

THE

CHOICES MARKET



HEARTBEET

September, 2024

BACK TO SCHOOL MADE SIMPLE

Simple Balanced School Lunches ~ pg 6

Batch Cooking for Busy Families ~ pg 7



WHAT'S IN SEASON?

BC is home to some of the greatest fresh produce in the world!

So what's in season this month for those of us who love to eat local?



September Veggies

- Artichokes, Beets, Beans,
- Brussels Sprouts, Corn, Celery,
- Cucumber, Fennel, Kale, Leeks,
- Pumpkins, Peppers, Tomatoes

September Fruits

- Apples, Blueberries, Cranberries
- Grapes, Melons, Plums, Pears

Choices is proud to be the first to bring you an exciting new Organic Local Product

Try them first at your local Choices store!

Introducing DeeBee's Dip'Ems - a truly disruptive fruit snack.

DEEBEE'S ORGANICS
STRAWBERRY LEMON • FRAISE CITRON
Dip'Ems
ORGANIC FRUIT POWDER & SUPPLEMENTS
POWDER IN FRUIT'S BIOLOGICALS BY NATURELLE IN FRUIT & TANGY
NET WT. 0.17 OZ (5g)

✓ No Artificial Colours
✓ Sans Colorants Artificiels
✓ Top 9 Allergens Free
✓ Sans les 9 Allergènes Majeurs
✓ Vegan / Végan

We pair an Organic all-fruit stick with delicious fruit powder for a fruit-based version of a beloved nostalgic treat. Just take the stick, dip it in the powder and take a bite. We dare you not to smile. The fruit twist is made of Organic apple and the unique powder is a blend with Organic powdered freeze-dried fruits

Consumer job: I like to give my kids "real fruit" snacks, but they often prefer the gummies that are mostly sugar. I wish I could give them a fruit snack that was made with real fruit, but also delighted them the way that candy does.

TROPICAL MATCHA SMOOTHIE

INGREDIENTS

- 1 1/2 cups Almond Milk
- 2 handfuls Greens (spinach, kale or mixed greens)
- 3 tbsp. Manitoba Harvest Hemp Hearts
- 1/2 ripe Avocado
- 1 tsp. Matcha Powder
- 1/2 cup Frozen Mango

DIRECTIONS

Place all ingredients in a blender and pulse until smooth and creamy. If too thick, you can add more Almond Milk.



SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

NOURISH & KNOWLEDGE NIGHTS

Hosted by: The Choices in-store Nutritionists

Join us for our new monthly in-store interactive nutrition education events!

This month we will dive into trending topics on sustainability!

**Select stores only, snacks and drinks provided.*

Dates, Times & Locations:

Kistilano ~ Sept. 3rd, 7pm ~ 8:30pm

South Surrey ~ Sept. 4th, 7pm ~ 8:30pm

Parksville ~ Sept. 5th & 12th, 6pm ~ 7:30pm

Abbotsford ~ Sept. 25th, 7pm ~ 8:30pm

Kelowna ~ Sept. 12th, 7pm ~ 8:30pm

SEPT. 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



All Things Vitamin D!

with Thalia Charney, MA,
Holistic Nutrition and Wellness Coach, Nutrition and Health Education Manager

There is so much more to vitamin D than meets the eye. For starters, it is a hormone affecting the expression of up to an estimated 1,000 or more genes. Vitamin D affects immunity, metabolic health, bone health and more. Come find out how and when to use vitamin D and what are optimal doses in the opinion of cutting-edge experts.

Thalia has a lifelong passion for all things nutrition and healthy living, with over 30 years in the health industry. Her experience includes an eclectic background in herbal medicine, nutrition, essential oils, green living, meditation, vegetarian cooking, and working as a wellness coach, fitness instructor and personal trainer.

Sponsored By: Now Health Group

SEPTEMBER

17

6pm - 7:30 pm

ONLINE

Scan the QR Code to Register:



SEPTEMBER

25

7pm - 8:30 pm

IN-STORE KITSILANO

Scan the QR Code to Register:



WHOLE FOOD NUTRITION FOR A RESILIENT IMMUNE SYSTEM

with Dr. Miranda Wiley, ND

The capacity to handle what comes your way and bounce back quickly is what resiliency is all about. This is especially important when it comes to immune health – and whole food nutrition is key. Join Dr. Miranda Wiley to learn which nutrients and supplements are foundational for building a more resilient body and how you can easily incorporate them into your daily routine.

