



CHOICES MARKET



THE

HEARTBEET

April, 2024

GUT HEALTH MONTH

Discover Oats ~ BY CHEF ANTONIO pg 5

Power of Prebiotics ~ pg 7

Enter To Win A Year Supply of Cleaning Products ~ pg 2

HEY NEIGHBOUR!

HERE'S
WHAT'S HAPPENING
AT CHOICES MARKET



TRUST YOUR GUT!

This month we're talking all about gut health! While we encourage trusting your gut, we all know sometimes it could use a little help to work its best. Head to

our nutrition articles on our website; choices.market to learn about how to keep your guts happy, healthy and feeling great.



BEDDING PLANT SALES

Will you be planting a garden in your backyard, balcony or community garden this spring?

Choices Market's weekend plant sales are starting up again soon.

We'll have ready to plant vegetables, fantastic flowers, perfect perennials and sensational succulents. Best of all, 5 percent of the proceeds from our weekend plant sales in April and May will be

donated to local schools. Make your garden beautiful and help your community at the same time! Don't forget, Full Circle Topsoil (made from compost collected at our stores) is also available and great for your plants.



MONTHLY GIVEAWAY

ENTER TO WIN!

1 of 4 - Year's Supply of VIP & Echowclean Cleaning Products!

Echowclean 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 April 1-30, 2024. 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 2024.

SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

NOURISH & KNOWLEDGE NIGHTS

Hosted by: The Choices in-store Nutritionists

Are you looking to socialize, connect with your community, and gain valuable nutritional info? Great news!

Come to our monthly in-person "Nourish and Knowledge Nights" with educational games, prizes, snacks, and non-alcoholic drinks!

Dates, Times & Locations:

Kistilano - April 2nd, 7pm - 8:30pm

Abbotsford - April 3rd, 7pm - 8:30pm

South Surrey - April 4th, 6pm - 7:30pm

Kelowna - April 9th, 7pm - 8:30pm

APRIL
IN-STORE
Free Event

There is no age restriction; all are welcome but this event is geared at those 19+ year olds

This is an exclusive event with limited availability, registration required.

Scan the QR Code to Register:



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



CATCH YOUR BREATH: WAYS TO CARE FOR YOUR RESPIRATORY SYSTEM

with Dr. Jennifer Brix, BSc, ND

Do you still have a nagging cough? Do growing rates of respiratory illnesses have you worried? Take a deep breath! Allergens, viral infections, pollution, and smoky air can affect healthy lung function at any age. Join naturopathic doctor, Jennifer Brix, as she dives deeper into lung health. Learn how you and your family can support your respiratory function and wellness each day with nutrition, lifestyle steps, and evidence-based natural health products.

Sponsored By: 

Scan the QR Code to Register:

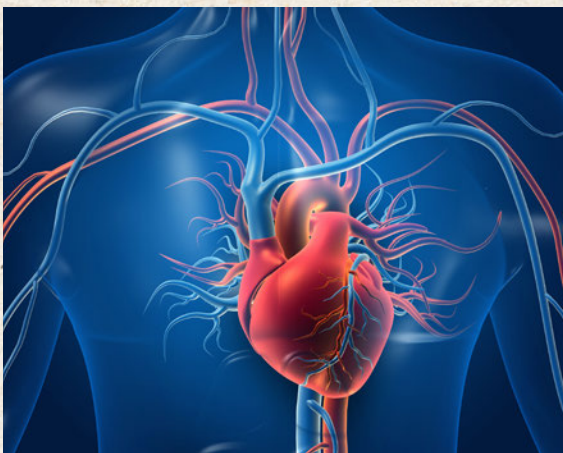


APRIL
17

10am - 11:30am
&
4pm - 5:30 pm

IN-STORE
PARKVILLE

Free Event



APRIL
24

6pm - 7:30 pm

ONLINE

Free Event

GUT CHECK FOR CARDIOVASCULAR HEALTH:

NAVIGATING THE RELATIONSHIP BETWEEN YOUR INTESTINES AND HEART.

with Caroline Farquhar, RHN, EMP, BA

Join us for an enlightening discussion with Caroline Farquhar RHN, as we delve into the fascinating realm of the gut-cardiovascular connection. This talk aims to unravel the complex interplay between our gut microbiota and cardiovascular system, shedding light on the profound impact this relationship has on our overall health and well-being.

