

THE

CHOICES MARKET



HEARTBEET

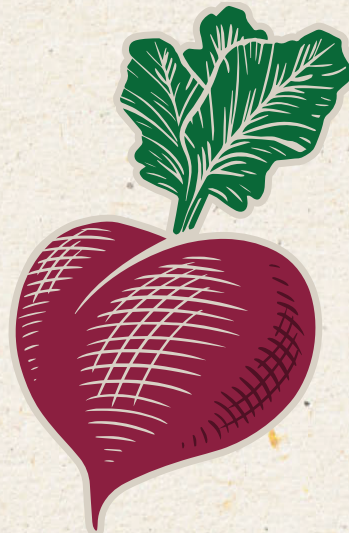
May 2025

DISCOVER STRAWBERRIES

BY CHEF ANTONIO pg 5

Iron: Strategies to Combat and Prevent Iron Deficiency ~ pg 6

Maternal Nutrition: Tips for New Mothers ~ pg 7



MOTHER'S DAY

May 11th is all about Mom.

Come to Choices to get Mom's favourite items, like Fairtrade chocolates, beautiful floral arrangements or natural body care products. If you need help in the kitchen, don't forget that the Choices Deli has dozens of ready to heat and eat options available so everyone can take a night off in the kitchen.

Need a quick dessert?

Try our selection of amazing cakes and cupcakes from our bakery. We've got some amazing alternate flour recipes that make it easy for everyone to enjoy a treat. No matter what your Mother's Day traditions are, Choices is here to help.



WOMEN'S HEALTH

This month, we've got some great articles specifically tailored for Women and Women's health concerns. Whether you're young or old, the Choices Nutrition team has advice that can help women live their best at any stage of life.



MAY IS CELIAC AWARENESS MONTH

Choices' nutritionists are featuring delicious and nutritious gluten-free goods in tasting demos at select stores. Check out our website for more information on when and where!



May Is National
Celiac
Awareness Month



SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

NOURISH & THRIVE: WOMEN'S HEALTH NUTRITION WORKSHOP SEMINAR

Hosted by: The Choices In-Store Nutritionists

Be part of a fun, educational, and interactive nutrition workshop on a variety of topics related to women's health and well-being.

Dates, Times & Locations:

- **Yaletown** ~ May 5 ~ 6pm ~ 7:30pm
- **Kitsilano** ~ May 6 ~ 7pm ~ 8:30pm
- **Burnaby** ~ May 7 ~ 2pm ~ 3:30pm
- **North Vancouver** ~ May 8 ~ 6pm ~ 7:30pm
- **Kelowna** ~ May 8 ~ 7pm ~ 8:30pm
- **Abbotsford** ~ May 14 ~ 7pm ~ 8:30pm
- **Parksville** ~ May 29 ~ 6pm ~ 7:30pm

MAY
IN-STORE

Free Event



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



**OR SCAN THE QR CODE
TO REGISTER**



MAY
28

2pm - 3:30pm

IN-STORE
SOUTH SURREY
Free Event

LIVE LONGER, LIVE STRONGER SEMINAR

Be a part of a fun, educational, and interactive nutrition workshop on debunking common nutrition myths around carbohydrates.

HORMONES, PERIMENOPAUSE, AND MORE SEMINAR

Join Chelan Wilkins, RHN, a leading women's health educator, for an insightful evening on the interplay of hormones, stress, libido, anxiety, weight gain, and mood. Gain valuable tools and tips to navigate midlife transitions with confidence, empowering yourself to enhance well-being and embrace this transformative stage of life.

