

CHOICES MARKET



THE

HEARTBEET

April 2025

DISCOVER BARLEY

BY CHEF ANTONIO pg 5

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SALAD TASTING EVENT

Join us for a salad tasting event at your local Choices location! Here, nutritionists will lead customers through a tasting of several different Choices brand salad dressings along with your favourite fruits and veggies to learn more about the vast vitamins and minerals that go behind great salads – visit our website for more information on each store's event dates!



CHOICES MARKETS ANNUAL BEDDING PLANTS, SEEDS AND SOIL SALE

April 12 - May 19 (weather dependent) featuring these amazing local growers:

Meadowlands Horticultural Inc. (Burnaby, BC) - They grow several varieties of **organic edible bedding plants**, grown in a greenhouse and following the strict guidelines and code of practice set down by the TransCanada Organic Certification Services.

Leong's Nursery (Burnaby, BC) - Established in 1979 by Ed Leong, growing several varieties of flowering annual bedding plants.

West Coast Seeds (Delta, BC) - Look for their assorted packaged seeds.



MONTHLY GIVEAWAY

**ENTER TO WIN!
a 27.5" Touring Mountain Bike. ST 120
from Ener-Life!**



Ener-Life

Name: _____

Phone Number: _____ Choices Location: _____

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

Contest open from April 1-30, 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 2025.

SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

HAPPY GUT, HEALTHY YOU: *Nutrition workshop*

Hosted by: The Choices in-store Nutritionists
Be a part of a fun, educational, and interactive nutrition workshop on gut health with a certified nutritionist! Learn about the different ways you can support and maintain good gut health and improve your overall health and well-being

Dates, Times & Locations:

Yaletown - April 7, 6pm - 7:30pm
Kitsilano - April 8, 7pm - 8:30pm
Burnaby - April 10, 2pm - 3:30pm
Kelowna - April 10, 7pm - 8:30pm
Abbotsford - April 16, 7pm - 8:30pm
North Vancouver - April 17, 6pm - 7:30pm
Parksville - April 25, 6pm - 7:30pm

APRIL
IN-STORE
Free Event



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



**OR SCAN THE QR CODE
TO REGISTER**



APRIL
17
7pm - 8:30pm
IN-STORE
SOUTH SURREY

HEAVY FLOWS & HORMONE SHIFTS: *Managing Menstruation to Perimenopause* **Confidently! Wellness Seminar**

Are your periods getting heavier, longer, or more unpredictable? You're not alone. This seminar dives into how hormonal changes, especially in your late 30s and 40s impact menstrual flow and how to manage leaks with confidence. Learn practical strategies for navigating heavy flows and perimenopause, from lifestyle changes to sustainable period care.

Join us for an open conversation on regaining control and feeling empowered through every cycle shift.

Free Event, Sponsored by: Revol Cares

APRIL
22
7pm - 8:30pm
IN-STORE
KISTILANO

SPRING RENEWAL!

Cleansing for the Mind, Body & Boosting Longevity **Wellness Seminar**

We're exposed to toxins like pesticides, heavy metals, drugs and hormones from our environment and our food every single day. These can affect our cells leading to fatigue, irregular elimination, irritated skin, allergies or low-grade infections if not removed. Please join us as we host Caroline Farquhar, RHN, EMP, BA for an insightful talk on the power of cleansing and nutritional support to detoxify your body, boost energy, and enhance overall well-being. Learn practical strategies to nourish your body, mind, and spirit for long-lasting vitality and optimal health.

APRIL
30
7pm - 8:30pm
IN-STORE
KITSILANO

Free Event
Sponsored
By:
CanPrev





Creamy Mushroom Linguini Alfredo

By: Rolling Meadow Dairy

This creamy pasta dish is loaded with satisfying flavour from mixed mushrooms. Look for a variety of interesting mushroom shapes and textures, or stick to classic cremini or brown mushrooms for this easy and delicious meal.

