

THE

CHOICES MARKET



# HEARTBEET

January 2025

DISCOVER  
HONEY

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# HAPPY NEW YEAR TO ALL OUR SHOPPERS!

*We hope that your 2025 is filled with achieved goals,  
delicious food and good health.*

## What's Trending in 2025

- **Hawaiji:** A warming Yemeni spice blend
- **Black Lime:** A tangy, smoky ingredient made from dried limes
- **Kelp:** is praised for its eco-friendly benefits and nutrient profile
- **Filipino Ingredients:** Staples like calamansi and ube are becoming more mainstream



# 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 monthly in-store interactive nutrition education events!

We will have snacks and giveaways so sign up to learn new nutrition tips and win prizes!

### Dates, Times & Locations:

- **Yaletown** - January 6th - (6pm - 7:30pm)  
& January 19th - (2pm - 3:30pm)
- **North Vancouver** - January 9th - (6pm - 7:30pm)
- **Abbotsford** - January 15th - (7pm - 8:30pm)

## JANUARY IN-STORE

Scan the QR Code  
to Register:



Free Event



## JANUARY KELOWNA - 9TH KITSILANO - 14TH 7pm - 8:30pm

IN-STORE  
Free Event

## NEW YEAR, NEW GUT: Navigating Low Fodmap Foods

Choice Market Kelowna and Kitsilano are hosting a fun, educational, and interactive nutrition workshop around gut health and low FODMAP foods for the new year. Join one of our experienced nutritionists to learn more and have a chance to flex your nutrition muscles, win prizes, and nutrition bucks!

Scan the QR Code  
to Register for  
Kelowna:



Scan the QR Code  
to Register for  
Kitsilano:



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



## LIVE LONGER, LIVE STRONGER

Choices Market in South Surrey is hosting a new workshop series called Live Longer, Live Stronger with this month's focus on managing sugar. Here we take a deep dive into understanding the negative impact of excessive sugars on our health and how the current industry embeds sugar in surprising places. You'll leave well-prepared to make the best decisions around added sugars in your own diet to achieve your health goals and be inspired by our 7-day "Figure your Sugar", challenge you can do at home!

Scan the QR Code  
to Register:



## JANUARY 22 2pm - 3:30pm

IN-STORE  
SOUTH SURREY  
Free Event



## JANUARY IN-STORE 7pm - 8:30pm KERRISDALE - 20 KITSILANO - 21 SOUTH SURREY - 23

Scan the  
QR Code  
to Register:



## IRON UP, ENERGY UP!

Are you struggling with low energy and low iron? Join us to understand how iron contributes to your everyday health and oxygen throughout your body. This 1-hour seminar will focus on the root causes of iron deficiency and how to increase iron and energy through nutrition, supplementation and lifestyle.

Recognized as a Woman of Influence in the natural health industry, Cheryl Grant is the President of VITALITY vitamins and supplements, an award-winning line of products made in BC, Canada. Cheryl has spoken across Canada on key health conditions and ways to incorporate food, supplements, and lifestyle changes to support good health. With audiences of up to 180 people, Cheryl brings humour, knowledge, and an easy-to-incorporate action plan to support your health. Learn more at [www.vitality.ca](http://www.vitality.ca)

Sponsored by Vitality





# No-Bake Healthy Energy Bites

By: Chris Culhane, RD(t), Nutrition Operations Manager, Choices Market

## INGREDIENTS

- 1 cup** Rolled Oats
  - 1/2 cup** Miniature Semi-Sweet Chocolate Chips
  - 1/2 cup** Ground Flax
  - 1/2 cup** Crunchy Peanut Butter
  - 1/3 cup** Honey
  - 1 tsp.** Vanilla Extract
- Makes 24 Energy Bites**

## INSTRUCTIONS

1. Stir oats, chocolate chips, flax seeds, peanut butter, honey and vanilla extract together in a bowl.
2. Roll dough into 24 balls with your hands. Arrange balls on a baking sheet and freeze until set, about 1 hour, and enjoy on-the-go or as a dessert.



