

THE

CHOICES MARKET



HEARTBEET

August 2025

DISCOVER WATERMELON

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BUYING LOCAL

At Choices, we've always been big on buying local and supporting the communities we live in. More than ever, we're looking to help out the growers and producers who live in our communities. Help out your friends, neighbours and family members by buying BC and Canadian made products, and we're all be better off for it.



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?



August Veggies

- Artichokes, Beets, Broccoli
- Cabbage, Carrots,
- Cauliflower, Corn, Cucumber
- Fennel, Garlic, Kale
- Potatoes, Radish, Shallots,
- Spinach, Summer Squash,
- Tomatoes, Zucchini

August Fruits

- Apples, Apricots
- Blackberries, Blueberries
- Cherries, Pears, Plums,
- Peaches, Nectarines
- Strawberries

MONTHLY GIVEAWAY

ENTER TO WIN!

1 of 11 Gift Baskets of VIP & Echowclean Cleaning Products

Echowclean and VIP Cleaning Products are biodegradable and locally made in BC.

Name: _____

Phone Number: _____ Choices Location: _____

Skill Testing Question: $(56 - 18) \times (25 - 13) =$ _____

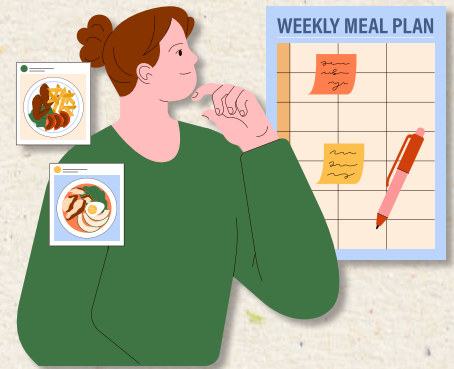
Gift Basket valued at over \$100.00. Contest open from August 1-31, 2025. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Market and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Market for publicity purposes. Entries can be dropped off at any Choices location. Winner is responsible for picking up their prize from the Choices Market location of their convenience. There can be no repeat winners for Choices contests throughout 2024.



Wallet-Wise, Body-Smart: Your Guide to Nutritious Budget Meals

By: The Choices Nutrition Team

Implementing a diet rich in variety, colours and high-quality foods can often pose a significant financial challenge. Most of us know why we should eat healthier, but it's the how that can be so challenging. Here are some tips for budget-conscious shoppers.



1. Supplement with Plant-Based Proteins: Plant-based foods don't have to be so scary – they're often a budget-friendly option, that are rich in B vitamins, vitamin A, and fibre, while being lower in calories. They've been linked to improved blood sugar regulation, reduced cholesterol levels, and better heart health. The biggest challenge people can face is on incorporating them to make a delicious dish. Focusing on adding them as component of a bigger dish or using marinades and sauces can be a helpful tip. Some simple ways to do this can be by tossing canned chickpeas or lentils into a curry, adding beans to soups or salads, or including tofu or tempeh in wraps and stir-fries. Soy also gets a bad rap, especially around phytoestrogens, but current research supports their role as a nutritious and health-supportive food.

2. Shop the Flyers: The Nutrition Team at Choices is here to support nutritious, high-quality eating that fits your budget. With over 30 years of experience, beginning in Kitsilano, we've built strong relationships with local and trusted suppliers. These partnerships help us offer great prices across the store without compromising on quality. These deals are featured in our weekly flyer and online promotions, making it easier to plan ahead and get more value from your grocery shop.



Trying to eat nutritiously on a budget can be intimidating and difficult but here at Choices, we pride ourselves as leaders in the Organic sector and the Nutrition Team is here to help!

SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

NUTRITION FOR EVERY BUDGET SMART, SIMPLE MEALS

Join the Choices Nutrition Team for an engaging activity, workshop, and conversation around high quality nutritious eating at every budget and house size! Join online or contact your local Choices' in-store nutritionist to attend a viewing party with free food and drinks

**AUG
21**

6:30pm
- 8:00 pm
ONLINE



Free Event



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



**OR SCAN THE QR CODE
TO REGISTER**





Maureen's Air Fryer Jerk Chicken Wings

INGREDIENTS

- 1 lb (500g)** Split Chicken Wings
- 2 tsp. (10 mL)** Neutral Oil (e.g. Avocado Oil)
- 1/2 tsp. (2.5 mL)** Baking Powder
- 1/4 tsp. (1 mL)** Salt (or to taste)
- 1/2 cup (125 mL)** Maureen's Jerk Sauce

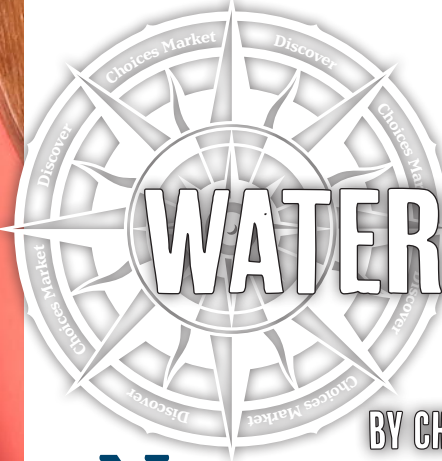
Optional for serving:

Lime wedges, celery sticks, carrot sticks, ranch dressing

INSTRUCTIONS

1. Preheat the air fryer to 400°F (200°C).
2. In a large bowl, mix the oil, baking powder and salt. Add the wings and toss to coat evenly.
3. Lightly spray the air fryer basket with oil. Arrange the chicken wings in a single layer, without overcrowding.
4. Cook for 15 - 20 minutes, flipping halfway through, until golden and crispy.
5. Transfer chicken wings to a large bowl, add Maureen's Jerk Sauce, and toss to coat.
6. Serve immediately with your preferred sides.





BY CHEF ANTONIO

Nothing says summer quite as much as a juicy piece of watermelon. With over 90% water content and low calories, it's crunchy flesh and sweet flavour are super easy on digestion. All this make it the perfect summer snack for all. Native to Africa, watermelon has well established itself in North America, producing many varieties. These big green gems can weigh up to 15 kg each. A giant watermelon is a party favourite, but hard to store and chill in most home refrigerators.

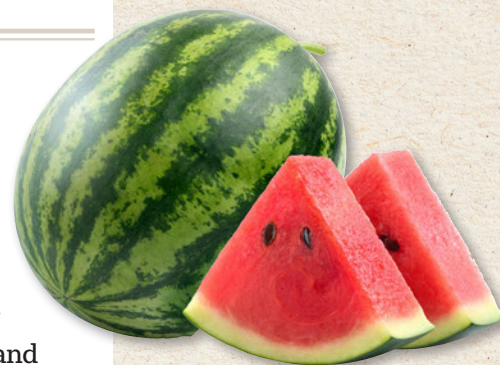
Don't despair, with the arrival of August our own Okanagan valley produces over 460 tons of delicious, smaller watermelon varieties. Averaging around 1 kg each, these little cannon balls are perfect for camping, cooling snacks or party treats. With varieties like Sugar Baby, Smile, Orangelo and Yellow Dolly, just to name a few, you can have a rainbow of watermelons. From traditional bright red to orange, pink and even yellow flesh, no two Okanagan grown watermelons are the same hue.



Due to our weather, their short season is what makes them very special, with nothing to envy from their larger cousins. Sweet and refreshing delights, if you buy too many don't despair. Juice them, turn them into sorbet, mocktails, cocktails or even a gazpacho. Sweet or savoury fruit salad, grilled with goat cheese or feta, olive oil, mint, salt and pepper is a delicious summer treat.

Just like a pumpkin, If seeds are present in your watermelon, they can also be eaten once roasted. Don't throw away those beautiful thick rinds either. They can be pickled and jarred for later use in salads and sandwiches.

If you're like me and can't resist eating a whole watermelon in one session, or with normal people you like to share with family and friends, make sure you don't miss the small window to enjoy this special BC grown fruit.



