

THE

CHOICES



MARKET

Supporting local communities since 1990

HEARTBEET

March 2026

DISCOVER GINGER

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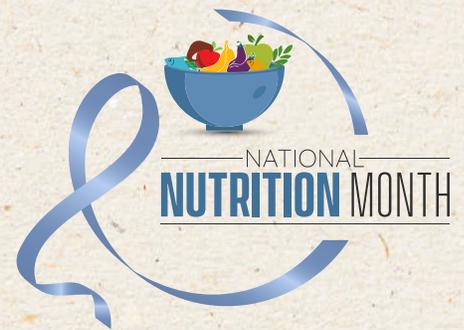
35TH ANNIVERSARY CELEBRATIONS

See back page for information regarding anniversary celebrations happening at our stores.

MARCH IS NUTRITION MONTH!

Every year, the Dietitians of Canada celebrate nutrition month in March. This campaign is meant to help spread awareness and education to up and coming nutrition trends to help build healthy communities. Book an appointment with one of our nutrition specialists at our website:

shop.choicesmarkets.com/nutrition-tours-choices-markets.



Nutrition Bites

Turmeric:

- Turmeric contains curcumin, a powerful compound known for its anti-inflammatory and antioxidant effects.
- It can help reduce joint pain, support brain health, and protect against chronic diseases like cardiovascular disease and metabolic syndrome.
- Easy to add to everyday meals—try turmeric in curries, stir-fries, roasted vegetables, smoothies, or warm drinks like golden milk.

Flaxseeds:

- Flaxseeds are rich in omega-3 fatty acids and lignans, which help fight inflammation and protect the heart from diseases.
- They're also a great source of fibre, aiding in digestion and blood sugar balance.
- Easy to incorporate whole or ground, try sprinkling some onto salads, oatmeal or using in smoothies and baking.



SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

MARCH
IN-STORE
Free Event



Anti-Inflammatory Eating Made Simple

Nutrition Seminar - Hosted by: The Choices in-store Nutritionists

Join us for a practical seminar exploring how everyday food and supplement choices can help support the body's natural inflammatory response. We'll highlight simple nutrition strategies, colourful ingredients, and easy meal ideas to help you build an anti-inflammatory plate at home. From plant-based cheese making to traditional Peruvian foods and remedies, each nutritionist and seminar will focus on a different cultural perspective or recipe regarding anti-inflammation. They'll all contain the most important nutrition concepts for managing inflammation, but please visit our Events page on the Choices website for more information!

Dates, Times & Locations:

- Abbotsford: March 12th, 7pm - 8:30pm
- North Vancouver: March 18th, 5pm - 6:30pm
- Yaletown: March 23rd, 6pm - 7:30pm
- Burnaby: March 25th, 4pm - 5:30pm
- Kistilano: March 26th, 6pm - 7:30pm
- South Surrey: March 26th, 2pm - 3:30pm



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



**OR SCAN THE QR CODE
TO REGISTER**



MONTHLY GIVEAWAY

ENTER TO WIN! a Pickleball Bag*

Prize includes 2 paddles, ball pack, bag and 2 full sized Purica items (Recovery and Curcumin).
Prize Bag Value \$353 each

Name: _____

Phone Number: _____ Choices Location: _____

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

Contest open from March 1-30, 2026. 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 2025.



PURICA
Formulating Wellness

*Prize not exactly as illustrated.



Refreshing Ginger Lemonade

By: *The Choices Nutrition Team*

INGREDIENTS

GINGER BASE

- 2 - 3 tbsp** Fresh Ginger, grated.
Used sliced ginger for a milder flavour (optional)
- 1 cup** Near Boiling Water

LEMONADE

- 1/2 cup** Freshly Squeezed Lemon Juice (about 3-4 Lemons)
- 3 - 4 cups** Cold Water (still or sparkling)
- 1 - 2 tbsp** Honey or Maple Syrup (optional)
- Ice

DIRECTIONS

1. Make Ginger Concentrate: Add grated or sliced ginger to a heat-safe cup. Pour hot water over top and let steep for 10 minutes. Strain