BY CHEF ANTONIO

**D**omestic bees are responsible for a huge amount of our food crop pollination. These essential insects are also responsible for producing honey. Humans have been consuming the sweet nectar for thousands of years. Hunters and gatherers figured out it was a powerful fuel early on. Cave paintings in Valencia dating back 8000 years show our relationship with bees and honey. Ancient Egyptian hieroglyphics also depict beekeeping. In fact, modern archaeology shows connection between humans and honey in most ancient civilizations across the globe. In 2012, during a pipeline dig in Georgia, 5500-year-old ceramic pots were found full of honey. All well preserved, and still edible!

Honey is unique as an ingredient and can't be replaced by any man-made sugar or syrup. Always buy yours from reputable sources. Honey adulteration, or cutting honey with sugar and other sweeteners, has been a practice for centuries.

Honey's flavour and colour are 100% dependent on what flowers the bees had been foraging on. Clover, buckwheat, berries, wildflower, fireweed are just a few of the most popular honeys in Canada. When travelling, try to taste local honey. The difference in taste from different areas is amazing. Store your honey away from light, heat and air, but there's no need for it to solidify in the fridge (as that ancient honey from Georgia can attest).

There are endless numbers of honey recipes in cookbooks. Because the liquid gold is so versatile, you can make desserts, breakfasts, hot and cold drinks, savoury and sweet sauces, jams, compotes, dressings and the list goes on. There are probably as many honey recipes out there as there are beehives. I am personally very thankful to the hard working honey bees for the delicious to eat and sticky nectar. Remember to plant local indigenous plants in your yard this spring to help our little buzzing friends!



## HONEY FACTS:

### *Caramelization:*

**Honey browns faster than sugar due to its high fructose content, so it can be used to add a rich, caramelized flavor to roasted or grilled dishes.**

### *Health Benefits:*

**Honey has antibacterial and antioxidant properties. Raw honey is often used for soothing sore throats and boosting immunity, although these benefits can be reduced when heated.**

### *Fermentation Agent:*

**Honey can be used in fermentation, especially in mead (a traditional honey wine). Its natural sugars provide fuel for yeast.**



## 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.

# Movement and Flow

By: Chris Culhane, RD(t), Nutrition Operations Manager,

We all know physical exercise is extremely beneficial for our physical, mental, and spiritual health. Here are some general tips and recommendations to keep in mind.

We get countless health benefits when engaged in at least 2.5 hours of physical activity per week. This can include brisk walking, swimming, cycling, weight lifting, playing sports, or even dancing. Sometimes people can harp on aerobic vs anaerobic vs flexibility exercises, arguing one is much better. However, that might be the wrong way to look at it.

Most Canadians aren't engaging in enough physical activity. There are tremendous benefits from all forms of exercise. Studies show aerobic exercise can be crucial for heart and cardiovascular health, anaerobic for strength and bone health, and flexibility for mobility and longevity. The key takeaway: most of us can benefit from exercising more, regardless of type or form. So, here are some tips to increase overall physical activity:

**1. Do it socially:** Physical exercise, like any habit, is much easier to do and maintain when done with friends, loved ones, or in a community.

**2. Start gradually and be patient with results:**

One of the biggest challenges people face in goal setting is that they're too ambitious at the beginning and want to see results right away. Instead, treat yourself as a top athlete who needs to warm up, doing small intentional sessions every 1-2 days instead of 1-2 intense sessions each week.

**3. Enjoy it!:** Physical activity should be seen as a way to enhance our daily life and health, and not a task or chore. So, do activities you enjoy! This can greatly help us prevent injuries and burnout as well.

It's important to be mindful of these guidelines and recommendations when thinking about ways to promote our physical activity.