ROLLING MEADOW®
GRASS FED MATTERS™



INGREDIENTS

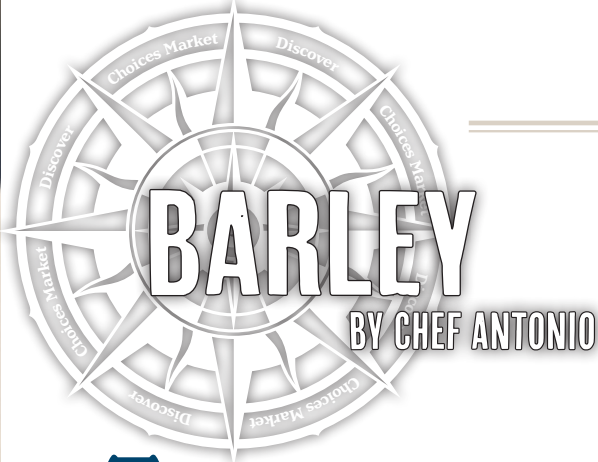
- 1 lb** Linguine Pasta, dry
- 2 tbsp** Olive Oil
- 6 cups** Mushrooms, sliced, mixed (brown, oyster, cremini or portobello)
- 1** White Onion, diced, small
- 3 cloves** Garlic, minced
- 1/2 cup** Rolling Meadow Dairy 10% Half and Half Cream - Just Cream
- 1/2 cup** Rolling Meadow Dairy Whole or 2% Milk
- 3/4 cup** Parmesan Cheese, grated, divided
- 1/2 tsp** Salt
- 1/4 tsp** Pepper
- 2 tbsp** Rolling Meadow Dairy Unsalted Butter
- 2 tbsp** Chopped Fresh Chives

Prep Time 20 Minutes, Cook Time 20 Minutes, Serves 6

INSTRUCTIONS

- 1.** In large pot of boiling salted water, cook linguine according to package directions. Drain well, reserving 1/2 cup cooking liquid.
- 2.** Meanwhile, heat oil in large skillet set over medium heat; cook mushrooms and onion, stirring frequently for 5 to 8 minutes or until onion has softened. Add garlic; cook for 3 to 5 minutes or until mushrooms are browned.
- 3.** Add half and half cream and milk; bring to boil. Reduce heat to medium; simmer for 5 to 8 minutes or until thickened. Stir in 1/2 cup Parmesan cheese, salt and pepper.
- 4.** Add cooked linguine and reserved cooking liquid; toss until evenly coated.
- 5.** Garnish with remaining Parmesan and chives.

Tip: For additional protein, add 2 cups of chopped rotisserie chicken to the mushroom mixture if desired.



The domestication of barley coincides with the end of the stone age. Its origins trace back to the fertile crescent, an area stretching from Egypt to Iraq that was home to ancient Sumerians and Mesopotamians.

By the year 2000 BC, we have evidence of having barley spread all over Eurasia. It's a highly adaptable grain and can grow in a variety of climates. Today 150 million tons are produced worldwide yearly, making it the world's 4th most consumed cereal by volume. 70% of it is used for animal feed, and of the remaining 30% a large part is malted for beer and whiskey production.

Barley varieties are strictly associated with grain processing. Hulled or whole grain barley is where just the outer husk has been removed, and has been minimally processed. Dehulled retains the bran and the germ and is sometimes called pot or scotch barley. Pearl barley has been polished and is definitely faster cooking. Unfortunately, pearl barley also has bran and germ removed, so it's no longer considered a whole grain. You can also find barley flakes and barley flour.



Think beyond beef and barley soup. Barley stews are a big part of Mediterranean and Middle Eastern cuisine. From as far north and the Orkneys and Scotland, it's used in biscuit recipes and in Bannock. You can find barley in recipes all the way in Japan where it's used to mix with steamed rice to make mugimeshi. Barley has found it's way into the cuisine and kitchens of cooks across the world.

Barley porridge is a nice variation to standard oat for breakfast. You can use the whole grain varieties to eat as a side instead of rice. Try it stir fried with fresh vegetables and herbs. Mix it cold or warm for salads. Use it to stuff veggie leaves, or even meats. With its chewy texture, barley is a great source of nutrition and a healthy choice.

If you've not brought it into your pantry yet, you've *barley* scratched the surface of your potential!



BARLEY FACTS:

Gluten-Free:

If you are on a gluten-free diet, barley is likely not suitable for you. It contains 5%-8% gluten.

Rich in Fibre:

Barley's an excellent source of dietary fibre, especially beta-glucan, which can help lower cholesterol and support heart health.

Nutrient-Dense:

Barley contains essential nutrients like B vitamins, iron, magnesium, selenium and antioxidants.

