



THE

HEARTBEET

April 2026

DISCOVER YOGURT

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HERE'S
WHAT'S HAPPENING
AT CHOICES MARKET



35TH ANNIVERSARY CELEBRATIONS

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

TRUST YOUR GUT!

This month we're talking all about gut health! While we encourage trusting your gut, we all know sometimes it could use a little help to work its best. Head to our nutrition articles to learn about how to keep your guts happy, healthy and feeling great.

BEDDING PLANT SALES

Will you be planting a garden in your backyard, balcony or community garden this spring? Choices Market's weekend plant sales are starting up again soon. We'll have ready to plant vegetables, fantastic flowers, perfect perennials and sensational succulents. Best of all, 5 percent of the proceeds from our weekend plant sales in April and May will be donated to local schools. Make your garden beautiful and help your community at the same time!



HOPPY EASTER!

Hop to it! Spring is here and the Easter Bunny is coming along with the flowers. This year he's shopping at Choices to find Fairtrade chocolates, our bakery's hot cross buns, cupcakes and cookies.



SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

THE MICROBIOME MAKEOVER: "No Fads, Just Food—Cooking Series"

This month's cooking classes and demos explore gut and microbiome health through flavourful, approachable recipes you can easily recreate at home. We'll highlight probiotic and prebiotic ingredients, simple cooking techniques, and everyday habits that support digestion. For full details on which recipe will be showcased at each session, visit our events page on the Choices' website.

North Vancouver - April 15, 5pm - 6:30pm

Kelowna - April 21, 7pm - 8:30pm

South Surrey - April 23, 2pm - 3:30pm

Abbotsford - April 23, 7pm - 8:30pm

Yaletown - April 27, 6pm - 7:30pm

Burnaby - April 29, 7pm - 8:30pm

APRIL
IN-STORE
Free Event



APRIL
30
IN-STORE & ONLINE

KITSILANO
6PM - 7:30PM
Free Event

THE MICROBIOME MAKEOVER: "No Fads, Just Food—Cooking Demo & Webinar"

Join us for a special hybrid cooking webinar and live demo exploring gut and microbiome health through flavourful, approachable Japanese-Peruvian fusion dishes. Chris will cook in the seminar-room kitchen for an in-person audience while the session is recorded for our YouTube channel, giving everyone a chance to learn, taste, and revisit the recipe at home. We'll highlight probiotic and prebiotic ingredients, simple cooking techniques, and everyday habits to support digestion—all through the lens of two vibrant culinary traditions.



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



OR SCAN THE QR CODE
TO REGISTER



START SMALL, GROW BIG

We don't just offer seeds, we offer experience, insight, and understanding. For over 35 years, West Coast Seeds has been a leading supplier in organic farming and gardening. With our high-quality products and knowledgeable staff, we believe in protecting pollinators, teaching people how to grow from seed, and supporting regional biodiversity through regenerative practices.

We offer over 1000+ varieties of seeds suitable for organic growing. From massive sunflowers to little peas and everything in between, we encourage starting small and growing what you love. Whether you enjoy roasting hearty fall squash or pressing colourful wildflowers, we have your seeds. Gardening can be practiced at any scale, whether you farm acres of organic corn or a grow a pot of cat grass for your furry friend.

For flower crafts, try growing our cosmos and pansies as well as herbs like thyme and lavender. Our wildflower blends are tailored to regions across North America.



Some of our grower's favourite vegetables include our Rainbow Blend Carrots and our Beet Blend. Try mini heads of Tom Thumb lettuce for the perfect Caesar and Fast & Furious Organic Greens Blend for a tender green salad with a light vinaigrette. Looking for something unique? Grow our Cucamelon seeds! These itty-bitty cucumbers have a distinctive citrus taste to them and are the perfect snackable treat.

