

THE

CHOICES MARKET



HEARTBEET

February 2025

DISCOVER
WALNUTS

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HAPPY VALENTINE'S DAY!

Some people consider February 14th the most romantic day of the year. Here at Choices, we've got everything you need to help make that a reality. From Fairtrade chocolates and body care products to artichoke hearts and strawberries, you'll find it all.



Star of the Season!

Every year during the holiday season, Choices runs a fundraising campaign in support of local neighbourhood houses and food banks across British Columbia.

We'd like to thank our customers for donating to our annual Star of the Season Campaign and helping to make it an incredible success.

In total, we were able to raise \$56,000 with 100% of donations going to local neighbourhood houses.

We hope you'll contribute again next year.



MONTHLY GIVEAWAY

ENTER TO WIN!

1 of 3 - 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 February 1-28, 2025. 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*

Be a part of a fun, educational, and interactive nutrition workshop on healthy goal setting with a certified nutritionist!

Dates, Times & Locations:

- **North Vancouver** - February 6th - (6pm - 7:30pm)
- **Abbotsford** - February 12th - (7pm - 8:30pm)

FEBRUARY
IN-STORE

Scan the QR Code to Register:



Free Event



FEBRUARY
11
 7pm - 8:30 pm

IN-STORE
 KELOWNA
 & KITSILANO

OPEN HEART, HEALTHY HEART: NUTRITION WORKSHOP

Be a part of a fun, educational, and interactive nutrition workshop on healthy goal setting with a certified nutritionist!

FEBRUARY
25
 6pm - 7:30pm
IN-STORE
 PARKSVILLE

FEBRUARY
26
 2pm - 3:30pm
IN-STORE
 SOUTH SURREY

LIVE LONGER, LIVE STRONGER

Be a part of a fun, educational, and interactive nutrition workshop on healthy goal setting with a certified nutritionist!



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



OR SCAN THE QR CODE TO REGISTER



THE GUT-IMMUNE SYSTEM CONNECTION

Join the dynamic mother-daughter duo of Caitlyn and Lorna Vanderhaeghe in an in-depth conversation on the #1 nutritional deficiency in the world and discover the staggering impact it has on our health. Learn about the symptoms and health concerns associated with low iron levels and why it is essential to take an iron supplement, regardless of your age or stage of life. Take advantage of this opportunity to gain valuable insights and take control of your health!

Sponsored By: KidStar Nutrients

FEBRUARY
25
 7pm - 8:30 pm

IN-STORE
 KITSILANO



FEBRUARY
 7pm - 8:30pm
IN-STORE

KITSILANO - 19
SOUTH SURREY - 27

THE AGING HEART: COMBATting CARDIOVASCULAR DISEASE WITH NATURAL STRATEGIES

Join us for an insightful presentation on "Aging Gracefully: Combatting Cardiovascular Disease with Natural Strategies." This session will delve into the various types of heart disease, including coronary artery disease, stroke, and atherosclerosis, along with compelling stats, the controllable risk factors and how heart disease effects men and women differently.

Sponsored By: Prairie Naturals



Valentine's Day Heart Healthy Chocolate Chip Cookies

By: Chris Culhane, RD(t), Nutrition Operations Manager, Choices Market

INGREDIENTS

- 8 oz.** Pitted Dates
(we used the Organic Medjool Dates from Choices)
- 1 cup** Walnuts, chopped (or any nut of your choice)
- 2 tbsp.** Canola Oil (or an vegetable oil of your choice)
- 1** Egg, large
- 1 1/2 tsp.** Vanilla Extract
- 1/4 cup** Rolled Oats
- 1/4 cup** Cocoa Powder
(we used Camino Organic Cocoa Powder at Choices)
- 3/4 tsp.** Baking Soda
- 1/2 tsp.** Cinnamon, Ground
- 1/4 tsp.** Salt
- 1/2 cup** Dark Chocolate Chips