WATERMELON FACTS:

Many Varieties:

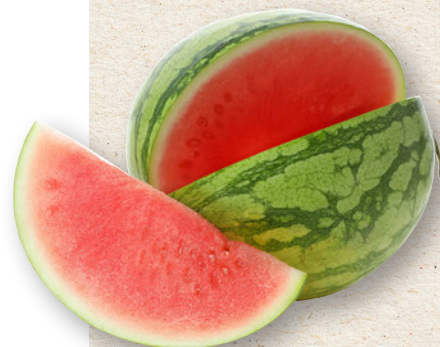
There are more than 1,200 varieties of watermelon grown worldwide, including seeded, seedless, mini, and yellow or orange-fleshed types

Rich in Nutrients:

Watermelon is a good source of vitamin C, vitamin A (from beta-carotene), and contains lycopene, a powerful antioxidant also found in tomatoes.

Largest Watermelon:

The heaviest watermelon on record weighed over 350 pounds (159 kg), grown in Tennessee, USA.



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.



Smoky Sausage & White Bean Gumbo

Protein-packed, high in fiber and perfect for meal prep!

By: The Choices Nutrition Team

INGREDIENTS

- 1 tbsp** Olive oil
- 1** Onion, diced
- 2** Garlic cloves, minced
- 1** Red bell pepper, chopped
- 1** Carrot, diced
- 2** Sausages (sliced or crumbled – we used Choices signature turkey sausages)
- 1 can** (15 oz) white beans, drained
- 1 can** (15 oz) diced tomatoes
- 2½ cups** Low-sodium vegetable or chicken broth
- 2 cups** Chopped kale or spinach
- 1 tsp** Smoked paprika
- 1 tsp** Cumin
- Salt & pepper to taste
- Fresh parsley for garnish

INSTRUCTIONS

- 1.** Sauté onion, garlic, pepper, and carrot in olive oil until soft.
- 2.** Add Choices signature turkey sausages and cook until browned.
- 3.** Stir in paprika and cumin, then add beans, tomatoes, and broth. Simmer 25–30 mins.
- 4.** Add your choice of greens and simmer for 5 more mins.
- 5.** Season and serve with rice or crusty bread

Dining Out Mindfully:

Simple Tips for Healthier Restaurant Meals

By: The Choices Nutrition Team

The Summer offers us a wide range of beautiful tavernas, patios and dining out options. Here are some nutrition tips for eating out health-consciously.



1. Ask for “On the Side”: Sauces, dressings, and gravies are a delicious component to any dish but tend to be very high in salt and fat. Restaurants can oftentimes douse our favourite foods with too much dressing and many restaurants can choose higher salt dressings and sauces to begin with. The words “on the side please,” can go a very long way, significantly lowering the amount of salt or fat. Opting for clear dressings or sauces over creamy ones can also be a great way to make a meal or dish healthier.

2. Limit Deep Fried Foods: Deep fried foods tend to be much higher in fat and pose a greater risk for cardiovascular disease. Having your favourite side of fries or fish and chips is certainly okay once in a while or on special occasions. But choosing baked options can still be delicious and much healthier. Many restaurants offer baked sides like baked potato, cauliflower wings or corn on the cob.

3. Be Mindful of Sugary Beverages: With the summer heat, it can be tempting to chug down a glass of pop, juice or our favourite iced coffee. Sugary beverages can offer a lot of empty calories with few vitamins or nutrients. Sprucing up our water with mint leaves or slices of fruit can be a great option or simply diluting juice with water or opting for a sugar-free option can go a long way!





PREFERRED SHOPPER SPECIALS

AUGUST 1 - 15 ONLY!

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



Siete Tortilla Chips
Also Cinnamon
Churro Strips, 142g

\$5⁹⁹

Siete makes delicious Mexican-American products using innovative and simple ingredients.



Only Goodness Organic Cheese
325g

\$12⁹⁹

Mac & Cheese for dinner tonight? You've got to start with a tasty cheese, like this one!



Hardbite All Natural Potato Chips
50g

4 FOR \$5⁰⁰

Nothing Artificial ALL POTATO. NO COUGH.



Laid Back Snacks
Selected Varieties
130g & 140g

\$6⁴⁹

80% fuel, 20% fun, 100% nutritious snacking options with no compromise on great taste.



Rise Nitro Cold Brew & Oat Milk Latte
207 mL

\$4⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

Made with purified water & organic coffee.



