



CHOICES MARKET



THE

HEARTBEET

July, 2024

YOUR GUIDE TO LOCAL PRODUCE

Explore Meat Burgers ~ BY CHEF ANTONIO pg 4

Local Produce and its Health Benefits ~ pg 6



HAPPY CANADA DAY

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



SUPPORTING LOCAL

We're big fans of cultivating long-lasting relationships with local growers and producers. Since 1990, we've been putting local first in order to keep our communities strong and help protect our environment. Visit your local Choices and discover thousands of local products, produce and proteins throughout our store.



WHAT PRODUCE IS IN SEASON?

BC is home to some of the greatest fresh produce in the world! So what's in season this month for those of us who love to eat local?



July Veggies	July Fruits
• Beans, Beets, Broccoli	• Apricots
• Carrots, Chard, Corn	• Blackberries, Raspberries,
• Kale, Leeks, Lettuce	• Gooseberries, Strawberries
• New Potatoes, Radishes,	• Cherries
• Spinach	• Currants
• Shallots, Tomatoes, Zucchini	



Traditional Medicinals® Citrus Ginger Sparkling Tonic

INGREDIENTS

- 2 **Traditional Medicinals®**
Organic Lemon Ginger Tea Bags
- 1/2 cup Boiled water
- 2 tbsp Honey
- 2 Limes
- Sparkling Water
- Candied Ginger (optional)

DIRECTIONS

1. Brew 2 tea bags with 1/2 cup boiling water and let steep for 10 minutes. Squeeze out excess tea from bags and compost.
 2. Add 1 tbsp honey into each cocktail glass.
 3. Squeeze half of a lime into each glass and stir well until the honey is dissolved.
 4. Split the cooled tea between the two glasses. Add in ice, top with sparkling water, a lime wedge, and a slice of candied ginger (optional).
 5. Drink and enjoy
- Makes 2 Servings**



Discover

MEAT BURGERS

BY CHEF ANTONIO

Believe it or not, the first literary reference of burgers dates back to the early 1800s. Records show, however, that it wasn't until 1904 that burgers first made their appearance at the Louisiana World Expo. Since then, North Americans haven't looked back.

Today, burgers are a definite staple in the North American diet. Every fast food chain has its own version of a traditional burger, but I'm here to talk about the best kind of burger there is: the homemade burger.

While I love a good veggie burger, today I want to talk about more traditional options. Beef is the typical meat of choice for burgers. A really simple beef burger mix involves taking ingredients more commonly used as toppings and tossing them into the actual mixture. A handful of finely chopped onions, a dollop of mustard and ketchup and salt and pepper mixed in with beef is really delightful and surprisingly flavourful.

I should stress here that I am against using any form of binder in my meat-based burgers. Save the breadcrumbs and eggs for your meatloaves and meatballs. Remember, though, you can't make the mixture too wet, otherwise you'll have a scramble on your hands instead of a solid patty.

Going beyond beef gets good, too. Although beef hits the spot, I'm here to tell you that your patty has more potential. Bison, turkey and lamb have all gained in popularity over the past few years. Each imparts a unique flavour and will give your homemade burger a boost if you're looking for a departure from regular beef.

Season your ground lamb with roasted garlic, mint and a splash of balsamic vinegar. Take that turkey and add finely chopped bacon to it along with a bit of maple syrup and cracked pepper. Of course, fresh herbs are always a good idea when burgers are on the brain.

No matter what masterpiece mixture you've created, always test it before forming and cooking the patties. Fry up about 1 tablespoon of your mixture then taste to see if you need to add anything else. Never taste a raw ground meat mixture.

Once the meat mixture is perfected, a burger isn't complete without garnishes. These can go a million different ways. Go with classic cheddar, bacon and roasted onions or if you're feeling a bit more adventurous, experiment with different kinds of cheeses and grilled or pickled vegetables. Think smoked provolone with grilled zucchini, blue cheese with fig compote, sautéed mushrooms and Brie, roasted tomatoes and fresh boconcini.

Here are a few last words of wisdom for you: spice up your mayo to complement your meat and cheese choices, put relishes and pickles to good use and always use fresh burger buns.