Makes 17 Cookies

INSTRUCTIONS

- 1.** Place dates in a small bowl and add enough hot water just to cover them. Allow to sit until soft, about 10 minutes.
- 2.** Preheat the oven to 350°F (175°C). Line 2 large baking sheets with parchment paper.
- 3.** Remove dates from water, keeping soaking liquid aside. Combine dates, walnuts, and canola oil in a bowl or a large food processor. Pulse several times until mixture forms a paste and no large chunks of dates remain (this may take several minutes). If mixture is too dry, add soaking liquid 1 tbsp. at a time, until a paste-like consistency is achieved.
- 4.** Add egg and vanilla. Pulse to combine. Add oats, cocoa powder, baking soda, cinnamon, and salt. Pulse to combine, scraping down the sides of the bowl as necessary. Fold in chocolate chips (dough will be very sticky).
- 5.** Use a medium cookie scoop to place dough balls 1-inch apart on the prepared baking sheets. Press dough tops down with damp fingers to flatten slightly.
- 6.** Bake in the preheated oven until cookies are just set, 13 to 15 minutes. Allow to cool on the baking sheets for 5 minutes before moving them to a wire rack to cool completely. Keep stored in the refrigerator until ready to serve and enjoy!

WALNUTS

BY CHEF ANTONIO

One of my favourite childhood memories is the arrival of fall and the last few summer storms. We'd switch from foraging berries and stone fruit to the first walnuts being knocked out of the tree. It was always a race to find them before the wildlife did. We would dye our hands from the ripened husks and then feel joy when cracking the season's first nuts. Today, the only walnut harvest I still do is the green fruit in early summer. I like them for my small personal production of Nocino, a traditional Italian digestive liqueur.

Walnuts can be purchased in the shell, which if properly dried can be stored in a cool place for at least four months, or

shelled, which are a bit more delicate but more convenient.

Once purchased I suggest you refrigerate your walnuts in an airtight container, up to 6 months.

Extremely rich in healthy fats, walnuts in small amounts are the perfect daily snack. On their own or mixed with other nuts and dried fruit they add a nutritional crunch. Breads, squares, cakes and many more things are some of the endless recipes that can be found. Why not make some walnut ice cream? Delicious! Use them in breading to crisp up meat or fish. In sauces, from pesto to spreads. Many traditional eastern European and Middle Eastern dishes can be found with walnuts as a main ingredient. As a garnish in soup or roasted vegetables. You could easily write a 500 course menu using walnuts. Just go nuts!



WALNUT FACTS:

Health Benefits:

Walnuts look like little brains, and are also good for yours.

Walnuts are rich in healthy fats, particularly omega-3 fatty acids (alpha-linolenic acid), which are essential for heart and brain health.

While nutrient-dense, walnuts are also calorie-dense, providing about 185 calories per ounce.

Types:

There are two main types of walnuts: English (or Persian) walnuts, which are the most commonly consumed variety, and Black walnuts, which have a stronger flavor and harder shell.



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.

Foods That Protect Against Cardiovascular Disease

By: Chris Culhane, RD(t), Nutrition Operations Manager,

Here's a deeper look at a few foods linked with decreased risk for cardiovascular disease and in some cases, a protective effect against heart attacks and strokes.

1. Soluble Fibre: Soluble fibre is a unique type of fibre that dissolves in water and helps form a gel-like consistency. This is one of the most important foods shown to decrease LDL or "bad" cholesterol and help regulate blood sugars as well. Good sources include oats, barley, psyllium husks, quinoa, beans, peas, apples, and avocados. With adding more fibre it's crucial to start in small amounts and add more gradually. Adding too much fibre when our bodies aren't used to it can lead to stomach pain and discomfort.

2. Healthy Fats (from Plants and Seafood): One of the biggest negative impacts on our cholesterol comes from eating too much trans and saturated, or animal, fats. Thus, having a diet rich in healthy fats, particularly omega-6, can help replace the unhealthier fats and have been linked with improving cholesterol levels and protecting against cardiovascular disease. Foods highest in omega-6 fats are canola oil, grapeseed oil, walnuts, pine nuts, sunflower seeds, avocados, salmon, sardines, and herring.

