

THE

CHOICES MARKET



HEARTBEET

July 2025

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HAPPY CANADA DAY

On July 1st, we Canadians celebrate the beautiful land that we all call home together. From the Maritimes to the Yukon, we live in a place filled with beautiful vistas, diverse people and delicious, locally grown foods. Happy Canada day from the Choices family to yours!



SUPPORTING LOCAL



Right now, it's more important than ever to support the local producers in our communities. Our friends, neighbours and community members need help more than ever to stay on their feet and provide for you. Choices Markets has always been a staunch supporter of local producers, and we're asking you to help in any way you can. Pick BC grown fruits and vegetables when choosing produce. Choose seafood harvested in BC waters. Find out which of your favourite foods and wellness items are Canadian made. Every little bit we can do to help goes a long way towards our sustainable future.

WHAT PRODUCE IS 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?



July Veggies

- Beans, Beets, Broccoli
- Carrots, Chard, Corn
- Kale, Leeks, Lettuce
- New Potatoes, Radishes,
- Spinach
- Shallots, Tomatoes, Zucchini

July Fruits

- Apricots
- Blueberries, Raspberries
- Gooseberries, Strawberries
- Cherries
- Currants

SEMINARS

Brought to you by:

THE WELLNESS HUB

AT CHOICES MARKET

NOURISH YOUR KIDNEYS: A WHOLE-BODY NUTRITION WORKSHOP

Join our Choices Nutrition Team for an in-depth activity, workshop, and conversation around promoting kidney health for all ages!

Join online or contact your local Choices in-store nutritionist to attend a viewing party with free food and drinks.

JULY
17

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



Black River's Pure Tart Cherry Beverage

Summer is always a busy season, filled with travel, backyard BBQs, and poolside hangouts. With so much packed into your calendar, quality sleep is more important than ever. Prioritizing rest helps you fully enjoy everything this sunny season has to offer. Enjoy a Sleepy Girl mocktail before bed and wake up feeling energized!

To celebrate Canada Day, we are featuring Black River's Pure Tart Cherry Juice. The company is owned by juice aficionado and female entrepreneur Jessica Praskey and run by a small but dedicated team of 10 in Ontario. The tart cherries are sourced from Canadian farmers and pressed in-house at their facility.

Thanks for choosing Canadian and for helping to support our local economy!

For more information around specific magnesium supplements or doses speak to a Choices wellness consultant.

INGREDIENTS

- 1/2 cup** Black River's pure tart cherry juice
- 1 tbsp** Magnesium powder
- Sparkling Water or your favourite flavoured soda
- Ice

METHOD

1. Place some ice in your cup of choice.
2. Add your tart cherry juice
3. Whisk in the magnesium powder
4. Top off with soda



Delicious Summer Hydration Salad

By: The Choices Nutrition Team

INGREDIENTS

- 3 cups** Watermelon, cubed, seeds removed
- 1 large** Cucumber, peeled and cubed
- 1/4 cup** Fresh Mint leaves, torn
- 1/4 cup** Crumbled feta or parmesan cheese (optional)
- 1 tsp.** Lime Juice
- 1 tbsp.** Olive Oil
- 1 tsp.** Balsamic Glaze (we used Nonna Pia's Classic Balsamic Reduction)
- Pinch** Salt & Pepper to taste

DIRECTIONS

1. Tear mint leaves into small pieces.
2. Combine cubed watermelon, cubed cucumber, mint and cheese in a large bowl.
3. Drizzle lime juice, olive oil, and balsamic glaze evenly over the salad.
4. Season with salt and pepper to taste.
5. Serve immediately for the freshest taste and texture!

Makes 4 Servings





DISCOVER

BLUEBERRIES

BY CHEF ANTONIO

For over 13,000 years, blueberries have been part of North American human history. First nations have forever known the cycle of the blueberry bush. They are harvested for fresh consumption, but also smoked for later in the season, or mixed with wild meat to make pemmican.

The domestication of blueberries started at the beginning of the last century, leading to great agricultural success. Our continent nowadays produces almost 1 billion pounds a year of the berry. There are two main varieties of bush that we harvest; short bush, all of which is cultivated in the east, with Quebec dominating production in Canada, and tall bush, of which BC and the Fraser Valley produce the bulk of.