Low Glycemic Index:

Its complex carbohydrates and fibre help regulate blood sugar levels, making it suitable for people managing diabetes.



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.



Common Digestive Problems and Conditions

By: *The Choices Nutrition Team*

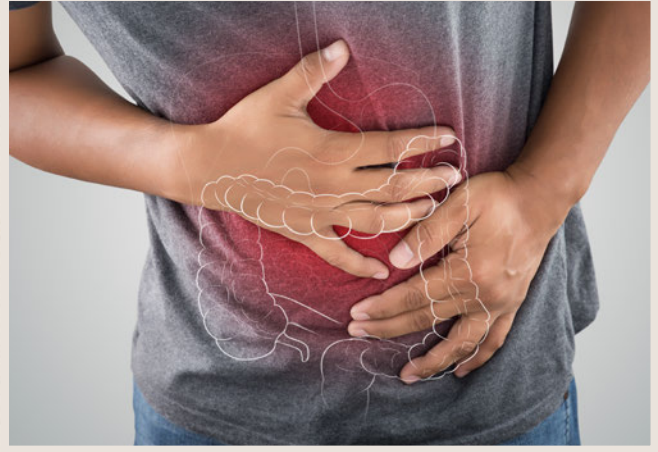
The gut is often called the second brain, due to its vast network of neurons responsible for signals to the brain regarding stress, hormones, and overall function. With the increasing importance around our guts, here are a few common concerns Canadians may have.

1. Constipation: This is especially common for older folks. Normal bowel habits can range from one bowel movement every 2-3 days and up to 3 per day. Your stools should be soft, easy to pass and not painful. If you need to strain or are having fewer bowel movements than usual, you may be constipated. If you haven't had a bowel movement for more than 3 days, please contact your family physician.

Drinking 8 cups (2 litres) of fluid per day is a key part of good gut health. Most foods that are liquid at room temperature like milk, yogurt, or soup count as a fluid. Slowly adding more fibre-rich foods can also help achieve healthier bowels; adding them slowly can prevent increased gas, bloating and cramps. These foods include berries, pears, avocados, spinach, oats, certain cereal, ground flax seeds, lentils and beans.

2. Diarrhea: One of the biggest concerns with diarrhea is dehydration. Diarrhea causes fluid and electrolyte loss, so water alone is not enough to replenish electrolytes. It's important to have broth or soups that contain sodium, and fruit juices or soft fruit and vegetables for potassium. Diarrhea may be caused by several things such as infection or illness, lack of fibre, or food intolerances and allergies. If you struggle with ongoing diarrhea talk to your family physician.

If you have concerns around other digestive problems such as acid reflux, irritable bowel syndrome, or Celiac disease book a free consultation with an in-store Choices nutritionist for more nutrition recommendations!



Supplements for Gut Health *By: The Choices Nutrition Team*

With gastrointestinal supplements getting more and more spotlight it's hard to know which ones actually work. Here's a few common supplements and how they impact gut health.

1. Probiotics: One of the most common gut supplements, probiotics are live bacteria or yeast that add to the stores of beneficial bacteria in our gut microbiota. In general, our gut microbiota is crucial for immune function and the digestion and absorption of countless nutrients and vitamins. Thus, probiotics can be very beneficial for people with certain digestive conditions such as irritable bowel syndrome, antibiotic-associated diarrhea, and ulcerative colitis. Studies have shown probiotics are not harmful but may not be as beneficial for everyone.

2. Apple Cider Vinegar: Apple cider vinegar is a fermented food that contains prebiotics, probiotics, and antibacterial properties supporting overall gut health and function. In particular, the acetic acid can be an important precursor for beneficial gut bacteria growth and help balance the microbiome. Some studies also show apple cider vinegar being beneficial for certain digestive ailments such as gas, bloating, and diarrhea.

3. Certain Vitamins: Other vitamins such as vitamins A, B, C & D play important roles in the overall maintenance of the gut microbiome and support healthy gut lining. There are a variety of different dietary and supplement sources for these vitamins, so having an in-depth conversation around your specific digestive concerns and overall diet may be best.

If you have a known digestive disorder or condition, be sure to check-in with your family physician before starting a gastrointestinal supplement. For more information on certain supplements talk to a Wellness team member or book a free consultation with an in-store Choices nutritionist!



