



THE CHOICES MARKET
35 YEARS Supporting local communities since 1990

HEARTBEET

January 2026

A FRESH START
FOR 2026

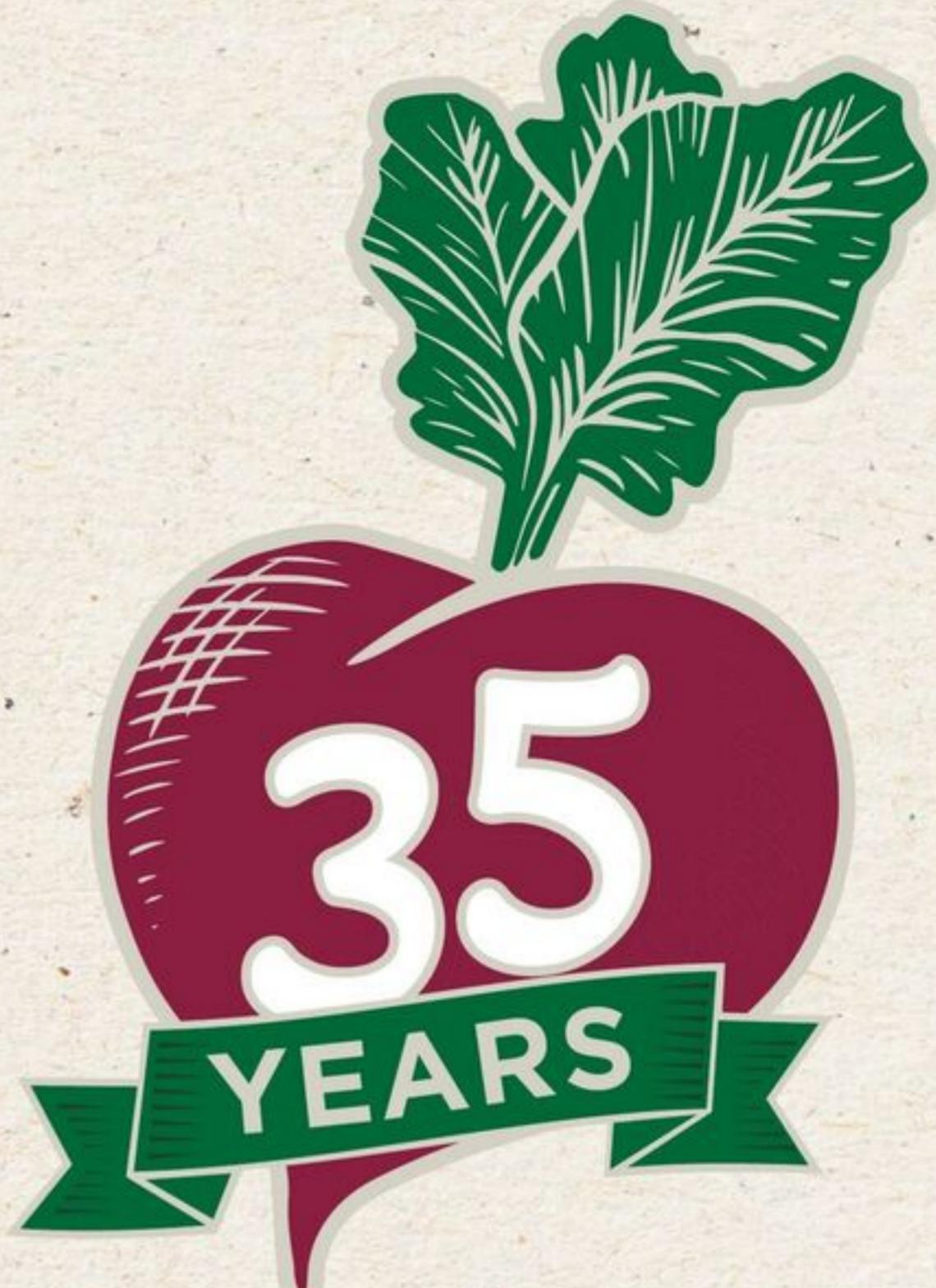
pg 7

Discover: Beans, By Chef Antonio - pg 5

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**HEY
NEIGHBOUR!**
HERE'S
WHAT'S HAPPENING
AT CHOICES MARKET



35TH ANNIVERSARY

See back page for information regarding anniversary celebrations happening at our stores.

HAPPY NEW YEAR TO ALL OUR CUSTOMERS!

We hope that your 2026 is filled with achieved goals, delicious food and good health.

Here's what's Trending in 2026

• **Beef Tallow:** A comeback fat, being embraced for its high smoke point, flavourful finish, and links to ancestral cooking.

• **Black Sesame Paste/Black Sesame Ingredients:**

With rich flavour and visual appeal, black sesame is moving from specialty desserts into spreads, smoothies and savoury uses.

• **Pili Pili/African-Portuguese Spicy Blends:**

These bold spice blends rooted in African and Portuguese cuisines are gaining more attention in sauces and marinades.

• **Macadamia Nuts:** Once mainly for baking, macadamias are becoming valued for their plant-based versatility, appearing in both sweet and savoury formats.

• **Adaptogen/Cognitive-Support Ingredients:**

Ingredients associated with mood, focus and wellness (like lion's mane mushroom, L-theanine and magnesium) are shaping the next wave of functional food.



SEMINARS

NOURISH YOUR NEW YEAR

Join our in-store nutritionists for a “Healthy Start” seminar and learn how to nourish your body with mindful meals, build better routines, and feel your best—without restriction or overwhelm. Each seminar and nutritionist will focus on a different topic: from metabolic health, reducing inflammation, to effective nutrition goal setting among other things.

