

THE

CHOICES MARKET



HEARTBEET

October, 2024

DISCOVERING FAIRTRADE

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Discover Cocoa Powder ~ BY CHEF ANTONIO, pg 5

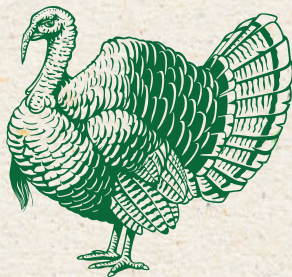
Women's Health Tips ~ pg 6

HEY NEIGHBOUR!

HERE'S
WHAT'S HAPPENING
AT CHOICES MARKET

Stop by The Choices Deli for All Your Thanksgiving Needs!

Making a big dinner for the holidays can be intimidating!
Let the Choices Deli be your secret to success. We can take care of any part of your holiday meal with our pre-made specialties. From turkey roasts, to a rainbow of side dishes, to the gravy, we've tirelessly perfected our recipes to make sure they're worthy of your table at home. Don't forget, our bakery also makes an amazing pumpkin pie alongside other great desserts and dinner rolls!



Fairtrade Month

October is Choices' celebration of everything Fairtrade! Choices is one of the most dedicated Fairtrade retailers in the country. We're constantly recognized as a Fairtrade retailer of distinction, and we are proud to say that we've won Fairtrade retailer of the year multiple times! We believe in the power of Fairtrade as a way to promote developing industries and promoting sustainable growing practices.



FAIRTRADE

MONTHLY GIVEAWAY

ENTER TO WIN!

1 of 4 - Year's Supply of VIP & Echowclean Cleaning Products!

Echowclean and VIP Cleaning Products are biodegradable and locally made in BC.



Name: _____

Phone Number: _____ Choices Location: _____

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

Contest open from October 1-31, 2024. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Market and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Market for publicity purposes. Entries can be dropped off at any Choices location. Winner is responsible for picking up their prize from the Choices Market location of their convenience. There can be no repeat winners for Choices contests throughout 2024.

SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

NOURISH & KNOWLEDGE NIGHTS

Hosted by: **The Choices in-store Nutritionists**

Join us for our monthly in-store interactive nutrition education events!

We will have snacks and giveaways so sign up to learn new nutrition tips and win prizes!

**Select stores only, snacks and drinks provided.*

Dates, Times & Locations:

Kitsilano - Oct. 1st, 7pm - 8:30pm

North Vancouver - Oct 3rd & 12th, 6pm - 7:30pm

South Surrey - Oct. 2nd, 7pm - 8:30pm

Abbotsford - Oct 2nd, 7pm - 8:30pm

Kelowna - Oct. 9th, 7pm - 8:30pm

OCT.
IN-STORE

Free Event

There is no age restriction; all are welcome but this event is geared at those 19+ year olds

This is an exclusive event with limited availability, registration required.

Scan the QR Code to Register:



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



Navigating Perimenopause

with **Aeryon Ashlie, Founder of Aeryon Wellness.**

Perimenopause and menopause do not have to be a battle. At different points in our lives, we can experience hormonal imbalance. From puberty, PMS, perimenopause, menopause and post menopause. Understanding how to support your body during these times is essential to feeling and looking your best. Learn support strategies that can be implemented NOW to support you during this amazing time of transition.

Backed by the latest in scientific research this seminar will look at the difference between pre-menopause and peri-menopause plus provide strategies that will support your body during this amazing time of transition.

Join Founder of Aeryon Wellness, Aeryon Ashlie, for enlightening seminar, as we discuss how you can "Navigate Perimenopause."

Dates, Times & Locations:

• **Kelowna** - Oct. 9th • **Abbotsford** - Oct 15th

• **South Surrey** - Oct. 22nd • **Kistilano** - Oct. 23rd

OCTOBER

7pm - 8:30pm

IN-STORE

Free Event

Scan the QR Code to Register:



OCTOBER

28

6:30pm - 8pm

IN-STORE
PARKSVILLE

Scan the QR Code to Register:



HORMONES & WEIGHTLOSS

with **Aeryon Ashlie**

Learn how hormones regulate metabolism, hunger, and body fat distribution, and discover science-backed strategies to optimize your hormonal health for effective weight loss. This seminar will empower you with knowledge and practical tips to kickstart your weight loss journey onto a path of sustainable success. Don't let hormonal imbalance hold you back - unlock your potential today!