# Hydration Keys and Recommendations

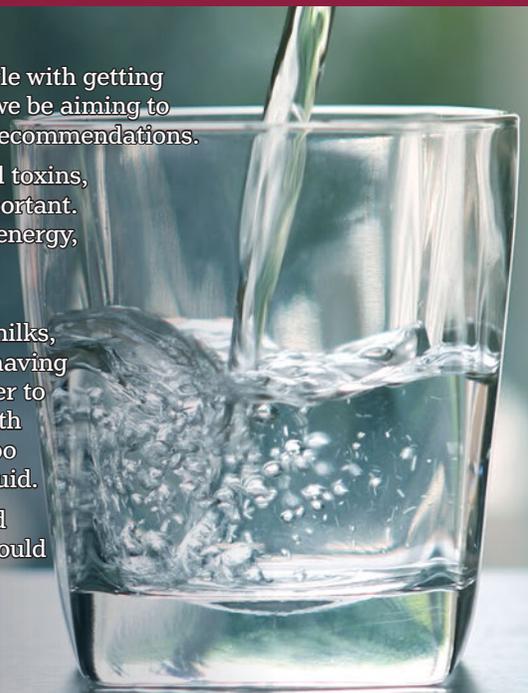
By: Chris Culhane, RD(t), Nutrition Operations Manager,

Our bodies are made up of 60-75% water. Most people know that, but we all struggle with getting enough of the good stuff. Well, why is water so important? And how much should we be aiming to have each day? Let's take a deeper dive into the "building block of life" and some recommendations.

Water is crucial for producing and maintaining healthy blood, eliminating harmful toxins, protecting organs and joints, and regulating body temperature – all extremely important. Dehydration, whether severe or minor, can lead to headaches, constipation, lower energy, and low blood pressure among many other things.

Canadian guidelines recommend having at least 2 L or 10 cups of fluid per day. The "fluid" part is important. Fluids include water, tea, juice, milk, fortified plant milks, congee, or soup. If you're someone who struggles getting adequate hydration, try having more of the fluids you like. If you're a juice person, try diluting it with 50-75% water to cut down on the sugar content. If you're a big pop or soda person, try diluting it with water as well or opting for the sugar-free option. There is such a thing as having too much water, but that's quite rare and often a result of having more than 5-6 L of fluid.

One of the greatest things anyone can do for their health is to give their bodies and minds adequate hydration. With these practical guidelines and background, we should all be better equipped to take a sip from the right Kool-Aid and reap the benefits.



# New Year, New You: Healthy Goal Setting

By: Chris Culhane, RD(t), Nutrition Operations Manager, Choices Market

When it comes to health and nutrition, healthy and realistic goal setting might be your greatest ally in your toolkit. Here are some things to consider when writing your New Year's resolutions:

- 1. Have a growth mindset:** Perhaps the biggest challenge people face with health goals is that they want to see results right away. So, it's important to ask yourself "do I want to feel amazing and happy in my body just for the next few months or for the rest of my life?" Our health goals need to be centred around sustainable habits or tweaks to our days and weeks we can envision doing long-term.
- 2. Eat more plants:** Eating more vegetables, fruit, complex carbohydrates, and plant proteins is extremely beneficial. Some people think there are some vegetables or fruit to stay away from, listing that they're "just water." But eating any vegetable or fruit is beneficial, helping provide vital nutrients and fibre, granted you don't have certain medical conditions.
- 3. Eat more protein:** Most Canadians aren't meeting their daily protein needs. Studies have shown that protein is a main component in satiety and feeling full after a meal; the more muscle mass someone has, the lower their fat tissue tends to be as well. It's important to have a protein source at each meal, taking up about a third of your plate or about the size of a deck of cards. Good sources include lean cuts of meat, seafood, eggs, legumes, tofu, and milk or fortified plant milks.

There are other key habits that greatly impact health and nutrition, such as getting adequate sleep and hydration, but these tips should help reframe and redefine what it means to be healthy and happy.

For more specific information around your nutrition goals visit your local Choices store to talk to a certified nutritionist!





# PREFERRED SHOPPER SPECIALS

## JANUARY 1 - 15 ONLY!

Become a Preferred Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**

Ask us for details in store.



**Bob's Red Mill Muesli and Granola**  
312g and 510g

**\$6.99**

Crunchy clusters that are rich in flavour (but not too sweet) and taste just like they came out of your own oven at home.



**Bremner's Organic Frozen Blueberries**  
600g

**\$8.49**

Bremner's is your guarantee of quality and freshness.