That ought to be enough to get you started firing (over wood or charcoal is best), grilling, frying or broiling those homemade burgers.



BEEF BURGER QUICK FACTS

- The term hamburger comes from Hamburg, Germany, where Hamburg steak was a popular dish.
- The hamburger has become a symbol of American cuisine and culture, often associated with backyard barbecues, diners and fast-food restaurants.
- The largest hamburger ever made weighed over 2,000 pounds.



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 Health Benefits of Local Produce

By: Anna Pepperdine BSc. Choices Nutrition Consultant

At Choices, we love giving you a variety of local produce all year round. When you shop locally, you're not just getting fresh produce – you're also backing your local farmers. And when you grab what's in season, you're also in for the tastiest, most nutritious treats. That's because the produce spends less time getting from A to B, keeping all those good-for-you vitamins, minerals, and antioxidants intact.

Here's a closer look at some of the nutritional powerhouses you'll find in our produce section this summer:

Spinach: A nutrient powerhouse packed with vitamins A, K, and iron, spinach can support bone health, and fight inflammation.

Cucumber: Refreshing and hydrating, eating cucumbers is a great way to help increase your water intake on a hot summer's day.

Beets: Known for their vibrant color, beets are abundant in antioxidants and fiber, which may contribute to lower blood pressure, reduced inflammation, and improved digestive health.

Cherries: Bursting with antioxidants, cherries can aid in reducing inflammation, muscle recovery, and promoting better sleep. Plus, their fiber content supports digestive health.



Quinoa Yogurt Fruit Bowl

By: Vishnu Vida, BSc, MSc, Choices Nutrition Consultant

INGREDIENTS

1/2	Rinsed Quinoa	1/2 tbsp	Hemp Seeds
1 cup	Water	1/2 tsp	Tumeric
1 cup	Yogurt	1/4 tsp	Black Pepper
1/4 cup	Milk	1/2 tsp	Salt (optional)
1/2 cup	Pomegranate kernels (or any seasonal fruits)		

DIRECTIONS

1. To prepare the Quinoa & Yogurt Fruit Bowl, start by cooking the quinoa. Rinse $\frac{1}{2}$ cup of quinoa under cold water, then combine it with 1 cup of water in a saucepan. Add a pinch of turmeric and pepper for flavor. Simmer over medium-low heat with the lid on until fully cooked, which takes about 15-20 minutes. Once cooked, let the quinoa cool.
2. Next, prepare the Quinoa Yogurt Base. Slightly mash the cooked quinoa with a spoon. In a separate bowl, whisk together 1 cup of yogurt (curd) and $\frac{1}{4}$ cup of milk. Add a pinch of salt to the yogurt mixture and mix well. Combine the mashed quinoa with the yogurt mixture.
3. To assemble the bowl, take a serving bowl or glass. Layer the quinoa yogurt base at the bottom. Sprinkle pomegranate kernels over the yogurt layer. Optionally, add other fruits like sliced bananas, local berries, or mango chunks. Finish by sprinkling half a tablespoon of hemp seeds on top.
4. Serve the quinoa yogurt bowl immediately or refrigerate it for a refreshing snack. The combination of creamy yogurt, nutty quinoa, sweet pomegranate, and crunchy hemp seeds makes this bowl both nutritious and delicious!

Makes 2 Servings

Your Guide To Choosing The Freshest Local B.C. Produce

Hey Neighbour! Are you looking to savor the taste of the freshest fruits and vegetables that B.C. has to offer? Look no further! From juicy berries to crisp apples, B.C. is a treasure trove of delicious local produce. But with so many options available, how do you ensure you're picking the best ones? Don't worry, we've got you covered with these handy tips for choosing the freshest local fruits in B.C.