Sponsored By: Aeryon Wellness



DISCOVER

FAIR TRADE COCOA POWDER

BY CHEF ANTONIO



It didn't take long for the pre-Columbian inhabitants of South and Central America to first learn how to turn to the pods of beans that grew from the cocoa tree into cocoa powder. Whether it was for the delicious energy boost or for more spiritual reasons, this wild evergreen tree from the Amazon was domesticated over 5000 years ago. By the late 1800's the cocoa tree was planted in many sub-tropical countries, where it thrived. Today, over sixty percent of the world's three million tonnes of yearly cocoa production now comes from Ghana and the Ivory Coast.

There are three main varieties of cocoa plant, but most of the cocoa beans we consume are from one varietal, the Forastero. Criollo and Trinitario are the other varieties and are specialty niche production, considered to be a delicacy by many. The trees produce pods inside which are cocoa beans. The first step is to ferment and dry the beans. After further process, cocoa butter (75%) and chocolate liqueur are obtained. Processing the liqueur will finally yield cocoa powder.

On the market, you will find two kinds of powder, Dutch process cocoa powder (aka alkalized cocoa), and natural cocoa powder. The second is acidic and bitter compared to the processed. It is important to note that depending on your recipe, they are not always interchangeable. Sauces, drinks, ice cream, brownies and more can use either of the two, but any recipe involving leavening (like cookies or cakes) will require using the correct type of cocoa powder specified on the recipe. Cocoa is definitely a staple of the dessert menu. Just let your imagination float among the infinite variations of chocolate cookies, cakes, brownies, ice creams, soufflés, and so much more.



Since cocoa has such a rich nutrition profile, and wonderful taste, it's great to use it to add variation to your morning routines to start your day. Sprinkle a little in your yogurt, on top of your muesli or mix it in to your morning smoothie. Remember that cocoa also contains two stimulants, caffeine and theobromine. It's a great morning pick me up if you're not in the mood for coffee.

If now you are ready for lunch and dinner ideas, I suggest starting with chicken mole. This rice and spicy sauce is a unique treasure. Chili con carne with some savory cocoa powder added in could be your new secret ingredient for a rich and delicious meal. Pork and beef marinades and rubs with cocoa powder might be your newest tool for your upcoming summer barbeque roasts and ribs. Don't stop there. Keep exploring with the magic of this delicious and versatile powder and you won't be disappointed.

However you choose to use your cocoa powder, remember to always buy Fairtrade. That little mark of distinction not only shows that you are getting a premium product, but also guarantees that some of the love that we have for this divine ingredient gets passed on to the hard working farmers. They really deserve it.



COCOA POWDER FACTS

Origin:
Cocoa powder is made from cacao beans, which are dried, fermented, and ground after removing the cocoa butter.

Types:
There are two main types: natural cocoa powder (acidic and bitter) and Dutch-processed cocoa powder (alkalized and milder).

Nutrients:
It's rich in antioxidants, particularly flavonoids, and contains minerals like magnesium and iron.



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.



Breast Cancer Awareness Month: Reducing Your Risk

By, Anna Pepperdine, B.Sc., Choices Nutrition Consultant Kelowna

Let's dive into a topic that's close to our hearts, reducing breast cancer risk. What we eat can play a role in our overall health, and when it comes to breast cancer prevention, a few lifestyle adjustments may make a difference.