Dates, Times & Locations:

- **Abbotsford:** January 15, 7pm ~ 8:30pm
- **North Vancouver:** January 15, 5pm ~ 6:30pm
- **Kelowna:** January 20, 7pm ~ 8:30pm
- **Burnaby:** January 21, 7pm ~ 8:30pm
- **South Surrey:** January 22, 2pm ~ 3:30pm
- **Kitsilano:** January 22, 7pm ~ 8:30pm

JAN
IN-STORE

Free Event

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



OR SCAN THE QR CODE
TO REGISTER



JAN
29

7pm - 8:30pm
Kitsilano
IN-STORE

Free Event

HAPPY GUT, HEALTHY LIFE

Start the new year by nurturing your gut health from the inside out. Join the founder of Au Natural Health for an engaging seminar on how probiotics and mindful nutrition can support digestion, immunity, and overall vitality.

Learn simple, science-backed ways to care for your microbiome and feel your best in 2026.



Chocolate Peanut Butter Cup Smoothie

This decadent smoothie delivers dessert-worthy flavor with wholesome ingredients like antioxidant-rich cacao powder, creamy peanut butter, and sweet banana. Topped with crunchy cacao nibs, it's a perfectly indulgent yet nourishing treat.

INGREDIENTS

- 1 Frozen ripe banana, in chunks
- 1 scoop Chocolate protein powder
- 2 tbsp Navitas Organics Cacao Powder
- 2 tbsp Natural creamy peanut butter, or powdered peanut butter
- 1/2 tsp Vanilla extract
- 1/2 cup Milk of choice, more as needed

Toppings:

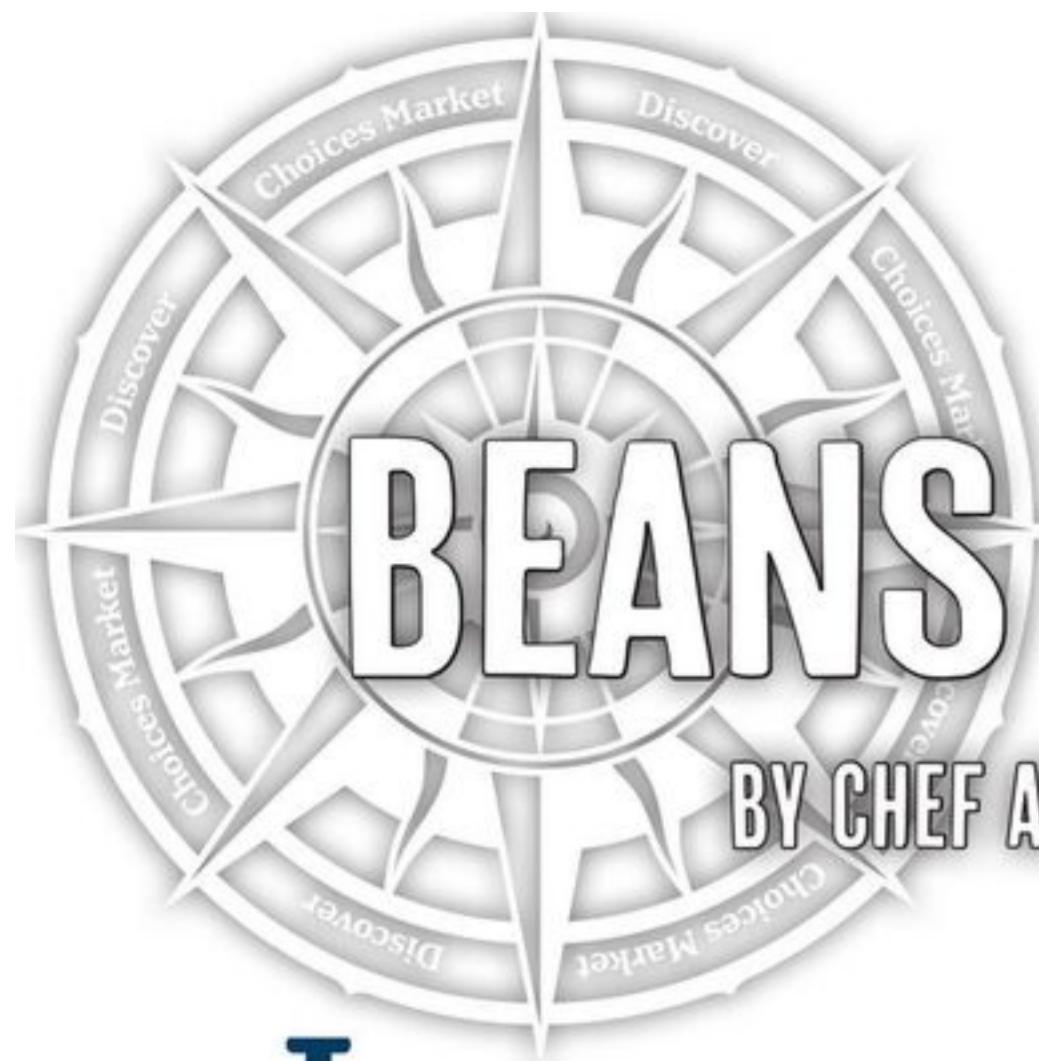
- Natural creamy peanut butter
- Navitas Organics Cacao Nibse

INSTRUCTIONS

1. Add all ingredients to a high-speed blender and blend until smooth, adding more milk as needed.
2. Pour into a glass, top with a drizzle of peanut butter and a sprinkle of Cacao Nibs. Enjoy!

NAVITAS
ORGANICS





BEANS

BY CHEF ANTONIO

I have never met a bean I didn't like. In fact, they've always "bean" good to me. Beans are very affordable and loaded with nutrition—protein, fibre, folate, magnesium, and iron are just a few of their benefits. They originated in Central America but have since become a staple food across the globe. There are thousands of bean varieties available—dried, fresh or canned.

Dried beans are simple to cook, but you do need to plan ahead as the cooking time is lengthy. Start by soaking them overnight in cold water for at least eight hours. Or use the quick-soak method: pour boiling water over the beans and let them sit for three hours.