**Egglife Egg White Wraps**  
170g

**\$7.99**

Our egglife wraps are perfect for any meal or snack.



**Melt Organic Buttery Sticks**  
Selected Varieties  
368g-454g

**\$5.49**

Non-dairy buttery spread that cooks, bakes, and tastes like dairy butter.



**Nature's Path Organic Cereal**  
650g-907g  
Eco Pac

**\$9.99**

Our cereals and snacks are made from organic ingredients, grown in harmony with nature on healthy, organic farms.



**Traditional Medicinals Organic Tea**  
16 Bags

**\$5.49**

We combine traditional plant knowledge and advanced plant science to bring you over 60 organic teas.



**Flow Organic Flavored Alkaline Spring Water**  
500 mL

**\$1.69**

Plus Deposit, Recycling Fee Where Applicable

Our pure and refreshing water provides complete hydration giving you the drive to embrace your day.



**Eville Smoothie Cubes**  
405g

**\$9.99**

At Eville, our recipes are carefully formulated with the addition of superfoods to help support your daily wellness.

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



**Dose Organic Juice**  
300 mL

**\$5.29**

Plus Deposit, Recycling Fee Where Applicable

Only natural, organic and healthy ingredients. Nothing else.



**Big Mountain Foods Meat Alternatives**  
Select Varieties  
300g - 400g

**\$5.99**

At Big Mountain, we only use real, nourishing, plant-based ingredients.



**Lakanto Monkfruit Sweetener**  
800g

**\$19.99**

Born from a proprietary mixture of the monk fruit extract and erythritol, Lakanto is a delicious zero calorie blend with the sumptuous rich taste of sugar.



**Navitas Organic Turmeric Powder**  
227g

**\$7.99**

Our promise: our superfoods are organic, nutrient-dense & handled with care at every step.



# PREFERRED SHOPPER SPECIALS

## JANUARY 16 - 31 ONLY!

Become a Preferred Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**

Ask us for details in store.



**Anita's Organic Pancake & Waffle Mix**  
900g-1kg or Gluten free, 800g

**\$6<sup>99</sup> / \$8<sup>99</sup>**

At Anita's, our grains come from Canadian farmers, and are milled in Chilliwack, BC.



**Stahlbush Island Farms Frozen Fruit**  
Selected Varieties  
283g - 300g

**\$5<sup>29</sup>**

Stahlbush Island Farms is a family-owned farm based in the Pacific Northwest producing frozen and pureed fruit and vegetables.



**Yumi Overnight Oats**  
250g or Breakfast Kit, 425g

**\$6<sup>99</sup> / \$8<sup>99</sup>**

A healthy alternative to oatmeal and cereal. No cooking, no heating, just soak overnight in your favorite milk.



**Natur-A Organic Plant-Based Beverages**  
946mL

**\$2<sup>99</sup>** Plus Deposit, Recycling Fee Where Applicable

Experience the richness and goodness of Canadian organic gluten-free oats!



**GT'S Raw Kombucha**  
Selected Varieties  
480mL

**\$4<sup>29</sup>** Plus Deposit, Recycling Fee Where Applicable

Authentically Crafted, Never Compromised.



**Raincoast Trading Albacore Tuna**  
150g

**\$7<sup>99</sup>**

Tuna Caught in the Pacific Northwest Packed by hand on Vancouver Island



**Marukan Organic Rice Vinegar**  
355 mL

**\$4<sup>99</sup>**

Since 1649 Marukan Organic Rice Vinegar is brewed slowly and meticulously, using traditional techniques.



**Kettle Brand Potato Chips**  
Also Air Fried  
156g-198 g

**\$3<sup>29</sup>**

Here at Kettle Brand we strive to be mindful of our environmental footprint.

## NOURISHING LIFESTYLES SINCE 1990



**Legends Haul Falafels**  
400g

**\$7<sup>99</sup>**

Shop local - handcrafted. No stress, low mess. Vegan.



**Coconut Secret Coconut Aminos**  
500 mL

**\$13<sup>99</sup>**

Made from the sap of organic coconut blossoms that is naturally fermented and blended only with sea salt.