Fermented Foods and Gut Health

By: The Choices Nutrition Team

Fermented foods are simply foods and beverages that have undergone a process of controlled microbial growth. They've been around for hundreds of years, making up many key cultural staples such as sauerkraut, kimchi, and sourdough bread. It's this controlled bacterial growth that gives these foods their distinct taste, aroma, appearance, and vast health benefits.



One key health benefit of fermented foods is improved gut health. Since these foods are made through microbial growth, they're an excellent natural probiotic. Probiotics are active bacteria and yeast cultures that when consumed can greatly impact the beneficial bacteria and cultures in our gut microbiomes. The gut microbiome plays an integral role in digestion and absorption of countless nutrients and vitamins such as short-chain fatty acids, B vitamins, and vitamin K.

Some studies also correlated fermented foods with a decreased risk for inflammatory diseases, heart disease, diabetes, cancer, and high blood pressure. This is further emphasized in studies of Blue Zones and how these populations with the highest life expectancy have diets rich in fermented foods. This includes the likes of pickled herring and sardines, sourdough breads, miso soup, yogurt, and kombucha.

Choices carries countless different fermented foods and products that can greatly improve your gut health. Book a free nutrition consultation with an in-store Choices nutritionist or talk to a Wellness team member for more information!

NEW TO CHOICES MARKET!

GOOD LEAF VERTICAL FARMING GREENS!

Originating in 2012 in Truro, Nova Scotia and now with farms in Guelph, Montreal, and Calgary as of 2019. Good Leaf is the largest and only vertical farm network in Canada and globally.

Vertical farming uses 96% less water than traditional farming methods for the same yield. It also uses 50% less land to produce the same volume of veggies as traditional farming.

Head to the produce department to try some today!





PREFERRED SHOPPER SPECIALS

APRIL 1 - 15 ONLY!

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



Nature's Path Organic Cereals
650g - 907g

\$9⁹⁹



With such simple, wholesome ingredients - you'll see how good organic food can be.



49TH Parallel Organic Coffee
340g

\$13⁹⁹



49th's Direct Trade philosophy is part commitment, part mechanism, part exploration with the goal of building strong relationship.



Anita's Gluten Free Pancake & Waffle Mix

Selected Varieties, 800g,
Also Organic Oats, 1 kg

9⁴⁹



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



Savor Crackers

Selected Varieties,
170g & 185g

\$2⁴⁹

These crackers are as versatile as they come!



GT'S Raw Kombucha
1.4 Litre

\$10⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Authentically crafted, never compromised.
30-day fermentation.



Califia Matcha Latte & Cold Brew Coffee
1.4 Litre

\$5⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Real matcha green tea plus the creaminess of almond beautifully blended and ready to sip.



Galerie au Chocolate Bars
80g & 100g

\$6⁴⁹



Gourmet ingredients, indulgent chocolate.



Earth's Choice Organic Lemon or Lime Juice
250 mL

\$4⁷⁹

Juice from 10 lemons.
Not from concentrate.

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



Lightlife Savory Chick'n Tenders
170g

\$4⁷⁹



Our approach is simple: create nutrient-rich, delicious food that keeps you energized without leaving you feeling heavy and sluggish.



Happy Tails Lamb Dry Dog Food
3.2 kg

\$22⁹⁹



Happy Tails is committed to providing top-grade, high-quality, holistic, hypoallergenic pet food.



Good Juju Laundry Strips
30-Pack

\$11⁹⁹



Each 30-strip envelope prevents one 1-litre plastic jug from entering the landfill.



Caboo Bathroom Tissue
2 Ply, 12-Pack

\$9⁹⁹



Tree free TP helps preserve forests and protect animal habitat. Wise choice!



PREFERRED SHOPPER SPECIALS

APRIL 16 - 30 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



Earth's Choice Organic Coffee
Whole Bean
or Ground, 340g

\$12⁹⁹

Organic and Kosher Certified 100% Traceability From Coffee Grower To Roaster Trusted.



Nature's Path Organic Love Crunch Granola
300g & 325g

\$5⁹⁹

We are committed to organic because we believe it's the best (and most delicious!) choice for our bodies and the planet.