To fully cook the beans, drain them and discard the soaking water. Fill a pot with fresh water and simmer the beans anywhere from 30 minutes to 2 hours. Add salt when the beans are nearly cooked. They're done when tender but not mushy. Drain as soon as they're ready, then use them however you like.

If you can get your hands on fresh beans (other than green and yellow), I encourage you to try them. Pinto, dragon tongue, borlotti, and black-eyed peas are some you



might find around B.C. To enjoy them, shuck and simmer in salted water until tender. Because you don't have to rehydrate fresh beans, the cooking time is a fraction of that required for dried beans.

Freezing beans is handy. Cook your favourite dried beans in big batches, then drain and freeze them in bags. Fresh green and yellow beans can be blanched quickly in salted water, separated into bags and frozen. Other varieties will need to be shucked before freezing, but there's no need to cook them. Throughout the winter, use your frozen beans in soups, stews, salads, and more.

Of course, if you're in a pinch, good ol'canned beans will do just fine. All you have to do is rinse them well before cooking.

No matter what you choose, beans incorporate easily into so many dishes. Add them to soups, stews, and salads for a hearty boost. Purée them into healthy, delicious dips. Incorporate them into stuffing, savoury pies, and even lasagna. Don't forget dessert—beans can be made into sweet bean paste (anko) or turned into cakes and brownies.

But I love beans best in pasta e fagioli. This traditional Italian dish is a pasta and red bean stew. It's a combination of pasta (as its name suggests), red kidney beans, fresh herbs like thyme and rosemary, onions, garlic, a bit of bacon (if you like), and freshly grated Parmigiano Reggiano. You can keep it basic, as I suggest here, or play around with the recipe to make it your own signature stew.

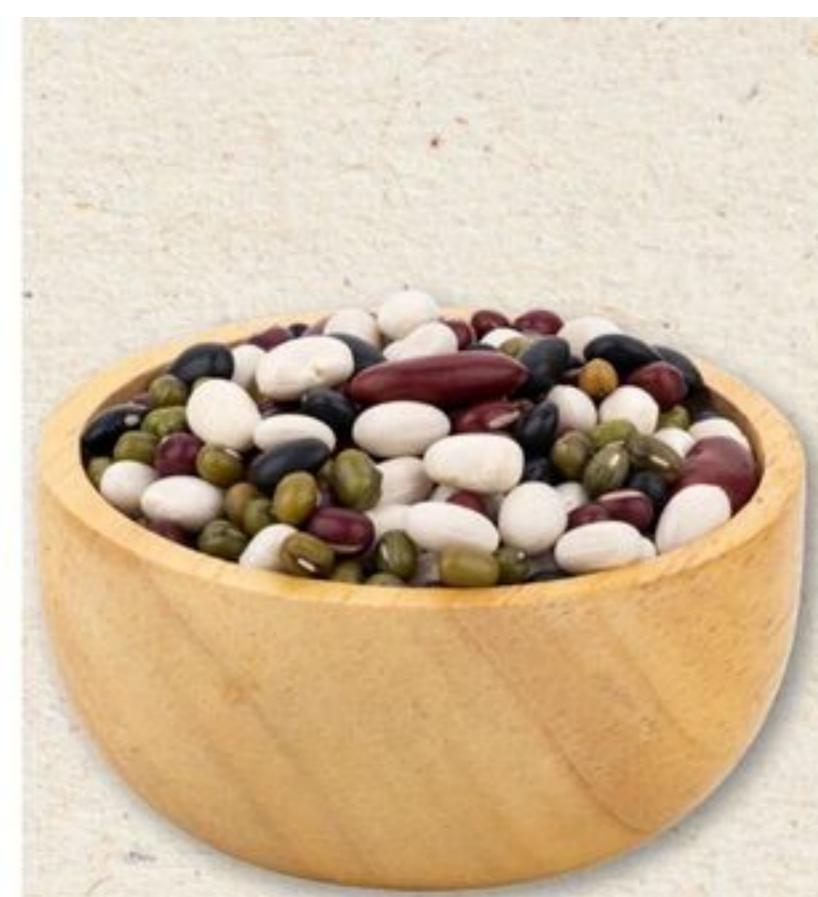


CHEF ANTONIO



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.



BEANS QUICK FACTS

Ancient Food Source:

Beans are one of the oldest cultivated crops, with evidence of bean consumption dating back over 7,000 years in both the Americas and the Middle East.

Legume Family :

Beans belong to the legume family (Fabaceae), meaning they grow in pods and help enrich the soil with nitrogen through their roots.

High in Protein:

Beans are an excellent plant-based protein source, making them a staple in vegetarian and vegan diets.



Crock-Pot Madras Lentils

By: D'Arcy Furness, BA, RHN; South Surrey Nutritionist

INGREDIENTS

- 2 - 398 mL cans Cooked lentils
- 2 - 398 mL cans Tomato sauce/puree
- 1/2 Large onion (approx. 1 + 1/2 cups), finely diced
- 1 large Russet potato (approx. 2-3 cups), scrubbed and cubed
- 1 - 400 mL can Unsweetened coconut milk
- 3 tbsp Butter (or olive or avocado oil)
- 3 Garlic cloves, minced
- 1 tsp Dried oregano
- 2 tbsp Patak's Madras Spice Paste
- 2 tsp Dried cumin
- Freshly ground black pepper to taste
- Crushed red pepper flakes to taste