**Nellie's Natural Laundry Soda**  
100 Loads, 1.5 kg

**\$19<sup>99</sup>**

WHY POWDER? The fact is, more cleaning power can be packed into a smaller space using powder.



**House Of Yee Premium Dumplings**  
15-Pack

**\$12<sup>99</sup>**

BC Made and inspired by sharing meals with the family.



# 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.

## ALLERGY SMART

A delicious and perfect-sized option for snacking. Great for all ages and situations, these cookies are made without the ten most common food allergens.



## FLOURISH PANCAKE MIX

A versatile and delicious pancake and waffle mix. Extremely high in high-quality whey protein, important fibres, and vitamins, this is a winning recipe to kickstart your breakfast!

## OZERY SUPER SEED CRUNCH

A healthy and delicious snack, great for on-the-go situations. Try these clusters next time you want a snack relatively high in healthy fats, fibre, protein, and vitamins!



## OMEGA3 NUTRACLEANSE

A versatile and complementary fibre supplement; a great addition to cooking and baking for a great source of healthy fats, fibre, and vitamins!



## Protein Oatmeal Pancakes

### INGREDIENTS

- 1 scoop LEANFIT™ Organic Plant Protein™ - vanilla
- 1/3 cup oatmeal
- 3 egg whites
- 1/2 tsp. baking soda
- 1/2 tsp. ground cinnamon
- dash pumpkin spice or cinnamon
- 1/8 tsp. brown sugar

### INSTRUCTIONS

1. Mix all ingredients in a small bowl and allow mixture to thicken for 2 to 3 minutes.
2. Pour 3 tbsp of mixture onto preheated frying pan or griddle.
3. Cook over medium heat until golden brown, about 2 minutes per side.
4. Repeat until mixture is gone
5. Garnish with fresh fruit and/or honey.

Makes 1-2 servings.



**leanfit**™



# WELLNESS CENTRE SPECIALS

## JANUARY 1 - 15 ONLY!

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**

Ask us for details in store.



**Vega  
All-in-One Shake**  
834g-876g

**\$52<sup>99</sup>**

Made from carefully selected, premium, plant-based food ingredients you'd choose yourself if you had the time, Vega One™ helps give you the nutritional confidence to live your best life.



**CanPrev  
Healthy Bones**  
120 Capsules

**\$27<sup>99</sup>**

Healthy Bones MCHA features microcrystalline hydroxyapatite, a compound that shapes the matrix of bones and teeth.



**Platinum Naturals  
Vitamin D3 or  
Oregon 8**  
Assorted  
Varieties & Sizes

**20% OFF**

Vitamin D3 is essential for a healthy immune system, cardiovascular health, bone health and many other systems in the body.



**Sovereign Silver  
Bio-Active Silver or  
Copper Hydrosol**  
Assorted  
Varieties & Sizes

**25% OFF**

Provides quick sinus relief that naturally helps you breathe freely by thinning mucus in the nose and sinuses, cleanses nasal passages from pollutants and irritants, and eases air flow allowing for clearer breathing.



**Honibe  
Honey Lozenges and  
Vitamin D Gummies**  
10-Pack or 70 Gummies

**\$3<sup>99</sup> / \$13<sup>99</sup>**

Honibe Honey Lozenges are made with 100% pure Canadian honey.



**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**  
Assorted  
Varieties & Sizes

**20% OFF**

50 billion live cultures from 12 probiotic strains to help support your body's natural digestive system and helps reduce the frequency of digestive discomforts such as constipation, flatulence and abdominal pain.



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

**15% OFF**

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



**Flora Immune  
Support Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Traditionally used in Herbal Medicine to help relieve symptoms of colds and flus, such as coughs, sore throat and catarrh of the upper respiratory tract.



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

**20% OFF**

Great tasting, ultra pure omega-3. Supports the maintenance of good health, cardiovascular health, cognitive and brain function. Sustainably sourced ingredients.



**Vitality Iron  
Supplements**  
Assorted  
Varieties & Sizes

**25% OFF**

Improve your energy and mood with Power Iron + Organic Spirulina.