Sponsored By:



RenewLife

Scan the QR Code to Register:



Leanfit Superfoods Bars

Say 'hello' to your new 'on-the-go' superfoods bar, that you don't even need to bake!

INGREDIENTS

1 scoop	LEANFIT™ vanilla whey or complete greens protein
1/2 cup	oatmeal
1/2 cup	ground flax seed
1/2 cup	ground chia seed
1/2 cup	ground goji berries or raisins
1/2 cup	ground almonds
1/2 cup	dried cranberries

INSTRUCTIONS

1. Mix all dry ingredients in a bowl.
2. Melt coconut oil in a pot.
3. Pour melted coconut oil in the dry ingredients and mix together – add more oil if needed. You may you need to add a bit of water as well. You want a nice cookie dough consistency.
4. Put mixture on lined baking tray and roll out.
5. Gently, make lines in the flat mixture with a large knife.
6. Refrigerate for a couple of hours.
7. Break apart along the lines and freeze.

TIP: Most of the ingredients are ground which can be accomplished with a food processor or coffee grinder or purchased already ground from your local Choices Market. You can also leave some of the ingredients in bigger pieces for more texture.



leanfit™

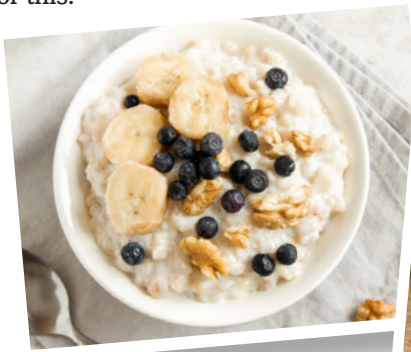


BY CHEF ANTONIO

It's a little-known fact that I am actually half Scottish in my ancestry. There's a saying in the UK that oats are a grain which in England is generally given to horses, but in Scotland supports the people. Well, the Scots were clearly ahead of the oat trend. They're incredibly nutritious. They're a complex carb packed with beneficial fibre, a great source of plant based protein.

Once harvested, oats are cleaned, toasted, hulled and cleaned again to become oat groat, which still contain most of the original nutrients. Oats can be cooked and used as a side dish just like rice or quinoa, as cereal, in salads, as a garnish, in soups or stuffings, or in savory cakes.

Steel cut, or scotch oats, are simply groats that have been cut into pieces. Steel cut oats take approximately 30 minutes to cook, and are as the name suggests, a classic of the early morning Scottish breakfast routine. Most of us don't have half an hour in the morning just to cook our breakfasts so, cook a batch ahead and refrigerate to be reheated (or not). I personally customize my porridge by mixing in Greek yogurt, dried fruit, fresh fruit, berries and nuts, depending on the season. My Scottish family and friends have asked for my Scottish passport to be returned for this.



Rolled oats, or old-fashioned oats, are groats that have been steamed and flattened with giant rollers. Their cooking time is a little bit less, approximately 15 minutes. Just like steel cut oats, you can cook them ahead, or you could experiment with overnight oats. Soak them in your fridge overnight with your chosen ingredients. Top with Chia, yogurt, and any other fresh or dried fruit you wish, then dairy cream or another milk alternative. In the morning you'll have a tasty breakfast ready to go.

Quick oats, like rolled oats, have been cut into even smaller pieces before steaming. Quick oats and rolled oats are generally interchangeable in cooking recipes. Instant oats, which the name suggests, are very convenient, but are not a good substitute in recipes that call for rolled or quick oats. Don't make that mistake and ruin your efforts!

Oats naturally do not contain any gluten, but make sure that they are certified gluten-free if gluten is an issue for you.

Baked oatmeal is a great way to make a fun breakfast ahead of time, and lots of great recipes are available. Oats find their way as an ingredient in lots of muffins and bars. Crumbles would not be the same without an oat cobbler adding a delicious sweet crunchy bit to seasonal fruit sweetness. Savory dishes can also be a great addition to the menu. Binding veggie and bean burgers, or veggie meatballs with oats is a common vegetarian cooking technique. Why not try savory crumble, filled with veggies and mushrooms and topped with oats, butter and grated cheese? Use oats as a coating to substitute regular flour and breadcrumbs on meats. Pan fry fish, chicken, meat and meat substitutes in an oat crust.