3. Legumes: Legumes or beans are a great source of soluble fibre, protein, vital nutrients and minerals. They're a great food to have in the form of hummus (chickpeas) or dips, soups, chillies, salads, or on their own like in tacos or beans on toast. Another example of a legume would be in the form of tofu or tempeh (soybeans). There's quite a bit of misinformation and fear around tofu currently, but dietitians and research show that there's no cause for concern and that soybeans are an excellent source of protein and fibre. If you're someone who's sensitive around legumes try using tofu first.

Cholesterol and Exercise

By: Chris Culhane, RD(t), Nutrition Operations Manager,

When talking about cholesterol, you'll often hear LDL cholesterol referred to as "bad," and HDL cholesterol as "good." The current clinical perspective is that labeling them as bad or good may be a bit too simplistic but can certainly help illustrate things for the public.

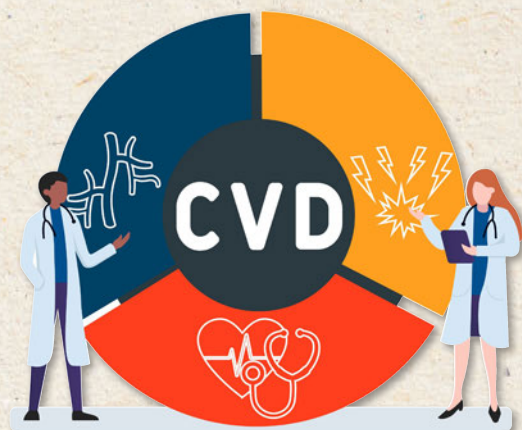
So, what is cholesterol? Cholesterol is a waxy-like substance made in our liver and transported throughout the body via the blood. It has many vital functions but perhaps most importantly, it is crucial for digesting and metabolizing fat from our food.

Cholesterol is made in our body and recycled constantly.

LDL cholesterol isn't necessarily "bad," but it is the form that can collect and build-up in our blood vessels and arteries, increasing risk for heart attacks and strokes. Whereas HDL cholesterol is responsible for collecting other forms of cholesterol in the bloodstream and taking it to the liver to be recycled and reused. Thus, you can see where the names "bad," and "good," come from.

One of the biggest impacts on LDL's is our diet. Contrary to what most people believe, HDL's are less impacted by diet and more to do with physical activity. The current Canadian recommendation is for people aged 18-64 to engage in 2.5 hours of physical activity per week, emphasizing aerobic exercises (brisk walking, jogging, cycling, swimming, etc.) to promote heart health. But like many things, it's important to not adopt an all-or-nothing approach. If you're someone who lives a sedentary lifestyle, start with exercise once a week and in a form you enjoy such as dancing, walking your dog, yoga, or aqua aerobics among other things.

Choices and Cardiovascular Disease



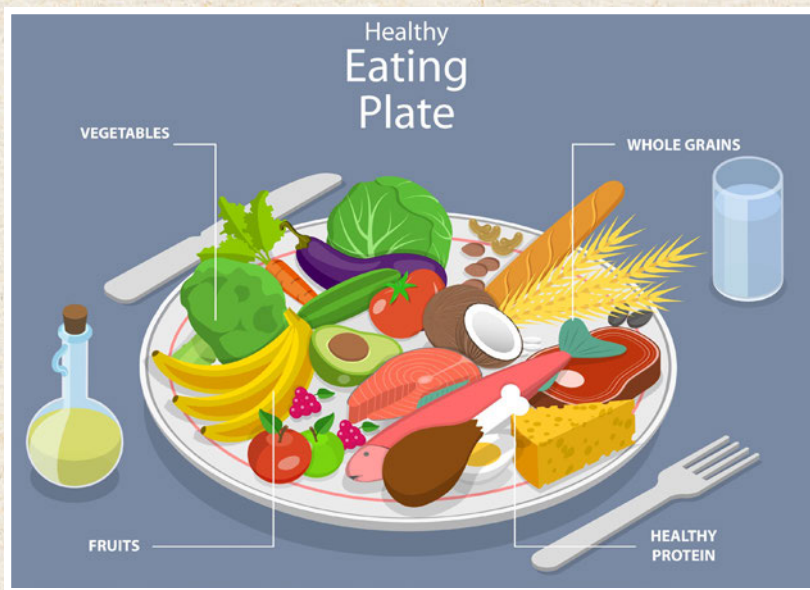
By: Chris Culhane, RD(t), Nutrition Operations Manager, Choices Market