Liberté Greek Yogurt
4-Pack

\$4⁴⁹

Liberté Greek 5% Extra Creamy Yogurt is made of 5% milk fat and features an incredibly rich and creamy texture.



Ripple Kids Fortified Pea Beverage
Selected Varieties,
1.42 Litre

\$6⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Ripple Kids was developed to deliver key nutrients specific for growing kids.



Kefirkult Coconut Kerfir Yogurt
359 mL

\$10⁹⁹

Refreshingly healthy fermenting since 2014.



Earth's Own Oat Creamers
946 mL

\$5⁹⁹

Steam me up with tea for a t-oat-ally delish take on an Earl Grey tea latte.



Prana Organic Granolove Cookies & Bars
120g

\$4²⁹

With love from Montréal Our crunchy cookie squares are nutritious, convenient and totally satisfying!



Sigdal Bakeri Crispbreads
Including Gluten-Free
190g & 235g

\$6⁴⁹

High source of fibre.
No sugar added.

NOURISHING LIFESTYLES SINCE 1990



Alter Eco Organic Chocolate Bars
75g - 84g

\$3⁹⁹



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



UMYUM Plantbased Butters
Selected Varieties, 200g

\$8⁴⁹



Beautifully delicious with roasted garlic. Always plantbased and vegan.



Chimes Ginger Chews
Gluten-Free
142g

\$4⁴⁹

Let Chimes lift your spirits with a refreshing ginger breeze.



Aspen Clean Organic Laundry Detergent
1.9 Litre

\$17⁹⁹

With organic, plant derived ingredients. Effective on dirt, grime and grease.



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.

BLACK RIVER TART CHERRY JUICE

This juice is an excellent option for smoothies, desserts, and baking for all ages! They're also a great option to dilute slightly with water and have when under the weather or for on-the-go busy days. Many Black River juices are an excellent source of vitamin C and all of them pack a delicious and flavourful punch!

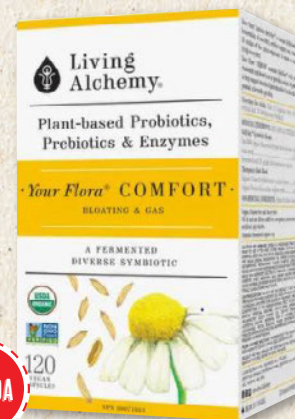


GOOD TO GO BARS

These delicious and versatile bars offer a great source of healthy unsaturated fats, fibre, and are relatively high in protein. They're an excellent option for people of all shapes and ages and each bar contains 19 finely ground almonds and are grain-free! This is an especially good option for anyone with gluten intolerances or sensitivities.

LIVING ALCHEMY PROBIOTICS

Living Alchemy offers a wide array of supplements rooted in traditional fermentation, non-GMO, certified organic, and whole food. What sets them apart from many other supplements is that they focus on fermentation, providing additional benefits for the digestive system and anti-inflammatory properties. Talk to a Wellness team member or an in-store Choices nutritionist for more information on what Living Alchemy product might be right for you!



CUCUMBERS

With Spring rolling in, salad making season is just on the horizon. Cucumbers are an excellent vegetable to include in salads, smoothies, and school or work snacks. They are very hydrating, high in fibre, and have several key vitamins and minerals such as vitamin A and C!



Nutritious and Easy Overnight Oats *By: The Choices Nutritious Team*

INGREDIENTS

- 1 Banana, sliced
- 1 tbsp. Nut Butter (of your choice)
- 1 1/2 tsp. Chia Seeds
- 1 cup Rolled Oats (we used Bob's Red Mill)
- 1 cup Unsweetened Soy Milk (or any milk of your choice)
- 1 tsp. Maple Syrup
- 1/4 tsp. Vanilla Extract
- Dash Cinnamon (optional)

DIRECTIONS

1. Place 3 to 4 slices of banana in the bottom of a jar. Layer 1 1/2 tsp of nut butter, 1/2 tsp of chia seeds, and 1/2 cup of oats on top. Repeat layering remaining almond butter, chia seeds, and oats, leaving a 1-inch gap at the top.
2. Mix milk, maple syrup, and vanilla extract in a bowl. Pour over oats, leaving a 1/2-inch gap at the top (to allow oats to expand as they soak). Push a knife vertically through the centre of oats mixture jar to make sure milk reaches the bottom of the mixture.
3. Cover jar tightly and refrigerate until oats are moist, 4 hours to overnight.