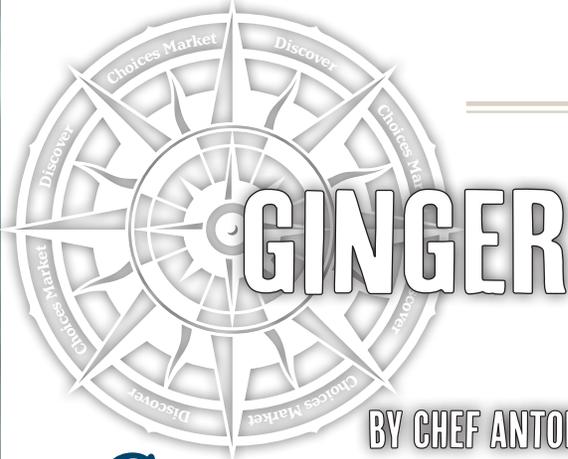
2. Mix the Lemonade: In a pitcher, combine ginger concentrate, lemon juice, cold water, and honey or maple syrup (if using).

OPTIONAL BOOSTERS

- Pinch of Turmeric
- Fresh Mint Leaves
- Lemon Slices
- Splash of Orange Juice for natural sweetness

3. Adjust to Taste: Add more water for a lighter lemonade or more lemon for extra bightness.

4. Serve Pour over ice and garnish with lemon slices or mint.



BY CHEF ANTONIO

Closely related to turmeric and galangal, originally found in coastal, tropical and subtropical Asia, ginger is not truly found in the wild. It's the product of deliberate selection and planned breeding. Early humans inhabiting Maritimes and mainland southeast Asia created what we now know as ginger. It has become a big staple in many cuisines and with its fresh and lightly spicy taste, it's irreplaceable. Freshly available in young and mature varieties, with colours going from ivory white to pale yellow with a greenish tint, young or spring ginger has a very delicate, almost transparent skin. It doesn't require peeling and has a lighter taste than mature.



Mature roots, which is the most common product we find in our produce aisle, has a coarse, light brown skin which should be peeled. To peel mature ginger, you could use a standard veggie peeler, or to preserve more of the yummy flesh use the back of a spoon or knife and just scrape the skin off.

If you have purchased too much root, it will last in a cool dry place for several weeks without problems, or you could freeze the whole root as is and grate it directly from freezer as needed. You could also process a bunch, grate it and freeze it in ice cube trays in user friendly amounts, ready to pop out of the freezer when cooking and right into dishes to enjoy. Dry ginger powder offers several nutritional benefits similar to fresh ginger, but the fresh kind is much better for adding a more powerful flavour profile to many dishes.

Quite popular in natural medicine, and used as remedy for stomach issues, ginger has very potent anti-inflammatory properties. Rich in potassium, magnesium and manganese. Please be aware that while ginger can sooth a stomach, too much ginger could upset it, and might interfere with some prescription drugs.

There are so many applications of this delicious root. Curry, stir-fry, drinks, desserts, and so on. I personally discover new culinary innovations for ginger that constantly surprise me. What is your latest ginger root discovery?



GINGER FACTS:

Not A Root:

Ginger is actually a rhizome, a horizontal underground stem, not a true root.

Ancient Spice:

Ginger has been used for over 5,000 years, especially in Asian and Indian cuisines and traditional medicine.

Medicinal:

It has natural anti-inflammatory and antioxidant properties.



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.

The Anti-Inflammatory Kitchen: Foods that Support Joint Health

By: The Choices Nutrition Team

For many people, especially over the age of 60, joint stiffness or morning aches can feel unavoidable. But research shows that the foods we choose regularly can play a meaningful role in supporting joint comfort and reducing inflammation. Building an anti-inflammatory kitchen doesn't require a complete overhaul — just a few mindful additions.



1. Fatty Fish: Salmon, sardines, and mackerel are rich in omega-3 fats, which help calm inflammatory pathways in the body. If fish isn't your preference, an omega-3 supplement may be a supportive option. An in-store nutritionist or wellness consultant can help you explore choices that fit your needs.

2. Berries: Blueberries, strawberries, and raspberries are packed with antioxidants that help protect joint tissues from oxidative stress. They're delicious in smoothies, yogurt bowls, or simply on their own.