1. Load up on veggies! Leafy greens like spinach and kale are chock-full of antioxidants and fibre, which help keep our cells healthy and happy. Adding colourful veggies like bell peppers and carrots amps up our intake of essential vitamins and minerals, helping to support our immune system.
2. Next up, berries! These little powerhouses—think strawberries, blueberries, and raspberries—are bursting with antioxidants and protect our cells from damage. Plus, they're a tasty and satisfying snack or topping for yogurt or cereal.
3. Healthy fats are also key players in keeping us healthy. Omega-3 fatty acids, found in fatty fish, like salmon and nuts such as walnuts, not only support heart health but may also lower our risk of breast cancer. They're like the superheroes of the nutrition world—shielding our cells and ensuring everything runs smoothly.
4. Now, let's talk stress. Chronic stress can wreak havoc on our bodies, affecting everything from our immune system to hormone levels. Finding ways to manage stress—whether it's through meditation, exercise, or spending time with loved ones—is crucial for overall well-being.

Fabulous at 50: 9 Key Nutrients for Women's Health

By, Vishnu Vida, B.Sc., M.Sc., Choices Nutrition Consultant

Turning 50 is a significant milestone that brings changes in nutrition needs, especially for women. Adopting a nutritious diet can promote healthy aging and reduce the risk of age-related health issues.

- **Protein:** Essential for maintaining muscle mass and strength. Include lean meats, fish, eggs, dairy, legumes, nuts, or soy at each meal.
- **Calcium:** Vital for bone and nerve health. Include dairy products, fish with soft bones, green leafy vegetables, cruciferous vegetables, cereals, soy, nuts, and beans.
- **Vitamin D:** Crucial for bone health and immunity, especially as the skin's ability to produce vitamin D from sunlight decreases with age. Include cod liver oil, salmon, canned tuna, mushrooms, fortified milk, juices, lentils, and eggs. Consider supplementation, especially in winter.
- **Magnesium:** Helps with conditions like osteoporosis, fatigue, diabetes, anxiety, and depression. Include green leafy vegetables, nuts, seeds, and whole grains regularly.
- **B-complex:** B vitamins work in harmony to manage sugar levels, maintain liver health, and stabilize brain function. Include folic acid-rich foods like greens, nuts, peas, beans, liver, and kidney. For Vitamin B3 & B6 opt for meat, poultry, fish, beans, and whole wheat bread, bananas, whole grains, cereals, and dairy. Since Vitamin B12 absorption declines with age, fortify foods, with supplements if necessary to meet your needs.
- **Omega-3 Fatty Acids:** Support cardiovascular health, reduce inflammation, and maintain cognitive function, bone strength, joint health, and skin elasticity. Found in fatty fish, walnuts, and ground flax seeds.
- **Vitamin C:** Maintains collagen, adrenal glands, and immune function. Include citrus fruits, peppers, broccoli, tomatoes, and fortified cereals.
- **Vitamin E:** Also sometimes considered as “menopausal vitamin” Relieves hot flashes and acts as an antioxidant. Include wheat germ oil, eggs, greens, cereals, and nuts.
- **Fluids:** Essential for hydration, kidney function, skin health, and cognitive performance. Drink at least 8 glasses of water daily and consume water-rich foods like watermelon, zucchini, cucumber, and greens.

DISCOVERING FAIRTRADE



FAIRTRADE

1. What does Fairtrade mean?

The Fairtrade mission is to support the principles of trade justice and sustainable development. Small-scale farmers and agricultural workers are among the most marginalized by the global trade system. Fairtrade is a third-party certification system that is 50% governed by producers, that aims to build a model of trade that ensures better prices, decent working conditions, no child labour, sound environmental practices, and strong business relationships.

2. How does Fairtrade products support farmers?

For most commodities, Fairtrade establishes a minimum price, which acts as a safety net when market prices are low. Through the minimum price, Fairtrade helps farmers become more income-secure and less vulnerable to market uncertainty. Additional income through Fairtrade Premium supports improvements to product quality and productivity, strong cooperatives, investment in collective assets, and local infrastructure.

3. Does supporting Fairtrade products have a social impact on Fairtrade farmers?

Yes! Fairtrade empowers farmers by helping them organize into cooperatives, improving their negotiating position within the supply chain. Workers on larger farms are protected by the Fairtrade Standards, which ensure better working conditions, and health and safety measures. The Standards promote gender equality, and prohibit child and forced labour. The Fairtrade Premium is often invested in community projects, such as health facilities, schools, housing, and clean water.