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

**20% OFF**

Pure essential oil bath for men and women Our Natural Epsom Salt is extracted from an ancient underground deposit.



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**Manitoba Harvest  
Hemp Hearts or  
Hemp Yeoh Proteins**  
Assorted  
Varieties & Sizes

**25% OFF**

Shelling the hemp seed reveals the most nutritious and tender part of the seed: the heart. Ready to eat right out of the bag, Manitoba Harvest hemp hearts offer nutrition seekers a simple and delicious ingredient that adds plant protein and nutrients to any recipe or meal.

- 10g Protein
- 12g Omegas 3 & 6
- 9 Essential Amino Acids
- Contains vital nutrients like magnesium, fibre, zinc, and iron
- Vegan, Paleo, Keto, and Gluten-Free
- Available in Organic and Natural



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

**20% OFF**

GUT-FX is the ultimate formula to heal inflammation and restore our gut-neighbourhood.

It provides the building blocks that your body needs to repair the lining of the intestinal tract. It contains herbs to reduce inflammation and soothe digestion, and probiotics to support a healthy gut flora.

GUT-FX provides a well-rounded approach to supporting gut health, which improves our ability to absorb nutrients, eliminate toxins, balance the immune system, and support neurological hormones.



**Aeryon Wellness  
B Strong Creatine  
Monohydrate**  
150g

**\$19<sup>99</sup>**

Non-GMO, Soy Free, Vegan, Scientifically Formulated with the Highest Grade Ingredients. B Strong is not tested on animals and is produced in a facility that adheres to FDA-GMP practices.

- Supports Muscle Development
- Enhances Performance
- Increases Power
- Increases Strength
- Increases Lean Muscle Tissue
- Boosts ATP production
- 30 Day Serving



**Innotech  
Fasting Days**  
360g

**\$47<sup>99</sup>**

Fasting Days™ is formulated by Reginald Friesen M.D. and Innotech Nutrition to help support Intermittent Fasting with a balanced nutrient powder.

Low in calories (Keto Friendly), non-GMO, non-dairy and free of sugar, gluten, MSG, artificial sweeteners, artificial flavours and colours.

With 10 grams of amino acids, 13 vitamins and minerals including your daily electrolyte requirement. Drink this during your 18-20 hour fast.



**Himalaya Herbal  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Ashwagandha has been used for centuries for stress and energy. Himalaya's Organic Ashwagandha is a clinically-studied blend of Ashwagandha root powder and root extract that provides stress relief by supporting your adrenals and balancing cortisol.

Himalaya was founded in 1930 and is based on a 5000 year old medical tradition.

You can trust Himalaya knowing their herbs are sourced directly from Indian farmers and are Non GMO, Certified Organic, Vegan and free from soy, corn, dairy and anything artificial.



**Everyone  
For Everybody  
3 in 1 Soap  
or Lotion**

**\$14<sup>99</sup> / \$16<sup>99</sup>**

As a family-owned business, we aim to make products that nurture the people who use them, respect the people who make them and honor the plants we use as ingredients. Those efforts are all connected by a commitment to care for the planet.

From the ingredients we source to our retail partners to how we love our customers, environmental stewardship spans everything we do.

We think of it as being naturally connected through body, mind and planet – and we're grateful to share our sustainability story with you.



# WELLNESS CENTRE SPECIALS

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Ask us for details in store.



**Beekeeper's Naturals  
Supplements**  
Assorted  
Varieties & Sizes

**25% OFF**

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



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

**\$34<sup>99</sup> / \$54<sup>99</sup>**

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



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

**\$26<sup>99</sup>**

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).



**Sproos Collagen  
Products**  
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.



**Blume  
SuperBelly**  
7-Pack

**\$13<sup>49</sup>**

Gut Health & Hydration – SuperBelly combines our love of superfoods with prebiotics & clinically studied probiotics. 75% of adults are chronically dehydrated.



**Prairie Naturals  
Creatine Monohydrate**  
Bonus Size 300g + 100g

**\$22<sup>99</sup>**

Supports healthy aging by maintaining lean muscle and strength. Ideal for those focused on preserving muscle tone as they age, it replenishes ATP stores for enhanced energy and endurance. Non-GMO, micronized formula.