To learn more and keep up with West Coast Seeds, follow us on social [@westcoastseeds](https://www.instagram.com/westcoastseeds), visit our flagship store in Delta, BC at 5300 34B Ave or visit www.westcoastseeds.com



West Coast Seeds



Low-FODMAP Maple-Walnut "Cheesecake" Cups

By: *The Choices Nutrition Team*

INGREDIENTS

BASE LAYER

- 1/2 cup** Rolled oats
- 2 tbsp** Chopped walnuts
- 1 tbsp** Maple syrup
- 1/2 tsp** Cinnamon
- 1-2 tbsp** Soy milk or milk of your choice

CHEESECAKE LAYER

- 1 cup** Greek Yogurt or Lactose-Free Yogurt
- 1 tbsp** Maple syrup
- 1 tsp** Vanilla extract
- 1-2 tsp** Lemon juice

TOPPING

- 1/2 cup** Sliced strawberries or blueberries
- Optional** Extra walnuts, drizzle of maple syrup, or mint

DIRECTIONS

1. In a small bowl, mix oats, walnuts, maple syrup, cinnamon, and soy milk until the mixture lightly sticks together. Divide the mixture evenly into two jars or cups.
2. In another bowl, whisk together Greek yogurt, maple syrup, vanilla, and lemon juice until smooth.
3. Spoon the yogurt mixture over the oat base.
4. Top with strawberries or blueberries.
5. Refrigerate for at least 1 hour to allow flavours to meld.
6. Serve chilled with extra walnuts, a drizzle of maple syrup, or mint if desired.

Makes 2 Servings

Total Time: 10 minutes + chill time

YOGURT

BY CHEF ANTONIO

There is increasing scientific evidence that a healthy and balanced gut microbiome is directly associated with better health overall. Yogurt jumps out as a key ingredient in assisting and maintaining the miniature ecosystem in our bellies. It's origin is unknown, and was possibly even accidental, caused by ancient contamination of milk and a lack of refrigeration.

Today, milk is pasteurized, so bacteria must be re-added to the milk. It is maintained at a temperature between 40 and 45 degrees Celsius for 6 to 10 hours to ferment. It can be made from cow, goat, sheep, buffalo, as well as non dairy milks like coconut or oat. If making at home, always follow proper safety steps to prevent any contamination and possible food poisoning.

Yogurt is readily available in our stores in a multitude of formats and formulations. From high fat to zero, high protein

Greek or Icelandic styles, organic, conventional, grass fed milk, flavoured or plain, and so on. If travelling around the world, make sure you get to try all the many variations of yogurt from farmed animals, and all the different processes. There are types of yogurt from around the world that haven't yet made it to our little corner of the world.

The fermentation makes milk protein and other nutrients easier to digest, but be aware of sugar content in your favourite brand, especially with flavoured yogurts. Frozen yogurt is an alternative to high fat ice cream and gelato, but it doesn't have the same gut health benefits of the fresh product.

The use of yogurt is not just for your breakfast, smoothies, parfaits, cereal bowls or oats, but in so many raw and cooked savory dishes. Think tangy tzatziki, or curries. Mix yogurt with hummus or avocado to create a healthy mayo substitute for your sandwiches. Use it as a topping on your baked potatoes and chili instead of sour cream, or on top of a spicy taco. Mix dressings for cold salads, like pasta, rice or potato to enjoy on a summer picnic.

No matter how you stir, spoon, marinate or blend it, yogurt makes a delicious and healthy daily habit.



YOGURT FACTS:

High Protein: Yogurt is a good source of protein, especially Greek yogurt, which is strained for a thicker texture.

Rich in Nutrients: It provides calcium, vitamin B12, riboflavin, and potassium important for bones and overall health.

Global Variations: Yogurt comes in many forms worldwide, such as labneh, skyr, lassi, and kefir.



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.

Understanding the Gut-Brain Connection

By: *The Choices Nutrition Team*

The phrase “trust your gut” has never rung truer. Our digestive system and brain are in constant communication through the gut-brain axis, a two-way pathway that helps regulate mood, stress, digestion, and even aspects of memory and immunity.

The Role of the Microbiome

Your gut is home to trillions of bacteria that help break down food, produce vitamins, and support immune function—there are even more bacterial cells in your body than human cells. These microbes create compounds that communicate directly with the brain. A balanced, fibre-rich diet featuring foods like berries, pears, leafy greens, oats, lentils, beans, and other prebiotics helps nourish these beneficial bacteria. A healthy microbiome has also been linked to a lower risk of certain mental health concerns like anxiety and depression.

Stress and Digestion

Stress can influence gut function, and gut discomfort can in turn heighten stress. Many people notice changes in appetite, bowel habits, or bloating during stressful periods. Gentle lifestyle habits like regular movement, deep breathing or meditation, and consistent meal patterns can help calm this feedback loop.