Sponsored By: Martin & Pleasance

MAY
15

7pm - 8:30pm

IN-STORE
KITSILANO

MAY
21

7pm - 8:30pm

IN-STORE
SOUTH SURREY



Delicious Homemade Chocolate

By: The Choices Nutrition Team

INGREDIENTS

- 1 cup Cocoa Butter
- 1 cup Cocoa (or cacao) powder
- 1 tsp Vanilla Extract
- 1/2 cup Honey

- Servings: 6
- Total Time: 4 hrs. 20 mins

DIRECTIONS

- 1.) Place 2-3 inches of water in a pot and boil, placing a glass bowl on top to melt cocoa butter (or use a double boiler).
- 2.) Remove cocoa butter from heat and add cocoa powder and vanilla extract.
- 3.) Allowing the mixture to cool slightly, stir in liquid honey (melt honey if it's raw honey).
- 4.) Mix well, making sure mixture is smooth.
- 5.) Pour chocolate mixture onto a baking sheet with parchment paper or silicon molds and let it harden for 3-4 hours at room temperature or in the refrigerator.
- 6.) Break pieces into smaller bark pieces or remove from molds and enjoy!



NEW TO CHOICES MARKET!

AVERY FAMILY FARMS

Located in Okanagan Falls, BC, Avery Family Farms is rooted in a multi-generational family tradition and nourished by fearless innovation. By combining artisanal farming techniques and precision technologies, Avery Farms is revolutionizing Canada's farm-to-fork food chain, revitalizing rural Canadian communities and growing the freshest lettuce locally, sustainably, ethically and deliciously—365 days a year.

Now Available at your local Choices!





STRAWBERRIES

BY CHEF ANTONIO

Strawberries are one of the most loved fruits in the world among children and adults alike. Sweet, bright and flavourful, a strawberry is not a true fruit, but an aggregate of hundreds of tiny fruits fused together. The Romans wrote about this culinary delight. They also believed in its medicinal properties and used it to cure many ailments.

Found thriving in the wild in the Northern Hemisphere, it was first transplanted from the woods to French gardens in the 14th century. There are records of larger cultivation efforts around the 18th century. The arrival of the juicy red berry came at similar times in North America and in modern Chile. This global expansion will eventually lead to all sorts of modern hybrids, increasing size, yield and flavour.

In BC, over forty farms across the province commence picking in late May. The season peaks in June and production continues all the way (if weather cooperates) into early September.

Fresh strawberries should only be washed just before eating or processing to keep them fresh. Eaten on their own when fully ripe, bright red, plump and juicy, they are divine. While there's nothing as wonderful as a strawberry tasted straight from the field, there are many ways to create a truly decadent dessert. Strawberries served with fresh whipping cream or whipped marscapone, cut up in a fruit salad or classically dipped in chocolate. Drizzled with a bit of lemon juice and sugar, maple syrup, red wine, or even liqueurs. Why not try them with a splash of balsamic vinegar and a crack of black pepper for a more complex and exciting flavour?

What do you do when you have more strawberries than you can eat? Make jam, chutney, salsa, vinegar, coulis, syrup, or simply freeze them to preserve for later use. You could make yourself some bright pink smoothies, or a lassi. Ice cream and sorbet are winners. Top your waffles and pancakes with strawberry syrup. Turn them into a pie or garnish tarts and sponge cake. In trifle, tiramisu, or cheesecake they're a star. Don't forget to try them in savoury cooking. Tossed salads with some bright strawberry redness is welcome. Strawberries also elevate when paired with all sorts of cheese. Fresh goat, blue, ricotta, or cottage cheeses are all a friend to strawberry. Make dressing with them, or reductions to compliment your choice of protein. There's no excuse to not eat strawberries for weeks after the season has ended.

If you have the experience of tasting a fresh picked wild strawberry, or one from your local farm, you know how unique and delicious they are. I hope you get to enjoy many this season!



STRAWBERRY FACTS:

Seed Count:

The average Strawberry has around 200 seeds on its surface.

Perennial Plants:

Strawberry plants are perennials, meaning they can grow back year after year.

Rich in Vitamin C:

Just one cup of strawberries provides more vitamin C than an orange!



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.



Iron: Strategies to Combat and Prevent Iron Deficiency

By: The Choices Nutrition Team

Iron is an essential mineral, key to a variety of different processes in blood cells, the immune system, overall growth and development, and hormone synthesis. Perhaps most notably, iron is a key part of hemoglobin, a protein in red blood cells that carries oxygen from the lungs to the rest of the body, and myoglobin, a protein that stores oxygen in muscle cells. Thus, a deficiency in iron can lead to significant issues with transporting oxygen to muscles and cells, or the noticeable trait of fatigue and low energy.