- 1. Know the Seasons:** One of the first steps to finding the freshest local fruits is to know what's in season. B.C. boasts a diverse climate, offering a wide variety of fruits throughout the year. From strawberries and cherries in the summer to apples and pears in the fall, each season brings its own delightful bounty. By shopping in season, you'll not only enjoy fruits at their peak flavors but also support local farmers.
- 2. Check for Ripeness:** When selecting fruits, it's essential to assess their ripeness. Different fruits have different indicators of ripeness, so it's helpful to know what to look for. For example, ripe berries should be brightly colored, plump, and free from mold or mushy spots. For stone fruits like peaches and nectarines, give them a gentle squeeze - they should yield slightly to pressure without being too soft. And for apples and pears, look for firm, unblemished skin with a pleasant aroma.
- 3. Support Local Farms:** Buying local produce not only ensures freshness but also supports the local economy and reduces carbon emissions associated with transportation. Look for Buy BC stickers to know if you are choosing local.
- 4. Storage and Handling:** Once you've selected your fresh local fruits, it's essential to store them properly to maintain their freshness. Most fruits should be stored in the refrigerator to slow down ripening and prevent spoilage. However, some fruits, like tomatoes and bananas, should be kept at room temperature to ripen fully. Avoid washing fruits until you're ready to eat them, as excess moisture can promote mold growth.
- 5. Ask Questions:** Don't be afraid to engage the Choices Nutrition Team! Did you know Choices has in-store Nutrition Consultants at each of our locations? Ask to book a complementary tour with one of our Nutrition Consultants to help you find local products!

By following these simple tips, you'll be well on your way to enjoying the freshest local fruits that B.C. has to offer. Whether you're indulging in a sweet summer berry or biting into a crisp autumn apple, supporting local farmers—one delectable bite at a time!





PREFERRED SHOPPER SPECIALS

JULY 1 - 15 ONLY!

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



Chosen Foods Avocado Oil Organic Mayonnaise
Also Vegan
332 mL or 355 mL

\$9⁹⁹

Our Classic Mayo is made with 100% pure avocado oil and is 1000% delicious.



GT's Organic Kombucha
1.4 Litre

\$9⁹⁹ Plus Deposit, Recycling Fee Where Applicable

Fully fermented for 30 days in small batches, this probiotic powerhouse is potent.



Katjes Plant-Based Gummies
170g

2 FOR \$6⁰⁰

Discover Katjes, the world's #1 plant-based gummy candy brand with no animal gelatin, palm oil or high fructose corn syrup.



49TH Parallel Organic Coffee
340g

\$14⁹⁹

Based in Vancouver, British Columbia, 49th Parallel endeavours to sustainably source and craft exceptional coffee.



Silk Non-Dairy Beverage
1.89 Litre

\$5⁴⁹ Plus Deposit, Recycling Fee Where Applicable

We believe in the power of food. Especially the flavour-packed, earth-friendly power of plant-based food.



Angie's Boomchicka Pop Popcorn
125g - 198g

\$4⁹⁹

Crush your cravings with Angie's BOOMCHICKAPOP Ready-to-Eat Popcorn.



Söta Organic Adaptagen Teas
355 mL/ 6-Pack

\$2²⁹ / \$12⁹⁹

Plus Deposit, Recycling Fee Where Applicable

An old world tradition, in harmony with nature.



Olympic Yogurt
Organic or Greek
650 mL

\$5⁹⁹ / \$6⁴⁹

Enjoy. Good nature. Good people. Good yogurt.

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



Daydream Sparkling Water
355 mL

\$2⁹⁹ Plus Deposit, Recycling Fee Where Applicable

Daydream is a refreshing and sparkling blend of wellness, perfect for enhancing every moment.



Earth's Choice Organic Coconut Oil
350 mL/675 mL

\$9⁹⁹ / \$14⁹⁹

Coconut milk and cream are the perfect, dairy-free alternatives for baking and savoury dishes.



Tofutti Cutties and Spreads
8-Pack/Spreads, 227g

\$4⁹⁹ / \$3⁴⁹

These creamy treats are adorable, dairy-free and delicious.



M'Lord Artichoke Hearts
Also Miniature Corn Cobs
398 mL

\$3⁹⁹

Potassium, calcium, as well as vitamins B and C are among the many nutrients that are found in significant amounts in artichokes.



PREFERRED SHOPPER SPECIALS

JULY 16 - 31 ONLY!

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DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Que Pasa
Tortilla Chips
& Salsa**

156g - 350g/420 mL

\$349

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



**Gerolsteiner
Carbonated
Mineral Water**
750 mL

2 FOR \$700
Plus Deposit,
Recycling Fee
Where Applicable

Natural and refreshingly neutral taste.