Foods That Support the Gut-Brain Axis

Supplements and fermented foods such as yogurt, kefir, kimchi, and sauerkraut provide probiotics that can support a healthy microbiome. If you have IBS or a digestive condition, you may consider a low FODMAPs diet or being mindful of your food sensitivities. Staying hydrated with about 8–10 cups (2 L) of water or high-quality fluids per day also supports digestion and overall function.

As we continue exploring gut health this month, remember that small, consistent nutrition habits can support both your digestive system and your mental well-being. For personalized guidance, book a free nutrition consultation or follow-up with an in-store Choices nutritionist.



Natural Remedies for Managing Irritable Bowel Syndrome (IBS)

By: *The Choices Nutrition Team*

Irritable Bowel Syndrome (IBS) is a common digestive condition that can cause abdominal pain, bloating, gas, constipation, diarrhea, or a mix of both. While IBS looks different for everyone, many people find that targeted nutrition strategies can help promote more comfortable digestion.

The Role of Probiotics

Your gut is home to trillions of bacteria that help break down food, support immunity, and influence gut-brain communication. For some people with IBS, adding probiotics may help reduce symptoms like bloating, gas, or irregular bowel habits. Probiotics can be found in fermented foods such as yogurt, kefir, kimchi, miso, and sauerkraut, or taken as a supplement. Different strains have different effects, so it may take some trial and error to find one that works best for your symptoms.

A recent study also found that eating two kiwis per day for four days increased levels of *Lactobacillus* by 35% and *Bifidobacteria* by 17% in your gut microbiome.

Prebiotics and Fibre Supplements

Prebiotics—found in foods like oats, chia seeds, bananas, and asparagus—act as fuel for beneficial gut bacteria. Some people with IBS benefit from adding soluble fibre supplements such as psyllium, which can help regulate both constipation and diarrhea. Increasing fibre slowly and staying hydrated can help minimize discomfort as your gut adjusts.



Other Helpful Supplements

Peppermint oil capsules may help relax the gut and reduce cramping, while digestive enzymes, like lactase, can also be helpful. A low-FODMAP approach can also be recommended for some. This temporarily reduces certain fermentable carbohydrates that can trigger symptoms. Not meant to be used long-term; instead, it's a short, structured process that helps identify which foods are personally triggering.

Remember that IBS management is personal—what works for one person may not work for another. For tailored support with probiotics, supplements, or nutrition strategies, book a free consultation or follow-up with an in-store Choices nutritionist.



PREFERRED SHOPPER SPECIALS

APRIL 1 - 15 ONLY!

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



49th Parallel Organic Coffee
 Assorted Varieties, 340g

\$19⁹⁹

Discover Exceptional Coffee Roasted In Canada.



Alter Eco Organic Chocolate Bars
 75g - 84g

\$4⁹⁹



This bar of chocolate is part of our mission to go beyond organic.



Califia Oat or Almond Barista Blend
 946 mL

\$3⁹⁹

Plus Deposit, Recycling Fee Where Applicable

For the professionals and the at-home baristas froth it, steam it or pour it straight.



Traditional Medicinals Organic Tea
 16-Pack

\$5⁹⁹

Since 1974, we've been passionate about connecting people with the power of plants.



Four Sigmatic Organic Chai Latte CalmMix
 with Turkey Tail and Reishi Mushroom, 60g

\$23⁹⁹

Functional mushroom beverage that supports gut health, focus and immune balance.



Earth's Own Almond Milk
 1.89 Litres

\$4⁹⁹

Plus Deposit, Recycling Fee Where Applicable

Championing the plant based community Zero preservatives or anything artificial. Just plants! Try it. Love it.



Prasad Ayurveda Organic Ghee
 225g

\$19⁹⁹

Made with Canadian organic milk from cows fed primarily grass and hay



Rico N'Lalo Fruit Bars
 4-Pack

\$5⁹⁹

Paletas are a traditional Mexican frozen fruit bar, made with fresh fruit, using traditional recipes.

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



Only Goodness Frozen Organic Vegetables
 Select Varieties, 500g

\$3⁹⁹

We make healthy goodness simple.



Biovert Laundry Liquid
 1.4 Litres

\$9⁹⁹

Highly efficient in warm and cold water thanks to its concentrated formula.