Dr. Wiley is a Vancouver-based Naturopathic Doctor and graduate of the Boucher Institute in New Westminster. She has over 30 years experience in the Natural Health industry and sees clients in BC, both in person and virtually.

Sponsored By: MegaFood



DISCOVER ZUCCHINI

BY CHEF ANTONIO

Zucchini, or courgette, is a type of soft skinned squash. Like all squash, it originated in the Americas, but was refined in the 19th century in northern Italy. The name zucchini simply translates into 'tiny squash', a fitting name for the little green veggies. This is also a great guideline to buying good zucchini. Contrary to what many shoppers think, you should always look for the little zooks, not the big monsters that take up half your shopping basket. 10 to 12 centimeters in length and 2-3 centimeters in diameter will lead to a zucchini with a softer skin and a distinctly sweeter taste. If it also has blemish free skin and firm flesh, it's the perfect zucchini. Nowadays you can find many zucchini varieties with different colours, sizes and shapes, but whether plain green or yellow and striped, the flavours are very similar.

Let me introduce you to your new favourite summer appetizer: zucchini carpaccio. Shave zucchini thin, season with salt and pepper, lemon juice and olive oil. Let it sit for ten or more minutes before serving, then shave some fresh parmesan on top. Absolutely delicious. A favourite in my home is grilled zucchini tossed in balsamic vinegar, olive oil, fresh mint and chopped garlic. Ever tried zucchini soup? Hot or chilled, chunky or pureed, zucchini soup mixed with other summery vegetables is a real delight. Add chopped zucchini to your pasta dishes or fried rice for a real zucchini inspired menu.



A super yummy classic main course is zucchini parmigiana, which is technically noodle free lasagna. Don't forget a classic ratatouille or the Sicilian version called caponata (differentiated with vinegar and anchovies). These dishes both share zucchini as the main ingredient and are versatile and can be enjoyed in many different ways. If you're excited about the zucchini diet, you can also try stuffing them with meat, cheese, seafood or maybe just more vegetables. Bake them or broil and you're on your way to a great dinner.

I guess the last thing we need for this zucchini menu is a dessert. Zucchini loaf with a scoop of ice cream is a wonderful thing. I'd maybe even take it a step further and make little zucchini loaf cupcakes with fresh delicious icing.

However you slice, dice, steam, chop, fry, skewer, bake or broil it, zucchini is a wonderful thing. It's one of my favourite veggies, thanks to its versatility and deliciousness.



ZUCCHINI FACTS

- Zucchini is low in calories and high in nutrients. It provides a good amount of vitamins A and C, potassium, folate, and dietary fiber. It's also rich in antioxidants like lutein and zeaxanthin.

- Both the zucchini fruit and its flowers are edible. Zucchini blossoms are a delicacy in many cuisines and can be stuffed, battered, and fried, or used as a garnish.

- In Italy, zucchini is a staple ingredient, and the name "zucchini" itself is derived from the Italian word "zucchina," meaning small squash. In British English, zucchini is referred to as "courgette."



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.



How to Boost your Breakfast

With the end of summer and back to school, breakfast is typically the most challenging meal to meet your nutrient needs. So, what do you need to build a balanced breakfast?

1. Protein

Include a serving of protein at a meal (~20g of protein for the average adult).

- 2 boiled eggs & 1-2 slices of whole grain toast
- 3/4 cup Greek yogurt and 1/4 cup nuts or seeds
- Smoothie with 1 scoop of protein powder and 1 cup of dairy or soy milk

2. Fibre

- 1 banana & 1/2 cup of berries (in a smoothie or yogurt)
- 1/2 cup spinach and 1/2 chopped tomato (in an omelette)
- 2 tbsp. chia seeds and 1 apple (in oatmeal or yogurt)

3. Fat

- 1/2 sliced avocado (on toast)
- 1/4 cup nuts or seeds (in yogurt or oatmeal)
- 2 tbsp. nut butter (on toast or in a smoothie)

In general, aim for half of your plate to be fruits and or vegetables, 1 quarter of your plate to be high fibre carbohydrates, and one quarter of your plate to be protein. Having a balanced breakfast to start your day will help to keep you fuller throughout the day and reduce sweet cravings later in the day.