Unfortunately, some studies show that iron deficiencies are up to three times more likely in women than men due to menstrual blood loss. Luckily, there are some ways to reduce iron deficiency risk through dietary means.

1. Increase iron intake: This one's pretty self explanatory as the body cannot produce its own iron; it solely gets this mineral through the diet. Iron-rich foods include red meat, seafood, legumes, dark leafy vegetables, and fortified cereals. An iron supplement can also be a good way to help meet your daily iron needs but make sure to not take it on an empty stomach as that can lead to stomach pain or discomfort.



2. Iron interacts with other nutrients:

Iron absorption can be greatly enhanced when taken or eaten simultaneously with high vitamin C foods. Additionally, iron absorption can be diminished or negatively impacted when taken or eaten simultaneously with calcium or fibre supplements.



Iron deficiency is a rather under-reported and important medical condition that could have a variety of different impacts on energy levels, ability to recover from illness and infection, and overall health. The tips in this article are certainly appropriate for almost all people but speak to your family physician if you think you may be iron deficient.

Maternal Nutrition: Tips for New Mothers

By: The Choices Nutrition Team

Good nutrition and health are critical for people of all walks of life, but especially for new mothers. Here are a few nutrition considerations for new mothers.

1. Foods as a Means to Restore: Pregnancy and labor can look a bit different for each mother, but its impacts and physical and mental requirements cannot be understated. Not to mention the toll hospital stays, strong medications, and familial or cultural pressures can have. Thus, it's crucial to view the time after pregnancy as a key time to restore and replenish the body and mind. Focusing on a diet rich in a variety of fruits and vegetables, whole grains and complex carbohydrates, and lean or plant-based proteins can be vital.



2. Breastfeeding: The World Health Organization, American Academy of Pediatrics, and Health Canada recommend breastfeeding exclusively for the first six months of life and supplementary breastfeeding up to two years and beyond. Breastfeeding may be unfeasible for some, opting for formula where needed, but trying a breast pump to store breastmilk ahead of time or prioritizing exclusive breastfeeding for at least the first six months can be deeply beneficial.



Key benefits of breastfeeding include adequate nutrition, key immune support, and brain development for babies, and potentially weight loss, cancer protection, improved bone health, and promotion of newborn emotional bond for mothers. Breastfeeding requires about 400 more calories per day and will require avoidance of smoking and alcohol for at least a few hours prior to feeding. Additionally, limitation of high mercury and caffeine foods is recommended.



Pregnancy is an extremely unique period of a woman's life, demanding different things from the body, mind, and especially hormonally. Postpartum depression can also greatly impact the ability to fully take care of one's health, often impacting appetite and nutrition. Thus, it's crucial to prioritize mental health here to have a better bandwidth and ability to take care of newborns.

PREFERRED SHOPPER SPECIALS

MAY 1 - 15 ONLY!

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



**Organic Meadow
Organic 2% Milk**
4 Litre

\$10⁹⁹ Plus Deposit,
Recycling Fee
Where Applicable

We set ourselves a high bar to use old world methods and well-treated animals to craft fresh, organic dairy products.



**Bob's Red Mill
Gluten Free
Rolled Oats**
794g & 907g

\$9⁹⁹

Whole grain oats make a great crispy coating; they extend meatloaf and burgers, while enhancing their juiciness and texture.



**Dairyland Lactose
Free Milk**
1.89 Litre

\$5⁹⁹ Plus Deposit,
Recycling Fee
Where Applicable

100% Canadian milk. Easy to digest.



**Loop Cold Pressed
Juice & Smoothies**
1 Litre

\$9⁹⁹ Plus Deposit,
Recycling Fee
Where Applicable

We rescue perfectly imperfect fruits and vegetables and transform them into mind-blowing cold-pressed juices.



