

EDIBLE ISLAND

WHOLE FOODS MARKET

We're Here
for You!

HEALTH

LAVILIN
72 Hour Roll-On Deodorant
 22.99
 60 mL
 SAVE \$3.00
 ★ Proprietary blend of natural herbs & essential oils, neutralizes perspiration odour at the source for up to 72 hours without harsh chemicals, lightly fragranced, hypo-allergenic ★ Aluminum & paraben free
 ★ **All Lavilin Deodorant On Sale**



AF

BACH
Rescue Remedy Pets
 13.99
 10 mL
 SAVE \$2.00
 ★ Combination of 5 Bach flower remedies to help your fur baby deal with stressful situations like the vet, fireworks, thunder etc. ★ Safe for all pets
 ★ **All Bach Remedies On Sale, Including Flower Remedies**



AF

ORGANIC TRADITIONS

Turmeric Latte

with Saffron & Probiotics

- ★ Delicately sweetened with coconut palm sugar, made with a base of coconut milk for a delicious creamy texture, may help reduce inflammation and elevate mood
- ★ Caffeine free

★ **All Organic Traditions On Sale**



NATURAL FACTORS
SAMe
 58.99
 200mg
 60 Tabs
 SAVE \$5.00
 ★ Supports healthy mood balance, can raise serotonin & dopamine levels, assists with production of sulfur compounds needed for healthy joint cartilage



NON-GMO, B, GF, SF, DF, CF, SF

TRUE HOPE
EMPower Plus
 62.99
 120 Caps
 SAVE \$5.00
 ★ Specially formulated vitamin, mineral and amino acid supplement designed to provide nutritional support for the central nervous system, supports brain health, may reduce symptoms caused by depression



NON-GMO, GF, UG, SF

FLORA ORGANIC
Red Beet Crystals
 23.99
 200 g
 SAVE \$3.00
 ★ Pressed from freshly harvested organic beets, instantly soluble and provide an easy and delicious way to enjoy the benefits of beets
 ★ Equivalent of 2.6kg of fresh, organic beets in every jar



NON-GMO, GF, U, SF

ORGANIC PRODUCE

ORGANIC
Carrots
 ALBERTA
 6.49 ea
 2 LB Bags
 SAVE \$1.00



ORGANIC
Red Radishes
 BC
 4.49
 A BUNCH GREAT BUY!!



ORGANIC AB
Yellow Potatoes
 11.99 ea
 5 lb Bags
 SAVE \$1.00



GROCERY

Hop On In for Great Easter Deals!

SIGDAL Gluten-Free
Everything Crispbread
 190 g
 6.99
 SAVE 22% OR MORE!
 ★ ON 6 DELICIOUS FLAVOURS!



NON-GMO, DF

ACROPOLIS ORGANIC
Pitted Kalamata Olives
 720 mL
 11.99
 ★ ALL OLIVES ON SALE!
 SAVE 29% OR MORE



NON-GMO, K, P, SF

COOLER CO.
Cherry Cream Soda Kombucha
 355 mL
 3.69
 ★ ALL 4 FLAVOURS ON SALE!
 SAVE 18%



NON-GMO, GF, DF, NF, SF

HABIBI'S MEDITERRANEAN
Lebanese Style Hummus
 240 g
 3.49
 ★ SELECT DIPS ON SALE!
 SAVE OVER 25%



NON-GMO, GF, K, SF

NAKED & SAUCY
ORGANIC Peanut Sauce
 296 mL
 7.99
 ★ 17 DIFFERENT DRESSINGS & COOKING SAUCES ON SALE!
 SAVE UP TO 30%



NON-GMO, GF, U, SF

ZAZUBEAN ORGANIC
Fair Trade Extra Dark Chocolate
 85 g
 5.49
 ★ 21 FLAVOURS ON SALE!
 SAVE UP TO 21%



NON-GMO, FT, GF, SF, SF

EVERLAND ORGANIC
Cannellini Beans
 398 mL
 ONLY 2.49
 ★ ALL CANNED BEANS AND CHICKPEAS ON SALE!
 SAVE 29%



NON-GMO, GF, K, SF

GOOD TO GO
Gluten-Free Raspberry Lemon Soft Baked Bar
 40 g
 ONLY 1.99
 ★ ALL 40 G BARS BROWNIES, & BLONDIES...
 SAVE 33%



NON-GMO, B, GF, U, SF

BARBARA'S
Cheez Puffs or Cheez Curls
 155 g - 198 g
 ONLY 3.69
 ★ 4 FLAVOURS! MADE WITH REAL CHEESE!



GF

★ Please check all ingredients to ensure products are right for you



SALES ON
FROM

APRIL 16TH
TO APRIL 22ND



EDIBLEISLAND.CA 477-6TH ST. COURTENAY MON-SAT 9-6:30 SUN 10-5 250-334-3116