Caboo Bamboo Bathroom Tissue
 Assorted Varieties

25% OFF

Zero trees cut, one tree planted. Tree free TP.



Happy Tails Dry Lamb Dog Food
 7.5 kg

\$49⁹⁹

Happy Tails is committed to providing top-grade, high-quality, holistic, hypoallergenic pet food.



PREFERRED SHOPPER SPECIALS

APRIL 16 - 30 ONLY!

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



**Galerie au
Chocolat Bars**
100g

\$6.99

At Galerie au Chocolat, we are inspired by the exceptional.



**Guayaki Organic
Yerba Mate
Non-Sparkling
Beverage**
458 mL

\$2.99 Plus Deposit,
Recycling Fee
Where Applicable

Connect with the life-giving power of yerba mate.



**GT'S Raw
Kombucha**
1.4 Litres

\$11.99 Plus Deposit,
Recycling Fee
Where Applicable

Heirloom Himalayan Cultures. Made in small <5-gallon batches in-house. Whole ingredients.



**Elmhurst Milked
Oats & Nuts**
946 mL

\$8.49 Plus Deposit,
Recycling Fee
Where Applicable

By using whole gluten-free oats instead of oat flour, we're able to craft a smooth and creamy plant-based beverage without any added gums, oils or emulsifiers.



**Kicking Horse
Organic Whole
Coffee Beans**
850g

\$27.99

Our coffee is Organic, Fairtrade & Rocky Mountain-roasted. Wake up with us!



**Earth's Own
Café Edition**
945 mL

\$5.99

Add a splash of oat-licious yum to your morning brew! Or turn me into something deliciously different.



**Kefirkult
Coconut Kefir
Yogurt**
359 mL

\$9.99

Kefirkult takes pride in cultivating proprietary probiotic strains in-house, ensuring a truly exclusive experience for our customers.



**Nature's Path
Organic Love
Crunch Granola**
700g

\$12.99

We are committed to organic because we believe it's the best (and most delicious!) choice for our bodies and the planet.

NOURISHING LIFESTYLES SINCE 1990



**Liberté Greek
Yogurt**
4-Pack

\$4.99

Yogurt that's delicious on it's own, with fruit or cereal, or as a versatile ingredient.



**Chickapea One
Pot Pasta**
198g

\$4.99

Wholesome, real ingredients. Ready in 12 minutes.



**Kikkoman Soy Sauce
& Cooking Sauces**
Assorted
Varieties & Sizes

20% OFF

All-purpose seasoning, traditionally brewed for over 300 years of excellence.



**Italpasta - Italian
Style Pasta**
900g

\$3.99

Proudly made in Canada from premium quality 100% Canadian durum semolina for superior taste and texture.



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.

BARNEY BUTTER offers ultra-smooth, skin-free almond butters made from blanched almonds for a creamy texture that's naturally gentler on digestion. Their almond butters are produced in a dedicated peanut-free facility, with a separate plant for peanut butter and third-party certification to ensure no accidental peanut presence – a meaningful choice for families managing peanut allergies.

With minimal ingredients and no added oils, it's easy to incorporate into smoothies, oatmeal, energy bites, or drizzled over fruit for increased protein punch.



FOOD FOR LIFE breads and tortillas are crafted with sprouted whole grains, which naturally enhance digestibility and increase the availability of B-vitamins, fibre, and essential minerals. Their unique slow-bake process preserves the natural bran and fibre benefits of the grains, making each slice a nutrient-dense alternative to conventional bread. Using sprouted bread is an easy way to boost fibre and nutrient

intake for the whole family – especially children who may not get enough from other foods – and it's great for sandwiches, breakfast toasts, or paired with soups and salads for a balanced meal.

LEANFIT PROTEIN provides a clean, high-quality source of protein made with simple ingredients and no artificial colours, flavours, or sweeteners. Their whey and plant-based blends are naturally gluten-free and mix smoothly into a wide range of foods, making it easy to boost protein intake throughout the day. It blends seamlessly into smoothies, stirs well into oatmeal or yogurt, and works beautifully in baking, energy bites, and kid-friendly snacks for added nourishment.



