

THE

CHOICES MARKET



HEARTBEET

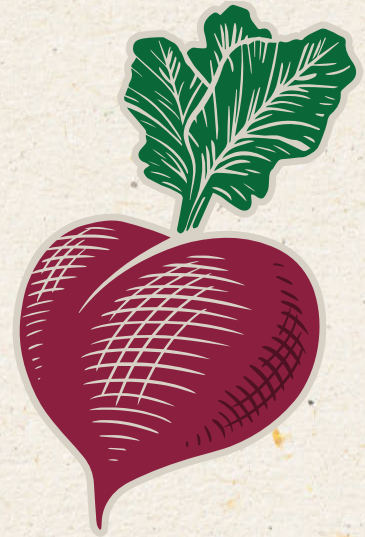
March 2025

DISCOVER ANCHOVIES

BY CHEF ANTONIO pg 5

Introducing Northern Greens Hyperlocal Produce ~ pg 2

Eating for Brain Health ~ pg 7



MARCH IS NUTRITION MONTH!

Every year, the Dietitians of Canada celebrate nutrition month in March. This campaign is meant to help spread awareness and education to up and coming nutrition trends to help build healthy communities. Book an appointment with one of our nutrition specialists at our website:

shop.choicesmarkets.com/nutrition-tours-choices-markets.



NEW TO CHOICES!

Introducing Northern Greens Hyperlocal Produce

This vertically farmed produce is grown right in downtown Vancouver and harvested fresh on morning of delivery to Choices stores. Vertical farms produce between 10-24 times more leafy greens and herbs on the same amount of land as conventionally grown field produce. This is due to more efficient use of vertical space, targeted water and nutrient delivery and the ability to grow year-round.

In 2022, over \$650M of lettuce was imported from the USA alone, primarily from California. Of that, almost 50% of the lettuce didn't make it to consumers due to loss during transportation or food waste.

Northern Greens' unique urban farming model allows them to grow fresh, living and highly nutritious leafy greens and herbs 1700 km closer than imports -- right in downtown Vancouver.

Find out more at northern-greens.ca.



Northern Greens
Freshly grown under the northern lights.

Find Northern Greens at Choices Cambie, Commercial Drive, Kitsilano and Yaletown, with more locations coming soon.

SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

IMPROVING COGNITIVE HEALTH: NUTRITION WORKSHOP

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

Be a part of a fun, educational, and interactive nutrition workshop on brain health with a certified nutritionist! Learn about the different ways you can support and maintain good cognitive health and reduce the risk for neurological disorders like Alzheimer's and dementia.

Dates, Times & Locations:

- Kitsilano - March 11, 7pm - 8:30pm
- Abbotsford - March 12, 7pm - 8:30pm
- Burnaby - March 13, 2pm - 3:30pm
- Kelowna - March 13, 7pm - 8:30pm
- North Vancouver - March 20, 6pm - 7:30pm
- Yaletown - March 24, 6pm - 7:30pm

MARCH

IN-STORE

Free Event



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



OR SCAN THE QR CODE TO REGISTER



MARCH 25

6pm - 7:30pm

IN-STORE

PARKSVILLE

MARCH 26

2pm - 3:30pm

IN-STORE

SOUTH SURREY

LIVE LONGER, LIVE STRONGER

Be a part of a fun, educational, and interactive nutrition workshop on brain health with a certified nutritionist!

Learn about the different ways you can support and maintain good cognitive health, aging gracefully and reducing the risk for neurological disorders like Alzheimer's and dementia.

Free Event

ANCIENT MEDICINE FOR MODERN TIMES

Join us at Choices where we welcome Purica and explore how Ancient TCM, Ayurvedic, and Tibetan Medicines are more relevant than ever in addressing the root cause of modern ailments: stress. For thousands of years, these healing traditions have focused on restoring balance by addressing the core causes of illness, not just the symptoms. In today's fast-paced world, their timeless wisdom offers powerful solutions for stress-related challenges.