**Ritter Sport
Chocolate Bars**
Selected Varieties, 100g

\$4⁴⁹

100% certified sustainable cocoa sourcing. Quality. Chocolate. Squared.



**Schar Gluten
Free Crackers
& Breadsticks**
150g & 210g

\$8⁴⁹

The perfect crunchy snack for those on gluten-free diets, and everyone else!



**Mrs. Renfro's
Salsa**
473 mL

\$6⁹⁹

Mrs. Renfro's pioneering flavours have earned global acclaim.



**Casa Bonita
Organic Tortilla
Chips**
300g

\$4⁹⁹

Casa Bonita's Cantina Style Tortilla Chips follow a recipe handed down to us by our grandmothers.

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



**Hardbite All Natural
Potatoe Chips**
128g & 150g

\$3⁴⁹

Nothing Artificial. ALL POTATO. NO COUCH.



**Lesser Evil Organic
Popcorn**
142g

\$4⁹⁹

Raw organic coconut oil + organic popcorn + Himalayan pink salt.
Ingredients as pure as the Himalayas.



**Zevia Zero Sugar
Natural Flavoured Soda**
6-Pack

\$6⁴⁹ Plus Deposit,
Recycling Fee
Where Applicable

Zevia has zero sugar, zero calories, and zero plastic bottles.



**Earth's Choice Organic
Extra Virgin Olive Oil**
500 mL

\$16⁹⁹

Earth's Choice goes far to bring you and your family the finest quality, best tasting and affordable oil we can find.

PREFERRED SHOPPER SPECIALS

MAY 16 - 31 ONLY!

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



MADE IN CANADA

GLUTEN FREE



Nuts To You Almond Butter or Cashew Butter
250g

\$7⁴⁹

Just delicious nuts and nothing else!



GLUTEN FREE

Earth Balance Buttery Spread
425g

\$6⁹⁹

Our Original Buttery Spread is a critical ingredient in your dairy-free baking arsenal.



Café William Organic Coffee
300g & 340g

\$10⁹⁹



Enthusiastic about sustainability? Now you can reduce your carbon footprint with every cup of this sweet and well-balanced roast.



GLUTEN FREE

Sonoma Creamery Crisps
64g

\$4⁹⁹

Sonoma Creamery Parmesan Crisps are baked, never fried and naturally lactose-free.



GLUTEN FREE

ROAR Organic Infusion Beverages
532 mL

\$2⁹⁹

Plus Deposit, Recycling Fee Where Applicable

Grabbing ROAR means you get only what you need in every sip, so you can feel good about your hydration journey, no matter where it takes you!



GLUTEN FREE

TATE'S Bake Shop Cookies
198g

\$7⁹⁹

Signature thin crispy cookies combining the best of ingredients and a passion for baking.



Voss Artesian Sparkling or Spring Water
800 mL

\$5⁹⁹

Plus Deposit, Recycling Fee Where Applicable

Carbonated artesian mineralised water from Norway.



MADE IN CANADA

Faith Farms Cheese
320g & 340g

\$6⁹⁹

Perfect for melting, shredding, slicing or just eating right from the block. We won't judge!

NOURISHING LIFESTYLES SINCE 1990



MADE IN CANADA



Zimt Organic Raw Chocolate Bar or Macaroons
50g - 82g

\$4⁹⁹

Made with 4 ingredients: Cacao nibs, coconut sugar, cocoa butter & Vancouver Island salt.



GLUTEN FREE

Kettle Brand Chips
198g

\$3⁴⁹

Great taste...naturally. Our natural promise.



Only Goodness Organic Extra Virgin Olive Oil
500 mL

\$13⁹⁹

Organic. Imported from Italy.



MADE IN CANADA

GLUTEN FREE

Righteous Gelato & Sorbetto

Also Dairy Free Varieties, 473 mL

\$7⁴⁹

We use honest ingredients and nothing artificial.



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.