ALKEME crafts gluten-free breads using a fermented plant-based recipe that's free from the top 11 allergens – including eggs and dairy – and made without preservatives, gums, or artificial additives. Their whole-grain blend of brown rice, amaranth, and quinoa provides naturally occurring fibre and essential minerals, offering a nutrient-dense alternative to many conventional gluten-free loaves. This thoughtful approach to baking creates a hearty, satisfying texture that's easy to enjoy in sandwiches and toast, and just as simple to break into homemade gluten-free breadcrumbs or croutons, mix into meatballs, or use in bread pudding for a versatile, family-friendly staple.



Gut-Nourishing Overnight Oats

By: The Choices Nutrition Team

INGREDIENTS

- 1 cup** Rolled Oats
- 1 cup** Soy Milk or Cow's Milk
- 1/2 cup** Plain Greek yogurt (probiotic-rich)
- 1 tbsp** Chia Seeds
- 1** Ripe Banana, mashed or sliced (natural sweetness + prebiotics)
- 1/2 tsp** Cinnamon

OPTIONAL BOOSTERS

- 1-2 tbsp** Flaxseed, ground
- 1/4 cup** Blueberries or Raspberries
- 1 tsp** Maple Syrup
- Pinch** Ginger or Turmeric
- Walnuts, Almonds, or Pumpkin Seeds for crunch

DIRECTIONS

1. In a jar or container, mix oats, soy milk, Greek yogurt, chia seeds, banana and cinnamon until well combined.
2. Stir in any optional additions like flaxseeds, berries, or a splash of kefir for extra gut-supportive probiotics.
3. Cover and refrigerate overnight (or at least 4-6 hours) to allow the oats and chia seeds to soften.
4. Enjoy cold the next morning. Add a drizzle of maple syrup, extra fruit, or nuts if desired.

Makes 2 Servings

Total Time: 5 minutes + overnight soak



WELLNESS CENTRE SPECIALS

APRIL 1 - 15 ONLY!

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



Sperri Organic Plant Based Meal Replacement
Assorted Varieties
330 mL / 4-Pack

\$5⁹⁹ / \$23⁴⁹

Sperri supports immunity and reduces inflammation, helping you heal naturally. It complies with gluten-free, lactose-free and vegan diets.



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.



Pascoe PascoFlair or PascoFlair Night
Assorted Varieties & Sizes

BUY 1 GET 1 FREE

PascoFlair Night works quickly to help you fall asleep and stay asleep for a restful and peaceful night.



Allimax BioActive Stabilized Alicin
30 Capsules

\$29⁹⁹

Allimax is a traditional herbal medicine to relieve symptoms of upper respiratory tract infections and mucous membrane inflammation.



Vega All-In-One Nutritional Shake
834g - 876g

\$52⁹⁹

Non- GMO, Gluten free, Vegan, No added sugar, No artificial colors, flavors or preservatives



New Chapter Holy Basil
60 Capsules

\$35⁹⁹

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



Attitude Natural Care Toothpaste
Assorted Varieties & Sizes

\$7⁴⁹

Its plant- and mineral-based formula contains fluoride to protect your teeth from cavities, and hydroxyapatite, an effective natural whitening agent.



Organyc Organic Feminine Care Products
First Item / Second Item

20% OFF

Only Organyc® brand products have been clinically-proven to protect against and resolve irritation caused by the chemicals, dyes, and junk in ordinary feminine care products.



Dr. Bronner's All-One Pure Castile Soap
Assorted Varieties, 946 mL

\$26⁹⁹

Dr. Bronner's soap is concentrated, biodegradable, versatile and effective. Made with organic and certified fair trade ingredients.



Routine Natural Deodorants
Assorted Varieties, 50g - 58g

\$26⁹⁹

A deodorant that is not only natural, but more effective than conventional.



Nena Canadian Glacial Natural Face Care
First Item / Second Item

25% OFF

Made in Canada, this multi-benefit formula cleanses deeply without stripping, perfect for all skin types.



Dr. Jentschura AlkaBath
75g / 750g

\$4⁴⁹ / \$28⁹⁹

AlkaBath creates alkaline water with a pH level of 8.5 to take care of your skin.



WELLNESS CENTRE SPECIALS

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

\$44⁹⁹

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.



**CanPrev
Liposomal Co Q10**
225 mL

\$48⁹⁹

Looking for antioxidant protection to aid energy production and support cardiovascular health in a faster and sustained delivery?

