

# EDIBLE ISLAND

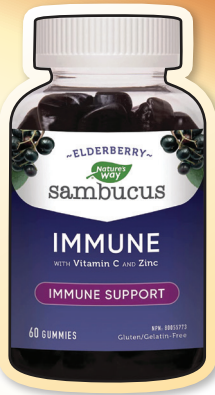
## WHOLE FOODS MARKET

We're Here for You!

### NATURE'S WAY

#### Sambucus Immune Support

- ★ Elderberry gummies have the added benefit of Vit C & Zinc for immune support
- ★ Traditionally used in herbal medicine to relieve symptoms of cold and flu, including cough and sore throat



60 Gummies **SAVE \$3.00** **20.99**

★ All Nature's Way Cold & Flu On Sale

### HEALTH

#### VITALITY Mag & Chamomile for Kids

★ Magnesium blended with German chamomile promotes calm and relaxation for a better sleep, soothes stomach and calms hyperactivity  
★ Melatonin free



**34.99**  
120 g **SAVE \$3.00**

★ All Vitality On Sale

#### BOTANICA ORGANIC Perfect Greens

★ Highly concentrated organic greens powder blend of chlorella, spirulina & leafy greens, made from whole selected young grasses, 7435 mg of certified organic greens per serving!



**35.99**  
216 g **SAVE \$4.00**

★ All Botanica On Sale

#### FLORA Antacid

★ Provides fast, effective and natural relief from heartburn without side effects  
★ Does not inhibit stomach acid secretion, interfere with digestion, weaken the role of stomach acid or cause dependency, no aluminum or sodium bicarbonate



**19.99**  
90 Chew Tabs **SAVE \$3.00**

#### SUKU VITAMINS Complete Women's Multi Gummies

★ Delivers 21 essential micro-nutrients including CoQ10 & vit K2, helps absorption of calcium and supports immune and cardiovascular health, includes prebiotics



**24.99**  
60 Gummies **SAVE \$3.00**

★ All Suku Vitamins On Sale

#### PURICA Complete 360

★ All-encompassing wellness in a harmonious blend of 8 organic mushrooms & Sensoril Ashwagandha, immunomodulating properties, source of antioxidants and fungal polysaccharides



**53.99**  
120 Caps **SAVE \$6.00**

### ORGANIC PRODUCE

#### ORGANIC CA Pomegranates



**2.99**  
EACH **GREAT BUY!!**

#### ORGANIC CA Romaine Hearts



**3.99**  
12 OZ BAGS **SAVE \$1.00**

#### ORGANIC WA Leeks



**4.49 lb**  
**\$9.88 kg** **SAVE \$1.00/lb**

### GROCERY

#### JUST JUICE ORGANIC

#### Beet Juice

1 Litre **8.99**



**SAVE UP TO 20%**

★ ON SELECT JUICES, INCLUDING BEET, CRANBERRY, & GRAPEFRUIT!

#### O'DOUGHS Gluten-Free Bagels

★ ALL BAGELS **ONLY 4.99 ea**



**SAVE OVER 20%**

#### BOB'S RED MILL Nutritional Yeast

142 g **7.99**



**SAVE UP TO 27%**

★ ON FLOURS & OTHER PANTRY STAPLES, INCLUDING GLUTEN-FREE OPTIONS!

#### EVERLAND ORGANIC Sunflower Seeds

454 g **4.49**



**SAVE 25% or MORE!**

★ ON CHIA, SUNFLOWER, AND PUMPKIN SEEDS!

#### CHA'S ORGANICS ORGANIC Coconut Milk

400 mL **4.79**



**SAVE UP TO 20%**

★ ON COCONUT MILKS & WHIPPING CREAM!

#### CHA'S ORGANICS ORGANIC Thai Yellow Curry

55 g **5.49**



**SAVE 20%**

★ ALL CURRY KITS ON SALE!

#### BRAGG Gluten-Free Savoury Liquid

946 mL **11.99**



★ BEST-SELLING GLUTEN-FREE SOY ALTERNATIVE

**SAVE 25%**

#### NUMI ORGANIC Aged Earl Grey Tea

18 Bags **6.69**



**SAVE UP TO 30%**

★ 15 FLAVOURS OF TEA ON SALE!

#### IF YOU CARE Parchment Paper

70 sq. ft. **8.99**



**SAVE UP TO 30%**

★ ON SNACK BAGS, CHEEEECLOTH, & OTHER HOUSEHOLD ESSENTIALS!

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



SALES ON FROM

OCT. 16 TH TO OCT. 22 ND

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