MARCH

7pm - 8:30pm

IN-STORE

Free Event

KITSILANO - 18
SOUTH SURREY - 19
PARKSVILLE - 20

Sponsored By:
Purica





Delicious Heart and Brain Healthy Salmon Patties

By: The Choices Nutrition Team

INGREDIENTS

- 1** Small fillet or 500 grams of Choices salmon (fresh, frozen, or canned)
- 1/2 cup** Seasoned dry breadcrumbs
- 1/4 cup** Chopped onion
- 1** Egg, large
- 1 tbsp.** Olive Oil

Makes 6 medium-sized patties

INSTRUCTIONS

- 1.** Gather all the ingredients.
- 2.** Defrost salmon (if necessary), gently pat dry with a paper towel, and set aside on a cutting board to coarsely chop or flake salmon into small chunks. If using canned salmon, drain canned salmon and set liquid aside in a separate bowl.
- 3.** Place salmon in a medium bowl and add breadcrumbs, onion, and egg; mix well with spatula to combine.
- 4.** Shape mixture into patties, adding a touch of water or reserved liquid from salmon if the mixture is too dry.
- 5.** Heat oil in a large skillet over medium heat; add patties and cook until golden brown, about 3-4 minutes per side.
- 6.** Drain on paper towel, serve and enjoy!



ANCHOVIES

BY CHEF ANTONIO

For over 200 years we have benefited from canned fish. Convenient, easy to store and travel with, nutritionally rich and affordable. Tuna, salmon, oyster, sardines come to mind when thinking of shelf stable fish. But don't forget the mighty anchovy. Often associated with the Mediterranean sea and southern Europe, there are actually more than 140 species of anchovy and they're fished around the globe.

The basic canned or glass jarred version you see at stores is the result of salt brining the tiny anchovy fillets and then placing them in oil. Depending on the origin and species, you might enjoy a high quality anchovy fillet straight on a buttered piece of toast. Not for everyone, but to many it has its pleasure.

As an ingredient you will find anchovy in many dishes. You likely have enjoyed a creamy Caesar salad, which traditionally is made with anchovy as a main ingredient. The popular condiment Worcestershire sauce also contains anchovies.

Many traditional peasant dishes use canned anchovies for a unique flavour as well as an affordable source of protein and omega-3 fatty acids. Of course the anchovy cookbook of pasta sauces is huge. Just to mention one, the famous spaghetti ala puttanesca. The little fillets well compliment the other Mediterranean ingredients within this staple of Italian restaurants everywhere. Olive tapenade would be missing a kick without the umami of anchovy. Tempered with fresh lemon, olive oil, parsley, garlic, and canned beans or chickpeas, anchovy can become a star flavour in a salad.

Once you learn to use anchovies, it will be hard to cook without the small, tasty fillet. Let anchovies add some depth to your cooking and make waves of flavor!



ANCHOVIES FACTS:

Small Saltwater Fish:
Anchovies are small, schooling fish found in marine waters. They belong to the Engraulidae family.

Health Benefits:
Anchovies are rich in omega-3 fatty acids, which promote heart health, and contain protein, calcium, and iron.

Low on the Food Chain:
Due to their position low on the food chain, anchovies accumulate fewer toxins compared to larger predatory fish.



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.

Aging Gracefully While Supporting Brain Health

By: The Choices Nutrition Team

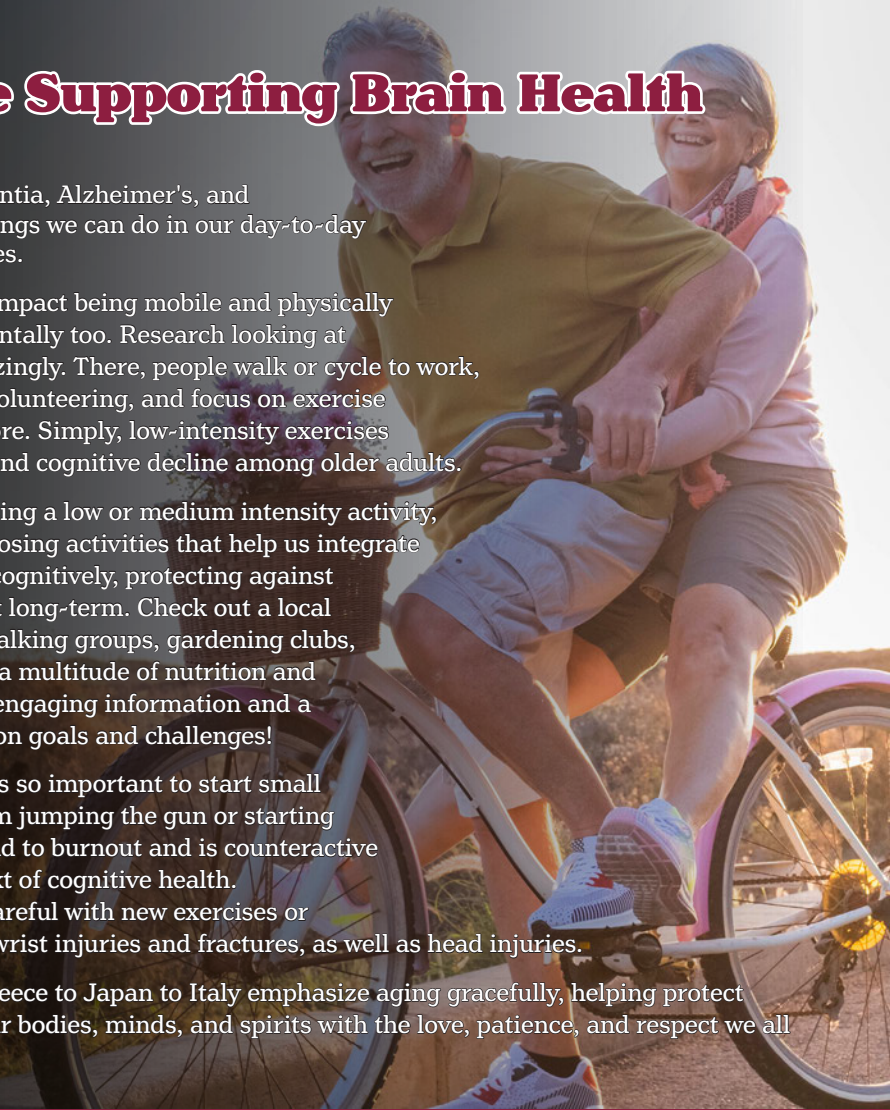
As we age, our risk for cognitive diseases such as dementia, Alzheimer's, and multiple sclerosis increases. Luckily, there are some things we can do in our day-to-day life to help reduce this risk and help us live our best lives.

