

CHOICES  MARKET  
Supporting local communities since 1990

THE

# HEARTBEET

May 2026

## DISCOVER GREEN SALADS

BY CHEF ANTONIO pg 5

Women's Hormonal Health ~ pg 7

Hormone Supportive Breakfast Wrap recipe ~ pg 4



## 35TH ANNIVERSARY CELEBRATIONS

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

### MOTHER'S DAY

May 10th is all about Mom. Come to Choices to get Mom's favourite items, like Fairtrade chocolate, beautiful floral arrangements or natural body care products. If you need help in the kitchen, don't forget that the Choices Deli has dozens of ready to heat and eat options available so everyone can take a night off in the kitchen. Need a quick dessert? Try our selection of amazing cakes and cupcakes from our bakery. We've got some amazing alternate flour recipes that make it easy for everyone to enjoy a treat. No matter what your Mother's Day traditions are, Choices is here to help.



### WOMEN'S HEALTH

This month, we've got some great articles specifically tailored for Women and Women's health concerns. No matter your age, the Choices Nutrition team has advice that can help women live their best at any stage of life. Read this month's articles for more info, or speak to a member of our brilliant in-store Nutrition Team members for more.

# SEMINARS

Brought to you by:  
**THE WELLNESS HUB**  
AT CHOICES MARKET

## **EVERYDAY WOMEN'S WELLNESS: FOODS THAT SUPPORT YOU – COOKING SERIES** Hosted by: **The Choices in-store Nutritionists**

This month's cooking classes and demos explore women's health through simple, flavourful recipes designed to support energy, balance, and everyday well-being. In honour of Women's Health Month, we'll highlight nutrient-dense ingredients, approachable cooking techniques, and practical habits that help women feel their best at every stage of life.

These sessions are open to everyone, and all are welcome to join. For full details on which recipe will be showcased at each session, visit our Events page on the Choices website.