There are 6 main varieties of tall bush blueberries produced by over 600 farms in our province, with harvest starting, as early as mid-June and continuing all the way into September. An astonishing 80,000 tons are produced seasonally in BC, of which 1 ton typically ends up in my mouth. A single bush can produce between 700 and 1000 berries in a season. Canada has become one of the worlds biggest producers of blueberries, and we consume about 1.2 kilos per person per year. There must be about 1.5 million people who don't eat any to balance my personal consumption.



As you figured out, I love blueberries, and when in season I eat them fresh by the bucket, so it's rare I have any leftovers. Here's what I do with what's left: always, like other berries, wash just before you eat or process. If freezing, make sure that you dry the fruit and lay a flat on a tray to completely freeze before bagging. You can also partially process by cooking the berry with or without sugar, and just a little bit of fresh lemon juice to help maintain the colour and then freeze in ice cube trays or any freezable container to be used later in cooking. Smoothies, pies, or simply to make fridge jam are a great and quick way to use those pre-prepared berries.

Experiment with popsicles, sorbet and ice cream, for refreshing summer treats. Jams, syrups, muffins, cookies, pies, crumbles, cheesecakes, and the list can go on forever. They can be made with fresh or frozen fruit to bring summer vibes to the other three seasons. Blueberries love being paired with all sorts of cheeses. Fresh cow or goat, as well as brie, blue and even aged varieties. Salads, sweet or savoury, and salsas, love blueberries. Try them in dressings or make your own blueberry BBQ sauce. Braise some meat or finish your favourite BBQ fish with a blueberry sauce. However you decide to enjoy this sweet and tart little berry, don't forget that it's also loaded in healthy goodness.



BLUEBERRY QUICK FACTS

Rich in Antioxidants:

Blueberries are packed with antioxidants, particularly anthocyanins, which give them their deep blue color and help combat oxidative stress in the body.

Low in Calories:

A cup of blueberries has only about 80 calories, making them a low-calorie and nutrient-dense snack.

Rich in Fiber:

A cup of blueberries contains about 3.6 grams of fiber, which aids in digestion and supports gut health.



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.



Drink Smarter, Live Better

Alcohol and Kidney Health

By: The Choices Nutrition Team

Alcohol can play a role in celebratory moments from weddings, graduations, to birthday parties. But as many of us know, it can also leave a substantial impact on families, communities, and health spanning mental and physical aspects. In 2023, the Canadian Centre on Substance Use and Addiction (CCSA) released updated guidelines on alcohol consumption, replacing the 2011 version.



Since the 2011 publication, more and more research shows the vast health implications moderate to heavy alcohol consumption can cause. From liver damage, heart disease, increased risk of cancers, and mental health issues, the 2023 guidelines note that abstinence from alcohol is technically the healthiest option. Obviously, that isn't always realistic for everyone, so the CCSA has categorized weekly drinking markers based on risk. They've noted 2 drinks or less per week as "low risk," 3-6 drinks per week as "moderate risk," or increased risk for certain cancers; and 7 or more drinks per week as "high risk," or increased risk for heart disease and stroke. The CCSA also notes that trying to avoid drinking more than 2 drinks on any given day is also important in reducing risks.

Like many things diet and health-related, it's important not to have an all or nothing approach. Reducing your drinking habits in small steps or increments can be greatly beneficial and it's key to remember any reduction in your average alcohol intake has benefits. Looking for healthier replacements such as mocktails or sparkling water can also be a good strategy. If you or a loved one is struggling with alcohol addiction, please speak to a family physician or doctor.



Under Pressure?

Foods To Bring Blood Pressure Down Naturally

By: The Choices Nutrition Team

High blood pressure is on the rise in Canada, with a recent finding showing 23% of Canadian adults diagnosed. A disease that's also linked with an increased risk for heart disease, stroke, diabetes, and dementia, here are some foods to add if you have high blood pressure.



1. Fruit and Vegetables: Specifically, the potassium, nitrates, and antioxidants content of these foods have been shown to help with hypertension; for nitrates it's the natural sources that are beneficial. Great sources of potassium include legumes, bananas, varieties of potatoes or yams, and spinach or tomatoes. Beets and beet juice are great sources of nitrates and fruit like blueberries and strawberries are a great source of an antioxidant, anthocyanins, which can also help lower blood pressure.