There are several things that can increase a person's risk for heart attack, stroke, and cardiovascular disease. This includes high cholesterol, high blood pressure, diabetes, excessive alcohol consumption, smoking, obesity, respective family history, lifestyle, and diet.

Having a relatively high LDL (or "bad") cholesterol, low HDL (or "good") cholesterol, high blood sugar, high blood pressure, higher waist circumference, a sedentary lifestyle, and diet high in saturated fats and low in vegetables and grains can drastically increase someone's risk for cardiovascular disease. However, when talking about cholesterol for example, two of the most important things to consider is diet and family history.

One of the single best things anyone can do to promote their overall health and longevity, while decreasing risk for cardiovascular disease and diabetes, is adopting the Balanced Plate Model. This model is the key component to the current Canada's Food Guide and is founded on input from hundreds of Canadian dietitians and research papers.

To eat this way, it is recommended that at each meal: 1/2 of your plate be fruit and vegetables, 1/4 of your plate a lean protein choice, and 1/4 of your plate as whole grains. Another way to visualize this is that at each meal: aim for two handfuls of fruit and vegetables, a protein about the size of your palm and thickness of your pinky, and a fistful of whole grains. Eating this way can improve your energy levels, overall health, and protect against countless diseases.





PREFERRED SHOPPER SPECIALS

FEBRUARY 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



Alter Eco Organic Chocolate Bars
75g-84g

\$3.79



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



Patience Organic Pure Cranberry Juice
946 mL

\$9.99

Plus Deposit, Recycling Fee Where Applicable

Simply pure organic cranberry juice.



La Cocina Tortilla Chips
300g-400g

\$4.49

Live up your meals with our selection of gluten-free tortilla chips.



Sota Organic Sparkling Tea & Adaptogens
6-Pack

\$12.99

Plus Deposit, Recycling Fee Where Applicable

Sota is made with the best blend of organic teas, healing adaptogens and real fruit extracts.



Greenhouse Organic Oat or Almond Beverage
946 mL

\$5.99

Plus Deposit, Recycling Fee Where Applicable

For over a decade, we've embraced the purity of organic farming to make delicious beverages that nourish your body and the planet.



Say When Organic Chai
946 mL

\$5.99

It's the perfect pick-me-up.



Cha's Organics Organic Coconut Milk
Also Organic Coconut Cream, Selected Varieties
400 mL

\$3.99

1% of the sales of this product will go towards protecting Sri Lanka's wild elephants.



Faith Farms Cheese
360g & 380g

\$6.99

Perfect for grilled cheese, queso dip or just with crackers.

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



Casbah Couscous
198g & 340g

\$3.99

A convenient, Middle Eastern-style side dish that cooks in only 6 minutes.



Earth's Choice Organic Beans
398 mL

\$2.59

Cultivated and harvested on farms on which a decades-long commitment to organic farming produces the best-tasting beans.



Naam Miso Sauces & Gravy
350 mL

\$6.49



Here is our tasty curry sauce direct from the Naam cooks.



Antico Organic Pasta Sauce
700 mL

\$6.49

Simple and delicious, perfect for a quick, authentic dinner.



PREFERRED SHOPPER SPECIALS

FEBRUARY 16 - 28 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**GT's Synergy
Raw Kombucha**
1.4L

\$10⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Authentically Crafted, Never Compromised. 30-day
Fermentation Handcrafted in 18 L Small Batches.



**Que Pasa Organic
Tortilla Chips**
300g & 350g
Also Salsa, 420 mL

\$3⁹⁹



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



**Ritter Sport
Chocolate Bars**
Selected Varieties
100g

\$4⁴⁹

Quality. Chocolate. Squared.