CanPrev Liposomals use a patented delivery system that swiftly and safely transports active nutrients direct-to cell bio-friendly phospholipid bilayers protect nutrients in transit from digestive and enzymatic breakdown, while supporting quick sustained cellular uptake.



**Natural Factors
Vitamin B
Supplements**
Assorted
Varieties & Sizes

15% OFF

B vitamins support our energy production, maintain healthy metabolism, and help the body form red blood cells and tissues. However, some B vitamins take time to convert into their active forms to become usable by the body. Active B Complex solves this problem with a balanced formula of eight essential B vitamins in their biologically active forms, so they can get to work right away.

- Aids nutrient metabolism to support energy production in the body
- Helps the body form red blood cells and tissues
- Helps support normal growth and development

With Farm Fresh Factors®, a highly concentrated organic wholefood blend from Factors Farms®



**AquaOmega
Omega-3 Fish Oil
Supplements**
Assorted
Varieties & Sizes

20% OFF

AquaOmega believes that high potency fish oil supplements stand above the rest in terms of their remarkable ability to help prevent health issues, correct pathological processes before they wreak havoc on the body, and maintain overall health.

AquaOmega Standard fish oil is our base level Omega-3 fish oil supplement. This product is made exclusively from wild-caught anchovies sourced from the pristine waters of the South Pacific.

Our minimum daily dose of Omega-3s has over 3x the concentration of other leading brands on the market.



Purica Pet Recovery
120 Chews

\$51⁹⁹

Awakening wellness from nose to tail. With 25 years of proven results, our scientifically refined formulas combine the wisdom of ancient wellness with modern innovation to help pets live their fullest lives, at every age.

Crafted in Canada with superior ingredients and unwavering commitment to quality.

A complete spectrum of natural ingredients supporting your pet's mobility needs - from active life to recovery and senior comfort.

- Enhances joint health
- Promotes recovery
- Supports overall mobility



**Attitude Oceanly
Face Care**
Assorted
Varieties & Sizes

25% OFF

Clinically Tested Skincare for Mature Skin.

Treat yourself to peptide-rich skincare formulated specifically for maturing skin and enriched with all-natural ingredients that reduce signs of aging while replenishing the skin's moisture barrier and providing intense moisture.

These products are crafted with pro-age ingredients like bakuchiol, vegan collagen and peptides, and packed with hydrating plant ceramides, hyaluronic acid and polyglutamic acid. This is where clean meets powerful.

- Proudly made in Canada
- EWG-Verified
- Vegan
- Dermatologically tested



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APRIL 16 - 30 ONLY!

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**New Roots
Ultra B Complex**
Assorted
Varieties & Sizes

20% OFF

New Roots Herbal Ultra B Complex uses coenzyme (active form) B vitamins for maximum absorption. The results are impressive: a fast-acting B complex that does what B vitamins are supposed to do.



**Natural Factors
Enzymes**
Assorted
Varieties & Sizes

15% OFF

The enzymes help the body to break down proteins, carbohydrates, and fats while improving nutrient absorption.



**New Roots Grass-Fed
Beef Liver**
30 Capsules

\$13⁹⁹

Magnat as reruptiuntem harum ressin corecabor archil imus referuptas auditi corum quiandi as magnis mostiiscium nusdae sundis magnatem ium duciam.



**Leaf Source
Supplements**
Assorted
Varieties & Sizes

15% OFF

LeafSource contains a spectrum of health-boosting, natural organic acids, derived exclusively from ancient fossilized tropical vegetation.



**Salus Vitamins &
Supplements**
Assorted
Varieties & Sizes

20% OFF

Salus Liquid Milk Thistle contains special secondary plant substances that contribute to maintaining a healthy liver function.



**Progressive
VegeGreens**
Assorted
Varieties & Sizes

25% OFF

Progressive VegeGreens is a convenient way to supplement your diet with functional superfoods.



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

25% OFF

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



**Life Candy
Shampoo or
Conditioner**
Assorted Varieties,
1 Litre

\$25⁹⁹

Life Candy's non-silicone, all-natural formula seals the hair cuticle to lock in color molecules and slow color fading while enhancing the quality of your hair.