### ***Dates, Times & Locations:***

Burnaby: May 13th, 7pm - 8:30pm

South Surrey: May 14th, 6pm - 7:30pm

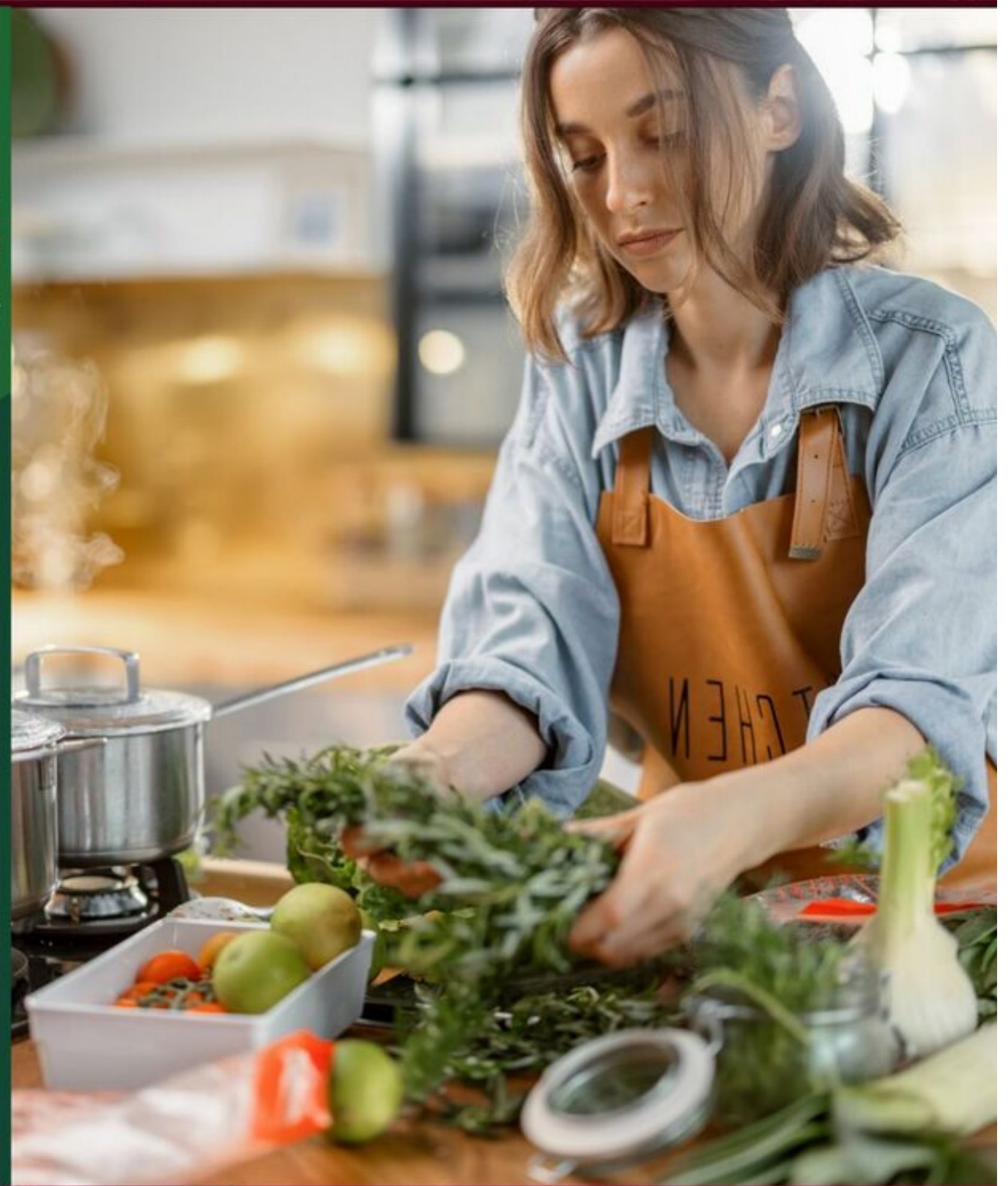
North Vancouver: May 20th, 5pm - 6:30pm

Yaletown: May 22nd, 6pm - 7:30pm

Kistilano: May 28th, 6pm - 7:30pm

Abbotsford: May 28th, 7pm - 8:30pm

**MAY**  
**IN-STORE**  
*Free Event*



**REGISTER ONLINE AT [CHOICES.MARKET/EVENTS](https://choices.market/events)**



**OR SCAN THE QR CODE  
TO REGISTER**



**MAY**  
**26<sup>th</sup>**  
6pm - 7:30pm

**ONLINE**  
*Free Event*

## **Yoga for Metabolic Health**

This month, we're excited to welcome back Leila Stuart, RMT (retired), certified yoga therapist (C-IAYT), BA, LLB, for a webinar exploring how yoga can support metabolic health in practical, sustainable ways.

Leila will discuss how yoga can improve insulin sensitivity, lower stress hormones, enhance sleep, reduce inflammation, and strengthen interoceptive awareness to support long-term lifestyle change. With her extensive background in yoga therapy, movement education, and mind-body integration, Leila offers a grounded, accessible approach to supporting whole-person health.





## Hormone-Supportive Breakfast Wrap

### INGREDIENTS

1/2 cup	crumbled firm Tofu (or 2 eggs, scrambled)
1 tsp.	Olive Oil
1 tsp.	Nutritional Yeast
1/4 tsp.	Turmeric
1/4 cup	Spinach or Kale, chopped
2 - 3 tbsp.	Carrots, grated or Bell Peppers, chopped
1/4	Avocado, sliced or mashed
1 tbsp.	Hummus
1 - 2 tbsp.	Tzatziki (or to taste)
1 tsp.	Hemp Hearts
1	Whole-Grain tortilla or wrap
	Salt & Pepper to taste

### OPTIONAL ADD-INS

Fresh Herbs (parsley, cilantro)  
Pinch of chili flakes  
Squeeze of lemon

### DIRECTIONS

1. Heat olive oil in a pan over medium heat. Add crumbled tofu or scrambled eggs along with nutritional yeast, turmeric, salt and pepper. Cook 2 - 3 minutes until warmed through and lightly golden.
2. Add spinach or kale and cook until wilted. Stir in grated carrot or bell peppers.
3. Warm the tortilla in a dry pan or microwave.
4. Spread hummus across the wrap, then add a layer of tzatziki.
5. Add herbs or a squeeze of lemon if desired.
6. Roll tightly into a wrap. Enjoy warm or wrap in foil for an easy on-the-go breakfast.

**Makes 1 Serving**

**Total Time: 10 Minutes**



# GREEN SALADS

BY CHEF ANTONIO

**S**pring brings us an amazing garden of edible leaves. The name might be leafy greens, but they encompass endless varieties and colours. Just think, chard and beet tops are two of the most popular, plus Radicchio and Belgian endive. All of which are in the category, but not green in colour.

Leafy greens all have a unique taste. Some are preferable mainly eaten raw in salads with a nice dressing. From the mild tasting lettuces like Butter, Green and Red Leaf, Lola Rosa, Oak Leaf, Lambs Lettuce, to stronger flavoured like Romaine, or stronger still like Endives, Frisee, Curly Endive and Escarole, each can leave a delicious note in your salad. Possibly the strongest and bitterest green in our stores racks, dandelion greens, are another healthy addition you could consider. Other leaves are distinctively peppery. Mustard greens, arugula and watercress are classic examples. Some leaves can also be eaten cooked and hold up to high temperatures, like romaine or endive. Watercress is classic in soup, or sauteed dandelion greens.

