



THE

HEARTBEAT

June 2026

DISCOVER CHICKEN

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HERE'S
WHAT'S HAPPENING
AT CHOICES MARKET



35TH ANNIVERSARY GRAND FINALE CELEBRATION

SATURDAY, JUNE 20TH at CHOICES MARKET - KITSILANO

In addition to everything we've celebrated with all year long like free gift cards and store wide discounts, this event will feature even more!

We'll have showcases from your favourite local brands dozens of product samplings, live music and the Grand Prize Draw of a vacation to Greece!

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

FATHER'S DAY

June 21st is all about Dad.

While we're sure your dad will be able to supply all the bad jokes and questionable fashions, come to Choices to get everything else you need for a great Father's day dinner.

We'll have organic, free range meats for the grill, or Beyond Meat burgers and sausages if that's more his speed. Don't forget the buns, freshly made in our bakery every day. You can also stop by our wellness department to pick up some great shaving products and more to really help him relax and kick his slippers off.



SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

PROTEIN-RICH MEALS MADE EASY - COOKING SERIES

Hosted by: The Choices in-store Nutritionists

This month's cooking classes and demos focus on protein as a foundation for steady energy, balanced blood sugar, and long-lasting fullness. We'll highlight accessible protein sources, practical cooking techniques, and balanced meal ideas that fit real-life routines and make meeting your protein needs both enjoyable and achievable. Visit our Events page on the Choices website for session-specific recipes.

Dates, Times & Locations:

North Vancouver: June 17th, 5pm - 6:30pm

Kelowna: June 23rd, 7pm ~ 8:30pm

Yaletown: June 29th, 6pm - 7:30pm

Kitsilano: June 30th, 6pm - 7:30pm

JUNE
IN-STORE
Free Event



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



**OR SCAN THE QR CODE
TO REGISTER**



JUNE
18th

**IN-STORE
&
ONLINE**

SOUTH SURREY
6PM - 7:30PM

Free Event

FROM FARM TO TABLE:

CLOUD BREAD CREATIONS WITH CHEF RANDLE

**Hosted by: The Choices Nutrition Team
and BC Egg**

Join us for a special hybrid cooking seminar and live demo featuring Chef Trevor Randle from BC Egg. Trevor will prepare a simple, yet restaurant-worthy cloud bread sandwich layered with roasted vegetables and vibrant beet hummus, cooked in-person at Choices Market South Surrey and livestreamed to our YouTube channel for virtual attendees. The Choices Nutrition Team will share the nutritional benefits of eggs, while members of BC Egg offer insight into their family-run, Abbotsford-based organization and how they support local farmers and communities across the province. Everyone is welcome to learn, taste, and try the recipe at home.



Cloud Bread Sandwich

with Roasted Vegetables and Beet Hummus

By: Chef Trevor Randle

Makes 4 Servings. Total time: 1 Hour

INGREDIENTS

CLOUD BREAD

- 4 Eggs, separated
- 1/2 tsp Cream of Tartar
- 1/3 cup Plain Greek yogurt
- 1/4 cup Sesame seeds (optional)
- Pinch Salt

ROASTED VEGETABLES

- 1 Green Zucchini, thinly sliced
- 1 Yellow Zucchini, thinly sliced
- 2 Yellow bell peppers, seeded and cut flat
- 1 Red onion, thinly sliced
- 4 Roma tomatoes, thinly sliced
- 1/3 cup Olive oil
- Kosher salt and pepper

ROASTED BEET HUMMUS

- 2 Beets, roasted, peeled, and diced
- 1 can Chickpeas
- 2 Lemons, zested and juiced
- 3 cloves Garlic, minced
- 1/3 cup Tahini
- 1/2 cup Olive oil
- Kosher salt and pepper

DIRECTIONS

CLOUD BREAD

1. Preheat oven to 300° F.
2. Line a baking sheet with parchment paper and draw templates; flip the parchment paper over.
3. Place egg whites and cream of tartar in a mixing bowl and whip to stiff peaks.
4. In a separate bowl, whisk egg yolks with Greek yogurt.
5. Fold one-third of the whipped egg whites into the yolk mixture.
6. Add yolk mixture back into remaining egg whites and fold gently until combined.
7. Divide mixture evenly into eight portions on the parchment templates.
8. Smooth each portion to about 1/2 inch thickness; sprinkle with sesame seeds, if using.
9. Bake 25 - 30 minutes.
10. Cool completely before assembling sandwiches.