1 Serving

BOB'S RED MILL PROTEIN OATS

These oats are a healthy and delicious option to add at breakfast, in smoothies, or in desserts. They're a relatively high source of protein and an excellent source of soluble fibre, a type of fibre known to help decrease cholesterol, decrease risk for colon cancer, and help maintain healthy blood sugars!





WELLNESS CENTRE SPECIALS

APRIL 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



AOR Quercetin
100 Capsules

\$49⁹⁹

Powerful antioxidant, pure, high-dose quercetin and Citrus-free for those with sensitivities.



Renew Life Probiotics
Assorted
Varieties & Sizes

15% OFF

Renew Life® offers a full line of health product supplements encompassing digestive health options like quality probiotics, fibre, fish oils, enzymes, and internal cleanses.



CanPrev Liposomal Supplements
225 / 450mL

20% OFF

Liposomals swiftly and safely transport active nutrients direct-to-cell, allowing for a smaller, more effective dose that lasts all day.



NutraSea Omega-3 Fish Oil Supplements
Select Varieties & Sizes

20% OFF

Ultra-pure, great tasting high quality omega-3. Helps support the maintenance of good health, cardiovascular health, brain function and more.



New Roots UltraB Complex
Assorted Varieties
50 mg or 100 mg

20% OFF

New Roots Herbal Ultra B Complex uses coenzyme (active form) B vitamins for maximum absorption. The results are impressive: a fast-acting B complex that does what B vitamins are supposed to do.



Total Body Collagen
Assorted Varieties
500G

\$57⁹⁹

Each scoop of Total Body Collagen powder contains Verisol® Bioactive collagen peptides, a clinically supported form of hydrolyzed collagen.



Every Man Jack Personal Care
Assorted
Varieties & Sizes

20% OFF

Every Man Jack offers a range of men's personal care and grooming products made with naturally derived ingredients and outdoor-inspired scents.



Urban Spa Bath Products
Assorted
Varieties & Sizes

20% OFF

The bamboo and jute bath mitt will cleanse and exfoliate, leaving you with perfectly polished skin.



Joni Organic Bamboo Period Care
Assorted
Varieties & Sizes

\$5⁹⁹

Sleek, ultra-thin, super absorbent, and winged, joni pads effortlessly outshine conventional brands with stay-put protection that's certified free from fragrances and harmful levels of toxins.



Dr. Bronner's All-One! Pure Castile Soap
Assorted Varieties
946mL

\$24⁹⁹

Dr. Bronner's soap is concentrated, biodegradable, versatile and effective. Made with organic and certified fair trade ingredients.



Earth's Care Castor Oil
236mL

\$12⁹⁹

100% Pure, Expeller Pressed Castor Oil
Non GMO. Hexane and Paraben Free.



Seaweed Bath Co. Hair & Body Wash or Lotion
Assorted
Varieties & Sizes

\$12⁹⁹ / \$14⁹⁹

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



WELLNESS CENTRE SPECIALS

APRIL 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**AquaOmega
Omega-3 Fish Oil
Supplements**
Assorted
Varieties & Sizes

20% OFF

AquaOmega believes that high potency fish oil supplements stand above the rest in terms of their remarkable ability to help prevent health issues, correct pathological processes before they wreak havoc on the body, and maintain overall health.

AquaOmega Standard fish oil is our base level Omega-3 fish oil supplement.

This product is made exclusively from wild-caught anchovies sourced from the pristine waters of the South Pacific.

Our minimum daily dose of Omega-3s has over 3x the concentration of other leading brands on the market.



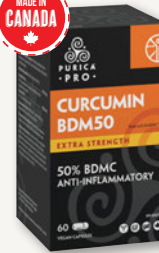
**Sloth MD
African Aloe**
60 Capsules

\$49⁹⁹

The bitter exudate of Aloe ferox is renowned for its laxative properties, aiding digestion naturally.

The primary active ingredient, aloe-emodin, acts as an intestinal anti-inflammatory, facilitating natural constipation relief and colon cleansing.