Simple Balanced School Lunches

Has the start of the school year found you and your family strapped for time to make school lunches? Here are some quick and easy, but nutritious, school lunch ideas.

1. Cheese board style lunch

- Whole grain crackers
- Sliced cheddar cheese
- Sliced smoked tofu
- Raisins & chocolate chips
- Cucumber slices
- Grapes

2. Hummus Cucumber Pinwheel Wrap

- 2 tbsp. Hummus
- 1 whole wheat wrap
- Cucumber slices (for wrap)
- 1/3 cup shelled edamame
- Orange slices
- Yogurt drink

3. Peanut butter(less) Sandwich

- Whole grain bread (2 slices)
- Half a sliced banana (for sandwich)
- 2 tbsp. Wow Butter (peanut-butter replacement made with soy)
- Carrot sticks
- Apple slices
- Nut-free granola bar



Batch Cooking Tips for Busy Families

By: The Choices Market Nutrition Team

Batch cooking is a lifesaver for busy families, making mealtime stress-free and efficient. Here are some simple tips to help you get started with batch cooking and enjoy delicious homemade meals throughout the week.

Plan Ahead:

Plan your meals for the week. Choose recipes that can be easily doubled or tripled. Think about your family's preferences and dietary needs and create a shopping list to ensure you have all the ingredients.

Invest in Quality Storage Containers

Investing in good-quality storage containers is essential. Choose containers that are microwave and dishwasher safe, and make sure they have tight-fitting lids to keep your food fresh. Label each container with the date and contents for easy identification.

Cook in Batches

Set aside a few hours each week to cook multiple meals at once. Start with the basics: cook a large batch of grains like rice or quinoa, roast a variety of vegetables, and prepare proteins such as chicken, beef, or beans. These can be mixed and matched to create different meals throughout the week.

Use Versatile Ingredients

Choose ingredients that can be used in multiple dishes. For example, roasted chicken can be used in salads, sandwiches, wraps, or stir-fries. A big pot of tomato sauce can be transformed into pasta sauce, pizza topping, or a base for chili.

Freeze for Later

Freezing is a great way to extend the life of your meals. Portion out meals into individual servings before freezing. This makes it easy to grab a quick meal when you're in a hurry. Be sure to cool food completely before freezing to prevent ice crystals from forming.

Get the Family Involved

Batch cooking doesn't have to be a solo task. Involve the whole family in the process. Kids can help with washing vegetables, stirring sauces, or packing containers. This not only makes the task more enjoyable but also teaches valuable cooking skills.

Rotate Your Recipes

Keep things interesting by rotating your recipes. Try new dishes every few weeks to avoid mealtime boredom. Batch cooking doesn't mean eating the same meal every night – variety is key!

By following these tips, you can simplify your cooking routine, save time, and enjoy healthy, homemade meals with your family every day. Happy cooking!



PREFERRED SHOPPER SPECIALS

SEPTEMBER 1 - 15 ONLY!

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



DISCOVER LOCAL



49th Parallel Organic Coffee
340g

\$14⁹⁹

Roasted in Vancouver, this coffee is a flavourful dream to wake up to.



Earth's Own Oat Beverage
1.75 Litre

\$4⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

Our Oat Milk was voted Canada's best tasting! One sip, and your taste buds will agree.



Bar Harbor Chowders & Bisque
398 mL & 284 mL

\$4⁹⁹

Loaded with delicious wild seafood.



Crofters Organic Premium Fruit Spreads
383 mL

\$5⁹⁹

Our Premium Spreads have 33% less sugar than a preserve. With organic ingredients and Fair-Trade cane sugar, you'll be hard pressed to pick just one jar.



Greenhouse Organic Shakes & Juices
Boosters, 60 mL / 300 mL

\$3⁴⁹ / \$5⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Psst! Trying to sneak more veggies into someone's life? Over here.



Green & Black's Organic Chocolate Bars
90g

\$5⁴⁹

Green & Black's offers a wide range of fairtrade and organic chocolate bars.



Plumm Good Rice Thins
95g

\$2⁹⁹

We add nutritious grains and seeds such as millet, buckwheat, chia, quinoa and sesame, and a dash of salt for a little extra flavour.



Earth Balance Buttery Spreads
425g/1.3 kg

\$6⁴⁹ / \$14⁹⁹

The tub that started it all. Our Original Buttery Spread is a critical ingredient in your dairy-free baking arsenal.