4. How can you tell if a product is Fairtrade?

Good news! Any product that is certified Fairtrade will bear the Fairtrade logo so it's easy for you to identify Fairtrade products.

5. What Fairtrade products can you find at Choices Markets?

We are proud to support a variety of Fairtrade products at Choices. In fact, did you know Choices was one of the first pioneers to offer Fairtrade bananas at our stores! Particularly you can find Fairtrade:

- Bananas
- Avocadoes
- Chocolate
- Coffee
- Tea
- Body Products and more!

If you are looking to learn more about Fairtrade products book a complementary nutrition tour with our in-store nutritionists.

To book email: nutrition@choicesmarket.com





PREFERRED SHOPPER SPECIALS

OCTOBER 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Bob's Red Mill
All Purpose Flour**
2.27 kg

\$5⁹⁹

Our All-Purpose Flour is unbleached, unbromated, enriched baking flour milled from the highest quality North American wheat.



**Prana Organic
Dried Fruits**
Selected Varieties
or Organic Raw Pumpkin
Seeds, 150g & 250g

\$6⁹⁹

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



**Anita's
Organic Flours**
Selected Varieties
1 kg

\$5⁹⁹

At Anita's, our grains come from Canadian farmers, and are milled in Chilliwack, BC.



**Simply Organic
Vanilla Extract**
118 mL

\$19⁹⁹

An essential ingredient in baking, vanilla just makes everything better!



**Simply Organic
Spices**
Selected Varieties
Glass Bottle

\$4⁹⁹

Spices sourced from all over the world to get you the best organic flavours available.



**Simply Organic
Gravy Mixes**
24g & 28g

\$1⁹⁹

Simply Organic® uses ingredients grown and processed without the use of toxic pesticides, irradiation, or genetically engineered products.



**Kettle Brand
Potato Chips**
Kettle Cooked or Air Fried
Selected Varieties
156g & 198g

\$3²⁹

Here at Kettle Brand we strive to be mindful of our environmental footprint. In 2019 we launched an initiative that uses 43% less packaging than before.



**PORTA
Tradizione Italiana
Roman-Style Pizza**
365g - 430g

\$11⁹⁹

FROM OUR TABLE TO YOURS PORTA brings the best of Italy to you.

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



**Pulp & Press
Organic Juice**
355 mL

\$5⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Organic, cold-Pressed and with Zero GMOs.



**Tofurky
Plant-Based
Roast**
with Stuffing, 736g

\$17⁹⁹

A savoury blend of wheat and tofu, the roast is filled with a flavourful wild rice and bread crumb stuffing.



**Uncle Luke's
Organic Maple Syrup**
500 mL

\$13⁹⁹

Uncle Luke's Organic™ 100% pure Canada Grade A Maple Syrup.



**Liberté
Méditerranée Yogurt**
500g

\$4⁴⁹

Yogurt is crafted from milk and cream with a texture that's the richest and creamiest on the market; Crafted the Liberté way.



PREFERRED SHOPPER SPECIALS

OCTOBER 16 - 31 ONLY!

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



Kicking Horse Organic Ground Coffee
284g

\$11.99

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



Stash Tea Bags
18's & 20's

\$4.49

Wide Selection Of Teas — Keeping Your Hands Warm & Hearts Full Since 1972.



Liberté Greek Yogurt
750g

\$6.99

Requiring three times more milk than a regular yogurt, our Greek yogurt is high in protein.



Organic Meadow Organic Milk
2 Litre

\$6.49

Plus Deposit, Recycling Fee Where Applicable

We set ourselves a high bar to use old world methods and well-treated animals to craft fresh, organic dairy products.



Silk Non-Dairy Beverage
1.75 Litre & 1.89 Litre

\$5.99

Plus Deposit, Recycling Fee Where Applicable

How will you enjoy the smooth taste of plant-based Silk Beverages? Probably with a great big smile on your face!



Organic Traditions Organic Cacao
227g

\$8.49

The perfect healthy alternative to baker's cocoa, perfect for baking, homemade hot chocolate and desserts.



