. We have earned a strong reputation for offering African Shea butter wholesale in Canada. Our online store stocks a range of Shea butter products that can nourish your skin and hair. The pure Shea butter wholesale we provide is of the highest quality.

Apply as often as required to help moisturize dry skin and hair. Shea Butter naturally combats wrinkles and protects while moisturizing and rejuvenating the skin.

Apply as often as required to help moisturize dry skin and hair. pure organic raw Shea Butter naturally combats wrinkles and protects while moisturizing and rejuvenating the skin.

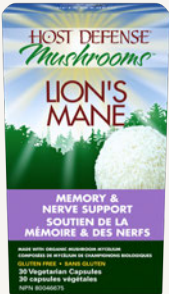
- 100% pure unrefined organic raw shea butter
- Naturally contains vitamins A, E, and F.
- Tones, evens, and repairs skin with a smooth natural glow
- Revitalizes face, body, hands, hair, nails and feet.



WELLNESS CENTRE SPECIALS

MARCH 16 - 31 ONLY!

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



**Host Defense
Mushroom
Supplements**
Assorted Varieties & Sizes

20% OFF

- Promotes mental clarity, focus, and memory
- Supports a balanced mood • Promotes nervous system health
- Supports a balanced immune response.



**Garden of Life
Proteins & Sports
Nutrition
Supplements**
Assorted Varieties & Sizes

20% OFF

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



**Natural Factors
Omegas**
Assorted Varieties & Sizes

20% OFF

Ultra Strength RxOmega-3 fatty acid fish oil supports heart, brain, eye, nerve, and joint health. In an entericure softgel, no fish aftertaste.



**IoNova Iodine
or Iodide Oral Sprays**
30 mL

\$21⁹⁹

Most bio available, purest form of iodine for thyroid support.



**Gandalf
Hawaiian
Spirulina**
Assorted Varieties & Sizes

20% OFF

Spirulina is a type of blue green algae rich in protein, carotenoids, essential fats and trace minerals.



**Sproos
Collagen**
Assorted Varieties & Sizes

30% OFF

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



**I Luv It
Natural Deodorant**
Original/Sensitive
110g

\$16⁴⁹ / \$23⁹⁹

Our deodorant not only neutralizes odours without changing your bodies natural performance, its packed with bacteria-stopping ingredients and gentle but effective clay and arrowroot to keep you dry.



**Aeryon Wellness
Up and Away**
14 Capsules

\$23⁹⁹

Up and Away is made of 100% Boric Acid and is specifically designed to help relieve symptoms of recurrent vulvovaginal candidiasis (yeast infections) such as odor, itching, irritation and vaginal discharge.



**Epsomgel
Gel & Bath Soaks**
Assorted
Varieties & Sizes

20% OFF

Epsomgel™ pain relief solution effectively relieves pain and inflammation to keep you active.



**Thayers
Witch Hazel**
355 mL

\$12⁴⁹

This pH balanced, alcohol-free gentle facial toner is formulated to cleanse, tone, moisturize the skin.



**Hello Bello
Baby Body Care**
Assorted
Varieties & Sizes

30% OFF

Premium Bath Products in a patented, sleep-promoting Sleep.



**Nature's Aid
Shampoo or
Conditioner Bars**
60g

\$9⁹⁹

No Plastic, Just Naturally Cleand and Healthy Hair. These true natural solid shampoo bars offer all the benefits of a liquid shampoo, without the plastic packaging.



WELLNESS CENTRE SPECIALS

MARCH 16 - 31 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Alpha Supreme
MCT Oil**
Assorted
Varieties & Sizes

20% OFF

Pure MCT Oil is made by isolating the MCT's (medium chain triglycerides) from the LCT's (long chain triglycerides). Our body easily converts MCT's into energy to be used as fuel and encourage fat-burning.