There's a million things to do with oats, you oat to try them all!



OATS QUICK FACTS

Family:
Oats belong to the species *Avena sativa* and are part of the Poaceae family, which includes other grains like wheat, barley, and rice.

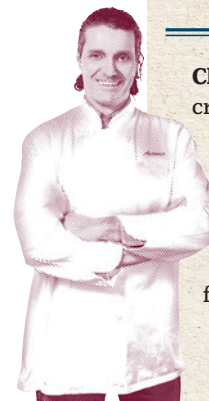
Nutrition:
Oats are rich in nutrients, including dietary fibre, protein vitamins (such as B vitamins), minerals (such as iron, magnesium, and zinc), and antioxidants.

Culture:
Canada is a major global producer of oats, particularly in the Prairie provinces of Alberta, Saskatchewan, and Manitoba.



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.



WHAT'S THE DIFFERENCE BETWEEN PROBIOTICS AND FERMENTED FOODS

By D'Arcy Furness, RHN

We've heard that we need to regularly feed our guts with good bacteria, so many of us eat fermented foods or take a probiotic supplement to check this box. But are these the same and do we get similar levels of probiotics from both? And does it even matter? If you're confused, you're not alone.

Probiotics

A probiotic is a live organism (primarily bacteria and yeasts) that, when administered in adequate amounts, confers a health benefit on the host.

For a supplement or food to be called a probiotic, it must contain a defined strain of microbe which has proven health benefits. This criteria applies to probiotic supplements and to foods or supplements that have had probiotics added to them such as energy bars, juices and cereals.

Fermented Foods

Fermentation is the chemical breakdown of a substance by bacteria, yeasts or other microorganisms, typically involving effervescence and the giving off of heat. We know fermentation through the many foods and beverages we love such as cheese, yogurt, breads, beer, wine, kombucha, sauerkraut, pickles, kimchi, miso, tempeh, apple cider vinegar and even chocolate.

Many fermented foods we eat are rich in living microbes, but unlike a probiotic supplement or food, fermented foods don't have to demonstrate proven health benefits or specific strains. And some fermented foods have no living microbes at all, such as sourdough bread, chocolate, most pickles, and canned sauerkraut. They may be easier to digest and contain lots of nutrients, but no live microbes remain because of the cooking or manufacturing process.

So, where does this leave us? For good health, eat a varied diet of whole foods and add in those fermented foods you enjoy. Under specific circumstances, you may benefit by taking a probiotic supplement but always check with your healthcare provider first!



SHOULD YOU BE ON A LOW-FODMAP DIET?

By Anna Pepperdine

The low-FODMAP diet has become popular amongst the general population in recent years, however, this diet is not suitable for everyone. The FODMAP diet, developed by Monash University, is a 3-step diet used to help the symptoms of medically diagnosed irritable bowel syndrome (IBS), such as bloating, abdominal pain, change in bowel movement, etc.

So, what exactly are FODMAPs? They are carbohydrates that humans cannot digest properly, so instead of getting absorbed by your body, FODMAPs enter your large intestine where they get fermented by the gut bacteria. In the general population, this would not lead to negative gut symptoms. However, for some people with IBS, this process can worsen common symptoms associated with IBS.

It may be tempting for people struggling with digestive issues to jump into a low-FODMAP diet to try to manage their symptoms, but it's important that you resist this urge. Issues with digestion and the gut often share common symptoms and can be difficult to distinguish between without professional help. IBS does not cause any harm to our gut, however, other digestive disorders might and will be needed to be treated in a different matter. Due to this it's vital to speak to a medical professional and obtain a diagnosis for IBS, before embarking on the low-FODMAP diet.

Once you've obtained this diagnosis, it is important to remember that the FODMAP diet still may not be the right fit for you and your symptoms. Studies suggest that even after an IBS diagnosis 25% of people suffering from IBS will not benefit from following a FODMAP diet. Seeking help from a registered dietitian can help you navigate the best treatment plan for your digestive issues.