**Ryvita
Crispbreads**
125g - 250g

\$299

Whole grain rye crispbread topped with toasted grains and seeds.



**Rico N'Lalo
Frozen Fruit Bars**
4-Pack

\$469

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



**Olympic
Organic Yogurt**
Plain, 1.75 kg

\$1199

We only use 100% natural source ingredients and fresh milk from cows who live close to our dairies.



**Zevia
Tea & Energy
Beverags**
Also Sleek Soda
355 mL

\$199
Plus Deposit,
Recycling Fee
Where Applicable

With 120 mg caffeine from green tea leaves, zero sugar and zero calories, a can of Zevia Energy is packed with pure energy.



**Rustichella
Pastas**
500g

\$649

High quality pasta imported from Italy.



**Red Crown Organic
Pomegranate Juice**
1 Litre

\$799
Plus Deposit,
Recycling Fee
Where Applicable

Cold-pressed, organic, not from concentrate - the finest flavours of 100% pomegranate juice.

NOURISHING LIFESTYLES SINCE 1990



**Asian Family
Water Chestnuts
& Bamboo Shoots**
Also Select Sauces
227ml

\$149 / \$299

Adds crispness and texture to any stir-fry dish or salad.



**Hot Kid
Want Want
Crackers**
100g

\$269

Rice cakes with incredible crispy crunch.



**Hardbite
Potato Chips**
128g & 150g

2 FOR \$600

Nothing Artificial ALL POTATO. NO COUGH.



**Nando's
Peri-Peri & Perinaise**
250 mL & 450 mL

\$599

Delicious on almost anything, Nando's range of Peri-PERI sauces combine flavour with heat that will satisfy.



Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices.

STRAWBERRIES



Rich in antioxidants like vitamin C, strawberries can reduce inflammation, while their fiber content can support heart and digestive health.

Incorporating these locally sourced foods into your diet can enhance your overall health and well-being. From bolstering immunity to aiding digestion and supporting heart health, these nutritious options offer a flavorful and wholesome way to nourish your body.

CHERRIES

Get ready, it's cherry season! Cherries make a great beach snack and weekend cherry-picking is a fun family activity! We are also proud to say we source our cherries locally and offer a wide variety (did someone say Rainier?). Further, cherries are a sweet way to get in more fibre on a hot summer day!



GREENS

You may have heard of "an apple a day", but what about a serving of greens a day? Leafy greens like kale, spinach and lettuce are important sources of antioxidants, fibre and a wide variety of vitamins and minerals. Make your salads fun this summer



by mixing up your variety of greens and adding nuts, fruit and a tasty salad dressing!



Choices Summer Salad

By: The Choices Market Nutrition Team

INGREDIENTS

- 2 cups** Arugula
- 1 cup** Chopped orange or red cherry tomatoes
- 1 cup** Diced cucumber
- 1/2 cup** Sliced Strawberries
- 4 stalks** Chopped Basil
- 1/4 cup** Crushed Peanuts
- 1/4 cup** Feta (optional)
- 6 tbsp.** Honey Tamarind Dressing (or serve to taste)

DIRECTIONS

1. Add all ingredients to a bowl except dressing.
2. Mix, add dressing to taste.

WE USED

CHOICES SALAD

Have you tried our tasty salad dressings yet? Choices Salad dressings are made in house and use whole food ingredients with no added preservatives whatsoever. They are rich in healthy fats and antioxidants which are important to reduce risk of heart disease.

Try our favourites:

- Glory Dressin
- Honey Tamarind Dressing or Lemon Mint Dressing.





WELLNESS CENTRE SPECIALS

JULY 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**AOR
Quercetin**
100 Capsules

\$49⁹⁹

- Powerful antioxidant • Pure, high-dose quercetin
- Citrus-free for those with sensitivities



**Vitality Digest
+Enzymes**
60 Tablets

\$22⁹⁹

VITALITY targets the root causes of indigestion, bloating and stomach distress to soothe digestive upset, reduce inflammation and support the absorption of nutrients for energy.