**Dairyland Organic
Milk**
Selected Varieties
1.89 L

\$5⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

100% Canadian milk From organic farms.
Vitamins A & D added.



**49th Parallel Organic
Whole Bean Coffee**
340g

\$15⁹⁹



Exceptional Coffee. Unwavering Quality & Consistency.



**Organic
Traditions Latte**
150g

\$15⁹⁹

Uplifting, jitter-free energy without the
caffeine crash.



**Nut's to You
Cashew Butter**
Also Organic Pumpkin
Seed Butter, 250g

\$6⁹⁹

Perfectly roasted nuts, made into perfectly
tasty nut butters.



**Suzie's Organic
Buffalo Wing Sauce**
Also Taco Sauce
355 mL

\$5⁴⁹

Organic sauces to make taco or wing night easy.

NOURISHING LIFESTYLES SINCE 1990



**Rolling Meadow
Grass Fed Milk**
2% & 3.8%,
2L

\$5⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Our cows are grass fed and raised responsibly,
on small family farms.



**Explore Cuisine
Organic Chickpea
Pasta**
Also Lentil Pasta,
200g-227g

\$5⁴⁹

We believe that healthy foods grow from healthy hands, hearts
and lives.



**Muir Glen Organic
Fire Roasted
Tomatoes**
796 mL

\$5⁴⁹

Now you can have luscious fire-roasted flavour in
even more of your recipes!



**Earth's Choice Organic
Extra Virgin Olive Oil**
1L

\$25⁹⁹

We consider our quality organic extra virgin olive oil
a health-giving food.



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.

BETTER THAN NOODLES - KONJAC NOODLES

These vegan noodles are relatively high in one of the most important types of fibre, low in calories, and a delicious option for healthier ramen, stir-fries, and potlucks!



SEASNAX SEAWEED

Try these delicious and nutritious seaweed products for an extra boost of healthy fats, vitamins, and flavour!

NAVEL ORANGES

Vitamin C is vital for producing and repairing blood vessels, tendons, cartilage, and skin, and getting adequate vitamin C can help reduce cold and flu symptoms and duration of a cold. These oranges are an excellent source of vitamin C!



STRAWBERRIES

An excellent source of vitamin C, fibre, minerals and antioxidants. Try Choices strawberries for a high-quality fruit for Valentine's Day!



Creamy Alfredo Pasta

INGREDIENTS

- 1 1/2 cups** Earth's Own Soy Unsweetened Original Milk
- 2 tbsp.** Nutritional Yeast
- 1 tbsp.** Cornstarch (mixed in 2tbsp. cold water)
- 1 tbsp.** Lemon Juice
- 1/2 tsp.** Onion Powder
- 1 tbsp.** Olive Oil
- 4 Cloves** Garlic, minced
- 1 tsp.** Salt
- 1/4 tsp.** Black Pepper, ground

TOPPINGS

- Fresh Chives, chopped
- Fresh Parsley, chopped

OTHER

- 250g** Plant-Based Fettuccine

DIRECTIONS

1. Heat olive oil in a saucepan over medium heat. Add minced garlic and sauté for about 1 minute until fragrant.
 2. Add Earth's Own Soy Unsweetened Original M*lk, nutritional yeast, lemon juice, onion powder, salt, and pepper.
 3. Bring the mixture to a simmer over medium heat, stirring frequently.
 4. Once hot, add the cornstarch mixture and stir until the sauce thickens, then remove from the heat.
 5. Cook the pasta according to the package instructions.
 6. Once cooked, add the fettuccine to the saucepan and mix until the noodles are well-coated with the sauce.
- Garnish with chives and fresh parsley, serve it up and enjoy!



WELLNESS CENTRE SPECIALS

FEBRUARY 1 - 15 ONLY!

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



Salus Organic Red Beet Crystals
200g

\$23⁹⁹

Salus Red Beet Crystals blend well into fruit juices, milk and milk products, soups, muesli, cereals, and other dishes and are also delicious when eaten dry.