1. Focus On an Enriching Lifestyle: It's amazing the impact being mobile and physically active everyday can make -- not just physically, but mentally too. Research looking at Blue Zones around the world seem to capture this amazingly. There, people walk or cycle to work, engage with their communities through gardening or volunteering, and focus on exercise and physical activity as a lifestyle and not a task or chore. Simply, low-intensity exercises can greatly promote health and lower risk for injuries and cognitive decline among older adults.

2. Integrate Into a Healthy Community: When choosing a low or medium intensity activity, opt for something that engages your social senses. Choosing activities that help us integrate into a network or community can be hugely beneficial cognitively, protecting against mental illnesses and helping us sustain and maintain it long-term. Check out a local community centre, school, or community bulletin for walking groups, gardening clubs, pottery classes, and so much more. Choices also offers a multitude of nutrition and wellness seminars and workshops for informative and engaging information and a chance to meet like-minded people with similar nutrition goals and challenges!

3. Be Gentle On Your Body, Thinking Long-term: It's so important to start small and gradually work our way up. Picking up injuries from jumping the gun or starting with too intense an activity or unrealistic a goal can lead to burnout and is counteractive to what a healthy lifestyle really looks like in the context of cognitive health. Additionally, it's greatly important to be mindful and careful with new exercises or activities to avoid risk of falls which can lead to hip or wrist injuries and fractures, as well as head injuries.

Looking at how other cultures across the globe from Greece to Japan to Italy emphasize aging gracefully, helping protect against neurological diseases. It's important to treat our bodies, minds, and spirits with the love, patience, and respect we all deserve!



March is National Nutrition Month in Canada *By: The Choices Nutrition Team*

March is national nutrition month here in Canada. This is a great time to reflect and inquire about the countless federal and provincial programs and initiatives highlighting the importance of making informed food choices and developing healthy eating habits. Dietitians of Canada also does an extensive feature on a hot nutrition topic every year in March, certainly something worth checking out.

Here at Choices, there are recurring nutrition and wellness events, seminars, and workshops across our many locations. Customers have a chance to receive free and dietitian-certified informative and engaging nutrition information, engage with other like-minded community members with a passion for food and health, and test nutrition knowledge in fun activities and games for a chance to win prizes and nutrition bucks!

One of the things that sets Choices apart from competitors and other grocery stores is our commitment and passion for community nutrition programming and events. Choices has a rich history going back over 30 years of commitment and dedication to improving the health and well-being of local communities, aligning heavily with those roots and core company values. From collaboration and work with key organizations such as the Capilano Community Services Society, Little Mountain Neighbourhood House Society, and the Parksville Senior's Activity and Drop-in Centre, check out the Choices website or contact your store to learn more about how you can get involved and make a difference in your community.

Visit any of our locations to talk to a certified nutritionist, wellness employee, or get in touch with Choices-own dietitian for more information on nutrition events and programs in your community!