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



Kettle Brand Potato Chips
Family Size Bag
368g

\$4⁹⁹

Our classic Chips are made from the whole potato and seasoned with authentic recipes.



Freyumm Crackers, Cookies & Bars
120g - 154g

\$3⁶⁹

A mom-owned business focused on providing healthy and whole food snacks that are free from the top 9 allergens



Three Farmers Chickpea Snacks
120g & 140g/Camelina Oil,
500 mL

\$3⁴⁹ / \$12⁹⁹

Three farmers, two sisters, one vision. We believe sustainable farming and minimal processing create clean, plant-based foods you'll feel good about eating.



Sunrise Soyganic Tofu
Selected Varieties & Sizes

\$1⁹⁹

High quality tofu made with tradition in mind, right here in Vancouver.



PREFERRED SHOPPER SPECIALS

SEPTEMBER 16 - 30 ONLY!

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



DISCOVER LOCAL



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

\$3.69

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



Hardbite All Natural Potato Chips
128g & 150g

\$3.49

Our unwavering desire to make a chip from the finest, freshest ingredients means that every chip comes dressed in all-natural seasoning and is free from GMOs.



Mary's Organic Kookies and Crackers
142g

\$4.99

At Mary's, our better-for-you snacks are always absolutely organic, minimally processed and sustainably sourced.



Ritter Sport Chocolate Bars
Selected Varieties
100g

\$3.49

We offer your favorite chocolate with the best ingredients for every taste.



GT's Kombucha
1.4 Litre

\$9.99

Plus Deposit,
Recycling Fee
Where Applicable

Real, authentic kombucha, like GT's, is raw and living, offers a tangy taste, natural effervescence, and visible culture strands.



Zevia Sleek Soda
355 mL

\$1.99

Plus Deposit,
Recycling Fee
Where Applicable

Indulge guilt-free with Zevia's naturally sweet, zero-sugar, zero-calories drinks.



Barbara's Cheez Puffs
155g - 198g

\$3.49

The feel-good snack attack - Made with real cheddar and blue cheese.



Kühne Yogurt Dressings or Mustards, Selected Varieties or Sauerkraut, 720 mL & 796 mL

\$3.49 / \$4.99

Our Yoghurt-Dressing with fine herbs and fresh yoghurt is especially delicious with all green and mixed salads.

NOURISHING LIFESTYLES SINCE 1990



Prana Granolove Organic Granola Cereal
300g

\$4.99

Our organic granola boasts 6g of protein per portion, is rich in fibre and a source of iron and omega-3 polyunsaturated fatty acids.



Peace River Non-GMO Liquid Honey
500g

\$8.99

Every delectable drop is made at our family-run apiary in Canada's pristine Peace River region.



Panda Natural Licorice
170g

\$2.99

Every licorice lover knows that Panda licorice is a classic.



Yumi Overnight Oats
250g

\$6.49

Just add milk & refrigerate for a healthy and delicious breakfast - ready when you are.



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.

THE CULTURED COCONUT

Maintaining diverse healthy gut bacteria is important for good health.

The Cultured Coconut is a probiotic (good bacteria) that contains 4+ Trillion CFUs per tablespoon with over 40 strains.



HOLOS MUESLI

Looking for a quick and balanced breakfast option?

Holos Muesli for breakfast is a great way to start the day.

It contains 20 grams of protein, 11 grams of fibre and chalk full of vitamins and minerals. Just add your choice of milk and your favourite chopped fruit for a complete meal! Can be enjoyed as overnight oats or as a hot cereal option.

GARLIC

Garlic belongs to the Allium family of plants and is related to onions, shallots, and leeks. Research shows that in high doses of garlic may help to lower cholesterol, reduce blood pressure and help to shorten the duration of the common cold. Garlic is easily added to stir-fries, pasta sauces, marinades, dips, and salad dressings. When cooking with it, crush or mince, and wait at least 10 minutes before cooking to allow the beneficial compounds in garlic to fully form.