ROASTED VEGETABLES

1. Preheat oven to 400° F.
2. Toss each vegetable with olive oil, salt and pepper.
3. Roast 10 - 15 minutes, or until tender and lightly caramelized.
4. Set aside for sandwich assembly.

ROASTED BEET HUMMUS

1. Add all ingredients to a food processor or blender.
2. Blend until smooth.
3. Add more olive oil if needed to adjust texture.
4. Season with salt and pepper.



BY CHEF ANTONIO

In just over 8000 years, we humans have domesticated and hybridized the wild chicken into one of the most versatile and affordable sources of protein. Today, over 70 billion birds are farmed annually, for meat and eggs. Over history, we have cross bred to optimize production, making the most out of every chicken.

Chicken is a staple of many cuisines around the world. Poussins and Cornish hens are two varieties of smaller chicken, both between 300 grams and a kilo. Both are ideal for single, whole portions. Fryers and broilers weigh between 800 grams and 1.5 kilos, are your standard supermarket chicken, and are also very common in rotisseries. Roasters, as the name suggests, are great for roasting, and weigh between 1.5 and 2.8 kilograms. I find they're better tasting than smaller birds due to higher fat and collagen content. Roosters and hens are rarely found in our stores, and are usually older birds best suited for longer, moist cooking methods like stews or soups. Even rarer, but delicious are capons. They're the largest, and in my opinion tastiest birds, which can weigh up to 4.5 kilos.



Organic chicken follows a 100% organic diet, no routine antibiotics, and have access to the outdoors daily. Free range chicken also has access to the outdoors, but is not necessarily organically fed. RWA or raised without antibiotics chicken has never been treated with antibiotics, and instead is fed a vegetarian diet with no animal byproducts, and are mainly raised cage free. Pasture raised chicken are outdoor most of the day, with plenty of time to forage on insects and grasses, developing more of a natural behavior. They're lower growing and usually more expensive, but great tasting.

Different cuts of chicken have different best usage. Light meat, like breast and wings, are leaner, suitable for grilling, pan searing and quicker cooking methods. Dark meat from the thigh and drumsticks are richer tasting but prefers longer cooking methods. Different cuts also have different nutritional values. Chicken feet, which you can sometimes find in our stores, if prepared properly are a delicacy.

Making stock is one of the easier and most convenient ways to use 100% of your bird. Start with cold water, bones, neck, feet and any other chicken trim, or whole hens. Add according to recipe your dry spices, fresh herbs, and fresh vegetables. Bring to a boil then reduce to a simmer for at least four hours. Alternatively, you could simmer gently overnight to wake up to delicious stock. Can't use it all? Fresh stock is perfect for freezing.

Remember that raw chicken can be a source of harmful bacteria, so always practice good food safe protocol when handling, and cook to appropriate temperatures. Save the finger licking until after you've washed your hands!



CHICKEN FACTS:

Internal Temperature:
Chicken must reach 165°F (74°C) internally to be safe to eat. Use a meat thermometer in the thickest part, away from the bone.

Bone-in cooks slower:
Bone-in pieces take roughly 20-30% longer to cook than boneless, but the bone adds flavour and helps keep the meat juicy.

Dark vs. White Meat Nutrition:

Thighs have roughly twice the fat of breasts (~9g vs. ~4g per 100g), but also contain more iron, zinc, and B vitamins. Neither is objectively "better" - it depends on your goals.



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.



Eggs Anytime:

Cracking into Endless Meal Possibilities

By: Nathali Darwin, BC Egg

When people think of eggs, two things often come to mind: breakfast and baking. But the possibilities with eggs go far beyond that.