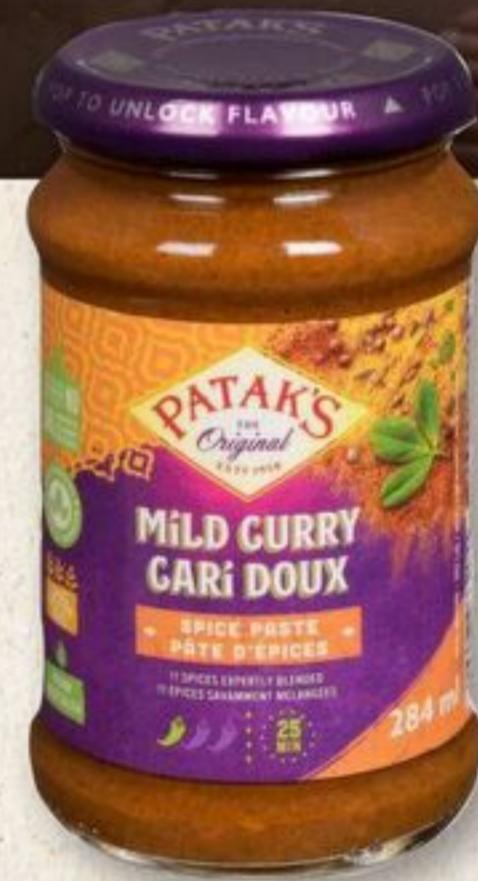
Optional Handful of chopped kale

INSTRUCTIONS

1. Put everything into a crock pot and stir together.
2. Cook on high for about 4 hrs or low for 8 hrs.
3. Adjust seasonings to taste.
4. Serve over rice, quinoa, cauli-rice and scoop it up with naan or papadums.

Optional: To up the nutrition, add chopped kale before serving.

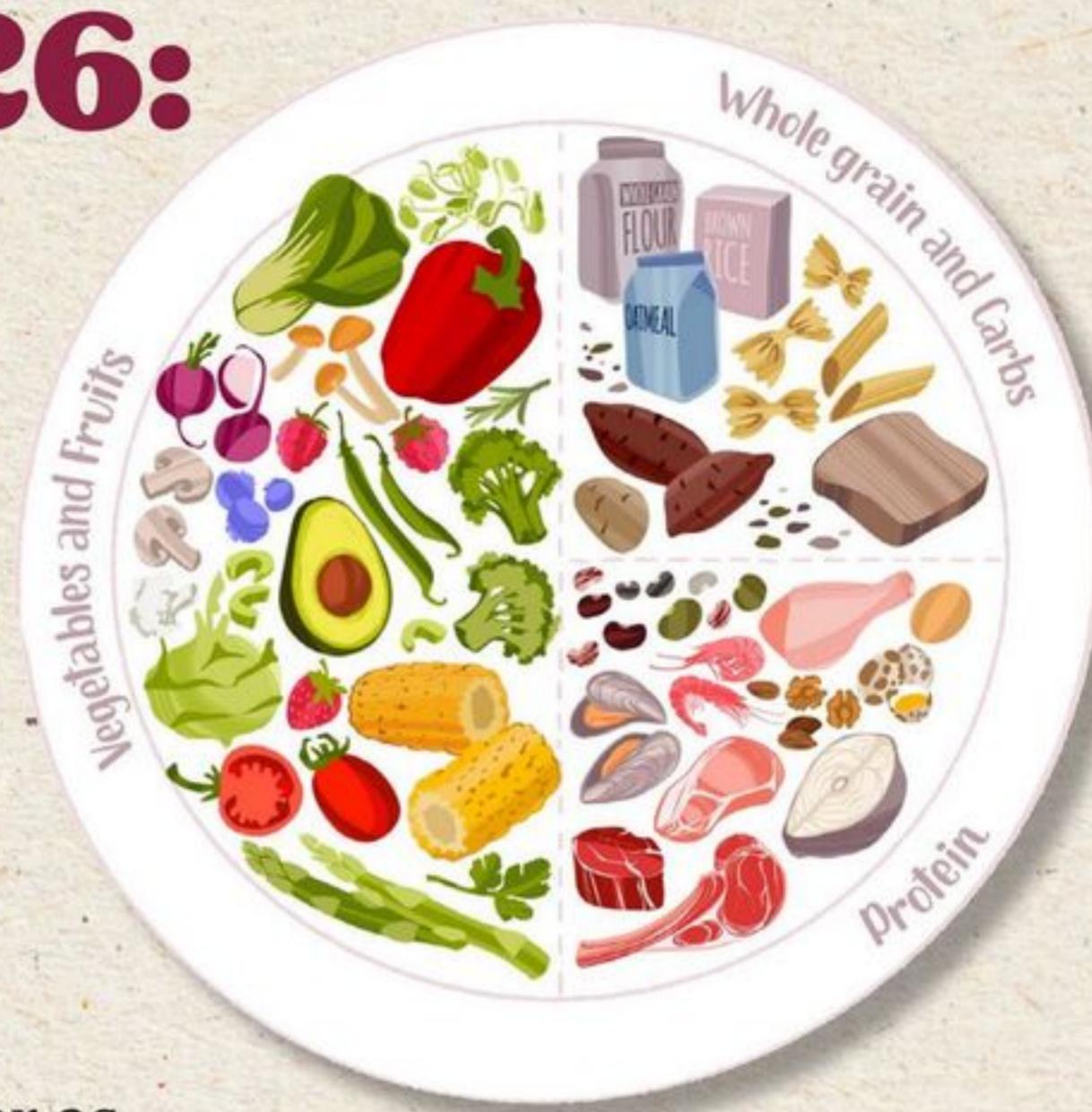
Note: For a stove-top version, combine all ingredients in a stock pot and simmer on low until potatoes are tender.



A Fresh Start for 2026: Nourish, Balance and Thrive

By: The Choices Nutrition Team

The start of a new year can bring renewed motivation to eat well—but the key to lasting change isn't about restriction or perfection. Instead of focusing on what to remove, try adding more nourishing foods and mindful habits that you can sustain long-term.



Build a Balanced Plate: Following Canada's Food Guide, aim for half your plate to be vegetables and fruits, a quarter as complex carbohydrates and a quarter as protein foods. This balance provides fibre, antioxidants and steady energy throughout the day. Make it easy by adding fresh, frozen or canned vegetables into soups, curries, sauces and stir-fries. Keep pre-washed greens or cut veggies on hand for quick sides, and try mixing different grains like quinoa, barley or brown rice for variety.