2. Fibre: Eating more whole grains or complex carbohydrates can also increase your intake of soluble fibre which can help lower cholesterol and reduce inflammation, both contributing to lowering high blood pressure. Great sources include oats, legumes, flaxseed, barley, avocados, and psyllium.

3. Water: This one seems pretty self-explanatory, but ensuring adequate hydration is also key for overall kidney health and hypertension management. Dehydration can lead to the restriction of blood vessels, blood pressure spikes, and fluctuations. Thus, drinking 8-10 cups of fluid or water can be a key daily habit to instill.

The kidneys are responsible for filtering waste in our blood, a key job impacting countless organs and systems. These are a few additions you can make to your diet but being mindful of overall salt intake is also important. If you have any more questions around this topic speak to your family physician or book a free 60-minute consultation with a Choices in-store nutritionist.





PREFERRED SHOPPER SPECIALS

JULY 1 - 15 ONLY!

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



**Zevia No Sugar
Natural Energy
Drinks**
355 mL

\$1⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Naturally flavoured, for a delightful energy boost.



**Angie's
Boomchickapop
Popcorn**
125g - 198g

\$5⁴⁹

Real, simple ingredients. Nothing fake. A pop of positivity.



**Red Crown Organic
Pure Pomegranate
Juice**
1L

\$8⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

No added sugar, no added water
and no added preservatives.



RXBAR Energy Bar
52g - 55g

\$2⁴⁹

Made with 7 real food ingredients - egg whites for protein,
nuts for texture, dates to bind (and everything for taste).



**Olé Non-Alcoholic
Cocktails**
4-Pack

\$10⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

A crisp sparkling non-alcoholic Margarita crafted with real
lime juice and a touch of authentic agave nectar.



**Earth's Choice
Organic Juice**
Lemon or Lime,
250 mL

\$4⁴⁹

Juice from 10 lemons. Not from concentrate.



**Good To Go
Snack Bar**
40g

\$1⁹⁹

Baked in Canada, our Soft-Baked Bars are made to
keep up with your everyday - from busy mornings to
coffee breaks and everything in between.



**Greenhouse
Organic Juice**
Selected Varieties,
300 mL

\$6⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Non-GMO and grown without chemical
fertilizers, pesticides, or herbicides, for
healthy juices and a healthy planet.

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



**Remedy Organic
Kombucha**
4-Pack

\$7⁹⁹

All Remedy drinks are all 100% natural, contain no sugar
and are chock-full of real goodness including live cultures
and tea polyphenols



**Natura Organic
Non-Dairy
Beverage**
946 mL

\$2⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Proud to support Canadian organic farmers.
Canada's first plant-based beverage company.



**Dairyland Protein
Milk 2% & 3.25%**
1.89L

\$5⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

18 g of protein per 250 mL.
2x more protein than regular milk.



**Dorset Cereals Simply
Muesli**
540g - 620g

\$6⁴⁹

With juicy dates, seeds & crunchy Brazil nuts.
A blend of rolled and toasted flakes with dried
fruit, sunflower seeds and nuts.



PREFERRED SHOPPER SPECIALS

JULY 16 - 31 ONLY!

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



**Que Pasa Organic
Tortilla Chips**
300g ~ 350g

\$3.99

Unlike most other corn chips, which use highly processed corn flour, Que Pasa tortilla chips are crafted from whole kernel corn.



**Healthy Hooch
Organic Kombucha**
500 mL

\$3.99

Plus Deposit,
Recycling Fee
Where Applicable

From professional cycling to brewing kombucha, we are fueled by passion, goals & health.



Lively Prebiotic Soda
355 mL

\$2.69

Plus Deposit,
Recycling Fee
Where Applicable

Lively is made with prebiotic fibre so you can support your gut while sipping the classics you love. You're welcome.



**Heartbeat Hot
Sauce**
177 mL

\$11.99

Our bold and balanced flavours pair with all your favourite foods and keep everyone at your table reaching for more.



**CWENCH Hydration
Sports Drink**
500 mL

\$2.99

Plus Deposit,
Recycling Fee
Where Applicable

Cwench Hydration offers premier sports hydration solutions. Endorsed by top athletes and creators.



**Katjes
Plant-Based
Gummies**
170g

\$3.49

A bag full of sweet little wonders - all plant based, of course!