If you are certain that this diet is right for you, you still need to proceed with some level of caution. The low-FODMAP diet is the first part of the 3-step FODMAP diet. Here you must eliminate or significantly reduce foods containing FODMAPs from your diet. This can be daunting, as the list of foods to eliminate is lengthy. Working with a professional will ensure that you replace these foods with nutritionally equivalent options. Furthermore, they will also help you navigate the following steps of the full diet, as this restrictive portion of the diet is only meant to be followed for a couple of weeks.

Struggling with gut issues can significantly impact your quality of life, so it's important to work closely with professionals to get the best outcome of each treatment method for you!



THE POWER OF PREBIOTICS: FUELING YOUR GUT FOR GOOD HEALTH

BY THE CHOICES NUTRITION TEAM

Hey there, curious minds! Have you ever wondered how to keep your gut happy and healthy? Well, let's dive into the world of prebiotics – the tiny substances that pack a big punch for your gut!

So, what exactly are prebiotics? Picture them as special types of fibres that your body doesn't digest. Instead, they travel through your gut and serve as food for the good bacteria living there. These friendly bacteria, called probiotics, play a crucial role in keeping your digestive system running smoothly and your immune system strong.

Now, let's talk about why prebiotics are essential for your gut health.

Imagine your gut as a bustling city, filled with billions of bacteria moving about. Just like any city, these bacteria need nourishment to thrive. This is where prebiotics come in handy! By providing food for the good bacteria, prebiotics help them grow and multiply, crowding out the harmful bacteria that can cause trouble.

But where can you find these magical prebiotics? Fear not, because they're hiding in plain sight in many of the foods you already love to eat! Here are some tasty sources of prebiotics to add to your grocery list:

- 1. Bananas:** This popular fruit isn't just delicious; it's also packed with prebiotic fibre, especially when it's slightly green.
- 2. Onions:** Whether raw, cooked, or caramelized, onions are a flavourful way to add prebiotics to your meals.
- 3. Garlic:** Not only does garlic add a kick to your dishes, but it also contains prebiotics that support your gut health.
- 4. Asparagus:** This crunchy veggie is not only rich in vitamins but also in prebiotic fibre.
- 5. Oats:** Start your day off right with a hearty bowl of oatmeal, a great source of prebiotics.
- 6. Apples:** An apple a day not only keeps the doctor away but also provides your gut with beneficial prebiotics.
- 7. Barley:** Whether in soups, salads, or as a side dish, barley is a versatile grain that's rich in prebiotic fibre.
- 8. Flaxseeds:** Sprinkle these tiny seeds on your yogurt or salad for an extra dose of prebiotics. Aim for ground to get the most benefits from them.

By incorporating these prebiotic-rich foods into your diet, you can give your gut the nourishment it needs to thrive. Remember, a happy gut means a happy you!

In conclusion, prebiotics are like the fuel that keeps the engine of your gut running smoothly. By feeding the good bacteria in your digestive system, prebiotics help maintain a healthy balance, supporting your overall well-being. So, the next time you're at the grocery store, be sure to stock up on prebiotic-rich foods to keep your gut happy and healthy!





PREFERRED SHOPPER SPECIALS

APRIL 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store..



GT's Organic Kombucha
1.4 Litres

\$9⁹⁹ Plus Deposit, Recycling Fee Where Applicable

Fully fermented for 30 days in small batches, this probiotic powerhouse is potent!



Coconut Secret Coconut Aminos
296 mL

\$9⁹⁹

Coconut Aminos is a soy-free seasoning sauce made from coconut tree sap, which comes right out of the tree!



Califia Alternative Beverages
Almond Beverage/Cold Brew
1.4 Litres

\$4⁹⁹ / \$5⁹⁹

From oat, almond, and coconut to our innovative blends, we make it easy to swap out dairy.



Stefano Sauces
Pizza, 430 mL/
Pasta, 405 mL & 648 mL

\$5⁹⁹ / \$6⁹⁹

Buon appetito! Invite Stefano into your kitchen.



Rico'n Lalo Frozen Fruit Bars
4 Pack

\$4⁹⁹

Rico'n Lalo Paletas are a traditional Mexican frozen bar, made with fresh fruit in an artisan fashion.



Nature's Path Envirokids Organic Cereals
283g - 325g

\$5⁴⁹

Fun, tasty, and always organic, our cereals and waffles are loved by kids and trusted by parents.



NOW Organic Stevia Extract
60 mL

\$13⁹⁹

A calorie-free, low glycemic, organic sweetener that makes a perfect substitute for table sugar and artificial sweeteners.