Eating for Brain Health

By: The Choices Nutrition Team

March is National Brain Health Awareness Month here in Canada. This is an important time to reflect on all the vast ways our brains support our well-being and advocate for families and Canadians dealing with brain injuries or diseases. Adequate nutrition isn't just important for brain injury prevention but also to help support those with brain injuries and conditions.

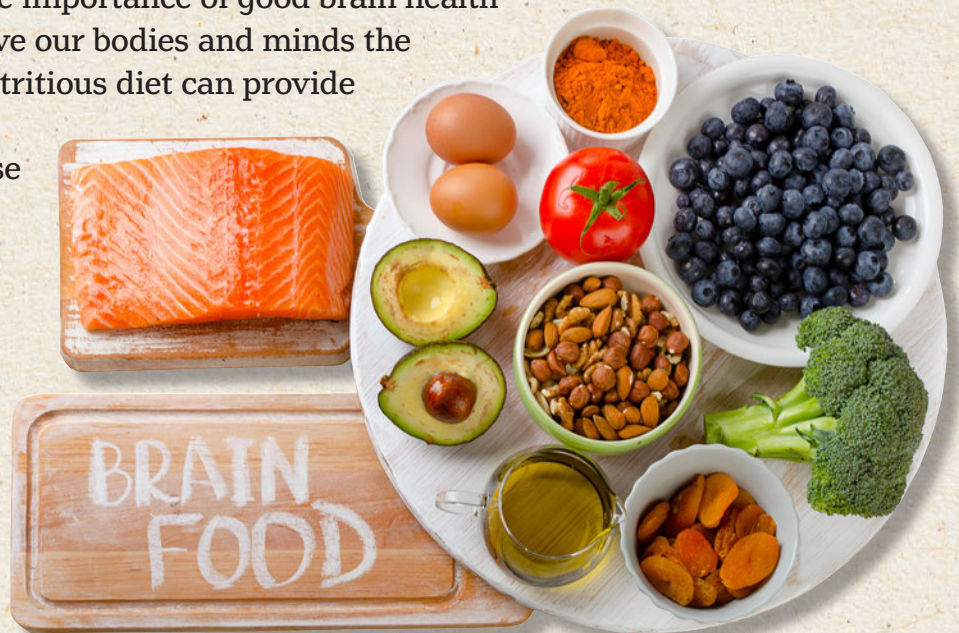
Here are a few nutrition tips to consider.

1. Omega-3 Fatty Acids: Most of us know the old adage of eating seafood to help make us smarter, but how much truth is there in that? Well, apparently, quite a lot. The omega-3 content in fatty fish like salmon, herring, and sardines, along with plant-based foods like walnuts and flaxseeds greatly promote brain health. They play an integral role in brain cell structure and function.

2. Antioxidant-rich Foods: Antioxidants help combat different stresses the brain can be put under in everyday life and especially after brain injuries. Rich sources can be found in fruit and vegetables such as various berries, kale, and spinach. So, consider making a daily smoothie at home with your favourite berries, greens and some walnuts or flaxseeds for a delicious healthy brain drink!

3. Hydration: Like many other organs, water is vital for optimal functioning and injury prevention. In fact, dehydration can magnify symptoms and problems with brain injuries such as mental foginess, alertness and overall function. Make sure to meet the Canadian recommendation of about 8-10 cups or 2 L of water or high-quality fluid per day!

As we take time to reflect on the importance of good brain health this month, it's important to give our bodies and minds the high-quality fuel we need. A nutritious diet can provide a valuable foundation for brain injury prevention and help those dealing with brain injuries.





PREFERRED SHOPPER SPECIALS

MARCH 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



Just Egg
Plant-Based
Scramble, 500g

\$10⁹⁹

We make delicious eggs because we love eggs. And the best eggs are made from plants.



Nuts To You
Peanut Butter
750g

\$7⁴⁹

Our butters are the greatest thing on sliced bread.



Olympic Organic
Plain Yogurt
1.75 kg

\$12⁴⁹

Taste the freshness of BC with a naturally thick and smooth texture.



St. Dalfour
Jam
225 mL

\$5⁴⁹

We craft our fruit spreads south of Bordeaux, "the Garden of France". We use only 100% fruit with vineyard-ripened grape must as a natural sweetener.



Earth's Own
Dairy Free
Butter Spread
or Sour Cream, 340g

\$5⁹⁹

Our Dairy-Free butter is made from butter beans that use 1/2 the water of dairy butter, so you get the delish taste with no compromise.