As one of the most versatile and reliable staples in any kitchen, eggs are affordable, nutritious, and capable of transforming a wide range of dishes through their many functional properties. They can be used in quick and simple dishes with minimal ingredients or elevated into restaurant quality meals. No matter your skill level, eggs can fit seamlessly into any part of the day.



Sometimes overlooked, eggs can bring substance and satisfaction to lunch as well. Within minutes, you could have a decadent Monte Cristo sandwich or a classic egg fried rice. Topping off rice or grain bowls with soft boiled eggs, or a fresh green salad with sliced hard boiled eggs, can easily turn a light meal into something more filling. Expanding the perception of eggs beyond breakfast can greatly increase the protein and nutritional content of meals and snacks—whether hot or cold.

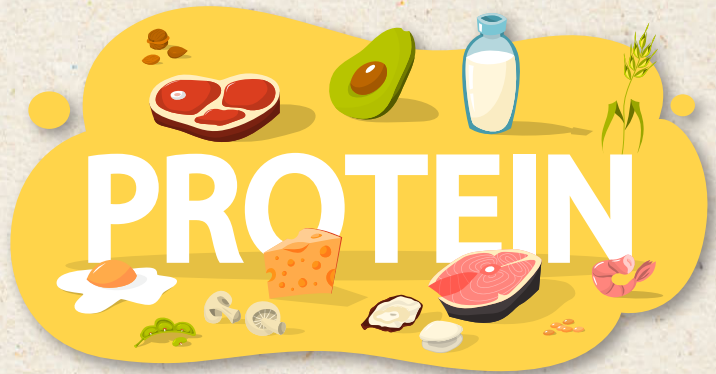
Across the globe, cultures feature eggs as the centerpiece of many beloved dinner entrées as well. From shakshuka in the Middle East, causa con huevo in Latin America, and traditional tortilla española in Europe, to tomato and egg stir fry in China or gyeran jjim from South Korea, eggs take on unique and exciting forms in cuisines around the world. These dishes offer inspiration for incorporating eggs into non breakfast meals we may see less often in North America.

If this has you excited to explore eggs in new ways, join Chef Trevor Randle from BC Egg and the Choices Nutrition Team on June 18th at Choices Market South Surrey for a hands on cooking and nutrition experience. The event will also be livestreamed on the Choices YouTube channel, offering a welcoming space to learn more about BC Egg and the families behind the province's egg farms. For more inspiration, visit BCEgg.com/recipes.



Fuel, Strength, Satiety: The Power of Protein

By: D'Arcy Furness, BA, RHN;
South Surrey Nutritionist



Protein is having a moment and justifiably so! Proteins are made up of amino acids, often called the “building blocks of life” and play a crucial role in building, repairing, and maintaining tissues, making it especially important for muscles, skin, organs, and the immune system.

During periods of growth, physical activity, aging, or recovery from illness or injury, protein helps rebuild and preserve muscle tissue. Diets adequate in protein are also associated with improved strength, mobility, and metabolic health, particularly in older adults who are prone to age-related muscle loss such as sarcopenia.

In addition to supporting muscles, protein plays a key role in producing enzymes and hormones that regulate important processes in the body. It also contributes to a healthy immune system by helping the body produce antibodies that fight infections.

Another benefit of protein is its role in satiety. Breaking down amino acids takes work, so protein rich meals are more satiating which helps regulate appetite, support healthy weight management and helps stabilize blood sugar levels.

Because the body cannot store protein in the same way it stores carbohydrates and fat, it is important to consume adequate protein throughout the day.

Great protein sources include lean meats, fish, eggs, dairy products, nuts, seeds, legumes, tofu and tempeh. By prioritizing protein as part of a balanced diet, individuals can support overall health, strength, and well-being at every stage of life.

Check with your local Choices Market nutritionist for ways to include a variety of protein rich foods into your daily meals!