Angie's Boomchickapop Popcorn
125g - 198g/372g

\$4⁹⁹ / \$7⁹⁹

Crush your cravings with Angie's BOOMCHICKAPOP Ready-to-Eat Popcorn.

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



Commercial Drive Coffee
Organic or Regular, 300g

\$10⁹⁹

East Van's Coffee of Choice. At Commercial Drive Coffee Co., we're all about bringing coffee, culture and people together.



Only Goodness Organic Popping Corn
700g

\$5⁹⁹

Very high source of fibre. Kosher. Resealable bag.



Happy Planet Creamery Organic Grass Fed Milk
2%/3.5%/Cream Top
Whole Milk, 1.5 Litres

\$6⁹⁹ / \$7⁴⁹ / \$7⁹⁹

The Happy Planet Creamery has searched for the best local farms and cows to bring you the finest organic, grass-fed, farm to table dairy products.



Echoclean Laundry Detergent
Liquid, 2.95 Litre/
Fabric Softener Sheets, 80's

\$13⁹⁹ / \$6⁴⁹

Cruelty free and vegan, Echoclean is perfect for High Efficiency cleans.



PREFERRED SHOPPER SPECIALS

APRIL 16 - 30 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Nature's Path
Love Crunch
Granola**
300g - 325g/700g

\$5⁶⁹ / \$9⁹⁹

Our Love Crunch granola is an indulgence you can feel good about.



**Cedar Valley
Pita Chips**
180g

\$5⁴⁹

Heritage Inspired Pita Chips Made With 100% Coconut Oil.



**Roar Organic
Complete
Hydration**
532 mL

\$2⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Canada's best selling all-natural, caffeine-free, healthy hydration beverages infused with coconut water, electrolytes and B-vitamins.



**Ozery SeedWise
Super Seed Crunch
Keto Clusters**
150g

\$4⁴⁹

Everything made at Ozery Bakery is inspired by the philosophy that you can eat well and feel healthy.



**Lively
Prebiotic Soda**
355 mL

\$2⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

When your microbiome thrives, you thrive. That's why we loaded Lively with prebiotics using apple cider vinegar.



**Eco Max Liquid
Laundry
Detergent**
3 Litre

\$12⁹⁹

Powerful and affordable plant-based cleaners made in Canada for your healthy home.



**Savör
Ice Cream**
473 mL

\$5⁴⁹

Wow your customers with a new, super premium ice cream made with Grass-Fed cream from Canadian dairy cows.



**Liberté
Greek Yogurt**
Pack of 4 or
Méditerranée, 400g

\$4²⁹

Crafted using traditional Greek methods, the yogurt is strained, which gives it an incredibly rich and creamy texture.

NOURISHING LIFESTYLES SINCE 1990



**Barbara's
Cheddar Puffs**
155g - 198g

\$3⁴⁹

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



**Squamish
Water Kefir**
355 mL

\$2⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Fun(ctional) Probiotic Products, made with your gut health top of mind.



**Greenhouse
Organic Juice**
60 mL/ 330 mL

\$3⁴⁹ / \$6⁴⁹

Plus Deposit, Recycling Fee Where Applicable

We make healthy drinks that taste as good as they make you feel, and bottle them in sustainable packaging.



**Zazubean Organic
Chocolate Bars**
80g & 85g

\$3⁹⁹

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



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.



CUCUMBERS

Cucumbers are a great vegetable to enjoy this spring. As the weather starts to get warmer adequate hydration is even more important. Turns out water isn't the only way to get your fluids in! Cucumbers are roughly 96% water so consuming them regularly this spring can help you meet your hydration needs!

TONICA KOMBUCHA

This Canadian made kombucha is a great fermented drink alternative to soda. Tonica's new low sugar line contain only 2 grams of sugar per serving!

Also, Tonica makes a great non-alcoholic beverage replacement so swap out your spring cocktails for a cool can of Tonica Kombucha on a warm spring day, you won't be disappointed!



EVE'S CRACKERS

Eve's Crackers are hearty BC made cracker that are also gluten-free, vegan, and high fibre. Eve's crackers pair well with your favourite dip like guac or baba ghanoush, you can also try blending them and using them as a breading for tofu or chicken.