**Purica
Adrenal Support**
120 Capsules

\$52⁹⁹

- Reduces cortisol levels, alleviating stress impact
- Supports cardiovascular health
- Provides antioxidants for overall well-being



**Sloth MD
African Aloe**
60 Capsules

\$49⁹⁹

- Natural Relief from constipation • Non addictive potent colon cleanser • Laxative and Stool softener.



**Enerex Limitless
Protein**
450g

\$59⁹⁹

Organic and bio-fermented seed-based protein. Highly digestible, 22g complete protein per serving.



**Omega-3
NutraCleanse
Fibre**
420g/1 kg

\$18⁹⁹ / \$33⁹⁹

A delicious, organic flaxseed blend rich in fibre & nutrients for a healthy inside.



**Palma Christi Gold
Organic Castor Oil**
120 mL/240 mL

\$15⁹⁹ / \$24⁹⁹

Palma Christi is a non sticky, organic castor oil that penetrates quickly and completely.



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

\$15⁹⁹ / \$19⁹⁹

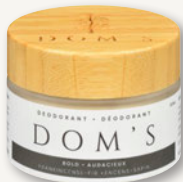
Gently cleansing, our shampoo will remove the grease from your hair without the use of sulphates or harsh chemicals.



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

\$7⁴⁹ / \$11⁹⁹

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



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

\$15⁹⁹

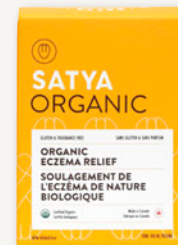
- 100% Natural • 85% Organic • Extra-strength
- All day odour control • 100% recyclable and reusable glass jar.



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

20% OFF

Premium Certified Organic Skin Care Products. 100% natural, results based, Environmentally Conscious for Healthy Glowing Skin With Anti-Aging Benefits.



**Satya Organic
Eczema Relief**
10 mL/30 mL

\$11⁴⁹ / \$27⁹⁹

Soothe your eczema in a snap with Satya's dermatologist-tested and pediatrician-approved eczema balm.



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**Healthology
Lung-FX Formula**
90 Capsules

\$32⁹⁹

LUNG-FX works by supporting the lungs' natural defense systems. It contains expectorant herbs to help you break down and expel mucous. It promotes detoxification to protect the lungs from damage caused by pollutants and toxins. It contains anti-inflammatories and antioxidants to heal and soothe damaged lung tissue.

- LUNG-FX works by supporting the lungs' natural defense systems
- It contains expectorants to help break down mucous, promotes detoxification to protect the lungs from damage caused by pollutants and toxins
- Contains anti-inflammatories and antioxidants to heal and soothe damaged lung tissue.



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

\$21⁹⁹ / \$38⁹⁹

Most vitamin E supplements contain only one form - D-Alpha-tocopherol - and often the synthetic form. There are eight compounds that make up the vitamin E family, all present in Vitamin E8, including four tocopherols and four tocotrienols. They are extracted from vegetable oils and are present in their natural, fully active, unesterified form. Likewise, food contains all eight compounds, to which our bodies are accustomed. Vitamin E8 also provides plant squalene and beta-sitosterols, all non-GMO certified.



**Garden Of Life
Proteins**
Assorted
Varieties & Sizes

20% OFF

- Raw Organic All-In-One is a delicious organic snack-on-the-go packed with incredible nutrition to support your busy lifestyle! • This nutritional shake uniquely combines the goodness of multiple Garden of Life products in one, basically fitting the benefits of seven products in its one container!
- Raw Organic All-In-One delivers 20g of clean protein per scoop from 13 raw sprouted ingredients, along with greens, fiber, probiotics, enzymes, plus 21 vitamins and minerals
- 20g Protein • 44 Superfoods • 7g Fiber • 21 Whole Food Vitamins and Minerals • 120 Calories • 1g sugar • 28 Servings
- Helps build lean muscle when combined with regular training and a healthy balanced diet • Helps to maintain immune function • Helps to maintain healthy bones, hair, nail and skin
- Comes in four delicious flavors: Vanilla, Chocolate, Lightly Sweet and Vanilla Chai • Certified USDA Organic and Non-GMO Project Verified protein • Certified Gluten-Free, Certified Vegan, Kosher • Made without dairy or soy ingredients • No filler ingredients, artificial colors, flavors, sweeteners or preservatives.