3. Leafy Greens: Spinach, kale, and Swiss chard offer vitamins and minerals that support bone and joint health. Add a handful to soups, omelettes, or stir-fries for an easy nutrient boost.

4. Olive Oil: Extra virgin olive oil contains natural compounds that can act as a gentle anti-inflammatory agent. Drizzle it over salads, vegetables, or roasted dishes for added flavour and healthy fats.

5. Nuts, Seeds & Their Oils:

Walnuts, almonds, chia seeds, and flaxseeds provide healthy fats and fibre that help support joint comfort. Ground flaxseed is especially versatile and can be added to oatmeal, yogurt, or baked goods. Flaxseed or walnut oil are great options as well and can be drizzled over salads or warm grains. Plant-based omega-3 supplements made from algae may also be a supportive option.



By incorporating these foods into your routine, you can help nourish your joints from the inside out. Small, consistent choices can support greater comfort, mobility, and overall well-being, especially as we age.

Supportive Nutrition Approach to Inflammation

By: Dionne Legge, CNP, Choices Abbotsford and Burnaby Nutritionist

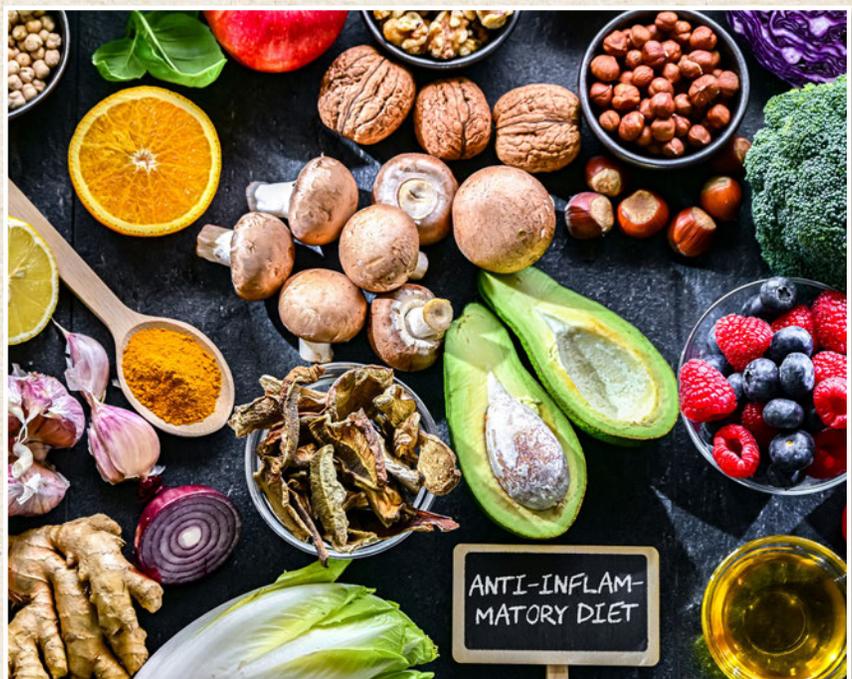
Inflammation is a vital part of the body's natural healing process. However, when inflammation becomes chronic, it can contribute to a wide range of health concerns. A supportive nutrition approach focuses on nourishment, variety, and balance rather than restriction.



Spend time in the produce department and aim to “eat the rainbow.” Different colours of vegetables and fruit provide unique phytonutrients that help support the body. Include a mix of both raw and cooked produce. Some nutrients are more available in raw foods, while others become easier to absorb when lightly cooked or paired with healthy fats. Variety in both selection and preparation is key. Herbs and spices also offer beneficial plant compounds. Turmeric and ginger are a powerful pairing and can be used in cooking or enjoyed as a warm tea. Green tea is another supportive option.

Healthy fats play an essential role in nutrient absorption and in helping the body regulate inflammation. Include sources such as avocados, nuts, seeds, olive oil, and cold-water fatty fish like salmon, sardines, trout, and mackerel. Omega-3 supplements may also be helpful; consider speaking with an in-store wellness consultant to find an option suited to your individual needs. In some cases, a high-EPA supplement may be recommended.