Add More Whole Foods: Choose foods closer to their natural form—fresh produce, legumes, whole grains, nuts, seeds, fish, eggs or lean meats. These are nutrient-dense and naturally rich in the vitamins and minerals your body needs. Try topping oatmeal with fruit and nuts, swapping white bread for whole-grain or using beans in salads and wraps.

Eat Mindfully: Slowing down at mealtimes helps with digestion and satisfaction. Pour snacks into a bowl instead of eating from the bag and take a short pause—about 5 to 15 minutes—before deciding if you want more. Try to eat without distractions like your phone or TV so you can tune into hunger and fullness cues.

Stay Hydrated: Drinking enough water throughout the day supports energy, concentration and metabolism. Keep a reusable bottle nearby and flavour your water with lemon, cucumber or berries for extra appeal.

Small, consistent changes add up. For personalized guidance or inspiration, visit your local Choices Market to book a free 60-minute consultation or follow-up with an in-store nutritionist.





PREFERRED SHOPPER SPECIALS

JANUARY 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Elmhurst
Non-Dairy
Beverages**
Selected Varieties, 946 mL

\$8.99

Plus Deposit,
Recycling Fee
Where Applicable

With up to 3x more almonds per serving compared to
other leading brands.



**Stahlbush
Island Farms
Frozen Fruit**
Selected Varieties,
283g - 300g

\$5.49

Bill and Karla Chambers started Stahlbush Island Farms with two crops, a piece of land and a passion for good food.



**GLUTEN
FREE**

**Bob's Red Mill
Granola**
312g

\$6.99

Crunchy clusters that are rich in flavour (but not too sweet) and taste just like they came out of your own oven at home.

**Egglife
Egg White
Wraps**
170g

\$7.99

Egglife® wraps are ready to eat right out of the package and are available in a variety of delicious flavours



**Joyya
Ultrafiltered Milk**
1 Litre

\$5.49

Plus Deposit,
Recycling Fee
Where Applicable

2X more protein than regular milk. Source of 10 essential nutrients. 25% less lactose than regular milk.



**MADE IN
CANADA**

**Prana Organic
Chia Seeds**
Whole or Ground,
200g - 300g

\$6.49

**GLUTEN
FREE**

All our products are plant-based and responsibly sourced, because every mindful choice fuels a more joyful life and brighter future for us all.

**Sober Carpenter
Non-Alcoholic
Beer**
473 mL

2 for \$5

Plus Deposit,
Recycling Fee
Where Applicable

Our mission is to create great-tasting non-alcoholic beers that you chose to drink because you love the taste.



**Biotta
Juices**
500 mL

\$6.49

Plus Deposit,
Recycling Fee
Where Applicable

Biotta premium organic juices are made from naturally grown vegetables and fruits.

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



**San-J Black Label
Tamari Sauce**
Selected Varieties, 592 mL

\$9.99

Perk up your stir-fries, sauces, soups, casseroles, and your favourite poultry, meat, seafood, vegetable and tofu dishes.



**Casbah Organic
Couscous**
600g

\$9.99

Made with 100% organic durum wheat semolina and is a convenient side dish that cooks in only 10 minutes.



**Genuine
Organic Tea**
Pack of 15

\$7.99



Genuine Tea is all about sharing experiences and bringing tea back to its origin.

**Aspen Clean
Detergents
& Cleaners**
Selected Sizes

30% OFF

Effective on dirt, grime and grease.
Biodegradable, plant derived ingredients.



PREFERRED SHOPPER SPECIALS



**Kettle Brand
Air Fried
Potato Chips**
156g & 198g
\$3.99

How do we make our air fried chips so amazing?
We batch cook them in kettles, then air fry them for a crispy
& light crunch!



Our line of sauces, condiments, and pantry staples are made
using ingredients with integrity.

**Primal Kitchen
Sauces &
Condiments**
237 mL ~ 500 mL

25% OFF

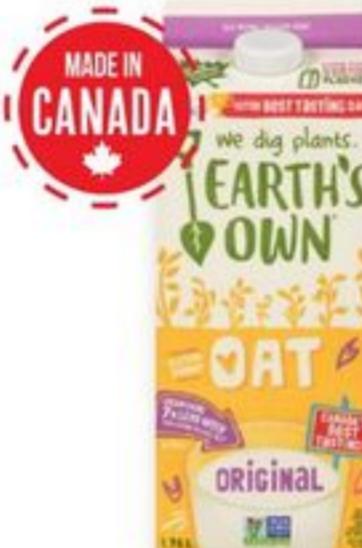


**Frankie's
Puffs**
113g ~ 140g



\$3.49

Snacks with that real flavour you just can't get enough of.



Grown using 7x less water than almond or cow's milk. No bull!

**Earth's Own
Oat Beverage**
Selected Varieties
1.75 Litres

\$5.49

Plus Deposit,
Recycling Fee
Where Applicable



**Rawcology Organic
Raw Granola**
200g



\$7.99

Rawcology is a female-founded, family-owned
company dedicated to helping you live a healthy and
happy life.



**49th Parallel
Organic Coffee**
Whole Bean,
Selected Varieties,
340g
\$18.99

49th's Direct Trade philosophy results in sustainable
prices being paid for one of a kind coffees.



**Garofalo
Italian
Pasta**
500g
\$3.49

From the most traditional shapes to the
most creative ones, discover Pasta Garofalo.



**Bioitalia
Organic Beans**
398 mL

2 for \$4.50

We are a family business that has been
producing organic foods for generations,
promoting the values of the Mediterranean Diet



**Tofurky
Deli Slices**
156g
\$4.49

Vegan Sandwich fanatics, we get you.
You're makers of awesome, we celebrate you daily.
Taste bud High five!