Savoury Plant-Based Breakfast Muffins

By: D'Arcy Furness, R.H.N.

INGREDIENTS

- 1 container** Just Eggs (vegan eggs)
- 2 oz.** Smoked Tempeh, thinly sliced and chopped
- 1/2** Chopped red or yellow pepper
- 1/4 cup** Coarsely chopped arugula
- 1/4 cup** Finely chopped green onion
- 1 tsp.** Italian Seasoning
- Salt & Pepper to taste

DIRECTIONS

1. Preheat oven to 350° and lightly spray a 12 cup muffin tin with non-stick spray or wipe with a healthy fat such as coconut oil.
2. In a large bowl, whisk the Just egg with salt and pepper.
3. Line the bottom of each cup with the green onions. Pour egg mixture into 8 muffin cups and vegan eggs into 4, filling $\frac{1}{2}$ to $\frac{3}{4}$ full depending upon size. Divide each type of topping into the appropriate cups and bake for 15-20 minutes or until set.
4. Grab what you want and store the remaining in the fridge for up to 4 days.

Makes 12 - 15 Servings

WE USED

JUST EGG

Looking for an easy plant-based egg swap? Look no further than Just Egg! Nutritionally speaking, Just Egg is comparable to chicken eggs. They are a good source of protein and do not contain

cholesterol. Enjoy Just

Egg exactly as you would regular eggs, scrambled, omelette, in baked goods, the choice is up to you!





WELLNESS CENTRE SPECIALS

APRIL 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

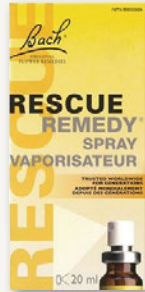
Ask us for details in store.



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

20% OFF

No fishy burp-back. Helps support the maintenance of good health, cardiovascular health, cognitive and brain function.



**Bach Rescue Remedy
& Flower Remedies**
Assorted Varieties & Sizes

25% OFF

Whether it's a frustrating commute, approaching exams, a difficult day at the office or the demands of a busy family life, keep on top of your day with Rescue@.



**Nuun Electrolyte &
Vitamin Enhancer**
Assorted Varieties
10 Tablets

\$8⁹⁹

A tasty & hydrating blend of electrolytes for exercise and on-the-go.



**CanPrev
Vitamins &
Supplements**
Assorted Varieties & Sizes

20% OFF

Canada's favorite magnesium!
Developed by ND's. 200 mg therapeutic dose, offering 20% more elemental than most brands.



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

20% OFF

Natural Factors B12 Methylcobalamin is the biologically active form of vitamin B12, the form most readily absorbed into the body.



**Blume Superfood
Lattes**
Assorted Varieties
100g

\$21⁴⁹

Enjoy your favourite cafe flavours, without the syrups, refined-sugars, and caffeine.



**Hyalogic
Hyaluronic
Supplements and
Face Care**
Assorted Varieties & Sizes

20% OFF

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



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

\$32⁹⁹

Marine clean collagen helps to replace the collagen lost to the aging process and supports youthful, hydrated skin, healthy joints, nails and hair!



**Beyond
Structured Silver**
473 mL

\$51⁹⁹

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



**Island Essentials
Shampoo &
Conditioner**
Assorted Varieties
450 mL

\$15⁹⁹

Our sulfate-free herbal shampoo & conditioner uses only Organic & Natural ingredients in 3 amazing scent choices.



**Jusu
Facial Care**
Assorted
Varieties & Sizes

30% OFF

Plant based skin care for sensitive and medium-dry skin types.



**Dr. Bronner's
Pure Castile Soap**
Assorted Varieties
946 mL

\$20⁹⁹

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



WELLNESS CENTRE SPECIALS

APRIL 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Healthology
Liv-Great
Liver Formula**
60 Capsules

\$35⁴⁹

LIV-GREAT provides the liver with daily support by boosting its detox capacity and helping to protect it from damage. It contains nutrients and herbs to support both Phase 1 and Phase 2 of liver detoxification, and it promotes the production of bile to improve the elimination of toxins. It also contains powerful antioxidants to protect and heal the liver from damage.