Kirk's Sparkling Kefir Water
355 mL

\$3⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

Every bottle is packed with live probiotics, a crisp, refreshing taste, and is low in sugar-giving your gut flora the good stuff it needs.



Bob Snail Fruit Rolls or Jelly
90g & 100g

\$3⁹⁹

Perfect for lunchbox & on the go.



Edén Organic Pumpkin Seeds
Selected Varieties
113g

\$3⁹⁹

High in fibre and zinc.
Certified Organic.

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



Nuts To You Almond Butter
Selected Varieties
365g

\$9⁹⁹

Proudly Canadian since 1989.



Liberté Greek Yogurt
650g & 750g

\$7⁴⁹

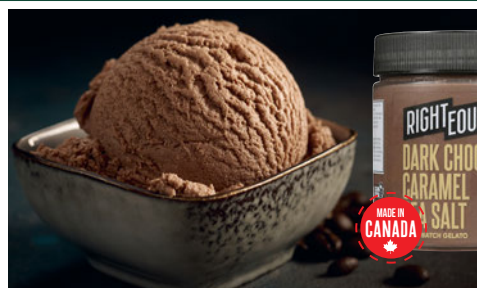
Requiring three times more milk than a regular yogurt, our Greek yogurt is high in protein.



Yeshi Dressings
350 mL

\$6⁹⁹

Yeshi's creamy nutritional yeast base creates a tantalizing tang that awakens your taste buds and compliments your favorite dishes!



Righteous Gelato & Sorbetto
473 mL

\$7⁴⁹

Our mission is to enrich people's lives, one tiny spoonful at a time. We just happen to do it by making gelato.



PREFERRED SHOPPER SPECIALS

AUGUST 16 - 31 ONLY!

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



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

\$3⁶⁹

Great taste...naturally. Our natural promise:
Non-GMO project verified.



**La Cocina
Tortilla Chips**
300g - 400g

\$4⁴⁹

For all our products and recipes visit our website at
lacincofoods.ca.



**Whittaker's
Chocolate Slab**
50g

\$1⁹⁹

We like to make good, honest chocolate, so we have
committed to Rainforest Alliance certification.



**True Lemon
Lemonade**
10's or 32's

\$4⁴⁹

True Lemon Lemonade's delicious taste comes from real lemons.



**Bamboolia
Bathroom
Tissue**
Pkg. of 12

\$9⁹⁹

Rediscover bamboo. Panda food safe.



**Organic
Traditions Latte**
with Probiotics,
Selected Varieties,
150g

\$16⁹⁹

Our mission at Organic Traditions is to educate
and inspire you to live your most vibrant life.



**Umami Bomb
Shitake Chile Oils**
250 mL

\$10⁹⁹

Bring bold, savoury, spicy flavour to any
dish.



**Kicking Horse
Organic Coffee**
Whole Bean, 454g

\$21⁹⁹

This dark horse is a winner, the
champion of taste. Pure shadow power.

NOURISHING LIFESTYLES SINCE 1990



**Nature's Path
Organic Cereals**
Eco Pack,
650g - 907g

\$9⁹⁹

Eco Pacs help by using 68% less packaging than a cardboard box.



**Silk Non-Dairy
Beverages**
Selected Varieties
1.75 Litre or 1.89 Litre

\$6⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

Source of 6 essential nutrients and dairy free.



**Only Goodness
Organic
Peanut Butter**
500g

\$6⁴⁹

Organic peanut butter with no added sugar or salt.



**Sunbutter
Sunflower Spread**
454g

\$7⁹⁹

3 simple ingredients.
Shine on with the full power of the sunflower.



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.



NUMI TEAS

Numi teas are crafted with real, organic ingredients and no artificial flavours, making each cup a pure, nourishing experience. Their range of herbal and turmeric blends offer anti-inflammatory benefits and support digestion, immune health, and relaxation—helping you hydrate mindfully throughout the day. They're also perfect for steeping into a refreshing, naturally flavoured iced tea during the summer months!

ORGANIC MEADOW MILK

Organic Meadow milk comes from pasture-raised Canadian cows raised without antibiotics or synthetic hormones, delivering a clean, wholesome product. It's an excellent source of high-quality protein and calcium—both essential for strong bones and muscle health—plus vitamins like B12 and D that support energy and immune function.