**Hardbite Natural
Potato Chips**
150g

2 FOR \$6.00

Nothing Artificial
ALL POTATO. NO COUGH.



**Gerolsteiner
Carbonated Mineral
Water**
750 mL

\$3.69

Plus Deposit,
Recycling Fee
Where Applicable

Perfectly balanced taste. Taste the origin of nature.

NOURISHING LIFESTYLES SINCE 1990



**Silk Oat & Almond
Non-Dairy Beverage**
Selected Varieties,
1.75L & 1.89L

\$5.99

Plus Deposit,
Recycling Fee
Where Applicable

Source of vitamin D. Free of dairy, lactose, gluten and cholesterol. Non GMO Project. No artificial colors and flavours.



**Blue Monkey
Sparkling Juice**
330 mL

\$1.99

Plus Deposit,
Recycling Fee
Where Applicable

Good source of vitamin A and flavonoids like beta-carotene, lycopene and lutein.



**So Delicious Frozen
Coconut Dessert Bar**
4 - Pack

\$4.99

Creamy, smooth coconut dipped in crunchy, chocolatey delight.



Olympic Organic Yogurt
Selected Varieties, 650 mL

\$4.99

Free from synthetic pesticides and preservatives, this yogurt is crafted with care in small batches, offering the wholesome goodness of dairy.



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.

PLUMM GOOD RICE THINS

These rice thins are delicious, simple, and incredibly versatile! Based in Canada, their organic brown rice is the foundation of their products, making them gluten free. With countless varieties from quinoa, sesame, to their ancient grains, the Choices Nutrition Team loves to use these in savory and sweet snacks, break them up and toast them like popcorn, or crumble them to use as a gluten-free replacement for breadcrumbs.



ECOIDEAS FAVA PEAS

Ecoideas, a Canadian leader in the environmentally conscious organic farming sector, has countless different products aimed at supporting optimal health and nutrition. Their fava peas offer a delicious and nutritious flavour and texture, high in plant-based protein and soluble fibre – shown to help reduce and manage blood sugars, cholesterol, and protect against colon cancer. They're great to incorporate into breakfast burritos or bowls, curries and pasta, and stir fries!

LA FABBRICA DELLA PASTA

La Fabbrica pastas offer a delicious taste and bite, authentic to the iconic Gragnano region in Naples, Italy. Gragnano, known as the City of Pasta and birthplace of macaroni in the 1700's, has such protected and unique pasta due to their high-quality durum wheat, locally sourced water, bronze extrusion, and traditional slow-drying process. A higher quality and delicious option over the traditional white pastas many find in grocery stores, try using La Fabbrica for your next pasta night or special occasion!



ORGANIC BC BLUEBERRIES

Blueberries are in season in BC and offer an underrated level of nutrition and deliciousness to every bite! A great source of fibre, vitamin C, vitamin K and antioxidants, and a good source of vitamin E, calcium, manganese, and potassium as well. Blueberries can be a great proponent for digestive health, heart health, anti-inflammation, and immune health among other things. Try incorporating them into a homemade jam, in smoothies or bowls, or incorporate into a sauce for chicken or pork chops!



Quick and Healthy Sparkling Berry Lime Fizz

By: The Choices Nutrition Team

Swim with healthy confidence with this quick and delicious sparkling and fruity mocktail!

INGREDIENTS

- 1 cup** Mixed Berries
(or berries of your choice; fresh or frozen)
- Juice of 2 Limes**
- 2 tsp** Honey or Agave Syrup (optional; to taste)
- 2 - 3 cups** Sparkling Water
- 1 - 2 cups** Ice
- Mint Sprigs or Lime Slices (optional)

DIRECTIONS

- 1. Muddle:** In a bowl or shaker; muddle (or crush) the berries with lime juice and honey or agave syrup (optional).
- 2. Strain (optional):** Pour through a fine mesh strainer to remove seeds (if desired).
- 3.** Place about 1/2 cup of ice into each glass and divide the berry-lime mixture between each glass (depending on how many people you're serving).
- 4.** Pour about 3/4 cup sparkling water into each glass and stir gently.
- 5.** Add mint sprigs or lime slices as a garnish (optional).