When you start cooking your leafy greens, you add even more options. Once cooked you can enjoy them on their own, or use them in an ingredient in other recipes. On the cooked leafy green front, that some people love raw, you can find spinach, kale and most cabbages, including green, savoy and napa. Personally I prefer most of these cooked, but to each their own. Bok choy, broccoli rabe or rapini, collard greens, lacinato kale, kohlrabi and radish tops all can be gently steamed, braised or tossed in a stir fry for an added nutritional punch. Think of using cooked greens as fillings for dumplings or pasta, in savoury cakes, fritters, or in egg based or vegan items like frittata, quiche or bajas.

What about fermented? Sauerkraut or spicy kimchi! There's a million ways to use the endless varieties of greens. All cuisines have delicious recipes that just wouldn't be the same without a bright dose of greens. Of course, all greens have a seasonality, and learning when to buy them will help you with your menu and your wallet.

Enjoy the beauty of the greens rainbow!



## LEAFY GREENS FACTS:

*Dark Leaves = More Nutrients:*  
**Generally, darker green leaves contain more vitamins and minerals than pale varieties.**

*Growing Season:*  
**Most salad greens prefer cool weather, so they grow best in spring and fall.**

*Quick to Grow:*  
**Many leafy greens can be ready to harvest in 30-45 days, making them popular for home gardens.**



### 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.

# How Can Yoga Transform Your Metabolic Health

By: Leila Stuart, RMT(retired), certified yoga therapist (C-IAYT), BA, LLB

When most people think about improving blood pressure or managing blood sugar, they picture intense cardio sessions or strict diets. Fortunately, emerging research suggests that a consistent gentle yoga practice could be one of the most powerful (and underestimated) tools in your metabolic health toolkit. And much easier!

Long before metabolic health was a clinical concept, yoga's ancient wisdom taught that a balanced body, conscious breathing, and a calm mind support health on every level.

The five key indicators of metabolic health are blood sugar, triglycerides, cholesterol, blood pressure, and waist circumference. Chronic stress quietly undermines all five. It prompts the liver to release glucose into the bloodstream, keeping blood sugar elevated even between meals, while driving up cortisol, worsening insulin resistance and disrupting lipid metabolism. Studies have shown that yoga meaningfully reduces fasting blood glucose, lipid levels, and BMI, while directly lowering cortisol and improving the body's sensitivity to insulin. Yoga improves all five indicators of metabolic health, plus much more.

What makes yoga uniquely effective is its multidimensional approach to health. Physical practice builds strength, flexibility, and lean muscle mass, all of which improve blood sugar regulation. Breathwork calms the nervous system and lowers blood pressure. Meditation and mindfulness help to balance your emotions, sharpen focus and empower you to embrace and sustain healthier habits.

Even 20–30 minutes of yoga a few times per week can produce measurable results within weeks. Whether you're managing prediabetes, working on your numbers, or simply want more energy, your yoga mat is a great place to start. If you can breathe, you can do yoga!



## Ready to take the next step?

Join Leila online on May 26 for a presentation and guided yoga practice for metabolic health. See the Seminars page for details.

# Women's Hormonal Health: Three Food Groups That Support Balance

By: *The Choices Nutrition Team*

Hormones influence energy, mood, appetite, sleep, and overall wellbeing. Since May is Women's Health Month, this article highlights how nutrition can support women's hormonal health. The same principles apply to all people, and these foods offer wide-ranging benefits for anyone looking to support long-term health.



## **Healthy Fats for Hormone Production and**

**Inflammation Support:** Hormones are built from fat, which makes healthy fats an essential part of a hormone-supportive diet. Omega-3 rich foods such as salmon, walnuts, avocados, flaxseed, and extra-virgin olive oil help reduce inflammation and support the body's natural hormone-making processes. Including a source of healthy fat at meals can also help stabilize energy and support cognitive health and mood.

**Plant Proteins and Phytoestrogens:** Plant-based proteins such as tofu, tempeh, edamame, lentils, nuts, and seeds provide both protein and phytoestrogens. These naturally occurring compounds may gently support estrogen balance, which can be especially helpful during perimenopause and menopause when estrogen levels begin to shift. Research shows that phytoestrogens do not lower testosterone or negatively affect hormone levels in men and may even support prostate and heart health.

## **Fibre for Gut Health and Estrogen Metabolism:**

Fibre plays a critical role in gut health, which is closely connected to hormone metabolism. A healthy gut microbiome helps process and eliminate excess estrogen, supporting more stable hormonal patterns.