Low FODMAP Nachos

for those with IBS, or sensitive stomachs

By: The Choices Market Nutrition Team

INGREDIENTS

- 1 Bag** 340g Corn Tortilla Chips
- 200g** Lactose-Free cheese, shredded (more if desired)
- 3 sprigs** Green Onion stems (chopped)
- 1** small Jalapeno pepper (diced)
- 2** medium Tomatoes (chopped)
- 1** jar Medium Fody Salsa

DIRECTIONS

1. Preheat the oven to 375°F. Cover a large baking sheet with parchment paper.
2. Cover the tray with tortilla chips. Then layer in the cheese and vegetables.
3. Bake for 15 - 20 minutes or until cheese is melted.
4. Serve with Fody salsa and enjoy!

Servings: 4 - 6 (enough for the family or a group of friends to enjoy!)

***Note:** When choosing low FODMAP tortilla chips, choose corn based and ones with minimal ingredients like corn, oil and salt. Added spices like garlic and onion powder will not be a low FODMAP friendly option. While some of these ingredients may be high FODMAP in large serving sizes. This recipe is considered low FODMAP when following the serving size.

WE USED

FODY FOODS

IBS sufferers! Did you know there is an easy food-first approach to help you manage a low FODMAP diet? Fody foods creates certified low FODMAP foods free from onion, garlic, gluten and lactose that are suitable for those following a low FODMAP diet. Their products do not lack on flavour but don't take our word for it, try for yourself! We recommend the medium salsa paired with your favourite gluten-free low FODMAP tortilla chips!



WELLNESS CENTRE SPECIALS

SEPTEMBER 1 - 15 ONLY!

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

DISCOVER
LOCAL



**LeanFit Proteins
& Supplements**
Assorted Varieties
& Sizes

25% OFF

Fuel, build, and maintain muscle with our deliciously smooth, high-quality LEANFIT WHEY PROTEIN™!



**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.

DISCOVER
LOCAL



**Living Alchemy
Fermented Vitamins
& Supplements**
Assorted
Varieties & Sizes

25% OFF

• Helps to Reduce High Stress Levels • Helps to Relieve Restlessness & Nervousness • Helps to Promote Mood Balancing

DISCOVER
LOCAL



**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.

DISCOVER
LOCAL



**Natural Factors
Amino Acid
Supplements**
Assorted Varieties & Sizes

20% OFF

Enhances muscle recovery, energy, and immunity. As a free-form amino acid, it is more effective than the form obtained directly from food.

DISCOVER
LOCAL



**Organika Organic
Maca Supplements**
Assorted
Varieties & Sizes

25% OFF

Maca, the traditional Peruvian superfood, has been used for thousands of years to support healthy hormones and energy levels.



**Martin & Pleasance
Harmony
Supplements**
Assorted Varieties & Sizes

20% OFF

Relieves symptoms associated with menopause, such as hot flashes, night sweats, sleeplessness and fatigue.

DISCOVER
LOCAL



**Flora Organic
Flax Oil**
250 mL / 500 mL

\$10⁹⁹ / \$18⁴⁹

Fresh-pressed, unrefined, virgin flaxseed oil "Seed to bottle" - Flora gets the seeds, presses them, and bottles the oil themselves.

DISCOVER
LOCAL



**Bee Keeper's Naturals
Supplements and
Lozenges**
Assorted
Varieties & Sizes

25% OFF

Support memory and enhance cognitive function with Royal Jelly and plant-based adaptogens, Ginkgo Biloba and Bacopa Monnieri.



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

\$19⁹⁹

With no added fragrance and double the olive oil, our Baby Unscented Pure-Castile Liquid Soap is good for sensitive skin & babies too!



**Schmidt's
Natural Deodorant**
75g

\$11⁹⁹

Innovative plant and mineral derived ingredients help neutralize odor and keep you feeling drier. And they smell incredible.



**Aura Cacia
Essential Oils
or Bath & Body Care**
Assorted
Varieties & Sizes

25% OFF

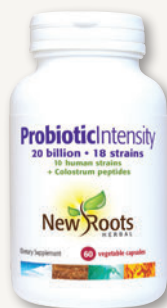
• No Animal Testing • No Synthetic Fragrances
• No Synthetic Stabilizers • Paraben Petroleum Free
• Pure Essential Oils



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Become a Wellness Shopper today.
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**New Roots
Probiotics**
Assorted
Varieties & Sizes

20% OFF

New Roots Herbal is a pioneer in probiotics, with an extensive selection of daily use and condition specific formulas, featuring scientifically researched probiotic strains. Results driven formulas are only as effective as their delivery method. This inspired the development of the exclusive GPS™ enteric coating. It keeps harsh stomach acid from seeping into the capsule and protects it from disintegrating in your stomach. This safeguards the delicate probiotics and preserves their viability until they reach the safety of your intestines! Once there, the capsule releases live, healthy, colony forming probiotics, which get to work on improving your gut health!