AMANO MISO

Amano food's delicious and rich taste offers an authentic Japanese taste while having the nutritional benefits of high-quality products. The Amano family has strong roots to Japan, immigrating to Vancouver in 1919. Their products are great options to add in stir fry's, soups, and a variety of dishes!

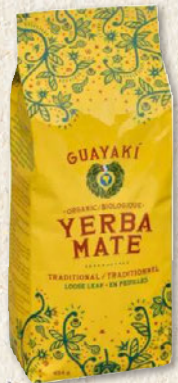


GOOD FOOD FOR GOOD

These delicious, minimalistic, and nutritious sauces are a great addition to your condiment tray or when making sauces at home – made with organic plants, and no added sugar, wheat, or dairy. The Choices Nutrition Team loves the spicy ketchup with homemade fries!

GUAYAKI YERBA MATE

Traditional yerba mate has strong roots in South America, going back to the mid 17th century when its difficult domestication first began. Today yerba mate is widely consumed in North America, known for its distinct energizing properties and natural taste. This tea is also rich in antioxidants and a variety of nutrients!



KABRITA TODDLER FORMULA

Kabrita is a pioneer in the infant and toddler formula game, widely regarded for its relatively high nutrition content based in goat milk, exceptional animal welfare standards, sustainable practices, and philanthropy work with children across the globe. Check out their website for more information or consider trying their range of products if you're considering a formula for an infant or toddler!



AIDAN'S GLUTEN FREE SOURDOUGH

Aidan's gluten free sourdough bread is a delicious, nutritious, and innovative line, taking advantage of a unique fermentation process. Their breads have a wonderful bite and texture, sure to make you forget it's gluten-free!





Healthy Charcuterie Board Swaps

By: The Choices Nutrition Team

Charcuterie boards are a wonderful and versatile dish to serve at cocktail parties, wine nights, and special occasions. As delicious as they are, finding a healthier charcuterie can be tricky. Here are a few ways to give your cheese boards a healthy boost:

- 1. Try alternative proteins:** Cured and deli meats are often the go-to for charcuteries. However, these meats can be very high in salt, unhealthy fats, and other components. Replacing some of those meats with smoked or canned seafood like salmon or tuna, or alternative proteins like nuts, smoked tofu, or eggs can be nutritionally beneficial while still delicious.
- 2. Focus on healthier cheeses:** Similar to cured meats, most cheeses can be quite high in salt and unhealthy fats. Obviously, cheese is such a delicious and important component of charcuteries but opting for healthier cheeses can be a great way to make the overall board much healthier. To do this, opt for lower fat or light cheeses.
- 3. Incorporate whole grain or high fibre crackers:** Fibre is an essential nutrient that aids in optimal blood sugar and cholesterol management, overall digestive health, and even reduces risks for certain cancers. Opting for a higher fibre cracker over the traditional water biscuit can be a great way to boost the overall fibre profile.
- 4. Emphasize spreads and dips:** Consider adding hummus, baba ganoush, or tzatziki over common charcuterie spreads to get a better source of healthy fibres.
- 5. Add fresh fruit:** Adding in fresh fruit is a great way to increase overall vitamins, minerals, and fibre that might be lacking elsewhere in the charcuterie board. Great options include grapes, strawberries, and figs.

WELLNESS CENTRE SPECIALS

MAY 1 - 15 ONLY!

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



**Aiyai Matcha
Green Tea**
Culinary Grade, 100g/
Ceremonial Grade, 30g

\$21⁹⁹ / \$25⁹⁹

Aiyai's Organic Ceremonial Matcha is light and smooth with a pleasant vegetal aftertaste.



**Platinum Naturals
Meno-Thrive**
60 Capsules

\$27⁹⁹

Helps manage symptoms and discomfort associated with perimenopause and menopause including hot flashes and night sweats.



**Prairie Naturals
Digestive Enzymes**
Assorted
Varieties & Sizes

20% OFF

Ginger extract traditionally used in herbal medicine to rapidly alleviate nausea, bloating and gas

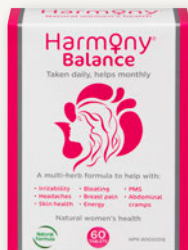
See Instore for more
Vega Products on Sale



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

\$52⁹⁹

One and done. Each scoop is packed with: 20g protein, antioxidants, minerals, probiotics, fiber, omega-3s, and greens.