TERRA BREAD GRANOLA

Made locally in small batches, Terra Breads granola is packed with fibre-rich whole grains, and heart-healthy nuts and seeds that provide sustained energy, high quality protein and promote digestive health. Free from artificial ingredients and refined sugars, it's a nutrient-dense way to start your day or enjoy a balanced snack. The Choices Nutrition team loves to add them to cereal or yogurt, salads or desserts, or to snack on them throughout the day!

BC PEACHES

Fresh, juicy BC peaches are naturally low in calories but high in fibre, vitamin C, and antioxidants that support skin health, immune function, and reduce inflammation. They also contain potassium, which helps maintain healthy blood pressure. Enjoy them fresh, grilled, or tossed into salads for a great nutrient boost!





Plant-Powered High Protein Indian Curry

A hearty, high-protein vegan curry with warming Indian spices, crispy chickpeas and a creamy red lentil base.

By: The Choices Nutrition Team

INGREDIENTS

For the toasted chickpeas:

- 1 can** (15 oz / 398 mL) Chickpeas, drained, rinsed, and patted dry
- 1 tbsp** Olive oil or avocado oil
- 1/2 tsp** Smoked paprika
- 1/2 tsp** Ground cumin
- 1/4 tsp** Sea salt

Optional: Pinch of cayenne or chili powder for heat

For the Red Lentil Masala:

- 1 tbsp** Olive oil
- 1** Small onion, finely chopped
- 2** Garlic cloves, minced
- 1-inch** Piece fresh ginger, grated
- 1 cup** Red lentils, rinsed and dried
- 1 can** (14 oz / 400 mL) crushed tomatoes
- 2½ cups** Water or low-sodium vegetable broth
- 1/2** Lemon, freshly squeezed
- 1 tsp** Ground cumin
- 1/2 tsp** Garam masala
- 1/2 tsp** Salt (or to taste)
- Fresh cilantro, for garnish

Optional:

- 1/2 cup** Coconut milk (for creaminess)
- 1 tsp** Ground coriander (optional)
- 1/2 tsp** Turmeric (optional)

INSTRUCTIONS

1. Toast the Chickpeas:

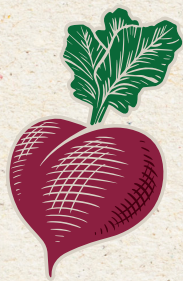
- A.** Preheat oven to 400°F (200°C).
- B.** Toss rinsed and fully dried chickpeas with oil, spices and salt.
- C.** Spread on a baking sheet and roast for 25–30 minutes, shaking halfway through, until golden and crispy. Set aside.

2. Make the Curry:

- A.** Heat oil in a large pan over medium heat. Add onions and sauté 4–5 minutes until soft and golden.
- B.** Add garlic and ginger; cook for 1 minute.
- C.** Stir in cumin, coriander, turmeric, and garam masala. Toast spices for 30 seconds.
- D.** Add rinsed red lentils, crushed tomatoes, and water or broth. Bring to a boil, then reduce heat and simmer for 40–45 minutes, stirring occasionally, until lentils are soft and creamy.
- E.** Stir in coconut milk (if using) and lemon juice. Adjust salt to taste.

3. Assemble & Serve:

- A.** Ladle red lentil curry into bowls.
- B.** Top with a generous handful of crispy chickpeas.
- C.** Garnish with fresh cilantro and serve with rice or naan.



WELLNESS CENTRE SPECIALS

AUGUST 1 - 15 ONLY!

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



**Genuine Health
High Fibre Gut
Superfoods+**
Assorted Varieties,
229-273 grams

\$34⁹⁹

This vibrant, rainbow-inspired blend brings together the best nature has to offer, providing a boost with fresh, high-quality fruits and a variety of land and sea vegetables.



**Purica Vitamins &
Supplements**
Assorted
Varieties & Sizes

20% OFF

Provides Rapid Relief and Optimal Performance on the strength of 30% bisdemethoxycurcumin (BDMC), compared to the 1% BDMC found in regular curcumin extract.