Balancing your plate also supports healthy blood sugar levels, which is important for managing inflammation. Pair complex carbohydrates with protein and fat and aim to fill half your plate with vegetables and fruit, dividing the remaining half between whole grains or starchy vegetables and protein.





PREFERRED SHOPPER SPECIALS

MARCH 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**St. Dalfour
Fruit Spreads**
225 mL

\$4⁹⁹

St Dalfour's traditionally made French Fruit Spreads pair well with everything from crepes to cheeses, entrees to cocktails.



**Gramma Bee's
Raw Honey and
Honey Jar**
Assorted Varieties, 500g

\$8⁹⁹

The only actually raw, unpasteurized, unfiltered honey that will not harden, but will stay soft forever.



**OneCoffee Organic
Coffee Pods**
12-Pack

\$9⁹⁹

FAIRTRADE

The best organic & fair trade coffees, packed in a compostable pod.



**Liberté
Méditerranée Yogurt**
500g

\$5⁹⁹

Our best tasting yogurt since 1984 features a full 9% or 10% fat and a smooth, glossy texture.



**Earth's Own Dairy
Free Butter Spread
or Sour Cream & Cream
Cheese, Assorted Varieties,**
227g & 340g

\$5⁴⁹

Our 100% plant-based butter is made from real whole butter beans that are grown using half the water of dairy butter.



**Olympic
Organic
Yogurt**
Selected
Varieties, 1.75g

\$13⁹⁹

Taste the freshness of BC with a naturally thick and smooth texture, made with care.



**La Croix
Sparkling Water**
8-Pack

\$6⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

Refreshing naturally flavored sparkling water.



**Triple Jim's Juice
Organic Sweet
Apple Cider**
3.78 Litres

\$19⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Organic Apple cider made with local BC grown organic Apples.

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



**Chateau Water
Lightly Sparkling**
750 mL

\$3⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

Chateau is 100% all natural drinking water sourced ethically from British Columbia.



**Bioitalia
Organic Pasta
or Pesto Sauce,**
160mL & 660 mL

\$7⁴⁹

The goodness of quality organic products from Italy and around the world.



**Stoke The Fire
Hot Sauce**
148 mL

\$9⁹⁹

Stoke the Fire is a seed-to-bottle BC brand dedicated to growing, harvesting, and producing premium hot sauces.



**Lundberg
Organic Rice**
Selected Varieties, 907g

\$11⁹⁹

Grown with earth-preserving practices, our rice varieties are cultivated to maximize the flavour and texture of each tiny grain.



PREFERRED SHOPPER SPECIALS

MARCH 16 - 31 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



Dairyland Protein Milk 2% & 3.25%
1.89 Litres

\$5.69

Plus Deposit, Recycling Fee Where Applicable

A smooth, satisfying way to fuel your body with 18 grams of protein per 250 mL serving.



Just Egg Plant-Based Liquid Egg
500g

\$7.99

Eggs from plants. The most protein. Deliciously healthier. Deliciously easy.



Nuts To You Peanut Butter
750g

\$7.99

Smooth & Crunchy, we have it all. No added salt, sugar or hydrogenated oil



Liberté Greek Yogurt
650g - 750g

\$7.49

The taste of simplicity. Crafted using traditional Greek methods.



Koukla Organic Macaroons, Bites & Cookies
150g

\$7.99

Made with love using only the best ingredients, our ridiculously tasty bites are packed with organic nutrients.



Prana Organic Fruit, Nuts & Seeds
Selected Varieties,
150g - 300g

20% OFF

We are Prana, a family-owned company on a mission to make delicious foods better for you and the planet.



Avafina Organic Spread
200g

\$6.99

Our spreads are micro-nutrient rich, providing antioxidants, healthy fats, protein and fiber.



GT's Raw Kombucha or Alive Soda, 480 mL

\$3.99

Plus Deposit, Recycling Fee Where Applicable

For 30 years our living foods have been authentically fueled by plants, raw fermentation, naturally occurring probiotics, and ancient wisdom.

NOURISHING LIFESTYLES SINCE 1990



Zevia Zero Sugar Soda
6-Pack

\$7.49

Plus Deposit, Recycling Fee Where Applicable

We set out to make a zero sugar soda that breaks away from all things fake. No fake flavors. No fake sweeteners. No fake colors.