**Millsie Chives & Garlic
Based Spreads**
Selected Varieties, 185g
\$7.49

From here on out, Spread 'em Dips are Millsie! —new name,
same snacking bestie.



**Nellie's Natural
Laundry Detergent
Products**
Assorted Sizes

20% OFF

Striving to keep the environment as spotless as your home.
Simplifying daily life with safe, clean formulas.



**Big Mountain Veggie Links,
Big Brat & Fiesta**
280g & 340g

\$6.49

Made with ingredients you can pronounce.
Unless your mouth is full. At Big Mountain, we only use
real, nourishing, plant-based ingredients.



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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 Dietitian's Top Choices.

HERBARIA TEAS

Herbaria teas combine quality herbs, spices, and botanicals into aromatic blends crafted for relaxation, focus, and everyday balance. Whether it's calming chamomile or refreshing peppermint, these naturally flavorful teas provide hydration and antioxidants to support a healthy, energized day. They're also a cozy, mindful way to pause and reset, making tea time a little daily ritual for body and mind.



YUMI OVERNIGHT OATS

Yumi Overnight Oats bring convenience and nutrition together in one delicious jar. Packed with whole grains and fiber, they keep you full and fueled and can be enjoyed straight from the fridge for a quick breakfast or snack. Get creative by layering in fresh fruit, a dollop of nut butter, or a sprinkle of seeds and spices like cinnamon or cacao nibs. You can also mix them into smoothies for an extra creamy texture, making Yumi Overnight Oats a versatile, satisfying choice for every morning routine.

PLUM·M·GOOD RICE CAKES

These airy, crisp rice cakes are a go-to for quick, wholesome snacks. Made from organic Canadian rice and naturally gluten-free, they're a blank canvas for all kinds of toppings—from peanut butter and banana to cream cheese and berries. Kids love their light crunch and fun shape, making them an easy, satisfying snack that provides gentle energy from complex carbs.



KEFIRKULT YOGURT

This coconut-based yogurt offers a dairy-free way to enjoy gut-loving probiotics. Creamy and subtly tangy, it works perfectly in breakfast bowls, smoothies, or as a snack on its own. The live cultures help support a healthy gut microbiome, keeping digestion happy and the medium-chain triglycerides can help support energy and satiety as well.



Healthy Red Velvet Chocolate Smoothie

INGREDIENTS

- 1 Small, cooked beet (or $\frac{1}{2}$ cup cooked beet chunks)
- 1 Medium banana
- 1 scoop Chocolate (or vanilla) protein powder (20–25g protein)
- 1/2 cup Greek yogurt
- 1 tbsp Nut butter of your choice
- 1 cup Milk or plant-based milk (opt for soy milk for higher protein)
- 1 tbsp Cocoa powder

Optional:

- 1 tsp Chia seeds or flax seeds
- 1/2 tsp Cinnamon or a pinch of sea salt
- Handful of spinach or kale

INSTRUCTIONS

Note: If using raw beets, cook them until tender—about 20 minutes by boiling.

Tip: Cook extra or a larger batch to use for future smoothies or recipes.

1. Add all ingredients to a blender.
2. Blend until smooth and creamy, about 30–60 seconds depending on your blender. Add more milk if needed for desired consistency.
3. Taste and adjust sweetness or cocoa powder if desired.
4. Pour into a glass and enjoy immediately.



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Canprev Vegan
Amino Acid
Powders & Greens
Assorted
Varieties & Sizes

20% OFF

Taurine is the most abundant amino acid in the body but is found in the highest concentrations in the brain, eyes, heart, muscles and leukocytes (immune cells).



Flora Flor-Essence
Herbal Cleanse
500 mL /941 mL

\$34.99 / \$54.99

Flor-Essence is a traditional herbal formula developed to gently cleanse the whole body at the cellular level.



Prairie Naturals
Creatine
Monohydrate
Bonus Size (300g + 100g)

\$22.99

Supports healthy aging by maintaining lean muscle and strength. Ideal for those focused on preserving muscle tone as they age, it replenishes ATP stores for enhanced energy and endurance. Non-GMO, micronized formula.



Suro Elderberry
Syrup
Assorted
Varieties & Sizes

20% OFF

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



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.



Jade Leaf Matcha
& Matcha Lattes
Assorted
Varieties & Sizes

25% OFF

Easily create delicious, creamy cafe-inspired lattes at home with our lightly sweetened, all-natural matcha latte mix made from only two ingredients: pure organic Japanese matcha and organic cane sugar.



Enzymedica
Digestive Enzymes
& Supplements
Assorted
Varieties & Sizes

20% OFF

Helps reduce occasional gas, bloating and indigestion. Works quickly to help break down carbs, fats, fiber and protein.



NutraSea
Omega-3 Fish Oil
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.



Himalaya
Organic Herbals &
Supplements
Assorted
Varieties & Sizes

20% OFF

Himalaya's Organic Ashwagandha is clinically-proven to provide stress relief by supporting your adrenals and balancing cortisol.



Ecoideas Organic
Superfoods
Assorted
Varieties & Sizes

20% OFF

Ecoideas organic superfoods are sourced from high quality and cultivated using natural methods to preserve the essential nutritional value of the product.



Santevia Alkalizing
Water Filtration
Assorted
Varieties & Sizes

20% OFF

From countertop units to 'on-the-go' options, Santevia filters and restores your tap water to its mineral-rich state, just like nature intended.



Joni Plant-based
Period Products
Assorted
Varieties & Sizes

\$6.99

These plant-based pads are surprisingly thin yet super absorbent.



