

EDIBLE ISLAND

WHOLE FOODS MARKET

We're Here for You!

HARMONIC ARTS ORGANIC

Matcha Mind Herbal Latte

Crafted for a balanced mind and body, notes of cardamom and mint, uplifting formula featuring potent superfoods and lion's mane. Wild harvested

All Harmonic Arts Lattes, Syrups & SM Superfoods On Sale



26.99

125 g SAVE \$4.00

HEALTH

LIVING ALCHEMY Turkey Tail

60 vCaps **SAVE \$5.00**
 Fermented to elevate the natural gut-boosting power of turkey tail, with post-biotics, facilitate healthy immune function and inhibit proliferation of malignant cells. Free of fillers. All LA Mushrooms On Sale



PURE VITA LABS 100% Pure Creatine

22.99 **SAVE \$4.00**
 300 g
 Supplies energy to your muscles to increase strength, improve performance and may improve memory and enhance brain energy metabolism. No artificial colours, flavours, or sweeteners. All Pure Vita Labs Creatine On Sale



SEA-LICIOUS Omega-3 EPA & DHA

43.99 **SAVE \$5.00**
 500 mL
 Rich naturally flavoured fish oil supports cardiovascular health and brain function, healthy development of brain, eyes & nerves in children. Raspberry Lemonade. Shellfish free. All Sea-licious On Sale



PURICA Adrenal Support Vitality

54.99 **SAVE \$7.00**
 120 vCaps
 Helps reduce symptoms of stress i.e. fatigue, sleeplessness, irritability, helps reduce cortisol and C-reactive protein, helps support cardiovascular health with antioxidants for well-being



GREEN BEAVER Choco-Mint Toothpaste

6.49 **SAVE \$1.50**
 75 mL
 Chemical and fluoride free, enriched with calcium and vitamin C to strengthen teeth, real natural chocolate flavour. All GB Toothpaste On Sale



Join Us for Wellness Wednesday Feb. 26th!

ORGANIC PRODUCE

ORGANIC MEX Brussel Sprouts 5.99/lb
 \$13.18 kg **SAVE \$2.00/lb**

ORGANIC MEX Beefsteak Tomatoes 3.49/lb
 \$7.68 kg **SAVE \$1.00/lb**

ORGANIC ASPAPAGUS MEX 7.99/lb
 \$17.58 kg **SAVE \$2.00/lb**

GROCERY

Your Local Health Hub Since 1980!

SEA SNAX ORGANIC Wasabi Grab'n Go Seaweed Snacks 5 g 1.79
SAVE UP TO 33%
 ALL SEA SNAX ON SALE!

HORNBY ORGANICS ORGANIC O Snack Bars 45 g 1.79
 ALL ON SALE!
SAVE 18%

JUSTIN'S ORGANIC Dark Chocolate Peanut Butter Cups 40 g 2.79
 DELICIOUS PEANUT BUTTER & CASHEW CUPS!
SAVE UP TO 20%

NUMI ORGANIC Rooibos Chai 6.69 18 Bags
SAVE UP TO 33%
 ON ORGANIC & FAIR-TRADE TEAS! 15 FLAVOURS!

GREEN CUISINE Medium Firm Tofu 454 g 2.69
 EXTRA FIRM ALSO ON SALE!
SAVE UP TO 25%
 MADE WITH ORGANIC SOYBEANS!

KINDRED CULTURES Cranberry Turmeric Water Kefir 355 mL 3.49
 4 FLAVOURS OF CAFFEINE-FREE WATER KEFIR!
SAVE 17%

MAISON ORPHÉE Extra Virgin Olive Oil 500 mL 17.99
SAVE UP TO 28%
 ON SELECT CANOLA, SESAME, AND OLIVE OILS!

L'ANCÊTRE Ripened Firm Goat Cheese 190 g 8.99
SAVE 18%-20%
 ON 7 DIFFERENT CHEESES, INCLUDING MOZZARELLA, GOAT, AND CHEDDARS!

NORA'S Plant-Based Cashew Frozen Dessert 500 mL 6.99
 5 FLAVOURS!
SAVE 22%

Please check all ingredients to ensure products are right for you



SALES ON FROM

FEB. 19 TH TO FEB. 25 TH

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