Camino Organic Cocoa Powder
Also Chocolate Bars & Chips, 80g - 1 kg

25% OFF

Our Natural cocoa powder is light in colour and jam-packed with a deep chocolate flavour.



Mayacamas Gravy Mixes
18g - 22g

3 FOR \$5.00

For over 40 years, our family has been making great tasting pasta sauces, gravies, soups and seasoning mixes.



Ideally Bedtime Beverage
4-Pack

\$15.99

Plus Deposit, Recycling Fee Where Applicable

Good sleep shouldn't be rare. Enjoy before bed or after a long day to naturally unwind and improve sleep quality. Canadian made with Magnesium & L-Theanine.



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 Dietitian's Top Choices.

LIVELY PREBIOTIC SODA

Lively Prebiotic Soda is an excellent alternative to traditional sodas, offering lower sugar content, prebiotic fibre from organic inulin, and just the right amount of apple cider vinegar for added benefits. These sodas strike the perfect balance between functional ingredients and delicious and refreshing taste – supporting a healthy gut microbiome and offering potential benefits for blood sugar and cholesterol management.



BRAGG SAVOURY LIQUID SEASONING

Bragg Savoury Liquid Seasoning is a delicious, minimal-ingredient, and dietarily inclusive soy-sauce alternative that adds great flavour to everything from stir-fries to roasted vegetables. This seasoning is vegan, gluten-free, Kosher, and Non-GMO Project Verified, made with just two simple ingredients: vegetable proteins from soybeans and water. The Choices Nutrition Team loves using it in stir-fried noodles, marinades, and salad dressings, among many other dishes.

BRIGHTSIDE ORGANICS NATURA FIBRE

Brightside Organics Natura Fibre is a versatile way to boost the nutrient profile of countless meals and snacks, made from 100% certified organic ingredients including ground flaxseed, psyllium husk, dandelion root powder, burdock root powder, and fenugreek seed powder. This blend provides a rich source of soluble fibre, omega-3 and omega-6 fatty acids, and essential minerals, such as iron, magnesium, calcium, zinc, and thiamine. Because of its high fibre content, it's best to start with a small amount and increase gradually to avoid digestive discomfort, which can occur when fibre is added too quickly. The Choices Nutrition Team loves incorporating Brightside Organics Natura Fibre into morning oatmeal and parfaits, smoothies, and baking for an easy daily boost of nourishment.



KABRITA TODDLER NUTRITION

Kabrita offers a gentle, thoughtfully formulated goat-milk toddler formula that supports balanced nutrition during a key stage of growth. Families appreciate its easy-to-digest profile and the care that goes into selecting high-quality ingredients. Beyond nutrition, Kabrita is committed to giving back through child-focused community initiatives and global philanthropic efforts. For families exploring toddler formula options, Kabrita is a trustworthy choice that pairs nutritional quality with meaningful social impact.



Sheet Pan Salmon and Vegetables

INGREDIENTS

2 - 4	Salmon Fillets (wild-caught if available)
1 cup	Broccoli Florets
1 cup	Bell Peppers, sliced
1 cup	Carrots
1 cup	Cherry Tomatoes
1/2	Red Onion, sliced
2 - 3 tbsp.	Extra Virgin Olive Oil
1 tsp.	Ground Turmeric
1/2 - 1 tsp.	Ground Ginger or Freshly Grated Ginger
1/2	Zest of Lemon
	Salt & Pepper to Taste
	Lemon Wedges

DIRECTIONS

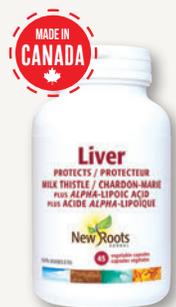
1. Preheat Oven to 400°F (200°C). Line a sheet pan with parchment paper. (Try unbleached If You Care Parchment Sheets).
2. Prepare Vegetables: Toss vegetables with 1 - 2 tbsp. olive oil, turmeric, ginger, garlic, salt and pepper. Spread even on the pan.
3. Roast Vegetables for 15 minutes.
4. Add Salmon: Push vegetables slightly to the side. Place Salmon on the pan, skin-side down. Brush with remaining olive oil and sprinkle with lemon zest, salt and pepper. Garnish with Fresh Dill or arugula if desired.
5. Return to the oven and roast for another 10 - 12 minutes, until salmon flakes easily.
6. Finish & serve: Squeeze fresh lemon over everything and garnish with herbs. Serve with quinoa, brown rice or chickpeas for complex carbohydrates to make it a balanced meal!