WELLNESS CENTRE SPECIALS

JULY 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**New Roots
Vitamin E8 400IU**
60 Softgels / 120 Softgels

\$21⁹⁹ / \$40⁹⁹

This natural, comprehensive vitamin E supplement provides all the benefits of vitamin E you would obtain from food and includes the benefits of tocotrienols, phytosterols and squalene.



**A. Vogel Molkosan
Berry Juice**
200 mL

\$11⁹⁹

7 % L+ lactic acid sourced from FERMENTED whey concentrate. Lactose, Sugar and gluten free. Vegetarian source of calcium and potassium



Blume Superbelly
Assorted Varieties
Sigle Sachet / 7 pk

\$1⁹⁹ / \$13⁴⁹

A delicious juicy refresher that gently hydrates with superfoods like inulin fiber, fermented apple cider vinegar, and clinically studied probiotics that contribute to a healthy gut flora.



**FeraPro
Iron Supplements**
30 mg, 75 mg & 100 mg

15% OFF

FERAPRO™ is a holistic blend of iron, vitamins, and cofactors to prevent and/or treat iron deficiency.



**Vitality Glow
Marine Collagen +
Cranberry**
200g

\$59⁹⁹

Marine Collagen + Cranberry combines the benefits of Canadian-made marine collagen with the incredible antioxidant superpower of cranberry.



**Martin & Pleasance
Harmony Restore**
60 Tablets

\$39⁹⁹

Harmony Restore has been formulated to help relieve women's hormonal symptoms, hormonal night sweats and skin issues exhaustion and symptoms of stress over 6 weeks.



**Joni
Organic Bamboo
Period Care**
Assorted
Varieties & Sizes

\$5⁴⁹

Sleek, ultra-thin, super absorbent and winged, joni pads effortlessly outshine conventional brands with stay-put protection that's certified free from fragrances and harmful levels of toxins.



**Pascoe
Traumaplant
Comfrey Cream**
10g

\$7⁴⁹

Helps to temporarily relieve back, muscle, ligament pains and helps with minor wound healing.



**Dom's
Natural Deodorant**
Assorted Varieties, 50 mL

\$15⁹⁹

Aluminum free formula. Vegan & Cruelty Free
SLS free. Plastic-Free Jars.



**Skin Essence
Organics Facial
Care**
Assorted
Varieties & Sizes

20% OFF

Premium Certified Organic Skin Care Products. 100% Natural, Results Based, Environmentally Conscious For Healthy Glowing Skin With Anti-Aging Benefits.



**Alba Botanica
Hair Care**
Assorted Varieties, 355 mL

\$9⁴⁹

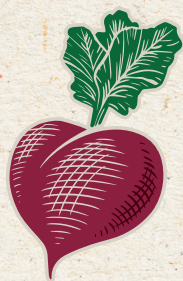
Plant-based products align with our love of the natural world, which is why our products are 100% vegetarian and contain botanical ingredients.



**Routine
Natural Toothpaste**
Assorted Varieties, 120 mL

\$9⁹⁹

Natural, fluoride-free toothpaste, formulated with hydroxyapatite.



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JULY 1 - 15 ONLY!

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AOR Zen Theanine
60 Capsules

\$39⁹⁹

Zen Theanine® contains L-theanine, a calming amino acid which is beneficial for those who suffer from stress and anxiety, or those who find it difficult to focus, relax or fall asleep. L-theanine is a unique amino acid found almost exclusively in green tea.

It helps reduce nervousness and restlessness, promoting relaxation but without causing drowsiness. L-theanine takes effect within 30-40 minutes and alters brain wave activity, calming racing thoughts and creating feelings of "zen" while promoting alertness and concentration. It influences the levels of the neurotransmitters dopamine, serotonin and GABA in the brain, balancing mood, sleep and even learning capacity.

L-theanine reduces feeling of stress by inhibiting some of the actions of norepinephrine (a stress hormone) in the central nervous system.



Bio-K+ Probiotics
Dairy & Non-dairy Assorted
Varieties, 12 - Pack

\$43⁹⁹

Carefully crafted with delicious natural vegan ingredients, our drinkable formula contains our unique and exclusive probiotic strains with a minimum of 50 billion live & active friendly bacteria per bottle. Benefits of probiotics are well-known, and Bio-K+ can help optimize your wellness and support your already good health. Our specially selected strains of probiotic cultures are just one ingredient in your new favorite probiotic product. Gluten-free, organic and non-GMO, our Blueberry flavor probiotic product is a great option for those looking for a FODMAP friendly and allergen-free blueberry probiotic.