Liberté
Méditerranée
Yogurt
500g

\$5⁹⁹

Our best tasting yogurt since 1984 features a full 9% or 10% fat and a smooth, glossy texture.



Greenhouse
Organic Boosters
60 mL

\$3⁷⁹

Plus Deposit,
Recycling Fee
Where Applicable

Light a fire under your immune system with anti-inflammatory and antioxidant-rich organic ginger and turmeric.



Traditional
Medicinals
Organic Tea
Pkg. of 16

\$5⁹⁹

Traditional Medicinal tea bags are compostable and Fairtrade.

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



Bioitalia
Organic Pasta
500g

\$3²⁹

Our Italian organic pasta is produced using eco-friendly agricultural practices.



Ryvita
Crispbread
200g & 250g

\$3⁴⁹

Ryvita Rye & Oat Bran combines rye with the hearty taste of oat bran.



GT'S Raw Synergy
Kombucha
480 mL

\$4³⁹

Plus Deposit,
Recycling Fee
Where Applicable

Renew Reclaim Rekindle. 9 billion living cultures. Living Food for the Living Body.



Remedy
Organic Kombucha
4-Pack

\$7⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

We do things the old school way. Long-aged brews. Small batches. Full of goodness. The tastiest kombucha going 'round.



PREFERRED SHOPPER SPECIALS

MARCH 16 - 31 ONLY!

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



Dairyland Protein Milk
1.89 Litre

\$5.99

Plus Deposit, Recycling Fee Where Applicable

Providing 18g of protein per 1 cup serving, it is a source of 9 essential nutrients and has no added sugar.



Liberté Greek Yogurt
650g & 750g

\$7.99

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



Gramma Bee's All Natural Honey
500g

\$9.99

Never heated. Never filtered. Never hard. Actually raw.



OneCoffee Organic Coffee Pods
Pack of 12 Pods

\$9.99



Organic, Fairtrade, 100% Compostable Pods.



Genuine Organic Tea
Pkg. of 15

\$7.99

Every culture has its own unique tea ritual, but one thing is always true-tea brings people together.



Koukla Organic Bites & Macaroons
150g

\$8.99

Organic, Vegan, Paleo. A perfect blend of taste and nutrition!



Hardbite All Natural Potato Chips
128g & 150g

\$3.49

ALL POTATO. NO COUCH. We've always loved farming, the West Coast and its healthy, active lifestyle. Oh, and potatoes.



Hornby Organic Chocolate Bars
80g

\$2.79

Our bars are made with simple, delicious organic ingredients and are dairy, gluten and soy free.

NOURISHING LIFESTYLES SINCE 1990



Oomé Smoked Tofu
220g

\$6.99

A delicious plant-full protein that offers a smoky, umami flavour.



Nature's Farm Organic Pasta
400g & 454g

\$4.79

Organic pasta made with alternative grains.



Earth's Choice Organic Canned Beans
398 mL

\$2.99

Earth's Choice beans are packed with goodness: protein, minerals like iron, vitamins like folic acid and other antioxidants.



Lundberg Organic Long Grain Rice
Selected Varieties, 907g

\$8.99

Better the world with every bite! For four generations, our family has been growing wholesome, great-tasting rice.



Are you looking for healthy variety in your diet?

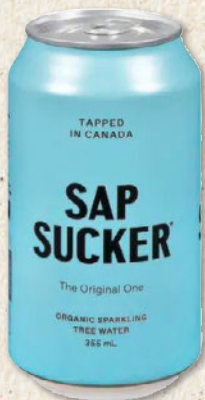
Let the Choices Nutrition Team help.

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

BREMNER'S ORGANIC FROZEN FRUIT

Purely just the fruit, these frozen delights are still packed full of flavour, fibre and vital vitamins and minerals – just because they're frozen doesn't mean they're not still nutritious!

The Choices Nutrition Team likes to use Bremner's frozen fruit in baking, smoothies or desserts.



SAPSUCKER SPARKLING WATERS

These healthy and delicious drinks are a great organic, plant-based, and Canadian-made option that will satisfy your craving for a mildly sweet, natural carbonated drink. They're a great healthy swap for teens and children or anyone looking to reduce their total sugar intake while not sacrificing great taste or lifestyle!

LILY OF THE DESERT ALOE JUICE

Aloe vera has long been used across various cultures for a variety of reasons such as a natural laxative, treatment of burns, and beyond. Aloe vera's unique ability to increase and support collagen formation is critical for wound healing.

Consider taking this supplement or talk to a Choices Wellness team member for more information!