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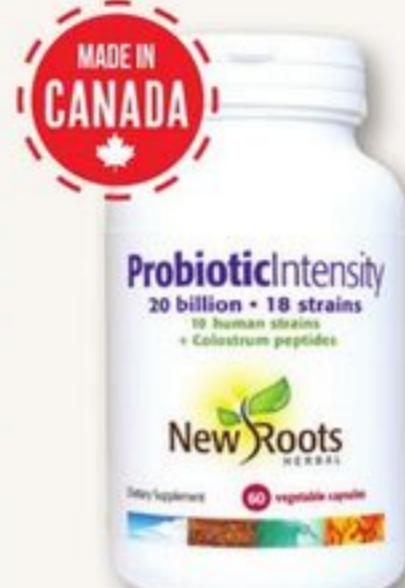


**Healthology
Vitamins and
Supplements**
Assorted
Varieties & Sizes

20% OFF

GUT-FX is the ultimate formula to heal inflammation and restore our gut-neighbourhood. It provides the building blocks that your body needs to repair the lining of the intestinal tract. It contains herbs to reduce inflammation and soothe digestion, and probiotics to support a healthy gut flora.

GUT-FX provides a well-rounded approach to supporting gut health, which improves our ability to absorb nutrients, eliminate toxins, balance the immune system, and support neurological hormones.



New Roots Probiotics
Assorted
Varieties & Sizes

20% OFF

New Roots Herbal is a pioneer in probiotics, with an extensive selection of daily use and condition specific formulas, featuring scientifically researched probiotic strains.

Results driven formulas are only as effective as their delivery method. This inspired the development of the exclusive GPS™ natural enteric coating. It keeps harsh stomach acid from seeping into the capsule and protects it from disintegrating in your stomach. This safeguards the delicate probiotics and preserves their viability until they reach the safety of your intestines! Once there, the capsule releases live, healthy, colony forming probiotics, which get to work on improving your gut health!



**Natural Factors
RegenerLife NMN
Surge**
120 Capsules

\$46.99

Aging is caused by so many processes, but did you know there are several natural compounds that are pivotal to healthy biological aging, such as NAD+? Give your life a surge with RegenerLife NMNSurge.

Nicotinamide mononucleotide (NMN) is a biologically active form of vitamin B3 that is converted into NAD+, providing support for optimal energy production and cell renewal.

This unique anti-aging ingredient rejuvenates cellular health to provide anti-aging support!

- Provides a cutting-edge, metabolically active form of vitamin B3
- Activates NAD+ for anti-aging support
- Supports energy production in cells
- Replenishes age-related declines in NAD



**Prairie Naturals
ReCleanse Herbal
Cleanse**
1 Kit

\$26.99

ReCleanse® 7-Day Herbal Cleanse is a safe, effective 7-Day whole body detoxification kit supported by clinical use.

ReCleanse® 7-Day Herbal Cleanse is formulated to gently and effectively support your body's natural detoxifying and elimination process.

ReCleanse® 7-Day Herbal Cleanse gently cleanses more deeply with regular use, enabling your body to heal and function optimally while promoting excess weight loss.



**Manitoba Harvest
Hemp Hearts &
Hemp Yeah Proteins**
Assorted
Varieties & Sizes

25% OFF

Shelling the hemp seed reveals the most nutritious and tender part of the seed: the heart. Ready to eat right out of the bag, Manitoba Harvest hemp hearts offer nutrition seekers a simple and delicious ingredient that adds plant protein and nutrients to any recipe or meal.

- 10g Protein
- 12g Omegas 3 & 6
- 9 Essential Amino Acids
- Contains vital nutrients like magnesium, fibre, zinc, and iron
- Vegan, Paleo, Keto, and Gluten-Free
- Available in Organic and Natural



**Pure Encapsulations
Daily Stress Formula**
90 Capsules

\$52.49

New to Canada! If you're often feeling stressed out and run down as a result of things you can't change, which supplements might you seek out to counteract the effects of the stress, raise your daytime energy levels, lift the brain fog, and protect yourself from illness?

- B-vitamins
- Along with good old Vitamin C
- Herbs or minerals to promote mental relaxation
- Adaptogens

Try all of the above and more, with a broad-spectrum Daily Stress Formula.



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CanPrev
Healthy Bones
120 Capsules

\$30⁹⁹

Healthy Bones MCHA features microcrystalline hydroxyapatite, a compound that shapes the matrix of bones and teeth.



Sovereign Silver
Bio-Active Silver or
Copper Hydrosol
Assorted
Varieties & Sizes

25% OFF

Provides quick sinus relief that naturally helps you breathe freely by thinning mucus in the nose and sinuses, cleanses nasal passages from pollutants and irritants, and eases air flow allowing for clearer breathing.



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.



Herbion
Lozenges 18-Pack /
Cold & Flu Remedies

\$2⁹⁹ / \$10⁴⁹

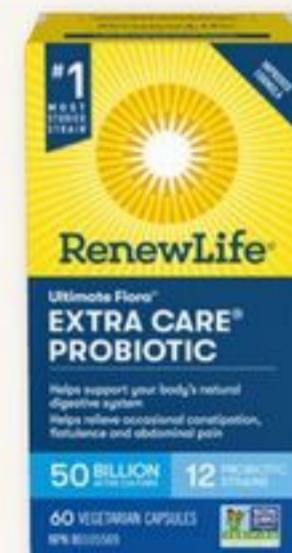
A natural, soothing, and warming source of herbal drink. Made with a blend of 8 natural medicinal herbs that aid in relieving cold and flu symptoms such as cough, chest congestion, & bronchitis.



Salus Organic Red
Beet Crystals
200g

\$29⁹⁹

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.



Renew Life
Probiotics
Assorted
Varieties & Sizes

20% OFF

50 billion live cultures from 12 probiotic strains to help support your body's natural digestive system and helps reduce the frequency of digestive discomforts such as constipation, flatulence and abdominal pain.



Vitality Iron
Supplements
Assorted
Varieties & Sizes

20% OFF

Improve your energy and mood with Power Iron + Organic Spirulina.



Quorion+ Live
Probiotics
Assorted
Varieties & Sizes

\$36⁹⁹

Certified organic liquid probiotics features intentional, small-batch formulations crafted to support digestive and immune health.