- Natural Relief from Constipation
- NON addictive
- Both laxative and stool softener
- Potent colon cleanser
- Pure South African Cape Aloe Ferox
- Allergen free: No gluten, no dairy and no lactose
- No GMO's & no pesticides
- Vegetarian capsule contains 500mg of Cape Aloe Ferox



**Purica
Curcumin BDM50**
60 Capsules

\$62⁹⁹

Purica Curcumin offers rapid relief and optimal performance, featuring an extra-strength formula with 50% bisdemethoxycurcumin (BDMC), far exceeding the 1% in regular curcumin.

This enhanced curcumin version not only targets inflammation more effectively but also boasts a staggering 939,076 ORAC units per gram, vastly surpassing regular curcumin's antioxidant capacity.

Benefits:

- Provides antioxidants
- Helps relieve joint inflammation
- Targets inflammation effectively by inhibiting NF-kB and MSK1



**Island Essentials
Hair Care and
Castile Soap**
150 mL/944 mL

\$15⁹⁹ / \$19⁹⁹

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

Hair and scalp nourishment comes from nutrient rich ingredients including; hemp seed oil, Chinese ginseng, nettle leaf extract, seaweed extract and botanical horsetail plant extract.

Soft & shiny with pro-vitamin B5.

A power ingredient, Panthenol, also known as Pro-Vitamin B5 locks in moisture, & is widely known for its ability to improve softness, strength and the natural shine of hair!



**Aromatic Creation
Shower &
Linen Sprays**
120mL

\$9⁹⁹

Indulge in the refreshing blend of nature's finest essences with our Deep Breath Linen + Room Spray.

Crafted with the invigorating aromas of Eucalyptus, Peppermint, and Rosemary essential oils, this revitalizing spray brings the crisp, rejuvenating scents of the outdoors into your home.

Our Deep Breath Linen + Room Spray promises a subtle yet invigorating ambiance, perfect for revitalizing linens, bedding, or simply refreshing the air.

Embrace the tranquility of nature with every spritz.



**Boiron
Arnicare Flex Cream**
120 mL

\$19⁹⁹

The unique, non-greasy formula absorbs quickly into the skin to target minor arthritis pain at the source. It's menthol-free, so there's no stinging, burning, or strong medicinal smell.

- With Arnica and Harpagophytum, two 100% naturally-sourced medicinal ingredients
- This is a leaf imageEasy-to-open and close cap
- This is a leaf imageLight cream texture: pleasant, non-greasy and quickly absorbed
- This is a leaf imageFree from non-steroidal anti-inflammatories (NSAIDs) – Menthol free, Camphor free and Fragrance free

Apply a thin layer of Arnicare Arthritis Cream to affected area as soon as possible at the onset of symptoms up to 4 times a day.

If heat or ice is applied, wait 5 minutes before applying Arnicare Arthritis Cream.



WELLNESS CENTRE SPECIALS

APRIL 16 - 30 ONLY!

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



Salus Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

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.



Suku Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

Just two sugar-free gummies equals one shot of raw, unfiltered, apple cider vinegar with the mother.



Natural Factors Vitamin B Supplements
Assorted Varieties & Sizes

15% OFF

Help support energy metabolism and a healthy nervous system with vitamin B, including some of the most bioavailable B vitamins available.



Lokhia Anti-Nausea Chewables
30's

\$21.99

Lokhia anti-nausea chewables is an all natural alternative to anti-nausea drugs. The powerful combination of ginger and vitamin B6 has been carefully curated to help you navigate nausea without the fatigue.



Sproos Collagen Supplements
Assorted Varieties & Sizes

30% OFF

Our lifestyle-focused supplements and functional beverages are easy for busy individuals to incorporate into their daily lives and provide them with purposeful, clean and sustainable nutrition.



Omega Nutrition Pumpkin Seed Protein
600G

\$27.99

Our single ingredient, Plant-Based Protein Powder is a powerhouse in nutrition. Made from just pumpkin seeds, this easy-to-use powder offers 60% of plant-based protein by weight.



Radius Toothbrushes & Oral Care
Assorted Varieties & Sizes

BUY 1 GET 1 FREE

Eco-friendly toothbrush! Each super soft toothbrush is created with EcoPure®, meaning that it is 100% biodegradable in landfills.



Redmond Earthpaste Toothpaste
Assorted Varieties 113G

\$10.99

No foaming agents, no colouring, no glycerin, and no fluoride. Everything your mouth needs to feel and be clean, and nothing extra.