**Organika
Red Yeast Rice**
180 Capsules

\$37⁹⁹

Helps lower LDL and total cholesterol blood levels.
Helps maintain healthy cholesterol levels.
Reduces dietary cholesterol absorption.



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

20% OFF

SierraSil Joint Formula14™ contains a pure mineral powder with essential minerals. Research shows SierraSil Joint Formula14™ supports joint, cartilage and muscle function. Also supports gentle detoxification because of its clay mineral structure.



**Suku Kids
Magnesium**
61 Gummies

\$22⁴⁹

With a kid-approved flavour, these gummies ensure your child is getting the magnesium they need. Vegan Og Sugar.



**CanPrev Beauty
Supplements**
Assorted
Varieties & Sizes

20% OFF

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



**Innotech Nutrition
Ionic Zinc Liquid**
Assorted Varieties, 60ml

\$22⁹⁹

Helps in the development and maintenance of bones, cartilage, teeth and gums, connective tissue formation and wound healing.



**Nordic Naturals
Omega-3 Fish Oils**
Assorted
Varieties & Sizes

20% OFF

Fresh, pure, and effective Nordic Naturals fish oil formulas deliver foundational omega-3 support for a healthy heart, brain, and immune system.



**Vega Plant-Based
Protein Shake**
330 ml / 4-pack

\$3⁹⁹ / \$14⁹⁹

Enjoy 21g of muscle building protein on the go.
Grab from the fridge, throw into your gym bag and support your workout goals no matter where you are.



**Auromere Ayurvedic
Herbal Toothpaste**
Assorted Varieties, 75 ml

\$7⁴⁹

Made from pure mint oils for a refreshingly cool, clean taste.



**Attitude Sunly
Suncare**
Assorted
Varieties & Sizes

25% OFF

Enjoy the outdoors with confidence using Sunly mineral-based sunscreens and after-sun products for the whole family. These Canadian-made, zinc oxide sunscreens provide broad-spectrum UVA/UVB protection, are EWG Verified®, and formulated with clean ingredients for effective coverage.



**Green Cricket
Foaming Hand Soap**
Assorted Varieties, 300 ml

\$7⁴⁹

This 100% natural formula gently cleanses and hydrates your hands, while the tropical coconut fragrance transports you to sun-kissed beaches.



WELLNESS CENTRE SPECIALS

AUGUST 1 - 15 ONLY!

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



Can-i Oral Supplement Sprays

Assorted Varieties, 14.4 mL

\$27⁹⁹

Tired of tossing and turning?

Meet Can-i Sleep, a fast-acting oral vitamin spray to help you fall asleep, stay asleep, or fall back asleep faster. Our innovative spray works 9x better than pills and kicks in within 10-15 mins.

Why Can-i Sleep?

- Fall asleep faster and stay asleep longer
- Go back to sleep quickly if you wake up
- Fast-acting spray with 9x better absorption than pills or gummies
- The form and formulation make it an innovative sleep solution
- All-natural, vegan ingredients—no groggy mornings. Say goodbye to restless nights.

Can-i Sleep — The Faster, Better Way to Rest.



Natural Factors Regenerlife 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.

Helps maintain cardiovascular health, cognitive health, and brain function Supports the body's antioxidant defence system by providing L-glutathione and the antioxidant enzyme superoxide dismutase (SOD).

Helps improve strength and power in repetitive bouts of physical activity Available in a naturally flavoured drink mix and vegetarian capsules.



No Days Wasted Hydration Replenisher

Single sachets / 15-Pack

\$17⁹⁹ / \$26⁴⁹

Hydration Replenisher - Electrolyte drink mix with additional vitamins. Contains Sodium, Potassium, Magnesium, Vitamin C, D, Zinc and B-Complex. Supplemented Food Product.

Staying hydrated is important in being your best daily.

We wake up dehydrated every day, exercise and travel deplete our electrolytes.

Stay hydrated and stay prepared. Vitamin Support: Vitamin B-Complex, C, D and Zinc. Electrolytes from naturally occurring Pink Himalayan salt.



Phillip Adam Shampoo or Conditioner

Assorted Varieties 355 mL

\$14⁹⁹

Straight from Vancouver, BC we bring the latest innovation from Phillip Adam and his impressive 50-year career in the hair care industry - the Rosemary Mint Collection of natural based hair and body care products.