Boiron
Oscillococcinum &
Cold/Flu Remedies
Assorted
Varieties & Sizes

20% OFF

Oscillococcinum is a homeopathic medicine that reduces the duration of flu-like symptoms and relieves body aches, headache, fever, and chills.



Seaweed Bath Co
Hair & Body Care
Assorted
Varieties & Sizes

20% OFF

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



Derma E Vitamin C
Face Care
Assorted
Varieties & Sizes

25% OFF

Derma E Is Committed To Your Skin's Health & The Environment.
Brighter Skin, No Compromises!



Gabriel Natural
Cosmetics
Assorted
Varieties & Sizes

20% OFF

Gabriel Cosmetics is committed to sustainable natural beauty and earth-conscious practices, never compromising on ingredients.



WELLNESS CENTRE SPECIALS

JANUARY 16 - 31 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Beekeeper's
Naturals Bee
Propolis Products**
Assorted
Varieties & Sizes

25% OFF

Our propolis delivers the highest concentration of polyphenols and flavonoids on the market, as well as vitamin C, iron, B vitamins, and other uniquely beneficial compounds that support immune health.

Nature's Bodyguard:

Bees create propolis by combining plant and tree resins with their own enzymes. It combines the immune system of the plant with powerful antioxidant and antimicrobial properties, making it an effective immune-supporting compound for humans.

Antioxidant Powerhouse:

Flavonoids and polyphenols fight cellular damage caused by oxidative stress.

Throat Soother:

Provides soothing protection when you're public speaking, singing, or just feeling a little scratchy.

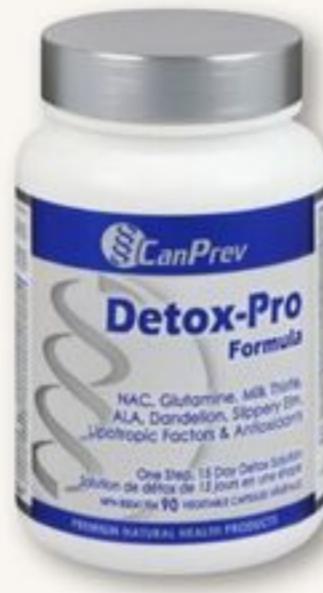


**Everyone For Every
Body 3 in 1 Soap**
or Lotion, Assorted
Varieties, 946 mL

\$17.99

One soap. Many uses. Our 3in1 Cedar + Citrus Soap is a versatile cleanser that knows how to get down to business. Whether as a body wash, shampoo, or shaving gel, the rustic appeal of cedarwood and the invigorating burst of citrus will give you an intense clean without being harsh on your hair and skin. Fewer products means fewer decisions and more time for the important stuff.

Feel your best using our best. Combining soothing organic herbs like calendula, aloe vera, and chamomile with the antioxidants of white tea extracts and vitamins E and B5, you end up with skin and hair that feels smooth, clean, and refreshed. Just what nature intended.



**CanPrev
Detox-Pro Formula**
90 Capsules

\$35.99

Blood detoxification is one of our most important liver functions – especially if it's healthy and has an array of optimal nutritional tools with which to do its vital work.

Detox-Pro™ contains a blend of medicinal herbs and it is a one-step, 15-day detoxification solution that provides critical nutrients to help support your liver function and optimize detoxification pathways.

- 15 day total body detox
- Easy, one-step cleanse
- Antioxidants, trace minerals and herbs to help neutralize toxins
- Optimizes liver function, the body's prime organ of elimination



**Total Body
Collagen**
Assorted Varieties,
500g

\$57.49

Not all collagen supplements are created equal! Each scoop of Total Body Collagen powder contains a unique, clinically studied, hydrolyzed collagen, featuring a specific amino acid composition. This formula helps your body optimize absorption and promote healthy collagen production, helping reduce wrinkles and fine lines and improve skin elasticity. Sourced from pasture-raised, grass-fed, hormone- and antibiotic-free cattle, Total Body Collagen is clean and certified as free of contaminants.

- Helps reduce fine lines and wrinkles
- Helps reduce eye wrinkles in four weeks
- Features vitamin C, hyaluronic acid, glutamine, and biotin to help in collagen synthesis
- Helps maintain healthy skin, hair, nails, bones, teeth, and gums
- Helps reduce joint pain associated with osteoarthritis



**Innotech
Fasting Days**
360g

\$47.99

Fasting Days™ is formulated by Reginald Friesen M.D. and Innotech Nutrition to help support Intermittent Fasting with a balanced nutrient powder.

Low in calories (Keto Friendly), non-GMO, non-dairy and free of sugar, gluten, MSG, artificial sweeteners, artificial flavours and colours.

With 10 grams of amino acids, 13 vitamins and minerals including your daily electrolyte requirement. Drink this during your 18-20 hour fast.



**Lean Fit
Organic Proteins**
Assorted
Varieties & Sizes

25% OFF

LEANFIT™ is made for every body. Our products contain high quality protein and clean ingredients to deliver what you need to refuel, recover and balance your nutrition.

Our delicious powders can be shaken up with your choice of liquid, blended into shakes, or mixed into yogurt or oatmeal which makes it easy to fit healthier habits into your daily routine to amplify what you can do, so you can shine a little brighter and keep moving forward.



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Kerrisdale

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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

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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 NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

ONE ANNIVERSARY DAY SALE!

10% OFF ENTIRE STORE & \$10 CHOICES GIFT CARD

PLUS, FROM 11AM - 4PM!

- Donation prize wheel in support of BC Children's Hospital Foundation
- Enter to win fabulous prizes, like 350,000 Choices Points or a grand prize trip to Greece!**
- Free samples, live music, face painting and more!

*Excluding Lotto and Gift Card purchases. Sale not available online. **See in-store for complete details.

SATURDAY, JANUARY 10
ONLY AT CHOICES SOUTH SURREY

SATURDAY, JANUARY 17
ONLY AT CHOICES ABBOTSFORD

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