Our blueberry probiotic contains delicious blueberry flavor! Our blueberry probiotic drink can provide good bacteria that already make up healthy gut flora, in turn supporting a healthy digestive tract for overall gut health and wellness.

Good gut health can help support a balanced diet and a healthy lifestyle. Your gut and taste buds will thank you.



Organika Electrolytes
Assorted Varieties
210g

\$39⁹⁹

Organika®'s Electrolyte is your go-to blend for an instant dose of thirst-quenching nutrients.

Electrolytes play several important roles in the body, including hydration, maintaining water balance, muscle contraction, nerve impulses, temperature regulation.

We lose electrolytes when we sweat, lose liquids due to sickness or consume large amounts of dehydrating substances like alcohol and caffeine. Designed to maximize your daily hydration – take it anytime you want to quench your thirst and refresh!



Magic Scoop All-In-One Greens
Assorted Varieties,
312g

\$89⁹⁹

Forget everything you thought you knew about greens.

We took the nutrition you need—75+ superfoods, probiotics, adaptogens, and essential vitamins—and made them taste incredible. Whether you're craving something refreshing, fruity, or just pure nutrition with no flavour at all, there's a scoop for you.

Ready to taste the magic?

- Supports gut health and digestion with probiotics and prebiotics.
- Boosts energy and overall vitality with key vitamins and minerals.
- Enhances focus and stress relief with adaptogens and functional mushrooms.



ITL Health Pure Magnesium Supplement
Assorted
Varieties & Sizes

25% OFF

Introducing MAG3N8 by ITL Health! MAG3N8 is a genuinely pure Magnesium L-Threonate supplement designed to support cognitive function, mental clarity, and focus.

L-Threonate is known for its ability to cross the blood-brain barrier, delivering magnesium directly to brain cells for a mental boost. MAG3N8 contains no fillers, no magnesium oxide, and no unnecessary additives—just clean, effective magnesium your body can actually use.

Made in small batches in Canada, every capsule reflects a commitment to purity, quality, and real results.



Organika Whey Protein Hydrator
Assorted Varieties,
650g

\$47⁹⁹

Adding protein to your day isn't always easy.

That's why Organika created a light, refreshing, and protein-packed drink that's effortlessly convenient, delivering hydration and nourishment anytime, anywhere.

Designed to fit seamlessly into your daily routine, it also features probiotics, prebiotics and enzymes to support digestion, all with a light, clear whey isolate formula that's low in sugar.

Simple, delicious, and functional, it's the effortless way to stay hydrated, healthy, and energized.

Perfect for those who want a clean, protein-packed boost without compromise.



WELLNESS CENTRE SPECIALS

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Ask us for details in store.



**Prairie Naturals
Aqua Greens**
Assorted Varieties, 200g

\$43⁹⁹

Supports detox, energy, immunity, and daily cleansing—now in delicious Pomegranate Berry flavour.



**Anderson's Health
Solutions Elete
Electrolytes**
Assorted
Varieties & Sizes

20% OFF

Elete Electrolyte Add-In is a natural electrolyte concentrate containing major elements magnesium, potassium, sodium, chloride and sulfate.



**New Chapter
Holy Basil Force**
60 Capsules

\$36⁹⁹

Supports your immune system and aids in alertness, focus, attention span, and short-term memory.



**New Roots
Candida Stop**
90 Capsules

\$45⁹⁹

Helps alleviate mild cases of fungal infections
Supports the restoration of balanced fungal levels
Features natural, synergistic ingredients



**Flora Organic Red
Beet Crystals**
200g

\$23⁹⁹

Flora Red Beet Crystals are instantly soluble and provide an easy and delicious way to enjoy the goodness of beets.



**Suku Vitamins
Vitamin
D3+ K2+ B12**
60 Gummies

\$21⁹⁹

These vegan D3 gummies, made from plant-based Lichen, provide a potent dose of Vitamin D3.



**Abio Cosmetic
Vitamin E Skin Care**
Oil 30 mL / Cream 120 mL

\$18⁹⁹ / \$23⁹⁹

Multi-purpose daily face and body nourishing cream fortified with an intense level of antioxidant Vitamin E.