WELLNESS CENTRE SPECIALS

MARCH 1 - 15 ONLY!

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



New Roots Liver
45 Capsules/90 Capsules

\$24⁴⁹ / \$46⁹⁹

Liver Protection is formulated with potency-validated botanical extracts traditionally used to protect and support liver function.



**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 21 g of quality plant protein in every serving.



**Natural Factors
Omega-3 Fish Oils**
Assorted
Varieties & Sizes

15% OFF

Ultra Strength RxOmega-3 fatty acid fish oil supports heart, brain, eye, nerve, and joint health.* In an enteric softgel, no fish aftertaste.



Pascoe Detox Kit
1 Kit

\$39⁹⁹

A Homeopathic kit for the relief of sinus congestion, indigestion, hives, bloating, irritability, fatigue, headaches and constipation.



**AOR Advanced
Magnesium Complex**
90 Capsules

\$29⁹⁹

Helps the body to metabolize nutrients
Supports muscle function, bone health and heart health



**Vitality Vitamins
& Supplements**
Assorted
Varieties & Sizes

20% OFF

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



**Jade Leaf Matcha
& Matcha Lattes**
Assorted Varieties & Sizes

25% OFF

Easily create delicious, creamy cafe-inspired lattes at home with our lightly sweetened, all-natural matcha latte mix made from only two ingredients: pure organic Japanese matcha and organic cane sugar.



**Thayers Facial Care
& Witch Hazel**
Assorted Varieties & Sizes

20% OFF

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



**Anne Marie Borlind
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.



**Koope
Facial Care**
Assorted Varieties & Sizes

20% OFF

Gentle, soap-free, pH-balanced gel cleanser that removes makeup, dirt, and impurities.



**Tanit Tanitabs
Toothpaste Tablets**
Assorted Varieties,
62 Tabs

\$9⁹⁹

Helping restore the natural whiteness and smooth surface of teeth with extremely low abrasive qualities
Working for happier oceans one smile at a time without any plastic waste.



**Dr. Bronner's
Organic Shaving
Soap**
Assorted Varieties,
207 mL

\$13⁹⁹

Get a close, comfortable shave with organic ingredients that nourish and cleanse the skin!



WELLNESS CENTRE SPECIALS

MARCH 1 - 15 ONLY!

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**Platinum Naturals
Quality Sleep or
Peaceful Mind**
30 Capsules

\$19⁴⁹

Introducing Quality Sleep™ – an innovative formula that combines the power of herbal medicine with modern science to deliver restful sleep. It combines Affron®, a well-researched and premium source of Saffron, clinically proven to improve sleep quality in 4 weeks, with key nutrients like Apigenin to help relieve restlessness and improves restorative sleep.

Quality Sleep™ offers a natural solution to sleeplessness that is a melatonin free alternative. It's a great pairing to take with the Peaceful Mind during the day to balance your stress levels and the Quality Sleep at bedtime for a restful nights sleep.



CanPrev NAC+
120 Capsules

\$26⁹⁹

NAC+ was designed for superior defence against oxidative stress from over-exercise, pollutants and respiratory conditions. It features 600mg of N-Acetyl-L-Cysteine (NAC) with L-Glycine and selenium for enhanced cell protection against free radicals. NAC has mucolytic properties that help to relieve symptoms of chronic bronchitis caused by oxidative stress. Taking NAC may improve phlegm consistency in people with chronic obstructive pulmonary disease (COPD) and help to decrease flare-ups. Studies suggest that NAC may have a positive effect on reducing homocysteine levels in cases where high plasma homocysteine levels are present. Both N-Acetyl-L-Cysteine and L-Glycine are precursors to glutathione (GSH) – our critical intracellular antioxidant for the liver and brain. GSH scavenges free radicals, reducing inflammation and protecting cell mitochondria. When combined with the powerhouse mineral selenium, Vitamin E levels and glutathione peroxidase levels are further enhanced for cellular health and protection.