**Aralea Vitamin D
Lip Care & Tints**
Assorted Varieties, 3.3g

\$22⁹⁹

Our new generation lip balm and lip tints are enriched with organic, vegan vitamin D and luscious nourishing botanicals.



**Green Beaver
All-in-One Pure
Castile Soap**
Assorted Varieties,
1 Litre

\$19⁹⁹

Versatile, concentrated, and earth-friendly, one bottle of Castile soap is enough to safely clean just about anything!



**Primary
Facial Toner**
355 mL

\$11⁹⁹

Canadian-made with hazel toners enhanced with tremella mushroom and aloe vera.



**Radius
Toothbrushes
& Oral Care**
Assorted
Varieties & Sizes

BUY 1 GET 1 FREE

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



WELLNESS CENTRE SPECIALS

APRIL 16 - 30 ONLY!

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DISCOVER SAVINGS & EARN POINTS
Ask us for details in store.



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

15% OFF

The essential fatty acids in Ultra Prim play an important role in the management of inflammation, cholesterol levels, hormonal balance, eye and skin health, and circulation. Ultra Prim may help prevent cardiovascular disease, reduce the risk of dangerous blood clots, and support healthy blood pressure.

Due to its beneficial effects on the immune system, cell membranes, and hormonal balance, GLA helps ease symptoms associated with premenstrual syndrome (PMS) and atopic eczema.

GLA supports the health and appearance of the skin, can decrease inflammation, and even offers relief from dry eyes for contact lens wearers.



**Prairie Naturals
ReCleanse**
1 kit

\$26⁹⁹

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

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

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



**Sipology Weight
Management
Support**
Secondary very long
Description

25% OFF

Empower everyday wellness with Sipology.

As a proudly Canadian, woman-founded brand, Sipology prioritizes purity and potency, formulating with well-researched superfoods and natural botanical extracts. Products are strictly free from artificial colours and fillers.

Whether the goal is to control cravings and promote metabolic balance, or soothe sore joints, these Natural Health Products make your routine simple.

Get back to feeling like yourself with the power of nature, backed by science.



**Innotech
CardioFlex Q10**
300g

\$44⁹⁹

CardioFlex Q10™ is a collagen precursor formula designed to promote the body's natural ability to produce collagen which repair connective tissues and support cardiovascular health.

- It contains amino acids, vitamins, electrolytes, CoQ10, a prebiotic and high antioxidant fruit powders.
- It is free of sugar, gluten, preservatives, artificial sweeteners, flavours and colours.
- Sourced from Non-GMO ingredients and is vegan friendly.
- Made with care in Canada.



**Living Alchemy
Vitamins and
Supplements**
Assorted
Varieties & Sizes

20% OFF

Your Complete Digestive Solution.

Living Alchemy uses the ancient art of fermentation to activate whole food and herbs into their superior and most bioavailable form.

Shelf-stable formulas are made using a traditional fermentation process with 45+ diverse strains, resulting in a synergy of plant-based probiotics, prebiotics, postbiotics, plus targeted herbs, all-in-one. Supporting a balanced gut flora and providing the building blocks for a powerful digestive ecosystem.

- Certified Organic.
- Non-GMO Verified.
- No Fillers.
- Made in BC.



Edori Hair Care
Assorted Varieties, 237 mL

\$11⁹⁹

Meet Edori, a Canadian-made haircare line where nature and performance meet.

Crafted with all-natural ingredients and no compromises, Edori delivers true salon-quality results—without harsh chemicals.

Our formulas are designed to transform your hair, enhancing strength, shine, and manageability while staying true to what's natural.

Clean, effective, and beautifully made in Canada, Edori proves you don't have to choose between purity and performance. Your hair deserves both.



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Shop online at Instacart.ca

CHOICES MARKET LOCATIONS

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2627 W 16th Ave, Vancouver
604.736.0009

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 NOx

Energy: 23 GJ

Results based on the Rolland Environmental Calculator



10% OFF & THE FIRST 100 CUSTOMERS GET A \$10 CHOICES GIFTCARD

PLUS, FROM 11AM - 4PM!

- Donation prize wheel in support of BC Children's Hospital Foundation
- Enter to win fabulous prizes, like 350,000 Choices Points or a grand prize trip to Greece!*
- 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, APRIL 11

ONLY AT CHOICES KERRISDALE

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