With the invigorating notes of rosemary + mint natural extracts, this collection offers a revitalizing, soothing and nourishing experience for the whole body.

Carefully formulated to be nourishing and gentle, it caters to all hair + skin types and is safe for color treated hair.



Diva Pelvic Wellness

Assorted
Varieties & Sizes

25% OFF

The DIVA Vulva Care line is a ritual-inspiring, luxuriously formulated moisturizing line of daily vulva skincare products that not only bring immediate comfort and relief but helps support a healthy moisture barrier over time.

These products contain our proprietary VBIOME™, a nourishing prebiotic and probiotic blend to support vulva skin's microbiome so that your vulva skin remains moisturized and comforted over time.

Our Pelvic Wellness consumer is not defined by age, but by the desire to create a positive experience as their body changes & seek ways to improve their health and wellness.



Quorion+ Live Probiotics

Assorted Varieties, 480 mL

\$36⁹⁹

Quorion+ Live Probiotics, Science meets gut intuition.

The Quorion+™ line of certified organic liquid probiotics features intentional, small-batch formulations crafted to support digestive and immune health.

Each raw, gluten-free product contains 10 live active cultures and is fortified with medicinal plants.

Made in Canada, our proprietary fermentation process creates a lightly effervescent, pH-adjusted liquid designed for optimal absorption—enhancing the bioavailability of essential micronutrients and maximizing their immunological effects.

Enjoy Quorion+ on its own or mixed into your favourite drink or smoothie.



WELLNESS CENTRE SPECIALS

AUGUST 16 - 31 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**New Roots
Wild Omega 3**
60 Softgels / 120 Softgels

\$23⁹⁹ / \$42⁹⁹

High-potency Wild Omega EPA 660 mg DHA 330 mg fish oil helps improve cognitive function, supports heart health and reduces inflammation.



**Whole Earth &
Sea Vitamins &
Supplements**
Assorted
Varieties & Sizes

15% OFF

Whole Earth & Sea Fermented Organic Protein & Greens is a 100% fermented and certified organic formula providing 21g of quality plant protein in every serving.



**DermaMed All
Purpose Balm &
Rosaderm Balm**
30 ml

\$14⁹⁹

Therapeutic products that offers effective relief for common symptoms and skin conditions



Natrene Probiotics
Assorted
Varieties & Sizes

20% OFF

Heal your gut flora with the best quality probiotics today.



**SUBI Greens
Super Juice Mix**
Assorted Varieties,
264-280 grams

\$29⁹⁹

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



**Nature's Way
Stress Manager**
30 Tabs

\$28⁹⁹

Nature's Way Stress Manager is a combination of herbal ingredients that helps reduce the symptoms of stress such as fatigue, sleeplessness, irritability and inability to concentrate.



**Gaia Smiles
Remineralizing
Tooth Powder**
Assorted Varieties, 37g

\$11⁹⁹

Gaia Smiles provides holistic oral care tools to people who love their teeth (& the planet!) to elevate conscious habits and joyful routines.



**Radius Sustainable
Toothbrushes**
Assorted
Varieties & Sizes

20% OFF

Eco-friendly toothbrush! Each super soft toothbrush is created with EcoPure®, meaning that it is 100% biodegradable in landfills.



**Schmidt's
Natural Deodorant**
Assorted Varieties, 75g

\$10⁷⁹

Canada's #1 Natural Deodorant is always plant-based, certified vegan and cruelty free.



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

20% OFF

Non-stripping gel cleanser with aloe vera and witch hazel lifts away makeup, dirt and excess oil while preserving the skin's moisture barrier to leave skin smooth, supple, and revitalized.



Thayers Facial Care
Assorted
Varieties & Sizes

25% OFF

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



**Jason Hair Care
and Bodywash**
Assorted
Varieties & Sizes

25% OFF

Helps to hydrate skin and give you an overall sense of well-being.



WELLNESS CENTRE SPECIALS

AUGUST 16 - 31 ONLY!