Canprev Inno-Q-Nol
Assorted Varieties & Sizes

20% OFF

Inno-Q-Nol features ubiquinol, the most bioactive form of coenzyme Q10 available, formulated with a 3-tier approach.



New Roots Vitamin D3 Supplements
Assorted Varieties & Sizes

20% OFF

Vitamin D3 is critical for the absorption and regulation of calcium and phosphorus levels necessary for strong bones, teeth, and nails.



Natural Factors Theracurmin Supplements
Assorted Varieties & Sizes

15% OFF

Curcumin, from the spice turmeric, has powerful anti-inflammatory, antioxidant, and antimicrobial properties that support neurological, cardiovascular, and joint health.



KidStar Nutrients Kid's Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF

BioFe® Iron products that are gentle, non-constipating, and will not upset sensitive stomachs or stain teeth like other common iron supplements.



DoMatcha Matcha Tea Powders
Assorted Varieties & Sizes

20% OFF

Our Matcha teas contain L-theanine, an amino acid that increases alpha waves in the brain, reducing stress and anxiety.



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

\$15⁹⁹

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



Moducare Daily Immune Support
Kids Chewables / Adults 90 Capsules

\$31⁹⁹ / \$35⁹⁹

Moducare combines the nutrients and benefits found naturally in fruits, nuts, seeds and vegetables in to one great supplement!



Badger Botanical Hair Oil
60mL

\$21⁹⁹

Argan oil penetrates deeply to repair damage and smooth split ends, while baobab oil strengthens the hair cuticle and improves elasticity.



Ganesha's Garden Solid Perfume
Assorted Varieties 13g

\$9⁹⁹

Blended with natural, organic beeswax, essential oils, fair trade MCT oil from coconut and safe lab produced ingredients that are completely phthalate, paraben, sulfate, and formaldehyde free.



Andalou Naturals Body, Face Care
Assorted Varieties & Sizes

20% 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 P. Jentschura Hair & Body Brushes
Assorted Varieties & Sizes

20% OFF

The high-quality hair brush from P. Jentschura not only gives your hair a natural shine and prevents dry, brittle ends.



WELLNESS CENTRE SPECIALS

FEBRUARY 1 - 15 ONLY!

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Ask us for details in store.



New Roots Wild Oregano C93
Assorted Varieties & Sizes

20% OFF

Discover New Roots Herbal's Wild Oregano C93—a potent blend with one of the highest carvacrol contents (93%) on the market, sourced sustainably from Turkey's Anatolian mountains.

Hand-picked from plants thriving 1,500 meters (5,000 ft.) above sea level, this *Origanum minutiflorum* oil is steam-distilled and imported directly from the Mediterranean.

Blended with certified organic, cold-pressed olive oil, it offers a bold, smooth flavor profile and a powerful antioxidant boost.



Living Alchemy Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF

Fermented Whole Food Black Garlic is a master antioxidant effective at reducing blood lipid levels. Fermented Black Garlic has higher levels of S-allyl cysteine (SAC), an organosulfur compound shown to have antioxidant, anti-inflammatory, cardioprotective, neuroprotective, and hepatoprotective activities. With Supporting Herbs: Organic Hawthorn (100mg) and Organic Cayenne (50mg). Certified USDA Organic. Vegan, Gluten-Free, and Dairy-Free

- Supports Cardiovascular Health
- May help With Circulation
- Supports Elevated Blood Lipid Levels
- May Relieve Upper Respiratory Symptoms

If you need anything else please let me know.



AOR Nattokinase
60 Capsules

\$31⁹⁹

Nattokinase is an enzyme produced during the fermentation of a traditional Japanese condiment called natto, that helps to support cardiovascular system health. Natto is boiled soybeans that have been fermented with a type of probiotic bacteria (*Bacillus subtilis*).

Just one capsule of AOR's Nattokinase delivers 100 mg of pure nattokinase. Nattokinase activity is measured by the number of "Fibrin degradation units (FU)". AOR's Nattokinase is guaranteed to deliver 2000-2800 FU per serving.

