

EDIBLE ISLAND

WHOLE FOODS MARKET

We're Here for You!

PRAIRIE NATURALS

MultiForce for Active Men

★ Iron-free, ensures your daily optimal nutritional needs are fulfilled, formulated to deliver a broad spectrum of 35+ bioavailable vitamins, minerals, enzymes & antioxidants with 3 powerful green superfoods

24.99

60 vCaps
SAVE \$4.00

Trevor Linden is Prairie Naturals' Men's Health Ambassador

★ All PN Men's Line On Sale



HEALTH

FLORA - UDO'S CHOICE

Omega 3-6-9 Oil Blend 47.99

941 mL
SAVE \$12.00

★ Plant-sourced, organic unrefined oil blend is designed to provide the ideal 2-1 ratio of omega 3+6 fatty acids, which the body does not produce, all the good fats without the bad! ★ Cold pressed

★ Many Flora Items On Sale



NATURAL FACTORS

Coenzyme Q10 24.99

100 mg
120 sGels
SAVE \$8.00

★ Essential nutrient that helps increase levels of cellular energy production, supports cardiovascular, immune, liver and kidney health, affects the function of all cells in the body, antioxidant protection



SALUS

Floradix 55.99

SAVE \$4.00
700 mL

★ Provides 4 B vitamins that work synergistically with iron to promote the formation of healthy red blood cells
★ Nutrient rich vegetables, fruits and herbs carefully selected to improve the digestion and absorption of iron

★ All Salus Irons, GUT-FX, and Inflammend On Sale

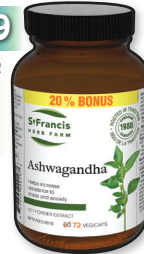


ST. FRANCIS

Ashwagandha 25.99

BONUS!
60+12 Caps
SAVE \$4.00

★ Powerful adaptogenic helps increase resistance to stress & anxiety, supports sexual health and physical performance, clean, sustainably sourced 300mg of high potency 12:1 powder extract equivalent to 3600mg



LIVING ALCHEMY

Your Flora Professional 59.99

60 Caps
SAVE \$4.00

★ Kefir Kombucha fermented, clinically proven & professional strength, complete gut health solution, inflammatory bowel relief and favourable gut flora, cultured with 45+ strains pre/pro and postbiotic

★ All Living Alchemy On Sale



LOCAL & ORGANIC PRODUCE

LOCAL!
Kohlrabi
WHITAKER FARM



1.99/lb
\$4.38 kg
GREAT BUY!!

ORGANIC
Rutabaga
BC



3.99/lb
\$8.78 kg
SAVE \$1.00/lb

ORGANIC
Celery Root
BC



3.99/lb
\$8.78 kg
SAVE \$1.00/lb

GROCERY

COCOFINO

Coconut Yogurts 8.99

New!

450 g

★ ALL ON SALE!
SAVE 20%

GF DF NF SF U



LOOP MISSION

Green Vibes Smoothie 8.99

★ GOOD FOR YOU AND THE PLANET!

1 LITRE

U SAVE 30%



NUTS TO YOU ORGANIC

Tahini 9.49

500 g
Size

Sunflower Seed Butter 7.69

★ SELECT ADDITIONAL PRODUCTS ALSO ON SALE!

SAVE OVER 20%



HARDBITE

Sweet Spud of Mine Chips 5.79

150 g

★ ALL 150 G VEGETABLE CHIPS ON SALE!

SAVE OVER 15%

NON-GMO GF U K



ZAZUBEAN Fair Trade

Chocolate Bars

★ ALL 19 VARIETIES ON SALE!

80-85 g 5.49

SAVE 15%

NON-GMO FT GF SF



LEFT COAST ORGANIC Bulk

Walnut Pieces Per 100 g 3.39

★ SELECT BULK NUTS ON SALE!

SAVE OVER 15%

★ CHOOSE FROM PECANS, ALMONDS, CASHEWS, WALNUTS, & HAZELNUTS!



YOGI ORGANIC

Egyptian Licorice Tea 5.79

16 Bags

★ ALL 12 FLAVOURS ON SALE!

SAVE OVER 20%

NON-GMO GF K



SALT SPRING COFFEE

ORGANIC Fair Trade Whole Bean Coffee

★ ALL 400 G BAGS ON SALE!

SAVE 20% 14.99

400 g

NON-GMO FT



IMAGINE FOODS

Chicken Bone Broth 6.99

1 LITRE

SAVE 20%-25%

★ ON ALL BROTHS & SOUPS!



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

ORGANIC NON-GMO FAIR TRADE GLUTEN-FREE DAIRY-FREE LACTOSE-FREE SUGAR-FREE SOY-FREE NUT-FREE EGG-FREE YEAST-FREE ALCOHOL-FREE VEGAN VEGETARIAN KOSHER KETO CANADIAN BC MADE ISLAND MADE

SALES ON FROM

NOV. 6 TH TO NOV. 12 TH

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