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

20% OFF

A potent multi herb formula to support hormonal balance and reduce the symptoms of PMS.



**Nature's Way
Chlorofresh**
Natural or Mint
474 mL

\$22⁹⁹

Nature's Way Chlorofresh is a unique chlorophyllin complex that is water-soluble for use as an internal deodorant and is a source of antioxidants.



**Nature's Aid
Aloe Skin Gel &
Moisturizing Gels**
Assorted
Varieties & Sizes

30% OFF

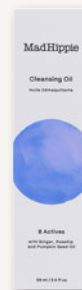
With 3x more aloe vera than other products and multi-purpose capabilities, you can take care of all your skincare needs.



**Bass
Hair Brushes**
Assorted
Varieties & Sizes

20% OFF

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



**Mad Hippie
Facial Care**
Assorted
Varieties & Sizes

20% OFF

Radiance boosting blend that softens & smooths while gently removing dirt & impurities. Non-comedogenic & perfect for naturally removing makeup!



**Weleda
Face & Body Care**
Assorted
Varieties & Sizes

20% OFF

Lock in moisture with this luscious body butter, formulated with antioxidant-rich pomegranate seed oil and nurturing shea butter.



**Heritage Store
Castor Oil and
Rosewater
Facial Care**
Assorted
Varieties & Sizes

20% OFF

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



**Divine Essence
Organic Essential Oils**
Assorted
Varieties & Sizes

20% OFF

Patchouli essential oil is used in aromatherapy for the symptomatic relief of acne, eczema, boils and minor skin irritations as well as to help calm nerves.

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Ask us for details in store.



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

\$39⁹⁹

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.



**Innotech
Liquid Fermented
Probiotic**
500 mL

\$35⁹⁹

Innotech Liquid Fermented Probiotic™ is a premium triple fermented food beverage which contains beneficial microbes that are essential for maintaining balanced micro-flora in your gastrointestinal tract. Having a healthy microbiome (healthy gut) promotes regularity, improves nutrient absorption and aids in digestion.

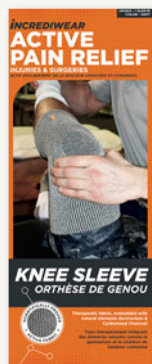
Because of the complex flavours that occur from our ingredients and hand-crafted brewing, the taste of Innotech Liquid Fermented Probiotic™ is beautifully unique. Some describe it as tangy and reminiscent of an unsweetened apple cider with a delightful molasses aftertaste.



**Regenerlife
Healthy Aging
Supplements**
Assorted
Varieties & Sizes

15% OFF

Regenerlife Mitochondrial Energy is a mitochondrial optimization formula that contains a potent combination of targeted nutritional compounds shown to optimize mitochondrial function, helping to reduce symptoms of fatigue at the cellular level. Helping to maintain cardiovascular health, cognitive health, and brain function. Supporting the body's antioxidant defence system by providing L-glutathione and the antioxidant enzyme superoxide dismutase (SOD). Regenerlife Mitochondrial Energy helps improve strength and power in repetitive bouts of physical activity and reduce the symptoms of perceived stress, such as pain, fatigue, sleeplessness, irritability.



**Incrediwear
Braces and
Circulation Socks**
Assorted
Varieties & Sizes

20% OFF

Incrediwear products increase circulation to reduce inflammation & swelling, relieve pain, restore mobility, and accelerate recovery. Our proprietary fabric is embedded with semiconductor elements that increase blood flow to bring you better healing in less time. Whatever your physical activity of choice, Incrediwear helps you do it better as it helps you prevent injuries to live an active life. Incrediwear helps you perform at the highest level and brings quicker recovery so you can get back at it sooner.