Helps support cardiovascular health
Enzyme produced during the fermentation of a traditional Japanese condiment called natto
A protein-digesting molecule
Vegan-friendly, fermented, derived from whole food



Natural Stacks Dopamine Brain Food
Assorted Varieties & Sizes

25% OFF

Safe and Natural Brain Support Dopamine Brain Food supports the brain's natural pathways of dopamine production and is safe to take every day.

- Helps maintain memory, focus, and cognitive performance even under stressful conditions.
- Naturally supports dopamine production in the brain to provide more mental drive and ambition on a regular basis.
- Provides a multi-ingredient approach for improved cognitive function, memory and healthy neurons over the long-term.



La Luna Pebble Diffuser
Pebble / Oil 15 mL

\$10⁹⁹ / \$11⁹⁹

Escape with the La Luna pre-infused scented pebbles, a natural and stylish solution to elegantly perfume your spaces. Made from plaster, they gently diffuse aromas, creating a soft and continuous ambience effortlessly. Ideal for small spaces: car, bathrooms, closets, drawers, door handles, ... Practical and eco-friendly, they can be refreshed with a few drops of matching scented oils. The oils can also be used in diffusers. Just a few drops are enough to transform your space into a true olfactory journey.



Nena Glacial Facial Care
Assorted Varieties & Sizes

30% OFF

Clinically Proven: Glacial Clay is proven to contain anti-inflammatory and soothing properties, increase collagen production by 70% (anti-aging benefits), reduce oil on the face by 95% and tighten pores after just one application.

Purifying & Softening: Glacial Clay is negatively-charged, making it a powerful magnet for the positively-charged impurities trapped in the skin. Effectively removes dead skin cells and environmental pollutants, revealing a soft and toned complexion.

Natural & Powerful: contains 99% natural Canadian Glacial Oceanic Clay from a pristine source in Northern British Columbia Canada. Glacial Clay has been used for centuries by the First Nation People for its antibacterial properties.

Rich in 60+ Minerals: Glacial Oceanic Clay contains over 60 minerals and rare earth elements beneficial to the skin.

For All Skin Types: including dry, oily, combination, sensitive, and aging skin.

Clean Ingredients: Halal certified, Environmental Working Group (EWG) Verified. Made in Canada in a certified facility.



WELLNESS CENTRE SPECIALS

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**Herbion Naturals
Cough Lozenges &
Cough Syrup**
18-Pack / 150 mL

\$24⁹⁹ / \$8⁹⁹

Herbion Naturals Cough Lozenges with natural Honey-Lemon flavour is a convenient addition to cough syrups.



**Botanica
Organic Herbs &
Supplements**
Assorted
Varieties & Sizes

20% OFF

Discover Botanica's collection of finely-crafted, organic plant-based supplements for your unique path to wellness.



**CanPrev
Vitamin D3 & K2**
120 Softgels / 240 Softgels

\$21⁹⁹ / \$34⁹⁹

D3 & K2 assists the body in the absorption and utilization of calcium and supports the development and maintenance of bones and teeth.



**Omega Nutrition
Pumpkin Seed
Protein**
600g

\$26⁹⁹

This Plant-Based Protein Powder provides health-minded consumers with an alternative to other ultra-processed protein powders on the market.



**Suro
Elderberry Syrup**
Assorted
Varieties & Sizes

20% OFF

Traditionally used in herbal medicine to help fight colds, sore throats, coughs and fevers.



**Prairie Naturals
Vitamins &
Supplements**
Assorted
Varieties & Sizes

20% OFF

Organic fermented superfoods is a source of fibre, calcium and iron.



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

15% OFF

Natural Factors Vitamin C 1000 mg time release tablets are designed to gradually release their contents over an 8-hour period.



**AOR Curcumin
Active or Curcumin
Ultra Vegan**
60 Capsules/Softgels

\$63⁹⁹

Curcumin Ultra® Vegan is an absorbable, free-form curcumin for longer lasting effects.