Fibre-rich foods such as vegetables, fruits, whole grains, beans, and seeds also help regulate blood sugar and insulin balance.

These three food groups support hormonal balance and are also linked with benefits for heart health, blood sugar control, blood pressure, and reduced cancer risk, making them valuable additions to everyday eating for people of all ages.





# PREFERRED SHOPPER SPECIALS

**MAY 1 - 15 ONLY!**

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



**Loop Cold Pressed Juice & Smoothies**  
1 Litre

**\$9.99**  
Plus Deposit, Recycling Fee Where Applicable

Freshly cold pressed for nutrient preservation and flavour.



**Dairyland Lactose Free Milk**  
1.89 Litre

**\$6.49**  
Plus Deposit, Recycling Fee Where Applicable

All the goodness you love of Canadian milk, just without the lactose!



**Schär Breads, Crackers & Snacks**  
Assorted Varieties

**20% OFF**

For more than 35 years, Schär, the Gluten-Free brand has been dedicated to the research and development of high-quality products for a balanced diet.



**La Cocina Tortilla Chips**  
300g-400g

**\$4.49**

Liven up your meals with our selection of gluten-free tortilla chips and authentic corn tortillas.



**Mrs. Renfro's Salsa**  
473 mL

**\$6.99**

Made with love from maw-maw's recipes and generations of care.



**Jovial Organic Brown Rice Pasta**  
340g

**\$5.49**

Gluten free, crafted in Italy by artisan pasta makers.



**San-J Tamari Lite Soy Sauce**  
Selected Varieties,  
296 mL

**\$6.99**

San-J's Tamari is made of soybeans brewed following a refined family recipe.



**Amy's Organic Chili**  
398 mL

**\$6.49**

We took our classic, perfectly spiced chili and added the savory garden flavors of organic bell peppers, potatoes, carrots and corn.

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



**Righteous Gelato & Sorbetto**  
473 mL

**\$7.49**

Try the special, limited edition Choices Markets 35th anniversary flavour!



**Ritter Sport Chocolate Bar**  
Selected Varieties, 100g

**\$4.49**

Quality. Chocolate. Squared.



**The GFB Bites**  
113g

**\$4.99**

Plant-based, sustainably made, good for you food in good for you ways.



**Kettle Brand Potato Chips**  
156g & 198g

**\$3.99**

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



# PREFERRED SHOPPER SPECIALS

## MAY 16 - 31 ONLY!

Become a Preferred Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**

Ask us for details in store.



**Faith Farms Cheese**  
320g & 340g

**\$6.69**

The best cheese for topping a cracker, melting over nachos, or mixing into gooey mac and cheese.



**Brüst Protein Cold Brew**  
330 mL

**\$2.99**

Plus Deposit, Recycling Fee Where Applicable

Coffee that works as hard as you!



**TRUBAR Protein Bars**  
50g

**\$2.99**

Plant-based vegan protein bars made with all-natural ingredients. Indulgent, dessert-inspired flavors with amazing texture.



**Berri Fresh Cold Pressed Juice**  
370 mL

**\$4.99**

Plus Deposit, Recycling Fee Where Applicable

At Berri Fresh, we're on a mission to bring you the pure essence of nature's bounty with every sip.



**TATE'S Bake Shop Cookies**  
198g

**\$7.99**

Crispy, thin and scrumptious. Signature thin crispy cookies combining the best of ingredients and a passion for baking.



**La Croix Sparking Water**  
8 Pack

**\$6.99**

Plus Deposit, Recycling Fee Where Applicable

Makes your taste buds sing!! 0 calories 0 sweetener 0 sodium = innocent!



**Wild Mountain Organic Chocolate Bars**  
80g-85g

**\$7.49**

Award-winning chocolate from the Canadian Rockies. Organic. Unforgettable.



**UNREAL Dark Chocolate Candy**  
94g - 142g

**\$8.99**



No artificial anything. They're gluten free, non-gmo and vegan certified. For real.

## NOURISHING LIFESTYLES SINCE 1990



**Nutiva Organic Coconut Oil**  
Virgin or Refined, 444 mL & 860 mL or Organic Coconut Manna, 425g

**\$13.99**

Simply pure Grown and cold-pressed in the Philippines from fresh coconuts, Nutiva Virgin Coconut Oil adds a rich coconut flavor to any dish.



**Cloud 9 Baking & Flour Mixes**  
405g - 1.25 kg

**25% OFF**

Create perfect gluten-free baking at home with Cloud 9's premium mixes.



**Waterwipes Baby Wipes**  
28's - 240's

**20% OFF**

Just two ingredients for a deeper and more effective clean.