**Anne Marie
Facial Care &
Cosmetics**
Assorted
Varieties & Sizes

20% OFF

Whether it's sensitive skin or skin in need of regeneration, ANNEMARIE BÖRLIND's ranges offer you perfectly coordinated products for each step: Cleansing, Strengthening, Daytime Protection, Night Care and Eye Care. This systematic care makes for increased efficacy. Experience the effects of our state-of-the-art natural skin care—developed and produced in the Black Forest.



**Newco
Rub Ease Roller**
150 mL

\$31⁴⁹

Natural pain relief cream!
It contains Arnica Extract as well as Menthol, Glucosamine Sulphate, Chondroitin Sulphate & Hyaluronic Acid.

May provide relief from:

- Pain of Sport Injuries & Inflammation
- Arthritic Pain
- Sore Muscles
- Painful Joints and Bruises
- 100% all natural and Canadian made.

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MegaFood Vitamins & Supplements
Assorted
Varieties & Sizes

20% OFF

Premium supplements made with nutrients and real food from trusted farm partners.



New Roots Strong Bones
90 Capsules / 180 Capsules

\$29⁹⁹ / \$52⁹⁹

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



Subi Juices
264g - 280g

\$29⁹⁹

SUBI contains 20+ whole, real food ingredients, 4+ servings of vegetables in every scoop, and 60% of your daily nutrition.



Vega Protein & SuperGreens
586g - 618g

\$34⁹⁹

Add extra greens and protein to your daily routine without skipping a beat with Vega® Protein and Greens.



Vitality Iron Supplements
Assorted
Varieties & Sizes

20% OFF

VITALITY's Power Iron + Organic Spirulina has the highest quality ingredients and is sustainably sourced.



Sealicious Omega-3
500mL

\$43⁹⁹

The highest-quality fish oil sourced from sardines, anchovies, and mackerel and then flavored it with innovative, all-natural fruit flavors and the natural sweetener, monk fruit.



Kidstar Nutrients Vitamins & Supplements
Assorted
Varieties & Sizes

20% OFF

Boost your daily fibre intake with BeRegular Prebiotic Fibre with Probiotic Blend.



Skin Essence Organics Facial Care
Assorted
Varieties & Sizes

20% OFF

Pure is a gentle cleanser that has been specifically designed to effectively clean the skin without leaving it feeling dry or irritated.



Refresh Botanicals Facial Care
Assorted
Varieties & Sizes

20% OFF

Certified Organic & Natural Canadian Skincare Brand. Pure Hydration, Zero Irritation, carefully crafted for sensitive skin.



Himalaya Botanique Toothpaste
113g - 150g

\$6⁴⁹

Himalaya Whitening Toothpaste is free from Fluoride, Triclosan, Carageenan, SLS, and Gluten, and loaded with the foamy texture and great taste you love.



Tints of Nature Henna Cream Kit

\$15⁹⁹

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.



Palma Christi Organic Castor Oil
120 mL / 240 mL

\$15⁹⁹ / \$24⁹⁹

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

WELLNESS CENTRE SPECIALS

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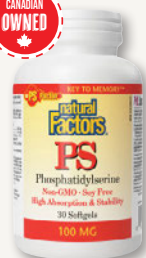


Aeryon Wellness Supplements
Assorted Varieties & Sizes

20% OFF

Scientifically backed, all-natural formula that works to promote a healthy endocrine (hormonal) system by balancing estrogen in the body and stimulating the metabolism. This herbal support supplement can promote metabolism, balance hormones, curb appetite and enhance your workouts.

- Enhances fat metabolism & weight loss
- Enhances metabolism
- Exercise enhancer & increases energy balances estrogen



Natural Factors Cognitive Support PS
Assorted Varieties & Sizes

15% OFF

Natural Factors PS Phosphatidylserine boosts the efficiency of cell membranes, especially in the nerve cells of the brain, leading to improved concentration, learning, vocabulary, and memory. Our natural production of PS decreases as we get older, making supplementation the ideal means for preventing age-related cognitive decline. Natural Factors uses Sharp-PS® GREEN, a highly absorbable and stable form of PS that is 100% soy-free, derived from non-GMO sunflower oil.