Fentiman's Botanically Brewed Beverages
4-Pack

\$9.99

Plus Deposit, Recycling Fee Where Applicable

Exquisitely crafted with the finest natural ingredients.



GT's Raw Kombucha
480 mL

\$3.99

Plus Deposit, Recycling Fee Where Applicable

GT's Kombucha is the most authentic kombucha you can buy.

NOURISHING LIFESTYLES SINCE 1990



EchoClean Liquid Laundry Detergent
2.95L or Dish Liquid, 740 mL

\$14.99 / \$3.69

Established in 1951, V.I.P. Soap Products proudly calls Vancouver, British Columbia, Canada home.



Savör Organic Flatbread Crackers
142g & 156g

\$3.69

Delicious with your favourite spread, alongside soup or salad or rounding out your cheese board.



MID DAY Squares



\$1.99

Satisfies hunger. Plant-based + fibre & protein.



Righteous Gelato & Sorbetto
473 mL

\$6.99

Our mission is to enrich people's lives, one tiny spoonful at a time. We just happen to do it by making gelato.



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.

TREE ISLAND YOGURT

If you haven't tried Tree Island Yogurt now is the time! This BC based yogurt company sources only the highest quality ingredients and creates a variety of yogurts like: Cream Top, Greek, Fruit (made with real fruit), and Dairy Free. Yogurt is high in calcium and protein, and we promise Tree Island is the creamiest yogurt you'll find!



SPAGHETTI SQUASH

It's squash season! Mix up your squash variety this fall by adding in spaghetti squash. Not only is it high in vitamin A for eye sight and fibre for fullness, but it also is very versatile! Spaghetti squash can be used as a side dish, in a casserole and of course as a noodle replacement (or addition) to your favourite pasta meal.

LEEKs

Leeks are an underrated, versatile and flavourful vegetable. Yes, they can be used in soups, but don't sleep on using leeks as the star of the plate! Try sauteing diced leeks with a bit of soy sauce, hot sauce and tahini or sun butter to create a savory creamy side dish that will truly steal the spotlight.





Protein Packed Veggie Stirfry

By: The Choices Market Nutrition Team

INGREDIENTS

- 1 pkg. RightRice
- 1 cup Snow Peas
- 1 cup Mushrooms (diced)
- 1 cup Red Peppers (sliced)
- 2 pkgs. Smoked Tofu, 180g per pack (cubed)
- 4 tbsp. Low Sugar Teriyaki Sauce
- 1 - 2 tbsp. Avocado Oil

DIRECTIONS

1. Cook RightRice as per package instructions.
2. Sauteé Vegetables on low to medium heat until slightly soft.
3. Add chopped, Tofu and sauteé for 5 minutes.
4. Serve vegetables on tofu on RightRice with teriyaki sauce.

Makes 4 Servings

WE USED

RIGHTRICE

Looking for an easy way to make a quick nutrient dense meal? RightRice contains 11 g of protein and 6 grams of fibre per serving and cooks in 12 minutes! Serve up with a side of veggies and crispy tofu for a protein packed plant, base meal

Who said plant-based eating can't be simple and delicious?





WELLNESS CENTRE SPECIALS

OCTOBER 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Salus
Floradix & Floravit**
500 ml/ 250 ml
Shrink wrapped
& Bonus Packs

\$49⁹⁹

Floradix Liquid Iron Formula is clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy.



**Botanica
Organic Proteins,
Greens & Herbal
Supplements**
Assorted
Varieties & Sizes

20% OFF

Botanica Ashwagandha Liquid Capsules are an adaptogenic herb that help to restore nervous and immune system health to normalize mood and energy levels.



**Canprev
Inno-Q-Nol &
Nattokinase
Supplements**
Assorted
Varieties & Sizes

20% OFF

Reduces the risk for cardiovascular disease, boosts energy levels and more.



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

20% OFF

Natural Factors ECHINAMIDE Anti-Cold Fresh Herb Tincture contains clinically proven and certified organic echinacea, used in herbal medicine to help fight off infections, especially of the upper respiratory tract.