**Bioitalia Organic Pasta**  
500g

**\$2.99**

Discover all the goodness of Bioitalia organic pasta: flavourful, tasty and bright like a sunny day!



# 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.

### YOGGU! PLANT-BASED YOGURT

Yoggu! offers a rich, coconut-based yogurt made with minimal ingredients and no gums, fillers, or artificial additives. It's entirely plant-based, gluten-free, and free from common allergens, making it a gentle option for many families. As a womxn-owned brand based in Vancouver, Yoggu brings a local, thoughtful approach to dairy-free yogurt. Like other yogurts, it provides a satisfying source of energy to help keep you fueled throughout the day, making it an especially helpful option for vegan or dairy-sensitive children. It works beautifully in parfaits, smoothies, desserts, or simply topped with fruit and granola.



### HENRY'S TEMPEH

Henry's Tempeh is crafted from organic, non-GMO Canadian soybeans using a traditional whole-food fermentation process that enhances digestibility and nutrient availability. Soy foods like tempeh are well-researched for supporting healthy cholesterol levels, stabilizing blood sugar, and offering protective benefits against certain cancers. With its firm texture and mild, nutty flavour, Henry's Tempeh is easy to slice, marinate, and add to stir-fries, grain bowls, wraps, or salads for a satisfying plant-based protein source.

### HEALX FOODS CAULIFLOWER FRIES

Healx Cauliflower Fries are a Canadian-made, women-owned product crafted with minimal ingredients and no gluten, gums, or artificial additives. Made primarily from cauliflower, they offer a fun, veggie-forward alternative to traditional fries while providing naturally occurring vitamins, minerals, and fibre. Their crisp texture and mild flavour make them a versatile side dish for family meals, or an easy way to add more vegetables to snacks and lunches.



### GENUINE HEALTH PROTEIN POWDER

Genuine Health Fermented Organic Vegan Proteins+ powders provide a clean, plant-based source of protein made with non-GMO ingredients and no artificial colours, flavours, or sweeteners. Naturally vegan and gluten-free, their blends offer a smooth texture and a balanced amino acid profile, along with a meaningful source of iron, which can be especially helpful for those following plant-forward diets. They mix easily into smoothies, oatmeal, yogurt bowls, or baked goods for a simple way to boost daily protein intake.



# Nutritious Chocolate Mug Cake

## INGREDIENTS

### PROTEINS

1 Ripe	Banana, mashed
1	Egg or 1/4 cup soft tofu (blended smooth)
1 tbsp.	Cocoa Powder
2 tbsp.	Rolled Oats
1 tbsp.	Ground Flaxseed
1 tbsp.	Almond Butter or Peanut Butter
1/4 tsp.	Cinnamon
Pinch	Salt
1 - 2 tsp.	Maple Syrup (optional)
1 - 2 tbsp.	Dark Chocolate Chips or chopped dark chocolate (optional)

### OPTIONAL ADD-INS

1 tbsp.	Greek Yogurt on top
Pinch	Espresso Powder for a richer chocolate flavour
	Fresh Berries

## DIRECTIONS

1. In a microwave-safe mug, mash the banana until smooth.
2. Add the egg or blended tofu, cocoa powder, oats, flaxseed, nut butter, maple syrup (if using), cinnamon, and salt. Mix well until combined.
3. Stir in chocolate chips or chocolate (if using).
4. Microwave for 60 - 90 seconds, or until the cake is set but still soft in the centre.
5. Enjoy warm straight from the mug or top with a spoonful of Greek yogurt or berries.

**Makes 1 Serving**

**Total Time: 5 Minutes**

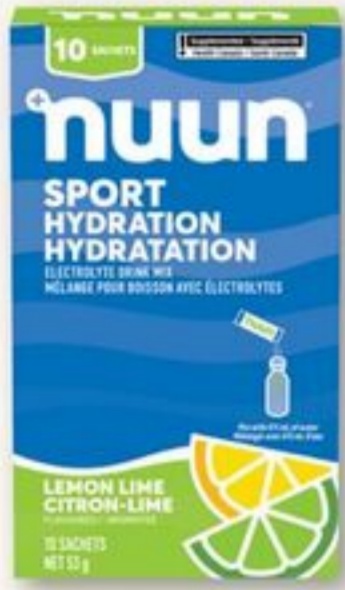


# WELLNESS CENTRE SPECIALS

**MAY 1 - 15 ONLY!**

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**

Ask us for details in store.



**Nuun Electrolyte Powder**  
Single sachet / 10 - Pack

**\$2<sup>49</sup> / \$23<sup>99</sup>**

This refreshing hydration drink mix hydrates better than water alone and can be used before, during and after movement.