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

25% OFF

Dopamine Brain Food supports the brain's natural pathways of dopamine production and is safe to take every day.

- Helps maintain memory, focus, and cognitive performance even under stressful conditions.
- Naturally supports dopamine production in the brain to provide more mental drive and ambition on a regular basis. Provides a multi-ingredient approach for improved cognitive function, memory and healthy neurons over the long-term.



**Healthology
Vitamins &
Supplements**
Assorted
Varieties & Sizes

20% OFF

STRESS-FX is formulated to lower cortisol levels and promote a state of calmness and relaxation. It lowers anxiety, improves memory and concentration, and improves sleep. STRESS-FX helps us to respond to stressful situations in a healthier way to lessen the impacts of stress on the body and mind.

- STRESS-FX is formulated to help us alleviate stress by lowering cortisol levels and promotes relaxation by boosting our calming hormone, GABA (Gamma-Aminobutyric Acid).
- STRESS-FX improves mental clarity, anxiety, and memory, while helping us to recover more quickly from the physical and mental stressors of daily life.



**Kaia Naturals
Sweat Powder**
Assorted
Varieties & Sizes

20% OFF

- Ultra-absorbent powder absorbs excess sweat and controls odor.
- Proprietary Thessalite 6® Powder Technology inspired by sweat-absorbing athletic chalk used by elite athletes. With magnesium carbonate, zinc oxide and apple cider vinegar, Refillable, mess-free brush application system for on-the-go touchups
- The sweat powder is Step 3 of the takesumi detox® system for excess odor and sweat protection.
- A talc-free, natural and safe formulation without irritating baking soda or aluminum.
- Mattifying formula creates a moisture-absorbing barrier on the surface of the skin to keep you dry and comfortable.
- Reduces chafing and friction in skin folds that can lead to irritation and rashes.
- For maximum sweat and odor protection, use the takesumi detox the underarm bar and charcoal deodorant prior to applying the sweat powder,
- Vegan and cruelty-free



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

20% OFF

Formula rich in Alpha Lipoic Acid and polysaccharides (Cyathea Cumingi Extract – for long term firmness) in combination with botanical extracts and Hyaluronic Acid, helps tone and tighten the skin, leaving it smooth and silky. Organic Aloe Vera Juice, Apple Hydrosol, Apple Extract and Vitamins help promote healthier looking skin.

Alpha Lipoic Acid, a naturally occurring compound, provides skin with strong antioxidants.
Helps prevent free radical damages.
Cyathea Cumingi Extract, rich in polysaccharides, aids in lifting, tightening & smoothing the skin.
Organic Hibiscus extract helps inhibit elastin degradation & maintains elasticity.
Hyaluronic Acid, an excellent moisturizer, helps retain deep hydration.



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

\$16⁹⁹

Henna Cream is our semi-permanent hair dye range, perfect for trying out a new shade before committing to a permanent option, or adding hue and shine to natural or previously coloured hair.

- Lasts up to 12 washes
- Vegan & cruelty-free
- Colour without the commitment
- Add gloss and tone to natural hair
- Freshen up your salon or DIY colour between sessions
- No mess, easy to use pre-mixed colour
- Free from PPD, PTD and Ammonia

You may get a little grey coverage with Henna Cream but this varies from head to head. What you will get is luscious shiny colour without damage!!

WELLNESS CENTRE SPECIALS

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**MegaFood
Organic Vitamins
& Supplements**
Assorted
Varieties & Sizes

20% OFF

MegaFood goes out of their way to source fresh and local foods, crafting these into wholesome supplements that deliver authentic nourishment.



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

20% OFF

Renew Life® offers a full line of health product supplements encompassing digestive health options like quality probiotics, fibre, fish oils, enzymes, and internal cleanses.



**Smart Solutions
Vitamins &
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.



**Genestra Brands
Vitamins &
Supplements**
Assorted
Varieties & Sizes

15% OFF

Calcium and magnesium along with vitamin D to help maintain bones.