PREFERRED SHOPPER SPECIALS

JUNE 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



Nuts To You Organic Peanut Butter
750 mL

\$9⁹⁹

We only use the best nuts in our nut butters.



Tree Island Cream Top Yogurt
500g

\$4⁹⁹

We are proud to use only 100% fresh whole milk from local grass-fed cows.



Farm Girl Cereal
280g

\$10⁹⁹

We stay true to our roots through using simple, quality ingredients that don't sacrifice on taste.



Liberté Greek Multipack or Méditerranée Yogurt
4 Pack & 400g

\$4⁹⁹

Portable 4-Pack Yogurt cups are perfect for breakfast on-the-go or for a convenient kids snack.



Tonica Organic Kombucha
355 mL

\$2⁹⁹

Plus Deposit, Recycling Fee Where Applicable

Cheers to you taking care of you with our delicious living bubbles!



Honey Stinger Organic Fruit Chews
50g

\$2⁴⁹

Provides the fuel you need to push harder and go farther.



Vito Coco Coconut Water
500 mL

\$2⁴⁹

Plus Deposit, Recycling Fee Where Applicable

Your new go-to smoothie base, with a hydrating boost of electrolytes and nutrients.



Zevia Sleek Zero Sugar, Naturally Sweetened Soda
350 mL

\$1⁹⁹

Plus Deposit, Recycling Fee Where Applicable

Zero sugar, caffeine-free soda.

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



Bubbies Pickles & Sauerkraut
750 mL & 1 Litre

\$11⁹⁹

Bubbies traditional cloudy brine is a result of the natural fermentation process that gives us our pure kosher taste.



Bechtel Egg and Spaetzle Style Noodles
500g

\$5⁴⁹

Enjoy our authentic and traditional German egg noodles.



Gusta Vegan Sausages
350g

\$5⁹⁹

GUSTA makes delicious vegan sausages for all your favourite traditional recipes, from beef Stroganoff to spaghetti sauce.



Caboo Paper Towel or White Napkins
Selected Varieties

25% OFF

Zero trees cut, one tree planted. Made from sustainable bamboo.



PREFERRED SHOPPER SPECIALS

JUNE 16 - 30 ONLY!

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



A2 Milk
 1%, 2% or 3.25%,
 2 Litre

\$7.49 Plus Deposit,
 Recycling Fee
 Where Applicable

Gut-friendly a2 Milk™ is 100% Canadian milk that's easier to digest so you Feel Ama2ing!



Two Bears Frothed Oat Latte or Flash Brew Coffee
 207 mL

\$3.49 Plus Deposit,
 Recycling Fee
 Where Applicable

0 g sugar, flash-brewed for a smooth, rich taste.



Uncle Luke's Organic Maple Syrup
 1 Litre

\$29.99

100% pure Canada Grade A Amber, rich taste



Liberté Kefir
 1 Litre or
 Méditerranée Yogurt, 500g
 Selected Varieties

\$5.99 Plus Deposit,
 Recycling Fee
 Where Applicable

A pleasure for all generations, crafted the Liberté way.



GT's Raw Kombucha or Alive Soda
 480 mL

\$3.99 Plus Deposit,
 Recycling Fee
 Where Applicable

Made in small <5-gallon batches in-house. Whole ingredients. Fully and naturally fermented for 30 days. Unpasteurized, unprocessed, unfiltered.



Blue Monkey Sparkling Juice
 330 mL

\$1.99 Plus Deposit,
 Recycling Fee
 Where Applicable

We start with the fruit, not the formula. Every drink is built to taste like the ingredient on the can: bright, balanced, and never watered down.



Smart Sweets Gummy Candy
 45g & 50g

\$3.99

Naturally flavoured, Free from artificially-sourced sweeteners and artificial colours.



Effervé Sparkling Lemonade
 750 mL

\$7.99 Plus Deposit,
 Recycling Fee
 Where Applicable

Gluten Free and Non GMO, flavorful and refreshing, EFFERVE is delicious and the perfect beverage for the entire family.