**Tropic
Super Concentrate
Chlorophyll**
100 mL/ 250 mL

\$12⁹⁹ / \$24⁹⁹

Chlorophyll is known to enhance the effects of vitamins and minerals and plays an important role in digestion.



**Genuine
Health Greens+
Supplements**
Assorted
Varieties & Sizes

20% OFF

11 Energizing vitamins, minerals & amino acids in just 1 scoop.



**Active Humans
Natural Deodorant**
30 mL/ 60 mL

\$15⁹⁹ / \$24⁹⁹

Anything but ordinary, the sophistication of our spray application allows for a perfectly clean, long lasting daily wear deodorant.



**La Luna
Candles**
Assorted
Varieties & Sizes

20% OFF

The "JOURNEY FROM HOME" candle collection is an invitation to travel.



**Nature's Aid Healing
or Moisturizing
Skin Gel**
Assorted
Varieties & Sizes

20% OFF

A truly natural, truly unique, multi-purpose product blended with aloe vera, tea tree, witch hazel, rosemary and vitamin E.



**Andalou Naturals
Body, Face and
Hair Care**
Assorted
Varieties & Sizes

25% OFF

Unlock the power of Fruit Stem Cell Science® and the illuminating qualities of Magnesium Ascorbyl Phosphate (aka vitamin C) to promote skin radiance.



**Dr. Jentschura
AlkaBath**
75 mL/ 750 mL

\$4⁴⁹ / \$28⁹⁹

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



**Seaweed Bath Co.
Body Care**
Assorted
Varieties & Sizes

25% OFF

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



WELLNESS CENTRE SPECIALS

OCTOBER 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Nordic Naturals
Fish Oils**
Assorted
Varieties & Sizes

20% OFF

Ultimate Omega® delivers the #1 omega-3 in the U.S.—for heart, brain, and wellness support—in every delicious daily serving.*

- 1280 mg total omega-3s (soft gels); 2840 mg total omega-3s (liquid).
- Our most popular concentrate, recommended by doctors worldwide.
- Made exclusively from 100% wild-caught sardines and anchovies.
- Fresh lemon taste.
- Award winner! 10+ industry awards, including Delicious Living's Best Omega-3.



**Herbaria
Wild Crafted
Herbal Teas**
25 tea bags

\$4⁹⁹

Herbaria is another company with a long tradition. Established in 1949, this amazing organization provide us with great natural herbal teas. All of the ingredients are of the highest quality and made from wild-crafted herbal ingredients. Herbaria's main focus is on purity but they also put lots of emphasis on health and how certain plants affect us. Although the company is quite old, it never stops developing and improving. There is a team of proactive researchers behind it, constantly developing new items. Furthermore, ingredients used by Herbaria are certified by the Research Institute for Medicinal Plants in Hungary.



**Jems
Natural Latex
Condoms**
Condoms 3pk/
Lubricant
80 mL

\$3⁹⁹ / \$16⁴⁹

Jems is a condom designed to challenge a toxic industry. Focusing on clarity and simplicity, we use only what's essential—natural latex and 100% silicone lube, nothing more. With every non-toxic, vegan, gluten + cruelty-free, ultra-thin condom we make, Jems is committed to tackling outdated notions around sex and sexuality and including a broad spectrum of people and experiences. Our aim is to normalize safer sex for all by producing body safe condoms. Inside Jems you'll find absolutely no parabens, paraffins, talc, benzocaine, nonoxonyl-9, glycerine, acetyl alcohol or spermicide. (AKA no toxic ingredients.) Never use oil-based lubes like Vaseline, lotion or coconut oil with Jems condoms, as oil can cause the latex to break down. Water-based and silicone lubes, on the other hand, are safe and can increase comfort. Female founded – female owned Gen Z's favourite safer sex brand. We've ditched toxic stereotypes and harmful ingredients in an effort to change the way this generation feels about safer sex—and how condoms are seen and sold.



**Purica
Recovery Supplements**
Assorted
Varieties & Sizes

20% OFF

Glucosamine hydrochloride reduces and relieves pain associated with osteoarthritis. MSM helps relieve the joint pain associated with osteoarthritis. Vitamin C helps the development and maintenance of cartilage; the formation of connective tissue, and assists in wound healing. Vitamin C and Vitamin E are antioxidants for the maintenance of good health. Magnesium helps to maintain proper muscle function.