**Whole Earth & Sea  
Proteins and Greens**  
Protein & Greens  
640-710grams

**\$59<sup>99</sup>**

100% fermented and certified organic formula providing 21 g of quality plant protein in every serving.



**Herbaria Wild  
Crafted Herbal Teas**  
25 tea bags

**\$4<sup>99</sup>**

Valerian Tea boasts a long history of traditional use for sleep disorders, including insomnia.



**Newco Broccofusion  
Face Care &  
Toothpaste**  
Assorted  
Varieties & Sizes

**20% OFF**

BroccoSpa™ features an exclusive synergistic blend of exotic oils, extracts, and potent antioxidants, providing a wealth of nourishment for your delicate skin.



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

**\$15<sup>99</sup> / \$24<sup>99</sup>**

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



**Island Essentials  
Shampoo &  
Conditioner**  
450 mL

**\$15<sup>99</sup>**

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



**Santevia Alkalinizing  
Water Filtration**  
Assorted  
Varieties & Sizes

**20% OFF**

From countertop units to 'on-the-go' options, Santevia filters and restores your tap water to its mineral-rich state, just like nature intended.



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



**Salus Floradix & Floravit Liquid Iron Formula**  
250 mL / 500 mL

**\$23<sup>99</sup> / \$39<sup>99</sup>**

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

- Floradix Liquid Iron Formula is clinically proven to quickly raise serum ferritin levels (iron levels) in the body, thereby restoring energy and well-being
- Formulated for those with low iron or anemia
- Easily absorbed, non-constipating formula.
- Contains B Vitamins and Vitamin C for enhanced absorption
- Vegetarian, kosher, no additives, preservatives, added sugars or alcohol
- Naturopath recommended



**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™ natural 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!



**Purica Recovery & Curcumin Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Find rapid relief and natural healing with PURICA Recovery 3.0.

Building on 25 years of proven results, this advanced formula strengthens the original with powerful new ingredients for stress relief, immune support, and joint health.

Featuring fast-acting BDM Curcumin, stress-balancing Sensoril Ashwagandha, hydrating Hyaluronic Acid, and immune-boosting Chaga, Recovery 3.0 is designed to help you feel better, faster.

Don't wait for relief—experience it now with PURICA Recovery 3.0.



**Prairie Naturals ReCleanse**  
1 Kit

**\$26<sup>99</sup>**

ReCleanse® 7-Day Herbal Cleanse is a safe, effective 7-Day whole body detoxification kit supported by clinical use.

ReCleanse® 7-Day Herbal Cleanse is formulated to gently and effectively support your body's natural detoxifying and elimination process.

ReCleanse® 7-Day Herbal Cleanse gently cleanses more deeply with regular use, enabling your body to heal and function optimally while promoting excess weight loss.



**Ecoideas Organic Superfoods**  
Assorted  
Varieties & Sizes

**20% OFF**

Our Baobab Powder is organic and raw, preserving its impressive nutritional profile.

Baobab is a very high source of dietary fibre, and an excellent source of vitamin C. It is also high in potassium and is a source of vitamin B1 (thiamine), vitamin B6 (pyridoxine), magnesium and manganese.

Ecoideas Baobab Powder is made from the pulp of the baobab fruit, which has a sweet and tangy flavour.



**Boiron Oscillococcinum**  
6 Doses / 30 Doses

**\$11<sup>99</sup> / \$29<sup>99</sup>**

Regulated as medicines by Health Canada since 1990, Boiron homeopathic products meet the highest manufacturing and marketing quality standards.

Oscillococcinum is a homeopathic medicine that reduces the duration of flu-like symptoms and relieves body aches, headache, fever, and chills.

Oscillococcinum does not cause drowsiness or sleeplessness and is suitable for the whole family: adults, children, and infants. Oscillococcinum is available in different size formats.



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3493 Cambie St, Vancouver  
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### 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

Let us help you  
**Navigate Nutrition**  
in the New Year



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PERSONALIZED  
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