**Organika
Electrolytes**
Assorted Varieties
210g

\$39⁹⁹

Introducing Organika's newest electrolyte flavour - Iced Tea. In before summer, you can now hydrate all day every day and feel refreshed from the inside out. With no sugar, no caffeine, just pure thirst-quenching hydration. Our formula also contains prebiotic fibre that helps support the growth of beneficial flora, promoting overall gut health. Simply add to water for a tasty and hydrating drink with 0g of sugar.



**Bio-K
Probiotics**
Assorted Varieties
12-Pack

\$42⁹⁹

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.



**Derma•E
Sun Protection
Mineral Powder
SPF 30**
4g

\$25⁹⁹

Derma E's Sun Protection Mineral Powder SPF 30 is a unique dermatologist-recommended sun protection powder that can be easily applied for all-day protection and worn with or without makeup for a natural flawless finish. Formulated with chamomile extract that works to soothe and calm the skin, plus green tea which delivers rich antioxidants to the skin. This Sun Protection Mineral Powder SPF 30 from Derma E helps to protect the skin from harmful UVA/UVB rays, simply apply with brush liberally and evenly to face, neck, and décolleté in a circular motion before sun exposure.



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**Salus Organic
Beet Crystals**
200g

\$24⁹⁹

The drying procedure from organic red beet juice produces a product containing all of the valuable constituents of the fresh beets and is naturally sweet tasting and instantly soluble.



**Innotech
Liquid Fermented
Probiotics**
500 mL

\$35⁹⁹

Premium triple fermented food beverage which contains beneficial microbes that are essential for maintaining balanced micro-flora in your gastrointestinal tract.



**FeraPro
Iron Supplement**
100 Capsules

\$46⁹⁹

A holistic and proprietary blend of iron, vitamins, and cofactors, designed to optimize oral iron replacement therapy.



**Progressive
VegeGreens**
Assorted
Varieties & Sizes

25% OFF

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



**Platinum Naturals
Total Vision Care**
60 Softgels

\$53⁹⁹

A blend of powerful antioxidants including lutein esters and zeaxanthin that supports visual acuity in conditions such as age-related macular degeneration and helps reduce the risk of developing cataracts.



**Sea-licious
Omega-3
EPA + DHA**
250 mL/500 mL

\$28⁹⁹ / \$43⁹⁹

Sea-licious prides itself on being a 5-star IFOS-certified omega-3 oil, the highest quality fish oil on the market, excelling and exceeding in quality assurance.



Seaweed Bath Co.
Hair Care or Body Wash,
354 mL/Body Cream or
Lotion, 118 mL - 177 mL

\$12⁹⁹ / \$14⁹⁹

A salve for the body and soul, our trusted approach to skin and hair begins and ends with the sea.



**Maple Organics
Natural Pharmacy
Remedies**
25 mL/60 mL

\$17⁹⁹ / \$26⁹⁹

Our anti-inflammatory and analgesic natural ingredients bring fast, long-lasting pain relief to your aching joints.



**Pur Potent WOW
Essential Oils**
Assorted
Varieties & Sizes

20% OFF

Essential oils from Canada 100% pure & organic aromatherapy products.



**EpsomGel
Pain Relief Solution & Epsom Bath Salts**
Assorted
Varieties & Sizes

20% OFF

Epsomgel™ pain relief solution effectively relieves pain and inflammation to keep you active. A unique water based solution that absorbs quickly and is non irritating for everyday use.



**Nature's Aid
Shampoo &
Conditioner Bars**
Assorted Varieties
60g

\$9⁹⁹

Nourish and protect your locks with our easy-to-use, natural shampoo bars while saying goodbye to plastic!



**Refresh Botanicals
Facial Care**
Assorted
Varieties & Sizes

20% OFF

This gentle, sulphate-free cleanser softly melts away dirt, impurities, and makeup while conditioning even dry, sensitive skin.