- Reduces and relieves pain associated with osteoarthritis.
- Helps relieve the joint pain associated with osteoarthritis.
- Helps the development and maintenance of cartilage.



**LeafSource
Shilajit with Humic
Fulvic Acid**
60 caps/ 120 caps

\$29⁹⁹ / \$48⁹⁹

Start Feeling Good Again with Leafsource@Shilajit contains humic fulvic acid complexes. 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.

- Pure Clean Shilajit
- Trusted North American Source
- Science Backed
- Supports Bone Health
- Enormous Positive testimonials
- 3rd Party Tested
- No Chemicals or Heavy Metals



**Colour Energy
Dead Sea Salts**
600g / 1kg
Coarse or Fine

\$12⁴⁹ / \$18⁹⁹

FOR PHYSICAL, MENTAL & SPIRITUAL CLEANSING
Since ancient times Dead Sea Salts have been known for their therapeutic and healing powers that even the Ancient Egyptians used in their beauty treatments. The Dead Sea is one of the world's richest sources of minerals. Therefore, the salts that come from the Dead Sea have a high mineral content, containing more than 25 different types of minerals. The intense salinity of the Dead Sea, with its extreme content of salts and minerals, does not exist anywhere else in the world. Dead Sea Salts contain high concentrations of Magnesium (aids in maintaining the proper pH balance), Sodium (helps to maintain water balance within the body), Potassium (supports muscular elasticity), Calcium (hypo-allergenic, supports bones), and Bromine (relaxing, anti-inflammatory) to name a few of their healing properties.



WELLNESS CENTRE SPECIALS

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Ask us for details in store.



Sisu Ester-C Supplements
Assorted
Varieties & Sizes

20% OFF

Better absorbed and more bioavailable due to the active vitamin C metabolites only found in Ester-C.



A.Vogel Echinaforce
Assorted
Varieties & Sizes

20% OFF

Used to treat painful inflammation and infection of the throat such as pharyngitis, tonsillitis, soreness and hoarseness.



Manitoba Hemp Harvest Hemp Yeah!
Assorted
Varieties & Sizes

20% OFF

Our line of protein powders offers a variety of options for getting that plant-based nutrition you need.



Omega-3 NutraCleanse Fibre
420 mL / 1 Kg

\$19.99 / \$34.99

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



Gandalf Hawaiian Spirulina
Assorted
Varieties & Sizes

20% OFF

Gandalf Spirulina, a natural superfood with combination of 10 essential nutrients for good health, boost and energy, brain health, cardiovascular health.



Progressive Probiotics
Assorted
Varieties & Sizes

20% OFF

Perfect Probiotic 60 Billion is an extra strength probiotic for daily use and supports digestive health.



Dr. Tung's Natural Oral Care
Assorted
Varieties & Sizes

25% OFF

Tongue Cleaning is the BEST remedy for bad breath, and Dr. Tung's is the #1 selling tongue cleaner!



Epsom Gel & Bath Soaks
Assorted
Varieties & Sizes

20% OFF

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



Palma Christi Organic Castor Oil
120 mL / 240 mL or kit

\$15.99 / \$25.99

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



routine. Natural Deodorants and Solid Perfumes
Deodorant, 50-58 grams/
Solid Perfume, 15 grams

\$24.99 / \$34.99

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



Life Candy Shampoo or Conditioner
1L

\$23.99

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.



Jusu Facial Care
Assorted
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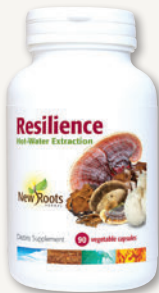
Crafted with a blend of natural ingredients, this cream provides the perfect balance your skin craves



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New Roots Herbal's medicinal mushroom extracts are hot water extracted and standardized to contain a minimum 40% polysaccharides. Hot water extraction is critical to ensure that all active constituents are released from the mushroom, intact and bioavailable. They are tested for identity, purity, and potency in our ISO 17025-accredited analytical laboratory. This ranks them among the purest and most potent extracts on the market. They are encapsulated in non-GMO, vegan-friendly capsules.