**Natural Factors Regenerlife Sleep Better Relax**  
60 Tablets

**\$17<sup>97</sup>**

Regenerlife Sleep Better Relax helps reduce the time it takes to fall asleep in people who fall asleep slowly and helps to reset the body's sleep-wake cycle.



**Prairie Naturals Digestive Enzymes**  
Assorted Varieties & Sizes

**20% OFF**

Ginger extract, traditionally used in herbal medicine to rapidly alleviate nausea, bloating and gas



**AOR Quercetin**  
100 Capsules

**\$49<sup>99</sup>**

Powerful antioxidant  
Pure, high-dose quercetin  
Citrus-free for those with sensitivities



**Provita Berberine**  
60 Capsules

**\$44<sup>99</sup>**

Berberine TPGS™ enhances glucose metabolism and activates AMPK for optimal health.



**Schuessler Tissue Salts**  
125 Tablets

**\$10<sup>99</sup>**

These micro-dosed, lactose-based tablets are used to treat common ailments like colds, skin issues, and muscle aches, typically dissolved under the tongue.



**Divine Essence Organic Essential Oils & Body Care**  
Assorted Varieties & Sizes

**20% OFF**

Patchouli essential oil is used in aromatherapy for the symptomatic relief of acne, eczema, boils and minor skin irritations as well as to help calm nerves.



**Gaia Smile Remineralizing Tooth Powder**  
Assorted Varieties, 37g

**\$11<sup>99</sup>**

Gaia Smiles provides holistic oral care tools to people who love their teeth (& the planet!) to elevate conscious habits and joyful routines.



**Abio Cosmetic Vitamin E & Collagen Skin Care**  
Assorted Varieties & Sizes

**25% OFF**

Multi-purpose daily face and body nourishing cream fortified with an intense level of antioxidant Vitamin E.



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

**20% OFF**

Fruit stem cell complex and citrus enhance brightness as sunflower oil, rich in Vitamin E, nourishes and conditions to support flexibility and strength and minimize the look of split ends and frizz.



**Mad Hippie Facial Care**  
Assorted Varieties & Sizes

**15% OFF**

Radiance boosting blend that softens & smooths while gently removing dirt & impurities. Non-comedogenic & perfect for naturally removing makeup!



**Nature's Aid Aloe Skin Gel & Moisturizing Gels**  
Assorted Varieties & Sizes

**25% OFF**

With 3x more aloe vera than other products and multi-purpose capabilities, you can take care of all your skincare needs.



# WELLNESS CENTRE SPECIALS

**MAY 1 - 15 ONLY!**

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Ask us for details in store.



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

**20% OFF**

Fibre is an integral part of a healthy diet, but it can be challenging to get enough from the diet alone.

DAILY FIBRE BLEND provides healthy boost of fibre that can be easily added to meals and snacks. It contains 3g of fibre per serving and is non-GMO, Certified Organic and free from additives.

DAILY FIBRE BLEND promotes bowel health and regularity, keeps us feeling satiated, and is a source of antioxidants to protect cells from damage.



**CanPrev Tudca**  
60 Capsules

**\$56<sup>99</sup>**

TUDCA (Tauroursodeoxycholic acid) is a type of conjugated bile salt that's produced in the liver and helps with the breakdown of fats. Similarly, choline is a water-soluble essential nutrient that supports the liver in maintaining cholesterol levels in the body. Together, TUDCA and choline make a mighty duo to support liver function.

- Supports healthy liver function
- Formulated with TUDCA (Tauroursodeoxycholic acid) + choline
- May help with liver congestion, digestive issues and more



**Prairie Naturals  
Hair Force**  
180 Softgels

**\$59<sup>99</sup>**

Create beautiful, healthy hair from within. Prairie Naturals Hair-Force synergistically combines 22 natural nutrients recognized for their role in restoring, repairing and nourishing hair. Now you can stimulate maximum growth of the hair follicle while minimizing hair loss.

The combined effect of these vitamins, minerals and nutrient co-factors directly counteracts the hair-damaging negatives caused by stress, illness, hormonal imbalances and other health and environmental concerns.



**Weleda Facial Care  
& Body Care**  
Assorted  
Varieties & Sizes

**20% OFF**

For whatever mood you're in, experience our plant-rich body wash formulas, crafted with essential oils for the ultimate shower experience.

Energy Body Wash is perfect to jumpstart your day with the energizing scent of ginger, java lemongrass, and cedarwood. Immerse your senses in the lush combination of delicate rose, jasmine, and ylang ylang found in our Pamper Body Wash.