**Flora Flor-Essence
Herbal Cleanse**
500 mL/ 941 mL

\$31⁹⁹ / \$48⁹⁹

Flor-Essence® is a traditional herbal formula developed to gently cleanse the whole body at the cellular level.



**Sproos
Collagen
Supplements**
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.



**AOR Advanced B
Complex**
Assorted
Varieties & Sizes

20% OFF

- Active forms of B-vitamins in a form your body can utilize immediately • Balanced ratios and clinically-supported doses
- Support for energy, stress and burnout, metabolism, and nerve function • Supports the function of the brain, nervous system, metabolism and methylation • Doesn't cause niacin "flush"



**Organic Traditions
Greens Powders
& Grasses**
Assorted
Varieties & Sizes

20% OFF

A superfood favourite — the wheat grass juice powder from Organic Traditions is a refreshing green juice specifically made to promote digestion, boost immunity, and help you start the day right.



**KidStar Nutrients
Kid's Vitamins &
Supplements**
Assorted
Varieties & Sizes

25% OFF

StarMulti contains 20 essential vitamins and minerals for active growing children.



**Dr. Bronner's
Pure Castile
Bar Soap**
Assorted Varieties
140g

\$5⁴⁹

Floral and fresh, with a hint of sweetness—our Rose Pure-Castile Bar Soap is made with certified fair trade ingredients and organic U.S.-grown hemp seed oil for a soft, smooth lather that won't dry your skin.



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

\$11⁴⁹ / \$22⁹⁹

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



**Inecto Naturals
Shampoo &
Conditioner**
500 mL

\$6⁹⁹

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

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**Salus
Vitamin & Herbal
Supplements**
Assorted
Varieties & Sizes

20% OFF

Floradix-Kindervital is a delicious food supplement for children providing vital calcium and vitamin D which are needed for normal growth and bone development. Floradix-Kindervital contains several fruit juice concentrates and selected herbs for a pleasant, slightly malty, taste. Floradix -Kindervital contains no alcohol, preservatives, colourings or artificial flavourings. It is lactose free and suitable for vegetarians.



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

25% OFF

- Rescue Remedy® is blended from five individual flower essences which were specifically chosen for a sense of calm and emotional balance, especially in times of difficulty.
- Rescue Remedy® is still made using the original methods developed by Dr. Bach over 80 years ago and it, too, features the original Bach signature — a guarantee that our essences are made in the way Dr. Bach intended and sourced from the original gardens and sites he discovered.
- Rescue Remedy®, in the famous yellow box, can be taken alongside any of the other 38 Bach® essences. If you are making your personal mix, Rescue Remedy® can be combined with up to six Bach® essences. Dr. Bach counted Rescue Remedy® as one essence.



**Omega Nutrition
Organic Pumpkin
Seed Protein**
600g

\$25⁹⁹

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.



**Garden of Life
Dr. Formulated
Probiotics**
Assorted
Varieties & Sizes

20% OFF

Dr. Formulated Probiotics Once Daily Women's is a unique "just one capsule a day" Shelf-stable probiotic designed specifically to support a healthy microbiome and women's specific health needs.

Dr. David Perlmutter, M.D., created this unique formula exclusively for women. It has a high potency count of beneficial probiotics made from diverse probiotic strains, including L. reuteri and L. fermentum, that are resistant to stomach acid and bile. Each capsule has a powerful 50 billion CFU tailored to maintain a healthy digestive system and help reduce gas and bloating.



**Atrantil
Digestive Support**
90 Capsules

\$44⁹⁹

For all people, Atrantil can provide daily digestive support and balance. But for millions that have bloating and abdominal discomfort alone or accompanied by constipation, diarrhea or both make life miserable.

New research shows that the problems start with methane producing bacteria. Left untreated, these out-of-place bacteria feed off the foods you eat and create methane gas that leaves you bloated and uncomfortable.

Atrantil breaks the cycle naturally — and gets you and your digestion back on track.



**Nena Canadian Glacial
Natural Face Care**
Assorted
Varieties & Sizes

25% OFF

NENA is a natural skincare brand whose core is Glacial Oceanic Clay, a unique kind of earth only found in BC, Canada. NENA is all about all natural, mineral-rich skincare, thoughtfully formulated for you and your skin.

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.



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Eco Audit

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Waste: 1,199 kg

Water: 97,773 L

Greenhouse Gas Emissions: 3,932 kg CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

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