**CanPrev Beauty
Supplements**
Assorted Varieties
& Sizes

20% OFF

Silicon Beauty for hair, skin and nails features MMST, the world's most soluble source of silicon.

What does this mean for you?

A silicon liquid that your body can fully absorb 3.5 times more absorbable than ch-OSA, 21 times more than horsetail and bamboo forms, and 64 times more than colloidal ionic silica

Silicon Beauty supports healthy collagen production gives you firm skin, luscious hair and strong nails. Available in liquid and capsule form.



**Oneka Hand Soap
or Body Lotion**
Soap/Lotion, 475 mL,
Assorted Varieties

\$11⁴⁹ / \$19⁹⁹

Experience a refreshing and uplifting aroma with this highly hydrating synergy of plants, nourishing oils, and shea butter, infused with cedar and sage.

Perfect for all skin types, non-greasy, and quickly absorbed, our lotion can be used on hands, body, and feet.

Consciously crafted with our organic plants carefully selected for their toning, nourishing, and pH-balancing properties, combined with a crisp, invigorating blend of essential oils.



**Preferred Nutrition
Vitamins &
Supplements**
Assorted Varieties & Sizes

20% OFF

Preferred Nutrition Berberine is a concentrated barberry root extract used to support healthy glucose metabolism and cardiovascular health in adults. Berberine is an alkaloid that occurs naturally in certain medicinal plants. It is a fantastic option for people who want to support blood sugar balance and healthy cholesterol levels with the convenience of just two vegetarian capsules per day.

Berberine also helps support healthy cholesterol levels and helps maintain cardiovascular health in adults.



**Birch Babe
Facial Care**
Assorted Varieties
& Sizes

20% OFF

As Seen on Dragons' Den
Birch Babe is high-quality skincare for the low-maintenance babe. Proudly woman- and family-owned, formulated and made in Canada. These 10X award-winning essentials are crafted with certified all-natural ingredients, including Ecocert and Fairtrade, and are vegan and cruelty-free. Made for the whole family, Birch Babe delivers luxury skincare without the luxury price tag.

- Certified natural, vegan & cruelty-free
- Safe for sensitive skin
- Sustainably packaged
- Made in Canada



WELLNESS CENTRE SPECIALS

MARCH 16 - 31 ONLY!

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

\$29⁹⁹

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.



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

20% OFF

Great tasting, ultra pure omega-3. Supports the maintenance of good health, cardiovascular health, cognitive and brain function. Sustainably sourced ingredients. Pure Check 3rd party tested, 1% for the planet.



Natrein Probiotics
Assorted
Varieties & Sizes

20% OFF

Heal your gut flora with the best quality probiotics today.



**Barebells
Protein Bars**
Assorted Varieties, 55g

\$4⁴⁹

We offer a delicious range of protein-enriched alternatives to snacks and desserts – that never compromise on flavor.



**New Roots
Glutathione**
30 Capsules

\$17⁴⁹

Reduced glutathione is an antioxidant that neutralizes free radicals and prevents their formation.



Suro Breather
236 mL/60 Capsules

\$17⁹⁹ / \$21⁹⁹

SURO BREATHE™ is a liquid remedy based on certified organic herbs, to help in cases of various breathing difficulties.



**ShiKai Borage
Therapy Skin Care**
Assorted Varieties & Sizes

30% OFF

Borage Therapy can offer real results for those suffering from extreme dry skin conditions.



Think Suncare
Assorted Varieties & Sizes

20% OFF

Think sunscreen formulas have the same, reliable core ingredients, effective benefits of broad-spectrum UVA/UVB protection, & an upgraded highly green-rated preservative.



**Sundhed Pure
Himalayan Salt
Lamps**
Assorted
Varieties & Sizes

20% OFF

Crystal Salt Lamps & Candle Holders release negative ions in abundance when heated by either an electric light bulb or flame.