NOURISHING LIFESTYLES SINCE 1990



Lisc Polish Pickles & Sauerkraut
 750 mL & 900 mL

\$5.99

Grandma's recipe. Choice grade.



DEEBEE's Organic SuperJuice Freezies
 10 Pack

\$5.99

Made with organic fruit juice & other ingredients.



Wholly Veggie Cauliflower Drums & Wings, Cheese Sticks & Hash Brown
 250g & 375g

\$6.99

Perfectly good veggies were rescued to create our crispy crust. It's called upcycling.



Maison Orphée Vinaigrette Salad Dressings & Marinade
 250 mL

\$4.49

Made with First Cold-Pressed Oil. Plant-based. Family owned. Naturally gluten-free.



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.

TERRA GRANOLA

Terra Granola is a high-fibre, multigrain blend made without preservatives and crafted for both flavour and function. Its whole-grain ingredients offer slow-digesting carbohydrates, plant-based protein, and a mix of soluble and insoluble fibres that support heart health, digestive regularity, and balanced blood sugars. While perfect for breakfasts and snacks, Terra Granola is also incredibly versatile – it can be crushed and used as a crunchy coating for tofu, halloumi, chicken, or fish. Sprinkle it over yogurt, blend it into energy bites, or use it as a topping for fruit crisps for a nourishing boost of texture and fibre.



ORGANIC TRADITIONS FIBRE FLOW

Organic Traditions Fibre Flow blends prebiotic fibres and probiotic strains to support a healthy, resilient gut microbiome. With ingredients like acacia fibre, baobab, and flax, it offers a gentle, food-based way to increase soluble fibre intake – a key nutrient for balanced blood sugars, healthy cholesterol levels, and regular digestion. The combination of prebiotics and probiotics helps nourish beneficial gut bacteria, supporting immune function, hormone balance, and overall digestive comfort. Fibre Flow mixes easily into smoothies, yogurt, oatmeal, or even water, making it an effortless daily addition for anyone looking to boost fibre intake or support long-term gut health.

BOBALI HUMMUS

BobAli Hummus is a fresh, Vancouver-made spread crafted without preservatives and using simple, wholesome ingredients. Naturally vegetarian, vegan, and gluten-friendly, it's a nutrient-dense source of plant-based protein and soluble fibre – the type of fibre known to help lower LDL cholesterol, stabilize blood sugars, support healthy blood pressure, and reduce the risk of certain cancers. Chickpeas also provide prebiotic carbohydrates that help feed beneficial gut bacteria. With its creamy texture and clean ingredient list, BobAli Hummus is an easy way to add nourishment to meals and snacks. Enjoy it as a spread on sandwiches, used as a base for bowls and wraps, or stirred into pasta and sauces as a kid-friendly way to boost fibre and protein.



STRAWBERRIES

June marks the start of BC's strawberry season, bringing a wide range of varieties that differ in sweetness, tartness, and texture. Fresh strawberries are rich in vitamin C, antioxidants, and naturally occurring pectin – a type of soluble fibre that acts as a prebiotic to support a healthy gut microbiome. Pectin helps feed beneficial bacteria, promote regular digestion, and support balanced blood sugars. Strawberries also contribute to heart health by providing polyphenols linked to improved vascular function and reduced inflammation. Enjoy them fresh, blended into smoothies, sliced over granola or salad, or cooked down into a simple compote for breakfasts and desserts.





Granola-Crusted Halloumi or Tofu

Granola is a great nutritious, fibre- and protein option for breakfast and snacks – but it can also be a surprisingly versatile ingredient for savoury dishes, adding crunch, flavour, and creativity to everyday meals.