**AOR
Zinc-Copper
Balance**
100 Capsules

\$28⁴⁹

Zinc is an essential micronutrient in prostate health, regulating inflammation, immune function and healing the gut lining. While the importance of Zinc is becoming more recognized, copper's crucial role in our health has often been overlooked. Over-supplementation with Zinc by itself can result in copper deficiency. AOR's Zinc-Copper Balance TM provides a balanced researched based ratio of zinc to copper, each in various forms in order to ensure optimal absorption and function.



**Lean Fit Sport
Creatine
Monohydrate**
300g

\$25⁹⁹

Backed by science, creatine is the most researched supplement proven to help increase energy and enhance your athletic performance. Flavourless and mixes easily to get you training fast!

WHY YOU'LL LOVE IT:

- 5g micronized & pharmaceutical grade creatine
- Increases muscle mass when used in conjunction with a resistance training regimen
- Improves performance and increases energy
- Certified by Informed Choice
- Free from preservatives, colours, flavours, gluten, wheat, eggs, nuts, and soy Vegan.



**Essential Oxygen
Organic Oral Care**
Assorted
Varieties & Sizes

20% OFF

On-Demand Tooth Polish offers abrasion on-demand to get your teeth their pearly whitest while not taking down your enamel in the process. This minty tooth polish gives you the power to control how often you use abrasives on your teeth because every mouth is different! People with thin enamel can use the Tooth Polish once a week, and wine-loving, coffee-drinking, tartar-prone folks can use it 5 days a week. Everyone can enjoy that fresh-from-the-hygienist feeling.



**Diva Reusable
Menstrual Disc
or Diva Cup**
Assorted Varieties

\$34⁹⁹

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



**Everyone
For Every Body**
3 in 1 Soap/Lotion
Assorted Varieties, 946 mL

\$14⁹⁹ / \$16⁹⁹

One soap. Many uses. Our 3in1 Cedar + Citrus Soap is a versatile cleanser that knows how to get down to business. Whether as a body wash, shampoo, or shaving gel, the rustic appeal of cedarwood and the invigorating burst of citrus will give you an intense clean without being harsh on your hair and skin. Fewer products means fewer decisions and more time for the important stuff.

Feel your best using our best. Combining soothing organic herbs like calendula, aloe vera, and chamomile with the antioxidants of white tea extracts and vitamins E and B5, you end up with skin and hair that feels smooth, clean, and refreshed. Just what nature intended.



WELLNESS CENTRE SPECIALS

APRIL 16 - 30 ONLY!

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**Salus
Liquid Tonics
and Supplements**
Assorted Varieties & Sizes

20% OFF

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



**Renew Life
Probiotics &
Supplements**
Assorted Varieties & Sizes

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Our strongest daily multi-strain probiotic blend that provides 100 billion live bacterial cultures in a convenient once a day capsule.



**New Roots
Ultra B Complex**
50 mg or 100 mg
Assorted Sizes

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New Roots Herbal Ultra B Complex uses coenzyme (active form) B vitamins for maximum absorption. The results are impressive: a fast-acting B complex that does what B vitamins are supposed to do.



**Total Body
Collagen**
500g or 180 Tablets

\$53⁹⁹

Each scoop of Total Body Collagen powder contains Verisol® Bioactive collagen peptides, a clinically supported form of hydrolyzed collagen.



**Suku
Vitamins &
Supplements**
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Just two sugar-free gummies equals one shot of raw, unfiltered, apple cider vinegar with the mother.



**Ecoideas
Organic
Superfoods**
Assorted
Varieties & Sizes

20% OFF

Ecoideas organic superfoods are sourced from high quality and cultivated using natural methods to preserve the essential nutritional value of the product.



**Tints of Nature
Henna Cream**
Assorted Varieties
70 mL

\$16⁹⁹

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



**Dr. Jentschura
AlkaBath**
75g/750g

\$3⁹⁹ / \$26⁹⁹

AlkaBath creates alkaline water with a pH level of 8.5 to take care of your skin.



**Natural Stacks
Brain Food**
Assorted
Varieties & Sizes

30% OFF

Being able to think clearly, remember more and learn new things is the key to life.



**Avalon Organics
Body Care**
Assorted Varieties
& Sizes

25% OFF

Gentle plant-based formula unites botanical cleansers to purify and revitalize extra dry skin.