**Abio Cosmetic
Vitamin E or
Collagen Facial Care**
Assorted Varieties & Sizes

30% OFF

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



**Newco
Broccofusion
Ointment**
Assorted Varieties & Sizes

20% OFF

Our complex formula will help reduce signs of aging, reduces the appearance of age spots, protects against drying effects of the sun and abuse of the elements, hides acne, and skin blotches, improve the texture of the skin and more!



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

20% OFF

Our Natural Epsom Salt is extracted from an ancient underground deposit. Geologically formed, this rare deposit is recognized for exceptional purity.



WELLNESS CENTRE SPECIALS

MARCH 16 - 31 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



Natural Factors Mineral Supplements
Assorted Varieties & Sizes

15% OFF

Selenium is a vital antioxidant with properties that may slow down the aging and deterioration of tissues caused by free radical damage. It protects the immune system by preventing the formation of free radicals that can damage the body and preserves the elasticity of tissue that become less elastic with aging. Selenium also aids in fighting infections and has been shown to play a role in thyroid gland activity.



Organic Traditions Herbs
Assorted Varieties & Sizes

20% OFF

Organic Traditions Herbs offers Certified Organic botanicals inspired by wellness traditions from around the world. As a Canadian brand, Organic Traditions focuses on clean, high-quality ingredients you can feel good about—perfect for modern daily rituals. Stir into smoothies, teas, or recipes to support digestion, immune health, stress resilience, and everyday balance. Simple, plant-powered additions that fit seamlessly into your routine and help you feel your best, naturally. Rooted in tradition, crafted for today.



Metagenics Vitamins & Supplements
Assorted Varieties & Sizes

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Looking for a women's probiotic for vaginal and urinary health that also supports your digestion, mood, and immune system? UltraFlora Complete Women's is our best women's probiotic, giving you a comprehensive feminine health solution—so you feel more confident and balanced with just one capsule a day.

Balances vaginal microbiome and pH to support odor control
Supports urinary tract wellness and everyday urogenital comfort
Promotes digestive regularity and immune defenses
Encourages stress resilience and emotional balance.



Pure Creations Facial Care
Assorted Varieties & Sizes

25% OFF

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

Alpha Lipoic Acid, a naturally occurring compound, provides skin with strong antioxidants. Helps prevent free radical damages.

Cyathea Cumingi Extract, rich in polysaccharides, aids in lifting, tightening & smoothing the skin.

Organic Hibiscus extract helps inhibit elastin degradation & maintains elasticity.

Hyaluronic Acid, an excellent moisturizer, helps retain deep hydration.



Active Humans Natural Deodorant
30 mL/60 mL

\$15⁹⁹ / \$23⁹⁹

Our deodorant spray takes a multi-angled approach to underarm health, powered by naturally derived anti-odour ingredients. An enzyme loaded fermentation, made from sugarcane, neutralizes odour at its bacterial basis. Moisture-wicking witch hazel has intense astringent and antibacterial properties to keep you fresh for the day. The base pH measures slightly acidic, which reduces odorous bacteria from cultivating and supports skin barrier health. Use 2 - 4 sprays per clean underarm.



Sheka Shea Shea Butter & Body Care
Assorted Varieties & Sizes

20% OFF

All of our Grade A Shea Butter is hand crafted in Ghana. Quality is of most importance to us, making sure each batch is made to the highest standard.

Natural with no added ingredients. Supporting local farms, helps provide women with sustainable work to benefit themselves and families.

Packed with Vitamins, our butter soothes imperfections, such as wrinkles, scars, dry skin and stretch marks.

How to use : Take a small amount, rub into the palms of your hands to warm up (remember shea butter melts at body temperature) and apply to skin.

Where to use: Face, body, Hair



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Eco Audit

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

Tree(s): 27

Waste: 1,199 kg

Water: 97,773 L

Greenhouse Gas Emissions: 3,932 kg CO2

Smog: 5 kg NOx

Energy: 23 GJ

Results based on the Rolland Environmental Calculator



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- Door Crasher Deals, While Supplies Last!
- Free samples, live music, face painting and more!

*Excluding Lotto and Gift Card purchases. Sale not available online. **See in-store for complete details.

SATURDAY, MARCH 14

ONLY AT CHOICES KELOWNA

SATURDAY, APRIL 11

ONLY AT CHOICES KERRISDALE

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