Makes 2 servings. Total time: 15 minutes

INGREDIENTS

- 1 Block** Halloumi, sliced into 1/2 inch pieces or **1 Block** extra-firm tofu, pressed and sliced
- 1/2 cup** Granola (we used Terra Granola), lightly crushed
- 1 tsp** Sesame seeds (optional)
- 1/4 tsp** Dried oregano or Italian seasoning
- 1/4 tsp** Smoked paprika
- 1** Egg, beaten or **2 tbsp** plant-based milk (if using tofu)
- 1 - 2 tbsp** Olive oil for pan-searing
- Pinch** Salt and pepper

OPTIONAL ADD-INS

- Mixed greens or arugula
- Lemon wedges
- Drizzle of tahini or balsamic glaze
- Fresh herbs (parsley, basil, mint)

DIRECTIONS

1. Mix Terra Granola, sesame seeds, oregano, smoked paprika, and pepper in a shallow bowl.
2. Dip each slice of halloumi or tofu into the beaten egg (or plant-based milk), then press firmly into the granola mixture to coat both sides.
3. Heat olive oil in a pan over medium heat. Add coated slices and cook for 2 - 3 minutes per side, or until golden and crisp.
4. Serve warm over a nice bed of rice or quinoa and greens with lemon and herbs.





WELLNESS CENTRE SPECIALS

JUNE 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



AOR Advanced B Complex
180 Capsules

\$56⁹⁹

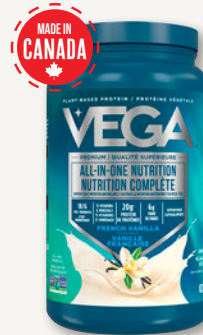
- Active forms of B-vitamins in a form your body can utilize immediately
- Balanced ratios and clinically-supported doses
- Support for energy, stress and burnout, metabolism, and nerve function
- Supports the function of the brain, nervous system, metabolism and methylation
- Doesn't cause niacin "flush"



New Roots Digestive Enzymes
100 Capsules

\$38⁹⁹

Triple-action enzymes break down proteins, carbs, and fats effectively.



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

\$52⁹⁹

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



NutraSea Omega-3 Fish Oil 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 test, 1% for the planet.



Natren Probiotics
Assorted Varieties & Sizes

20% OFF

The Healthy Start System is a powerful and simple 30-day probiotic system for complete gut care.



Purica Menopause Relief - Hormone Rebalance
120 Capsules

\$46⁹⁹

- Calms menopausal symptoms such as hot flashes and night sweats
- Support healthy mood balance during menopause
- Provides relief from paresthesia for skin comfort



Dr. Jentschura Face and Body Brushes
Assorted Varieties & Sizes

20% OFF

The gentle brushing and cleansing of the face, neck and décolleté with the P. Jentschura facial brush gently stimulates the circulation in this sensitive skin area. The skin is noticeably revitalised and regenerated, leaving it velvety soft.



Derma E Sun Protection Mineral Powder SPF 30
5g

\$36⁹⁹

Sun protection powder that can be easily applied for all-day protection and worn with or without makeup for a natural flawless finish.



Pure Creations Facial Care
Assorted Varieties & Sizes

20% OFF

Ageless Eye Serum delivers deep hydration, visibly improves elasticity, and helps minimize the appearance of fine lines, wrinkles, and dryness for a firmer, more radiant look.



Every Man Jack Men's Bodycare
Assorted Varieties & Sizes

20% OFF

Our Sandalwood 3-in-1 All Over Wash simplifies your shower routine, formulated to cleanse your body while shampooing and conditioning your hair for a head-to-toe clean.



Dr. Bronner's Pure Castile Soap
Assorted Varieties,
473 mL

\$16⁹⁹

Pure Castile Liquid Soap
Face, body, hair—food, dishes laundry, mopping, pets—the best for human, home, and Earth!



Active Humans Natural Deodorant
Assorted Varieties,
30 mL / 60 mL

\$15⁹⁹ / \$23⁹⁹

Our deodorant spray takes a multi-angled approach to underarm health, powered by naturally derived anti-odour ingredients.



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**Manitoba Harvest
Hemp Hearts
& Hemp Yeah
Proteins and Oil**
Assorted Varieties and Sizes

25% OFF

Shelling the hemp seed reveals the most nutritious and tender part of the seed: the heart. Ready to eat right out of the bag, Manitoba Harvest hemp hearts offer nutrition seekers a simple and delicious ingredient that adds plant protein and nutrients to any recipe or meal.