GRAPES

Choices carries a delicious range of organic red and green grapes, an excellent source of nutrients and flavour! Grapes are rich in antioxidants which can help reduce inflammation. They're an excellent and easy to incorporate snack for children, on-the-go busy lives or a great fruit to add in salads or Charcuterie boards.



Coffee Mousse

This coffee mousse is anything but ordinary!

This indulgent treat is sure to be a crowd fav with rich, velvety texture, and bursting with delish coffee flavor. And you mousse believe it's plant-based, thanks to The Alt!

INGREDIENTS

500g	Silken tofu, drained
1/4 cup	Earth's Own The Alt.
3 tbsp.	Espresso Powder
6 tbsp.	Maple Syrup
1 tsp.	Vanilla Extract
Pinch	Sea Salt

DIRECTIONS

1. Add all ingredients into a blender and blend for 1 minute on high speed to produce a rich n' velvety chocolate mousse.
2. Add the mousse to your preferred cups or bowls and cover. Place in the fridge overnight.
3. When ready to eat, top with coconut whip, crushed coffee beans, and enjoy!



WELLNESS CENTRE SPECIALS

MARCH 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



AOR Magnesium Supplements
Assorted Varieties & Sizes

20% OFF

Helps the body to metabolize nutrients
Supports muscle function, bone health and heart health



CanPrev Beauty Supplements
Assorted Varieties & Sizes

20% OFF

Helps improve the appearance of skin, reduces wrinkles and diminishes fine lines.



NutraSea Omega-3 Supplements
Assorted Varieties & Sizes

20% OFF

Great tasting, ultra pure omega-3. Supports the maintenance of good health, cardiovascular health, cognitive and brain function. Sustainably sourced ingredients.



New Roots Liver
45 Capsules / 90 Capsules

\$23⁴⁹ / \$44⁹⁹

Liver Protection is formulated with potency-validated botanical extracts traditionally used to protect and support liver function.



Vega All-in-One Nutritional Shake
Assorted Varieties & Sizes

\$51⁹⁹

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



Enerex Greens
Assorted Varieties & Sizes

15% OFF

Organic cold-pressed dehydrated juices, spirulina, and probiotics plus 9 real super-berries. Vegan-friendly and lightly sweetened with low-glycemic monk fruit.



Host Defense Mushroom Supplements
Assorted Varieties & Sizes

15% OFF

Host Defense Organic Mushrooms: Certified organic, US grown, non-GMO medicinal mushrooms formulated and grown by world renowned mycologist Paul Stamets.



Aeryon Wellness so harmonious
250g

\$52⁹⁹

Supports Healthy Glucose Metabolism PCOS Support, Ovulation Support, Hormonal Support



Nature's Way Sleep Well Gummy
60 Gummies

\$15⁹⁹

Helps to reduce the time it takes to fall asleep in people who fall asleep slowly and increases the total sleep time in people suffering from sleep restriction or altered sleep schedule, such as jet lag.



Weleda Facial Care & Body Care
Assorted Varieties & Sizes

25% OFF

A lighter, day cream for immediate skin vitality, this quickly absorbed cream makes skin feel regenerated.



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

\$18⁹⁹

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



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.



WELLNESS CENTRE SPECIALS

MARCH 1 - 15 ONLY!

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DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Healthology
Cholesto-less**
60 Softgels

\$39⁹⁹

The typical North American diet contains far too many foods that increase our cholesterol levels above and beyond what our bodies can use. Excess total cholesterol and LDL "bad" cholesterol will stick to the walls of our blood vessels, narrowing the space for blood to flow. This prevents oxygen and nutrients from reaching vital organs. Most dangerously, it can prevent oxygen from getting to the heart or brain, increasing our risk for heart attack and stroke.

CHOLESTO-LESS, is formulated to lower total cholesterol and LDL "bad" cholesterol and raise HDL "good" cholesterol to maintain healthy cholesterol levels. It also supports overall cardiovascular health with the addition of the powerful antioxidant, ubiquinol (Active CoQ10). Having healthy cholesterol levels supports cardiovascular health, helping to prevent life-threatening illnesses such as heart attack and stroke.



Canprev NAC+
120 Capsules

\$26⁹⁹

NAC+ was designed for superior defence against oxidative stress from over-exercise, pollutants and respiratory conditions. It features 600mg of N-Acetyl-L-Cysteine (NAC) with L-Glycine and selenium for enhanced cell protection against free radicals.