Benefits:

- 100% pure medium chain triglycerides (MCT) from coconut oil.
- Comprised of 60% caprylic and 40% capric acid.
- Smoothest, highest quality, 100% MCTs
- Keto diet friendly
- Provides energy for workouts and weight management.
- Support for age related cognitive decline.
- Packaged in aluminum-free and BPA-free tin.



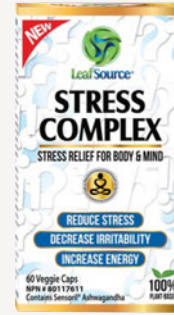
**Shikai Borage
Therapy Lotion**
Original or Advanced
232mL - 238mL

\$15⁹⁹

Rich in borage oil, best source for GLA (a vital omega-6 fatty acid)

Most lotions work on the skin's surface to relieve the symptoms of dry skin, while ignoring the real cause that lies beneath the skin. Borage Therapy® provides more: it promotes healing by addressing the fundamental cause of the dryness and supplies the skin with gamma-linolenic acid (GLA), a vital omega-6 fatty acid. Borage Therapy keeps skin healthy and supple long after the lotion is applied – and even after it's washed away.

- Non-greasy
- Non-irritating
- Unscented
- No animal ingredients
- No animal testing
- Gluten-Free
- Formulated and made in California with imported and domestic materials



**Leafsource
Stress Complex**
60 Capsules

\$35⁹⁹

Stress Complex is a natural supplement meticulously formulated to help you find relief from the burdens of stress. With a powerful blend of 3 stress relieving actives; Sensirol Ashwagandha with over 10% Withanolides (2x's stronger than KSM66) from whole plant not just the root, Panax Ginseng with 7% ginsenosides, and Cordyceps, this unique combination offers a holistic approach to managing stress and improving your quality of life.

Say Goodbye to Stress: Stress Complex helps reduce stress and anxiety, promoting a calm and relaxed state of mind. Take control regain your peace of mind.

Energize and Focus: Our carefully selected ingredients, boost energy levels, combats fatigue, and improves mental clarity. Stay energized and focused throughout the day.



**Natrene
Probiotics**
Assorted
Varieties & Sizes

20% OFF

HEALTHY START SYSTEM

A unique and specific 3-step custom probiotic system designed to fit individual needs for optimal digestive, immune, skin, brain, and microbiome health. Natrene Healthy Start System® dairy probiotic powders and dairy free probiotic capsules are the building blocks for the good health you deserve. Not only can you help aid digestion and relieve occasional gas and irregularity, when your digestive system works properly, every part of your body benefits. Support your health and free yourself to focus on other aspects of your life.

- Digestion of dairy products by assisting with lactose metabolism.
- Optimal fertility function (both female and male).
- Production of neurotransmitters - mental health
- Pre and post antibiotic health
- By destroying invading hostile bacteria (ingested through food, water, and air) by producing natural antibiotic substances
- Help reduce harmful enzyme activity in the large intestine



**FeraPro
Iron Supplement**
100 Capsules

\$46⁹⁹

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



**Flora Swedish
Bitters**
Assorted
Varieties & Sizes

20% OFF

The modern diet is often lacking in one of its four cornerstones – bitter foods. Bitterness plays an important role in digestion, stimulating bile production, breaking down fats, lessening feelings of fullness or gas, and promoting regularity. If you struggle with digestive issues, we've got news: this bitter truth can be easy to swallow (and can improve your digestive health). Maria's Swedish Bitters, developed by Austrian herbalist Maria Treben, is a natural tonic that blends traditional herbs that have been used for generations to fill the bitter void and ease digestion.

- Herbal bitters that help reduce gas and bloating and stimulate digestion.
- Made with only premium quality and tested herbal ingredients.
- Free of additives.
- A well-established, time-proven formula Without alcohol.



comments@choices.market

 @ChoicesMarket

 /DiscoverChoicesMarket

 @ChoicesMarket

 Shop online at
Choices.Market

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

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: 250-947-8001

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

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