- 10g Protein
- 12g Omega 3 & 6
- 9 Essential Amino Acids
- Contains vital nutrients like magnesium, fibre, zinc, and iron
- Vegan, Paleo, Keto, and Gluten-Free
- Available in Organic and Natural



**Living Alchemy
Whole Food
Probiotics & Herbal
Supplements**
Assorted Varieties and Sizes

20% OFF

Probiotic formulas offering targeted solutions for all your digestive needs! Organic whole-food plant-based probiotics, plus prebiotics & postbiotics by fermenting with 45+ strains.

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



**Pascoe
Lymphdiaral**
Cream 40g / Drops 50mL

\$32⁹⁹ / \$46⁹⁹

Lymphdiaral® Drainage-Cream is a homeopathic remedy used to relieve symptoms of swelling and inflammation such as pain, fever and swollen lymph nodes due to injury or recurring conditions such as earaches, tonsillitis and sinusitis. It has been used worldwide for over 40 years and has excellent tolerability. It can be used for patients as young as 1 year old.

Lymphatic drainage is important for optimal lymphatic function. Lymphdiaral® uses the power of nature and is made of conium, calendula, and colchicum, and other ingredients from nature.



**Quantum Health
Digital Blue - Eye
Health**
60 Softgels

\$22⁹⁹

The average person spends over half of their waking hours looking at digital devices, which produce high-energy blue light. Over time, exposure to blue light can cause significant issues for your eyes, including the risk of developing age-related eye diseases like Macular Degeneration and cataracts. Digital Blue was formulated by one of the world's leading experts in eye health nutrition, Dr. James Stringham, and is based on his previous research in the US Air Force Research Laboratory to enhance visual performance in military personnel.

The ingredients in this formula fortify your eyes with the nutrients they need to help filter blue light and to optimize healthy visual performance by supporting macular density, which plays an important role in healthy visual processing speed, contrast sensitivity, and glare tolerance.



**Magic Scoop
All-In-One
Greens**
Assorted Varieties and Sizes

20% OFF

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.



**Newco Rub
Ease Roller**
150 mL

BUY 1 GET 1 FREE

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

May provide relief from:

- Pain of Sport Injuries & Inflammation
- Arthritic Pain
- Sore Muscles
- Painful Joints and Bruises

100% all natural and Canadian made.



WELLNESS CENTRE SPECIALS

JUNE 16 - 30 ONLY!

Become a Wellness Shopper today. DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**CanPrev
BioActive B**
90 Capsules

\$31⁹⁹

CanPrev's BioActive B is a complete source of B vitamins your body needs to support energy, immune function, liver health, metabolism and countless other.



**New Roots
Prostate Perform**
Assorted Varieties & Sizes

20% OFF

Prostate Perform relieves the symptoms of benign prostatic hyperplasia (BPH), including frequent urination particularly at night, inconsistent stream, the strain to urinate, and prostate growth.



**Natural Factors
Theracurmin
Supplements**
60 Caps

\$46⁹⁹

Helps relieve joint pain associated with osteoarthritis of the knee and provides antioxidants for the maintenance of good health.



Om Mushrooms
Assorted Varieties & Sizes

20% OFF

THE SMART MUSHROOM: Consider Lion's Mane your brain's brilliant companion. With natural nootropics and neuroprotectors, this extraordinary mushroom helps support memory, and focus — empowering your performance whether you're creating, learning, or leading. ‡



**Freshfield Vegan
Omega-3**
60 Capsules

\$27⁹⁹

Get your omega-3s straight from the source—pure, algae-based omegas. Same benefits, no bycatch, no waste. Just clean, plant-based nutrition for everyday performance and ocean protection.



**New Roots
Lectro-Lytes**
Assorted Varieties,
168g - 192g

\$31⁹⁹

New Roots Herbal's Lectro-Lytes Lemon-Lime powder is a vitamin C-rich electrolyte rehydration formula packed with minerals and vitamins for an active lifestyle.