Plumpp Irish Sea Moss
40g/120g

\$10⁹⁹ / \$27⁹⁹

Upgrade your immune system with critical minerals through a daily dose of this unprocessed, natural, straight from the ocean superfood! Can be applied topically or ingested. Anti-inflammatory properties make sea moss excellent for dry & sensitive skin, providing relief from symptoms of rashes, eczema and psoriasis. Prep with a rinse, soak, strain and blend. Make a full batch and keep in the fridge or freezer, adding to your daily shake or taking it straight up.



withinUs TruMarine Collagen Supplements
Assorted Varieties & Sizes

20% OFF

Collagen is one of the most important structural components in our body. It represents 1/15th of our total body weight, and 75% of our skin is composed of collagen. This fibre-shaped protein plays an important role in ensuring the cohesion, elasticity and regeneration of skin, joints, tendons, ligaments, and skeletal muscles.

Collagen peptides are used daily by millions of people around the world. It has a long history of use in food and natural health products in both Asia and Europe. TruFact: not all collagen is created equal. Hydrolyzed marine collagen sourced from wild fish scales (that's us!) generates bioactive peptides, which enhances the production of collagen, skin hydration, hair growth, and joint health. The growing popularity of marine collagen is due not only to its nutritional benefits, but also its superior bioavailability, and purity.



CanPrev Tudca
60 Capsules

\$56⁹⁹

TUDCA (Tauroursodeoxycholic acid) is a type of conjugated bile salt that's produced in the liver and helps with the breakdown of fats. Similarly, choline is a water-soluble essential nutrient that supports the liver in maintaining cholesterol levels in the body. Together, TUDCA and choline make a mighty duo to support liver function.

- Supports healthy liver function
- Formulated with TUDCA (Tauroursodeoxycholic acid) + choline
- May help with liver congestion, digestive issues and more



Lavigne Natural Skincare & Derm Immortelle Facial Care
Assorted Varieties & Sizes

20% OFF

Refresh and cleanse daily with this ultra-mild foaming gel-wash that is 100% natural source yet very effective in removing dirt, oil and makeup. Infused with calming botanical extracts of Chamomile and Lavender, which have been used for centuries for their skin conditioning properties, this formula is further enhanced with Tepezcohuite Bark Extract for enhanced revitalization.

- Benefits:**
- Cleans while helping to balance the presence of natural oils found on the skin
 - pH balanced and non-irritating
 - Gently removes dirt, oil and make-up while delivering botanical goodness and nourishment
 - Contains 100% vegetable derived, petrochemical free preservative obtained from renewable sources
 - This product is free from substances of animal origin – vegan
 - Ideal for All Skin Types



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Choices.Market

 **100% BC OWNED**

CHOICES MARKET LOCATIONS

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604.736.0009

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604.875.0099

Kerrisdale

1888 W 57th Ave, Vancouver
604.263.4600

Yaletown

1202 Richards St, Vancouver
604.633.2392

Commercial Drive

1045 Commercial Dr, Vancouver
604.678.9665

Kelowna

1937 Harvey Ave, Kelowna
250.862.4864

South Surrey

3248 King George Blvd, Surrey
604.541.3902

Burnaby Crest

8683 10th Ave, Burnaby
604.522.0936

Abbotsford

3033 Immel St, Abbotsford
604.744.3567

North Vancouver

801 Marine Dr, North Vancouver
604.770.2868

Parksville

319 Island Hwy East
250.947.8000

Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

Tree(s): 27

Waste: 1,199 kg

Water: 97,773 L

Greenhouse Gas Emissions: 3,932 kg CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator



DISCOVER THOUSANDS OF CANADIAN CHOICES

As a BC grocer, Choices Market has always made sourcing local and Canadian products our first priority. Building lasting relationships with growers and producers and fostering healthy, sustainable communities are core to who we are.

From fresh, farm-to-table produce to premium, local proteins, we offer thousands of Canadian-sourced products to help support our communities while nourishing your family.