Relax Body Wash offers a moment of serenity with the relaxing scent of lavender, bergamot, and vetiver. Skin is left feeling gently cleansed.



**KidStar  
Plant Based Protein**  
Chocolate & Vanilla,  
400g

**\$38<sup>99</sup>**

Protein is an essential macronutrient and an important building block for muscles, tissue, organs, bones, skin, and nails. It can be hard for picky eaters, vegetarians, and vegans to reach daily protein requirements.

KidStar All-In-One helps to meet protein needs for growing and developing children.

Kistar Nutrients are clean with nothing to hide, and we are proudly Canadian family-managed company.



**Can-I Oral  
Supplement  
Sprays**  
Assorted Varieties,  
14.4 mL

**\$24<sup>99</sup>**

Tired of tossing and turning? Meet Can-i Sleep, a fast-acting oral vitamin spray to help you fall asleep, stay asleep, or fall back asleep faster.

Our innovative spray works 9x better than pills and kicks in within 10-15 mins.

Why Can-i Sleep?

- Fall asleep faster and stay asleep longer
  - Go back to sleep quickly if you wake up
  - Fast-acting spray with 9x better absorption than pills or gummies
  - The form and formulation make it an innovative sleep solution
  - All-natural, vegan ingredients—no groggy mornings
- Say goodbye to restless nights.

Can-i Sleep — The Faster, Better Way to Rest.



# WELLNESS CENTRE SPECIALS

**MAY 16 - 31 ONLY!**

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**

Ask us for details in store.



**New Roots Strong Bones**  
90 Capsules / 180 Capsules

**\$30<sup>49</sup> / \$53<sup>99</sup>**

Strong Bones contains the proper form of calcium (MCHA) from New Zealand, with cofactors for immediate absorption for the prevention of osteoporosis.



**Flora Organic Flax Oil**  
250 mL / 500 mL

**\$11<sup>99</sup> / \$19<sup>99</sup>**

Fresh-pressed, unrefined, virgin flaxseed oil "Seed to bottle" - Flora gets the seeds, presses them, and bottles the oil themselves



**Vega Proteins and Greens**  
Assorted Varieties,  
586g - 618g

**\$33<sup>99</sup>**

Protein and Greens. Each scoop is stacked with kale, alfalfa, broccoli and spinach, plus 20g of plant-based protein.



**Total Body Collagen**  
Assorted Varieties  
430g - 500g

**\$54<sup>97</sup>**

Total Body Collagen provides hydrolyzed collagen alongside synergistic nutrients to help maintain healthy skin, help reduce joint pain associated with osteoarthritis, and assist in the building of lean muscle mass.



**Whole Earth & Sea Protein & Greens**  
Assorted Varieties  
604g - 710g

**\$54<sup>97</sup>**

Whole Earth & Sea Fermented Organic Protein & Greens is a 100% fermented and certified organic formula providing 21g of quality plant protein in every serving.



**Aeryon Wellness Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**

This herbal support supplement can promote metabolism, balance hormones, curb appetite and enhance your workouts.



**Metagenics Vitamins & Supplements**  
Select Varieties & Sizes

**20% OFF**

UltraFlora Complete Women's is our best women's probiotic, giving you a comprehensive feminine health solution—so you feel more confident and balanced with just one capsule a day.



**Works Wonder Hydrosols & Salves**  
Assorted Varieties & Sizes

**20% OFF**

Our products contain only healthy, beneficial ingredients, and no parabens, drying agents, artificial colours, fragrances, or synthetic preservatives. Enjoy peace of mind using our reliable, hand-crafted products for your whole family!



**Derma-E Vitamin C Facial Care**  
Assorted Varieties & Sizes

**25% OFF**

Dermatologist-recommended and clinically proven to beautifully brighten the appearance of dull or uneven skin tone and support collagen production.



**Anne Marie Borlind Facial Care & Cosmetics**  
Assorted Varieties & Sizes

**20% OFF**

Cream peel with natural jojoba wax beads. Removes dead skin cells. Smooths rough areas in the case of blemished skin and regulates sebum production.



**Palma Christi Organic Castor Oil**  
120 mL / 240 mL

**\$15<sup>99</sup> / \$24<sup>99</sup>**

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



**Veosh Shower Filter**

**\$35<sup>99</sup>**

The Veosh Vitamin C shower filter brings the spa to your bathroom with skin-loving ingredients. Vitamin C removes residual chlorine and other impurities from hard water to rejuvenate your skin and condition your hair, one shower at a time.



# WELLNESS CENTRE SPECIALS

**MAY 16 - 31 ONLY!**

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**DISCOVER SAVINGS & EARN POINTS**

Ask us for details in store.