**The Future is
Bamboo Personal
Care & Oral Care**
Assorted Varieties & Sizes

20% OFF

The perfect addition to your daily oral care routine. Made from plant-based materials, these picks are both good for you and the planet.



**Homeocan
Traumacare**
60 Tablets / 50g

\$10⁹⁹ / \$19⁹⁹

Traumacare cream provides effective relief for: muscle and joint pains, inflammation and minor injuries such as sprains, and contusions.



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

\$9⁴⁹

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.



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

\$10⁷⁹

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



Jason Bodywash
Assorted Varieties,
887 mL

\$16⁹⁹

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



**Badger Facial Care
& Suncare**
Assorted Varieties & Sizes

20% OFF

Perfect for daily use. This lightweight sunscreen and facial moisturizer is made for all skin tones and leaves a luxurious, natural matte finish.



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**Nuun Electrolyte
& Vitamin Enhancer**
Assorted Varieties,
10 Tablets

\$9⁹⁹

Provides a combination of vitamins, minerals, antioxidants and anti-inflammatories that support your immune system's natural function so you can feel good and keep exercising all year long.

- 2g sugar
- 200mg vitamin C
- 170mg potassium
- Contains vitamins A, C, D, E, Ginger Root, Elderberry Extract, Organic Turmeric, Echinacea



**Lean Fit Proteins
& Sports Nutrition
Supplements**

Assorted Varieties & Sizes

20% OFF

Maximize results with the perfect blend of protein isolate and 100% hydrolyzed collagen for optimal absorption. 30g of delicious protein to build strong bones, immunity, and muscles.

- 30g protein per serving to build strong bones, immunity, and muscles
- 10g collagen - type 1 and 3 hydrolyzed marine collagen
- 5.2g BCAAs as part of a complete amino acid profile to build and maintain muscle
- Satisfies hunger - enjoy in a meal or as a snack
- Free from preservatives, artificial colours, artificial flavours, gluten, wheat, eggs, and nuts



**Boiron Arnicare
Flex Cream**
120g

\$21⁹⁹

The unique, non-greasy formula absorbs quickly into the skin to target minor arthritis pain at the source. It's menthol-free, so there's no stinging, burning, or strong medicinal smell. With Arnica and Harpagophytum, two 100% naturally-sourced medicinal ingredients

- Easy-to-open and close cap
- Light cream texture: pleasant, non-greasy and quickly absorbed
- Free from non-steroidal anti-inflammatories (NSAIDs)
 - Menthol-free - Camphor-free - Fragrance-free

Apply a thin layer of Arnicare Arthritis Cream to affected area as soon as possible at the onset of symptoms up to 4 times a day. If heat or ice is applied, wait 5 minutes before applying Arnicare Arthritis Cream.



Purica Shilajit
60 Capsules

\$32⁹⁹

Purica PrimaVie® Shilajit is a premium Himalayan adaptogen (10:1 proprietary extract) meticulously purified to enhance mitochondrial energy production and vital functions and to provide a multitude of trace minerals essential to optimal health.

This clinically validated Shilajit formula, containing urolithin, fulvic acid and trace minerals, improves muscle strength, stimulates collagen production, and supports healthy testosterone levels.



**Nature's Way Calcium
and Magnesium**

Assorted Varieties,
500mL

\$26⁹⁹

Nature's Way Calcium & Magnesium is formulated in a 2:1 Calcium to Magnesium ratio in a great tasting blueberry liquid formula.

This liquid form is a convenient alternative to tablets or capsules. It helps in the maintenance of bones and teeth. It also contains bone-friendly ingredients Collagen, Manganese, Boron, Vitamin K2 and Vitamin D3.



**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



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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.

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ONLY AT CHOICES BURNABY CREST

GRAND FINALE EVENT! SATURDAY, JUNE 20

ONLY AT CHOICES KITSILANO

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