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



**CanPrev
Prime Fertility**
Rocket T 90 Capsules /
Prime (Virility or Fertility)
150-276 grams

\$52⁹⁹ / \$64⁹⁹

CanPrev's Prime Fertility formula includes a therapeutic dose of myo-inositol to help support insulin sensitivity, a common factor behind PCOS which can impact fertility, while encouraging better egg quality and ovulation.

Essential antioxidants like coenzyme Q10, pyrroloquinoline quinone and N-acetyl cysteine are added to help support cellular health and reduce oxidative damage.

The chastetree extract helps balance hormones, active folate and choline for neural health and cellular development.

Whether you're looking to support your reproductive health, balance hormones, your cycle, or prime for pregnancy, Prime Fertility formula is here to help.



**SISU Teen
MultiVitamin & Kids
Supplements**
Assorted
Varieties & Sizes

20% OFF

Sisu U-Cubes Multivitamin gummies deliver many important vitamins and minerals that help provide support for growing bodies and minds.

Kids love these cherry, and orange-flavoured multivitamin gummies that come frosted with organic beet sugar crystals.

These non-GMO, pectin-based gummies contain no high-fructose corn syrup, gluten free and use vitamin D3 from algae.

Free from artificial preservatives and naturally sweetened with organic beet sugar and organic glucose syrup Sisu U-Cubes are delicious and fun to eat!



AOR Ortho Adapt
120 Capsules

\$41⁴⁹

Ortho Adapt® is AOR's premium antistress formula, containing adrenal gland extract, adaptogenic botanicals ashwagandha, Rhodiola, licorice and Siberian ginseng, and vitamins C and B5. Adrenal gland extract provides a time-tested way of providing key factors directly to the adrenal glands in a way that single nutrients and botanicals cannot. As one of AOR's best-selling formulas, the proof is in the results shown with improved energy and better stress coping abilities. Adaptogenic herbs are substances that provide support to the body during times of stress. They activate whole-body, nonspecific defenses, redirecting the body's resources to provide energy for active engagement with any stressor, whether physical, emotional or environmental. Vitamins C and B5 are quickly depleted during stress and are required by the adrenal glands to make stress hormones. All of these factors work together to prevent fatigue and burnout, boost energy levels and support the ability to cope.



**Metagenics
Vitamins &
Supplements**
Assorted
Varieties & Sizes

20% OFF

As the #1 Doctor Recommended Professional Supplement Brand®, Metagenics delivers clinically proven, precision-crafted formulas to support your health at its core. True wellness starts with integrity, balance, and expertise. For over 40 years, our supplements have been trusted by healthcare practitioners. We believe in treating the body as a whole system, addressing root causes, not just symptoms. Backed by science and rigorous testing, our nutraceuticals are designed to promote lasting wellbeing through targeted, effective support that fits seamlessly into your daily routine.



**Living Cosmetics
Tallow Skin Care**
Assorted
Varieties & Sizes

20% OFF

Living Cosmetics – Tinted Tallow Bronzing Butter, Bronzer & Makeup Foundation.

Achieve the perfect bronzed glow with this 2-in-1 skincare and makeup essential. Made with grass-fed suet tallow—bio-identical to our skin's natural sebum—it deeply hydrates, repairs, and supports a healthy skin barrier.

- Rich in CLA, omega 3-6-9, and vitamins A, D, E & K
- Breathable, radiant finish without clogging pores
- 100% free from synthetics, mica, and iron oxides
- Available in three shades:
 - Sunlight (fair skin)
 - Sunset Gold (golden undertones)
 - Bronzed Sunset (deep tones)

Formulated by Living Cosmetics' founder—an Organic Skincare Formulator and Holistic Esthetician passionate about radiant, toxin-free beauty.



**Provita Vitamins &
Supplements**
Assorted
Varieties & Sizes

20% OFF

Provita products are rooted in science and work to optimize the human body, providing you with the building blocks to transform your health.

Heavy Metal Detox – Designed for individuals exposed to heavy metals through seafood, industrial pollutants, amalgam fillings and other environmental toxins.

Contains EDTA, Cilantro extract, and L-Malic acid providing complimentary support for binding and eliminating lead, mercury, aluminum and toxins.



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604.744.3567

North Vancouver

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604.770.2868

Parksville

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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.