### Ancient Minerals Magnesium Bath Flakes

Assorted Varieties, 750g

**\$13<sup>99</sup>**

Ancient Minerals Magnesium Bath Flakes Ultra. The same high potency magnesium chloride as our best-selling magnesium bath flakes, but with elemental sulfur.

Ancient Minerals® magnesium bath flakes ultra, utilize premium distilled OptiMSM® and pure magnesium chloride. Without sufficient MSM sulfur, your body cannot maintain an appropriate level of homeostasis, and OptiMSM® has earned the reputation for the purest, safest, and most consistent MSM in the world.

- Ideal for children and other sensitive individuals
- Effective for stress relief and relaxation
- Great for soaking muscles and joints



### withinUs TruMarine Collagen Supplements

Assorted  
Varieties & Sizes

**20% OFF**

Collagen is one of the most important structural components in our body. It represents 1/15th of our total body weight, and 75% of our skin is composed of collagen. This fibre-shaped protein plays an important role in ensuring the cohesion, elasticity and regeneration of skin, joints, tendons, ligaments, and skeletal muscles.

Collagen peptides are used daily by millions of people around the world. It has a long history of use in food and natural health products in both Asia and Europe. TruFact: not all collagen is created equal. Hydrolyzed marine collagen sourced from wild fish scales (that's us!) generates bioactive peptides, which enhances the production of collagen, skin hydration, hair growth, and joint health. The growing popularity of marine collagen is due not only to its nutritional benefits, but also its superior bioavailability, and purity.



### Land Promise Pure Liver or Essential Organs

Assorted  
Varieties & Sizes

**20% OFF**

New Land Promise!

Our ancestors knew what modern science is rediscovering: organ meats are nutritional treasures.

Made in Canada from grass fed, grass finished, beef organs.

We are bringing back essential foods for whole body nourishment.

Essential Organs - 3 Organs, 1 Supplement: Combine Beef Liver, Beef Heart and Beef Kidney  
Pure Liver - The Original Multivitamin

Land Promise "Feel the difference REAL Food makes!"  
[www.landpromise.ca](http://www.landpromise.ca)



### Incrediwear Braces and Circulation Socks

Assorted  
Varieties & Sizes

**20% OFF**

In 2009 Incrediwear revolutionized the pain relief category with wearable therapy products that increase circulation to reduce inflammation, relieve pain, optimize performance, and accelerate recovery.

Unlike compression products, Incrediwear products do not need to compress to work.

Our technology incorporates carbon and germanium within our fabric which release negative ions to increase blood flow and speed. This increased circulation helps bring more oxygen and nutrients to the target area, which optimizes the body's natural healing process and accelerates recovery.



### Living Cosmetics Tallow Skin Care

Assorted  
Varieties & Sizes

**20% OFF**

Living Cosmetics - Tinted Tallow Bronzing Butter | Bronzer & Makeup Foundation  
Achieve the perfect bronzed glow with this 2-in-1 skincare and makeup essential. Made with grass-fed suet tallow—bio-identical to our skin's natural sebum—it deeply hydrates, repairs, and supports a healthy skin barrier.

- Rich in CLA, omega 3-6-9, and vitamins A, D, E & K
- Breathable, radiant finish without clogging pores
- 100% free from synthetics, mica, and iron oxides
- Available in three shades:
  - Sunlight (fair skin)
  - Sunset Gold (golden undertones)
  - Bronzed Sunset (deep tones)

Formulated by Living Cosmetics' founder—an Organic Skincare Formulator and Holistic Esthetician passionate about radiant, toxin-free beauty.



### Capricare Infant Formula

Stage 1 & 2, 800g

**15% OFF**

Whole Goat Milk Infant Formula for Happy Healthy Babies.

- Inspired by a simple belief in doing things naturally, Capricare is a premium goat milk infant formula crafted with care from farm to bottle.
- It's based on 30+ years of research and the natural goodness of whole goat milk.
- Capricare is a nutritionally complete, clean-label formula that is naturally gentle and easy to digest, making it a perfect choice for happy, healthy babies.
- Find it in our baby aisle!



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604.263.4600

### Yaletown

1202 Richards St, Vancouver  
604.633.2392

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604.678.9665

### Kelowna

1937 Harvey Ave, Kelowna  
250.862.4864

### South Surrey

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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



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PLUS, FROM 11AM - 4PM!

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- Enter to win fabulous prizes, like 350,000 Choices Points or a grand prize trip to Greece!\*\*
- Door Crasher Deals, While Supplies Last!
- 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, MAY 2

ONLY AT CHOICES COMMERCIAL DRIVE

SATURDAY, MAY 23

ONLY AT CHOICES VALETOWN

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