NAC has mucolytic properties that help to relieve symptoms of chronic bronchitis caused by oxidative stress. Taking NAC may improve phlegm consistency in people with chronic obstructive pulmonary disease (COPD) and help to decrease flare-ups. Studies suggest that NAC may have a positive effect on reducing homocysteine levels in cases where high plasma homocysteine levels are present.

Both N-Acetyl-L-Cysteine and L-Glycine are precursors to glutathione (GSH) – our critical intracellular antioxidant for the liver and brain. GSH scavenges free radicals, reducing inflammation and protecting cell mitochondria. When combined with the powerhouse mineral selenium, Vitamin E levels and glutathione peroxidase levels are further enhanced for cellular health and protection.



**Platinum Naturals
Magnesium
Bisglycinate**
or Curcumin
Complete 95
60 capsules

\$20⁹⁹ / \$34⁹⁹

Magnesium Bisglycinate is a chelated mineral, which means that the magnesium is attached to an amino acid (glycine).

Chelated minerals have excellent bioavailability and absorption, which means you can get effective results without the GI issues that can be associated with taking large doses.

When glycine is attached to magnesium it lowers the pH in the intestine in order to improve passive transport across the wall of the intestine. Glycine also makes it easier for magnesium to dissolve. Both effects mean that magnesium bisglycinate has a higher bioavailability and better absorption than most other forms of magnesium.

The chelated form is easy on the stomach and prevents uncomfortable GI side effects.



**Oneka Shampoo
or Conditioner**
500 mL

\$11⁹⁹

Our haircare products are crafted from organic plants carefully chosen for their toning, nourishing, and pH balancing properties.

At Oneka, we believe that time in the shower is an act of self-care, a moment to pause, reboot, and connect to one's essence.

Our haircare products are crafted from organic plants carefully chosen for their toning, nourishing, and pH-balancing properties, combined with a subtle blend of essential oils.

Made with Angelica root extract, our Angelica & Lavender Shampoo is known to soften hair. Angelica also has powerful relaxing properties, in addition to soothing scalp irritations.



Thayer's Facial Care
Assorted
Varieties & Sizes

20% OFF

ULTRA RICH FACE CREAM: Thayers Ultra Whip Cream is a moisturizer that works to strengthen the skin's moisture barrier. This gentle fragrance-free and cruelty-free rich dry skin face moisturizer cocoons skin in moisture to soothe dryness. Our hydrating face moisturizer leaves you with hydrated skin that doesn't feel greasy.

• **SKIN BARRIER REPAIR:** This nourishing and rich moisturizer face cream is proven to repair your skin barrier in just one use. Our moisturizing face cream leaves your skin feeling softer and more comfortable

• **99% NATURAL ORIGIN INGREDIENTS:** Our face cream has a moisturizing cream formula that features sugarcane squalene and ceramides. These extremely hydrating actives in our facial moisturizer work together to instantly smooth dry patches.

• **DERMATOLOGIST-TESTED SKIN CARE:** Thayers facial skin care products are dermatologist-tested for safety, cruelty-free and backed by science. We fuse our skincare with natural plant ingredients with derm actives for real results to improve overall skin quality.



Before Toothpaste
Assorted Varieties
100 mL

\$9⁹⁹



Incredible taste and incredibly clean, Before's award winning natural Whitening Toothpaste gradually and safely brightens your teeth with our custom blend of high-quality ingredients and sodium fluoride. Upgrade your brushing routine with our perfectly balanced foaming, soothing Supermint flavour and silky low-abrasion texture. Fight cavities, remineralize your tooth enamel, and level up your mouth health without harmful chemicals and synthetic ingredients.

• Safely whiten your teeth without hydrogen peroxide. See real results and brighter pearly whites.

• Aloe extract: Soothes your gums and boosts your immune system.

• Plant-based 100% recyclable tube: YES, plants! An industry first! No more fossil fuel-based plastic.



WELLNESS CENTRE SPECIALS

MARCH 16 - 31 ONLY!

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



**Organika
Hyaluronic Acid**
90 Capsules
or 100g

\$44⁴⁹

Hyaluronic acid and vitamin C team up for a major rejuvenating boost, supporting the natural production of skin-firming collagen and increasing hydration in connective tissues throughout the body.



**Vitality Glow
Marine Collagen+
Cranberry**
200g

\$55⁴⁹

Marine Collagen + Cranberry combines the benefits of Canadian-made marine collagen with the incredible antioxidant superpower of cranberry.



**Flora Digestive
Enzymes**
Assorted
Varieties & Sizes

20% OFF

This formula was developed to address specific concerns as well as help maintain the overall health of your digestive system.