**Care Plus
Insect Repellent**
20 mL / 100 mL

\$7⁴⁹ / \$10⁹⁹

Icaridin is highly effective in repelling biting insects - up to 12 hours for mosquitos and ticks and up to 10 hours for blackflies, while also being DEET-free.



**Earth Science
Facial Care**
Assorted
Varieties & Sizes

\$12⁹⁹

Providing clean and effective skin, body, and hair care solutions created with plant-based ingredients from more healthful sources for sustainability and wellness.



**Nature Clean
Hand Soap**
Assorted Varieties,
500 mL / 1L Refill

\$6⁴⁹ / \$11⁹⁹

Our fragrance-free hand soaps are pure Castile Soaps made the traditional way using only 4 naturally derived ingredients to cleanse, moisturize, and nourish your skin.



Island Essentials
Assorted Varieties,
Hair Care 450 mL /
Castile Soap 944 mL

\$15⁹⁹ / \$19⁹⁹

Gently cleansing, our shampoo will remove the grease from your hair without the use of sulphates or harsh chemicals.



**Organyc Beauty
Organic Cotton
Swabs, Balls &
Round Pads**
Assorted Sizes

\$4⁴⁹

Perfect For Sensitive Skin – made with 100% certified organic cotton. Soft and Gentle yet Strong.



WELLNESS CENTRE SPECIALS

JULY 16 - 31 ONLY!

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DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Organika
Milk Thistle**
90 Capsules / 180 Capsules

\$21⁹⁹ / \$32⁹⁹

Traditionally used in Herbal Medicine, Milk Thistle has been shown to protect and support liver function, helping it to detoxify and regenerate. Its gentle yet effective nature makes it an ideal choice for those seeking a natural approach to liver care.

- Produces bile for the absorption of fats, cholesterol and fat-soluble vitamins
- Filters all our blood and removes and recycles old red blood cells
- Stores and releases carbohydrates as glycogen to regulate blood sugar and energy levels
- Filters out toxins and wastes, like alcohol, drugs, caffeine, hormones and excess cholesterol
- Regulates blood clotting and blood pressure



**Natural Factors
Antioxidant
Supplements**
Assorted
Varieties & Sizes

15% OFF

Natural Factors Pycnogenol is made from the highest quality French maritime pine bark harvested from natural forests with no pesticides and no herbicides.

Pycnogenol is one of the most potent natural antioxidants. Additionally, it is anti-inflammatory, increases nitric oxide levels, and supports collagen and hyaluronic acid production.

Pycnogenol can help reduce symptoms of perimenopause and knee osteoarthritis and address age-associated inflammation and free radical damage.



**Organika
8-in-1 Magnesium**
90 Capsules

\$29⁹⁹

Organika's 8-in-1 Magnesium is a premium blend of high potency magnesium containing 8 of the most important types of magnesium which synergistically work together throughout the body to promote total body health.

Enhanced with vitamin B6, this natural solution helps to boost energy levels. This complete solution brings together different types of magnesium, each with its own distinct benefits, to provide well-rounded support for your health and well-being.



**Lavilin
Natural Deodorant**
Assorted
Varieties & Sizes

30% OFF

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

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



**Goodprotein
All-in-One Shakes**
Assorted Varieties, 880g

\$61⁹⁹

Introducing Good Protein's All-in-One Shakes— they're so much more than just protein.

Each shake is packed with probiotics, fibre, vitamins, minerals, digestive enzymes, and plant-based protein to fuel your body and satisfy your cravings. With a smooth, creamy texture and a variety of dessert-inspired flavours, they're as delicious as they are nutritious.

Their 3 best-selling flavours, Vanilla Milkshake, Chocolate Fudge, and Strawberries & Cream, are now available at Choice's Market! Stop by your local store and try the shake that does it all.



Nun
Single Sachets / 10-Pack

\$24⁹⁹ / \$22⁹⁹

Nun Sport is now available in single-serve powder sachets! Unlike our popular tablets, this fast-dissolving powder contains no effervescence--great for those who want fizz-free hydration.

10 sachets per carton and only 1g of sugar per serving makes them perfect for taking on-the-go before, during, or after workouts.

- Vegan
- Kosher
- Gluten Free
- Non-GMO



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Cambie

3493 Cambie St, Vancouver
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.