Dr. Jentschura AlkaBath
75G / 750G

\$4.49 / \$28.99

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



Unscented Company Baby Body Care
Assorted Varieties & Sizes

25% OFF

Our shampoo and wash is hypoallergenic, fragrance free and dye free for a gentle experience that will leave your little one naturally shiny.



Earth Science Facial Care
Assorted Varieties & Sizes

\$11.99

Providing clean and effective skin, body, and hair care solutions created with plant-based ingredients from more healthful sources for sustainability and wellness.



Jems Natural Latex Condoms
Condoms Pack of 3/ Lubricant 80mL

\$3.49 / \$15.99

Jems condoms are made of natural latex, 100% silicone lube – and nothing more. Jems keeps it simple.



WELLNESS CENTRE SPECIALS

APRIL 16 - 30 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



Atrantil IBS Relief
90 Capsules

\$39⁹⁹

Atrantil is a first in class, patented, clinically proven solution that targets IBS where it starts - in the small bowel. This combination of active polyphenols naturally works to reduce the incidence of bloating, abdominal discomfort, changing bowel habits (constipation & diarrhea) and for many effectively addresses issues of gluten sensitivity.

They have powerful antibacterial and antifungal properties and work to reduce inflammation. Take 2 capsules 3 times daily until relief is achieved. Maintenance dosing is recommended at 2 to 3 capsules daily.

Finally, IBS relief! It's what we do.



**Living Alchemy
Vitamins and
Supplements**
Assorted Varieties
& Sizes

20% OFF

A 45+ diverse strain, kefir-kombucha fermented soybean symbiotic with probiotics, prebiotics, and postbiotics. Offering complete, whole-food digestive solutions in an all-in-one capsule with enhanced bioavailability through fermentation for superior absorption and to help the microbiome thrive. Supports a balanced gut flora and provides the building blocks for a powerful digestive ecosystem.

Targeted formulas contain additional organic herbal ingredients to help treat symptoms. USDA Organic.

- Non-GMO Verified
- Shelf Stable - No Refrigeration Required
- No fillers or binders
- 100% Plant-based
- Made in Canada



**Leanfit Sport
Protein Isolate +
Marine Collagen**
Assorted Varieties
& Sizes

20% OFF

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

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

Free from preservatives, artificial colours, artificial flavours, gluten, wheat, eggs, and nuts



**Revol cares
Period Underwear**
Assorted
Varieties & Sizes

20% OFF

Our daytime Bikini Brief offers super absorbency and is the perfect style for everyday wear for periods, postpartum, and light bladder leaks.

Made with our ultra soft and breathable bamboo ribbed fabric, they offer up to 12 hours of protection and can hold up to 40 ml - that's 5 SUPER tampons/pads! Leakproof underwear that

- Banishes leaks for good
- Is sexy, soft, and comfortable
- Looks and feels amazing on every body at any size
- Is toxin-free, ethically-made, and environmentally sustainable



**Abio Cosmetic
Vitamin E
Skin Care**
Oil 30mL / Cream 120 ml

\$18⁹⁹ / \$23⁹⁹

- Fragrance free
- Paraben free
- All skin types

Multi-purpose daily face and body nourishing cream fortified with an intense level of antioxidant Vitamin E. Odourless and non greasy formula protects your skin against dryness and thermal stress damage, soothes burning sensation associated with sun burns and helps to reduce the appearance of age spots, scars, wrinkles, and other signs of aging.

Apply day or night as needed to help prevent your skin before or after exposure to sun, wind or cold weather.



**Aralea
Vitamin D Lip Care**
Assorted Varieties
3.3G

\$21⁴⁹

At Aralea Beauty, we're redefining clean beauty by going beyond just eliminating harmful ingredients. Our new generation lip balm and lip tints are enriched with organic, vegan vitamin D and luscious nourishing botanicals.

A holistic approach to beauty that seamlessly unites wellness with beauty as a Nutritive Beauty. Our mission is to infuse your beauty routine with nourishing, effective, and beneficial ingredients.

Meet our next-level lip care: Sun kiss balm & tints. Infused with organic, vegan vitamin D3, these ultra-luxe, clean lip products bring wellness to your daily routine. Perfect for those dry, winter months, they are designed to hydrate your lips while nourishing your body. So go ahead, lick those lips!



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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 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.