Natrex Probiotics
Assorted
Varieties & Sizes

20% OFF

Heal your gut flora with the best quality probiotics today.



**Natural Factors
Omegas**
Assorted
Varieties & Sizes

15% OFF

Ultra Strength RxOmega-3 fatty acid fish oil supports heart, brain, eye, nerve, and joint health.* In an enteric softgel, no fish aftertaste.



**Efamol Evening
Primrose 1000mg**
90 Softgels / 180 Softgels

\$31⁹⁹ / \$53⁹⁹

Naturally rich in GLA—a skin-loving omega-6 fatty acid that minimizes fine lines, wrinkles and dull skin.



**Sundhed Himalayan
Bath Salts**
Assorted Varieties
580g

\$8⁹⁹

Anyone can benefit from an invigorating salt bath. Bathing with Himalayan bath salts cleanses and rejuvenates the skin.



**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.



Acure Hair Care
Shampoo or Conditioner
236 mL

\$13⁹⁹

100% VEGAN. 0% PRETENTIOUS.
Paraben free, Sulfate free, Mineral oil free, Petrolatum free, Formaldehyde free, Cruelty free



**Newco Broccofusion
Supplements
& Body Care**
Assorted
Varieties & Sizes

20% OFF

Our complex formula will help reduce signs of aging, reduces the appearance of age spots, protects against drying effects of the sun and abuse of the elements, hides acne, and skin blotches, improve the texture of the skin and more!



**Lemonaide
Hand wash**
500 mL

\$6⁹⁹

Gently removes food smells while leaving your hands soft and hydrated.



**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.



WELLNESS CENTRE SPECIALS

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



**New Roots
Lectro-Lytes**
Assorted
Varieties & Sizes

\$29⁹⁹

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

Our bodies need a balance of electrolytes and minerals such as magnesium, potassium, and calcium to thrive.

Lectro-Lytes contains these elements with a healthy amount of vitamin C and biologically active vitamin B6 for the electrolyte rehydration drink mix your body craves.



**Innotech
CardioFlex Q10**
300g

\$44⁹⁹

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

It contains amino acids, vitamins, electrolytes, CoQ10, a prebiotic and high antioxidant fruit powders.

It is free of

- Sugar,
- Gluten
- Preservatives
- Artificial sweeteners
- Flavours
- Colours.

Sourced from Non-GMO ingredients and is vegan friendly. Made with care in Canada.



**FeraPro Iron
Supplements**
30mg, 75 mg & 100mg
100 Capsules

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.



**Garden of Life
All-in-One, Raw &
Sport 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.

- 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



**Pascoe
Migrénopas**
50 mL

\$38⁹⁹

Migrénopas® is a homeopathic remedy for headaches and migraines and comes in 50 mL oral drops.

Made from homeopathic ingredients of iris, gelsemium, cyclamen, and paris quadrifolia, Migrénopas® from Pascoe works to help prevent the reoccurrence of headaches and migraines.

It has excellent tolerability and is suitable for ages 6 and up.

How does Migrénopas® work?

Migrénopas® works to ease the pain caused by headaches and migraines, and help prevent their return in a gentle and lasting manner.



Nasaline
Saline 50 Pack / Kit

\$15⁴⁹ / \$24⁹⁹

Nasaline® is a unique, patented, drug-free nasal rinsing system designed by a team of Swedish ear, nose, and throat specialists. With the simple use of saline solution, Nasaline® effectively washes away unwanted mucous, crusty secretions or allergens. Nasaline® cleans and soothes the nasal passages, reducing nasal irritation and moistening the mucous membranes. Best when used with Nasaline® Premixed Saline Packets.

- Nasal allergies, dryness and hay fever
- Sinus pressure and nasal stuffiness
- Nasal symptoms from cold, flu, and sinusitis
- Post-nasal drip and nasal congestion
- Nasal irritation from occupational and house dust, fumes, dander, grass pollen, smoke, etc.
- Saline nasal irrigation, moisturization, and daily nasal hygiene
- For use after sinus surgery and for sinus symptoms suffered by Cystic Fibrosis patients



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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



DISCOVER THOUSANDS OF LOCAL AND CANADIAN CHOICES

As a BC grocer, Choices Market has always made sourcing local and Canadian products our first priority. Building lasting relationships with growers and producers and fostering healthy, sustainable communities are core to who we are.

From fresh, farm-to-table produce to premium, local proteins, we offer thousands of Canadian-sourced products to help support our communities while nourishing your family.