**Happy Gut
Kefir Grains**
5.4g

\$19⁹⁹

Incorporate more probiotics in your life with water kefir, a natural beverage that is easy to customize with simple ingredients.



**Colour Energy
Dead Sea Salts**
600g / 1 kg

\$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.



**Desert Essence
Hair Care**
237 mL

\$11⁴⁹

Desert Essence's plant-based hair care products – shampoos, conditioners and treatments – are infused with good-for-you ingredients.



**Philip Adam
Hair Serum**
28g

\$33⁹⁹

Made with natural-based ingredients that deliver exceptional performance, our serum transforms your locks into a smooth and shiny masterpiece.



WELLNESS CENTRE SPECIALS

FEBRUARY 16 - 28 ONLY!

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



Purica Menopause Relief - Hormone Rebalance
120 Capsules

\$46⁹⁹

PURICA® REBALANCE Menopause Relief is a carefully curated supplement designed to empower women during menopause, offering freedom and opportunity in this new phase of life. It includes select plants and fungi scientifically recognized for easing menopausal transitions, focusing on safety and efficacy, with benefits like calming hot flashes and preventing mood swings.

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



Nanton Rhoziva
60 Capsules

\$31⁹⁹

- Adaptogens are natural substances that help the body adapt to stressors and maintain balance, there by supporting overall health and resilience.
- Helps the body cope with stress, low mood or anxiousness.
- Rhodiola rosea has been shown to modulate the body's stress response, including regulating the release of stress hormones like cortisol. By doing so, it helps mitigate the negative effects of stress on the body and promotes a sense of calm and well-being.
- Supports energy and stamina
- Rhodiola rosea helps alleviate the suppressive effect of stress on the ability of the cells of the body to produce energy. It enhances cellular energy metabolism and mitochondrial function, which are essential for maintaining optimal energy levels and endurance. This supports physical performance and resilience to fatigue, especially during times of stress or exertion.



Natural Factors WellBetX Berberine
60 Capsules / 120 Capsules

\$21⁹⁹ / \$39⁹⁹

If you're working on maintaining your blood sugar or cholesterol levels, you need to know about an enzyme called AMPK – your body's metabolic master switch. When this switch is activated, you support your body's ability to metabolize blood sugar and cholesterol. How can you "turn on" this switch? One way is 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 support healthy cholesterol levels
- Helps maintain cardiovascular health



Strauss Heart Drops
100 mL

\$81⁹⁹

Our original formula, built on generations of traditional herbal knowledge, and crafted by the Strauss family's unique methods that combines Aged Garlic Extract (AGE) with extracts of seven other herbs in a proprietary process.

Used in Herbal Medicine to help maintain cardiovascular health and reduce elevated blood lipid levels/ hyperlipidemia in adults.

Comes in both Original and Cinnamon Flavour.



Organika Bone Broth
Chicken or Beef,
Original & Ginger, 300g

\$42⁹⁹

"Beef up" your recovery with a tasty, comforting broth! Add this clean, single-ingredient broth powder to your kitchen arsenal for a high protein, high collagen, low sodium alternative to conventional bouillon. Sourced from grass-fed cows from Sweden, our bone broth is free from antibiotics and added hormones.

- Clean, all-natural ingredients
- Sourced from grass-fed cattle
- Free from all hormones and antibiotics
- Non-GMO
- Gluten free
- Keto friendly
- Dairy-free
- Key Benefits
- Gut-healing



Koope Facial Skin Care
Assorted
Varieties & Sizes

20% OFF

Gentle, soap-free, pH-balanced gel cleanser that removes makeup, dirt, and impurities. Packed with moisturizing ingredients key to keeping your skin calm and supple, it features foaming natural amino acids that retain skin moisture and protect against environmental elements. Fragrance-free and non-sensitizing, it leaves your skin feeling clean, soft, and soothed.

- Benefits
- No feeling of tightness afterwards
 - Soothes the skin
 - Softens texture of the skin
 - pH-balanced
 - Fragrance-free



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604.541.3902

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604.522.0936

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604.744.3567

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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

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