**Pure Potent WOW
Essential Oils
& Body Care**
Assorted
Varieties & Sizes

20% OFF

Essential oils from Canada, 100% pure & organic aromatherapy products.



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

30% OFF

Glacial Clay is proven to contain anti-inflammatory and soothing properties, increase collagen production, reduce oil on the face and tighten pores after just one application.



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**CanPrev
L-Taurine
Vegan Amino Powder**
450g

\$26⁹⁹

Taurine is the most abundant amino acid in the body but is found in the highest concentrations in the brain, eyes, heart, muscles and leukocytes (immune cells).

Taurine is a conditionally essential amino acid, which means that the body can produce it but needs to consume extra quantities when demand outpaces production. This can happen due to illness or during times of increased physical activity. Taurine has many critical roles throughout the body, including improved muscle performance and exercise capacity.

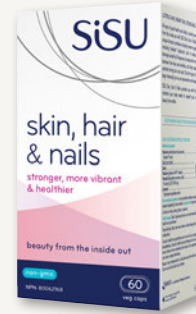


**SierraSil
Joint Formula
Supplements**
Assorted
Varieties & Sizes

20% OFF

SierraSil is a naturally occurring hydrothermal mineral complex from the Sierra Mountains that has been clinically proven to help support a healthy inflammatory response, gently detoxify and improve physical function. With extensive research in human clinical trials for both safety and efficacy with consistently positive results, SierraSil is the natural choice for proven joint relief.

Start feeling better in 14 days or less. SierraSil Joint Formula14™ contains SierraSil®, a pure mineral powder with essential minerals including calcium, iron, silicon, potassium, magnesium, manganese, copper and zinc. Research shows SierraSil Joint Formula14™ supports joint, cartilage and muscle function.* SierraSil Joint Formula 14™ also supports gentle detoxification because of its clay mineral structure.*



**Sisu
Hair, Skin
& Nails**
60 Capsules

\$37⁴⁹

Beauty From Within; Nourish the body for more vibrant skin, lustrous hair, and stronger nails that inspire beauty from within.

Hyabest For Smoother Skin; Hyabest brand hyaluronic acid from Japan is clinically validated to prevent skin damage caused by UV exposure, improve wrinkles and increase skin hydration, elasticity, and smoothness.

Lycopene For Healthier Skin; Lycopene is a carotenoid found in human skin and shown in clinical studies to prevent skin and DNA damage from UV exposure and improve skin roughness.

Stronger, Healthier Hair; Sisu Skin, Hair & Nails contains silica and biotin to gently repair and promote stronger, shinier hair as well as zinc to help control oil.

Natural Ingredients; Highly-purified, vegetarian source with proven physiological activity is vegan, non-GMO, dairy & gluten free.



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

BUY 1 GET 1 FREE

RADIUS has engineered a toothbrush that cleans better, feels better in your hand and treats the planet kindly with a huge focus on sustainability. True innovation for better products and a cleaner world! RADIUS is women-owned and ethically supports small businesses, families, and the environment every step of the way -from sourcing materials to the finished product. With over 38 years of experience in creating the highest quality oral care we are sure your teeth will love RADIUS. Madebyradius.com



**Lavilin
Natural Deodorant**
Assorted
Varieties & Sizes

30% OFF

Lavilin Stick Deodorant gives you fast, long-lasting odor protection you can rely on with just one swipe. Clinically tested for effective odor control, Lavilin's water-resistant formula swiftly neutralizes bacteria without clogging pores or interfering with your natural bio balance. Lavilin, the body-friendly solution, provides maximum protection, even after your shower, swim, or workout. Moisturizers and natural extracts help hydrate and protect skin in the delicate underarm area.

Aluminum-free, alcohol-free and paraben-free
Up to 72 Hours



**Gabriel
Natural Cosmetics**
Assorted
Varieties & Sizes

20% OFF

Gabriel Cosmetics Inc. prides itself on the integrity and transparency of which it was founded. These core principles were the catalyst in developing clean, mistake proof and results driven beauty products, which have paved the way for the natural beauty industry for the past 25 years. Without compromising aesthetics, functionality, or accessibility, Gabriel products offer consumers earth conscious and ethical options to their beauty needs. All products are made from 100% natural ingredients with no synthetic chemicals or animal by products.



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604.522.0936

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604.744.3567

North Vancouver

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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

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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.



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