

EDIBLE ISLAND

WHOLE FOODS MARKET

We're Here for You!

PURICA

PrimaVie Shilajit

★ Premium Himalayan adaptogen meticulously purified to enhance mitochondrial function and energy production, improves muscle strength and reduces fatigue, supports testosterone synthesis, stimulates collagen production for healthy aging



60 vCaps SAVE \$6.00 **33.99**



HEALTH

PRAIRIE NATURALS ORGANIC Chlorella

★ Contains concentrated levels of protein, amino acid, essential fats, complex carbs, fibre, & much more! Has a positive effect on blood cholesterol and sugar, with the power to remove toxins ★ All Superfoods & Greens On Sale



35.99
200 g
SAVE \$4.00



NUTRAVEGE Omega 3 Extra Strength

★ Great tasting, ultra pure omega-3 offering plant based option, supports the maintenance of cardiovascular, cognitive and brain health, sustainably sourced ★ All NutraSea/NutraVege On Sale



44.99
200 mL
SAVE \$7.00



SALUS Floradix Iron Tablets

★ Provide a synergistic combination of B and C vitamins, nutrient-rich food extracts to enhance absorption and digestion, helps prevent iron deficiency anemia ★ All Floradix/Floravit On Sale



23.99
80 Tabs
SAVE \$3.00



NOW Quercetin with Bromelain

★ Naturally occurring bioflavonoid that supports healthy seasonal immune function, fast acting, and citrus free



46.99
120 vCaps
SAVE \$5.00



PHILLIP ADAM Rosemary Mint Body Wash

★ Plant based natural ingredients to gently cleanse and nourish all skin types, enhance hydration leaving the skin smooth and conditioned, also serves as a bubble bath and shaving gel! ★ Free of SLS/paraben



16.99
400 mL
SAVE \$2.00



ORGANIC PRODUCE

ORGANIC Ambrosia Apples BC

1.99 lb
\$4.38 kg
GREAT BUY!!



ORGANIC MEX Brussel Sprouts

4.99 lb
\$10.98 kg
SAVE \$2.00/lb



ORGANIC No.2 Pugly Russet Potatoes BC

3.49 ea
5 LB BAG
HOT PRICE!!



GROCERY

Healthy Savings For Spring!

NORA Seaweed Snacks

ONLY 4.49
32-45 g
4 FLAVOURS ON SALE!
SAVE 15%



BRAGG Gluten-Free Savoury Liquid

11.99
946 mL
All Purpose Seasoning
★ 2 SIZES ON SALE!
SAVE UP TO 29%



GATHERING PLACE ORGANIC True Cinnamon

4.99
50 g
OVER 45 DIFFERENT SPICES ON SALE!
SAVE 20% OR MORE



IMAGINE FOODS Savoury Sipping

6.99
1 LITRE
Chicken Bone Broth
SAVE 20%-25%
★ ON SOUPS & BROTHS!



GREEN CUISINE Extra Firm Tofu

2.99
454 g
MEDIUM FIRM ALSO ON SALE!
SAVE UP TO 25%
★ MADE WITH ORGANIC SOYBEANS!



OMEGA NUTRITION ORGANIC Virgin Coconut Oil

16.49
454 g
COLD PRESSED
FULL FLAVOUR
SAVE 25%



CHA'S ORGANICS ORGANIC Thai Yellow Curry

5.79
55 g
ALL CURRY PASTES ON SALE!
PLUS PINEAPPLE AND MANGO CHUNKS!
SAVE 17%



LUNDBERG ORGANIC White Basmati Rice

11.99
907 g
SAVE UP TO 25%
★ ON 12 DIFFERENT RICES!



GT'S LIVING FOODS Gingerade Kombucha

5.99
480 ML BOTTLES...
GET 1 WEEK'S RELIEF FROM NEW TARIFF PRICING!!



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



SALES ON FROM

APRIL 2ND TO APRIL 8TH



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