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

20% OFF

Natural Factors Pycnogenol is made from the highest quality French maritime pine bark harvested from natural forests with no pesticides and no herbicides. Pycnogenol is one of the most potent natural antioxidants. Additionally, it is anti-inflammatory, increases nitric oxide levels, and supports collagen and hyaluronic acid production. Pycnogenol can help reduce symptoms of perimenopause and knee osteoarthritis and address age-associated inflammation and free radical damage.



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

20% OFF

Anderson's Elete and Citrilyte -Harvested a little earlier in., leaving a little of the natural sodium chloride. Added potassium making them the perfect electrolytes for athletes or anyone needing to stay hydrated. Elete has been shown in a peer reviewed and published study to increase the hydration power of water by 72% compared to purified water alone

- Balance and purity make it the most compatible of any supplement for long term safe use.
- Naturally ionic; 100% absorbable or bioavailable.
- Supersaturation, meaning that it contains the maximum amount of minerals that can physically be present in this liquid



**Leafsource
Humic-Fulvic
Acid Complex**
60 Capsules/120 Capsules

\$27⁹⁹ / \$45⁹⁹

Start Feeling Good Again with Humic and Fulvic Acid Complex by LeafSource® It's derived from a 100% natural, organic, prehistoric rain forest that existed millions of years ago. LeafSource® contains a spectrum of health-boosting, natural organic acids, derived exclusively from ancient fossilized tropical vegetation.

Its has an identical matrix structure to Himalayan SHILAJIT, but a better Humic to Fulvic Ratio, Harvested in the USA (smaller footprint and cleaner ingredient) as well as No Heavy Metals guarantee!



**Atrantil
IBS Relief**
90 Capsules

\$39⁹⁹

Atrantil is a first class, patented, clinically proven solution that targets IBS where it starts - in the Small Bowel. This combination of active polyphenols naturally works to reduce the incidence of bloating, abdominal discomfort, changing bowel habits (constipation & diarrhea) and for many effectively addresses issues of gluten sensitivity. They have powerful antibacterial and antifungal properties and work to reduce inflammation. Take 2 capsules 3 times daily until relief is achieved. Maintenance dosing is recommended at 2 to 3 capsules daily. Finally, IBS Relief, it's what we do!



**Lokhia
Anti-Nausea
Chewables**
30 Tablets

\$21⁹⁹

Unleash the power of natural medicine with Lokhia's unbeatable combination of ginger and Vitamin B6, expertly formulated by a naturopathic doctor to combat nausea. Lokhia anti-nausea chewables is an all natural alternative to anti-nausea drugs. The powerful combination of ginger and vitamin B6 has been carefully curated to help you navigate nausea without the fatigue.

- Dairy Free
- Nut-Free
- Cruelty Free
- Vegan
- Made In Canada



**Salus Organic
Black Radish Juice**
200 mL

\$15⁹⁹

It takes almost 350 g of plant to make a bottle of Salus fresh plant juice. Our attention to harvesting early morning at optimum ripeness and specialized pressing and bottling within hours, means the whole goodness of the fresh plant makes it to you: phyto-nutrients, minerals, vitamins, enzymes, saponins, tannins, trace elements, bitters, mucilage, and etheric oils. This complex of active ingredients is contained as a natural composition of the undiluted juice in concentrated form and is particularly easily absorbed by the body. These plant juices provide a high bioavailability of nutrients and are absorbed quickly. Black Radish juice is used in Herbal Medicine to help relieve digestive disturbances such as dyspepsia and to help increase bile flow.



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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

CHOICES MARKET

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319 Island Highway East

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Discover the LARGEST Selection of Wellness Choices on Vancouver Island



Your Choice for Wellness

Discover the largest number of vitamins, supplements and natural body care items on Vancouver Island to balance, restore and rejuvenate your body and mind.



Need Help?

We're here to help you navigate our extensive collection of wellness products. Simply speak to a member of our Wellness Team for one-on-one advice that's suited to your health needs.



Live Pure

Stop by Pure Integrative Pharmacy for your prescription compounding and explore the widest assortment of professional-grade supplements you will find on the island to ensure your optimal health solutions.



Pure INTEGRATIVE
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Saturday 9am - 5pm | Sunday 10am - 4pm