**Natural Factors
WellBetX Berberine**
60 Capsules/ 120 Capsules

\$19⁹⁹ / \$36⁹⁹

If you're working on maintaining your blood sugar or cholesterol already within the healthy range, you need to know about AMPK – your body's metabolic master switch. When this switch is activated, you supercharge your body's ability to metabolize blood sugar and cholesterol.* How can you "turn on" this switch? With berberine, a plant alkaloid found in goldenseal and Oregon grape root.* Our berberine is sustainably sourced from barberry and provides a clinically studied amount of 500 mg per vegetarian capsule, so you reap all the berberine benefits.

- Supports blood sugar balance*
- Helps maintain already-normal cholesterol levels*
- Supports healthy insulin sensitivity and weight management*



**Healthology
Soluble Fibre
Blend**
210g

\$23⁹⁹

Insoluble fibre does not completely break down and is left intact as "roughage" as it moves through the digestive tract. Think of it like the fibrous parts of celery. Soluble fibre, as the name suggests, dissolves in water and it becomes a gel-like substance in our digestive system. It is found in beans, seeds, lentils, oats, barley and some fruits and vegetables. Think of it like the sticky consistency of oatmeal: the gel-like matrix slows digestion to provide a variety of health benefits. SOLUBLE FIBRE BLEND provides 5 grams of soluble fibre from a Certified Organic, non-GMO blend of Baobab and Acacia fibres that help to manage weight, lower cholesterol, reduce heart disease risk, and promote healthy digestion. It does not contain artificial sweeteners, colours, sugars, or additives, and is less likely to cause constipation than psyllium-containing formulas. SOLUBLE FIBRE BLEND provides a natural food source of fibre in an easy to consume form that helps us to supplement our daily soluble fibre intake.



**Enerex
Black Oregano**
75 Softgels or 30mL

\$28⁹⁹

Revolutionary synergy. Black Oregano merges potent wild-crafted Oregano Oil with therapeutic Black Seed Oil. Enhanced with Vitamin A and Vitamin D3, for profound immune support. What sets us apart? We use an active therapeutic base oil, not ordinary options like olive or MCT oil, enhancing effectiveness and well-being

- Prevent seasonal cold and flu or speed up recovery
- Supports a healthy and resilient immune system
- Nurtures the development and protection of immune cells
- Bolsters antioxidant defences
- May alleviate cold-like symptoms



**FeraPro
Iron Supplements**
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Varieties & Sizes

20% OFF

FERAPRO™ is a holistic blend of iron, vitamins, and cofactors to prevent and/or treat iron deficiency. The absorption and tolerability of the iron in this blend is enhanced by vitamin C and glycine, while the active forms of vitamin B12 (Methylcobalamin) and folate (5-MTHF) support the growth and function of healthy red blood cells. With only one non-medicinal ingredient and packaged in environmentally friendly glass bottles, FERAPRO™ upholds a standard of being clean and sustainable.

• Now Available in 30mg, 75mg and 150mg Strength



**Newco BroccoGen 10
Broccoli Sprout
Concentrate Supplements**
Assorted
Varieties & Sizes

20% OFF

Newco is committed to reducing harmful chemical damage from toxins that cause free radical production and damage our cells, leading to illness and disease. All Newco products are natural, eco-friendly and made from top grade raw ingredients. Innovative technology allows us to extract the finest ingredients from around the world, with extreme care and precision, and without the use of harsh chemicals or heat. Our exclusive formulas use superior natural ingredients that are easily understood by the body's chemistry. Over 20 years of experience enables us to create leading-edge organic, non-GMO, gluten-free and cruelty-free products to be enjoyed around the world. Extraordinary ingredients produce extremely effective products!

- Each BroccoGen 10® capsule contains sulforaphane glucosinolate (SGS) and Newco's proprietary, stabilized sulforaphane
- NRF2 Protective Protein Activator
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Smog: 5 kg NOx

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