

# EDIBLE ISLAND

## WHOLE FOODS MARKET

### ST. FRANCIS

#### Valerian Caps

★ High potency 5:1 powder that tones, calms and heals the nervous system, aids in sleep quality without side effects

**29.99**

60 Caps  
SAVE \$2.00

★ All St. Francis Single Herbs On Sale



JOIN US WEDNESDAY APRIL 24TH FOR EDIBLE ISLAND'S  
**Wellness Wednesday**  
SAVE 15% OFF ON PERSONAL CARE AND VITAMINS

### HEALTH

#### RENEW LIFE

##### Ultimate Flora Extra Care

**71.99**

72 Caps  
SAVE \$4.00



★ 50 billion live cultures from 12 probiotic strains to help support your body's natural digestive system and reduce the frequency of digestive discomforts

★ All Renew Life & Neocell On Sale

#### NOW

##### GABA 500mg

**18.99**

100 vCaps  
SAVE \$4.00



★ Helps promote relaxation, a factor in the maintenance of good health, naturally occurring L-form of Gaba as found in food & the body

★ All NOW GABA On Sale

#### NUTRISTART

##### Quick D Drops 1000 IU

**33.99**

55 mL  
SAVE \$4.00



★ Potent immune support, supports bone and joint health, mood & healthy sleep

★ All NutriStart On Sale

#### NATURAL FACTORS

##### Mixed Vitamin E 400IU

**27.99**

240 sGels  
SAVE \$4.00



★ Naturally sourced with mixed tocopherols for greater benefit  
★ Protects cell membranes, supports nerve and muscle function, may protect against cardiovascular disease

#### PURICA

##### Immune 7

**53.99**

120 Caps  
SAVE \$8.00



★ A powerhouse combination of mushrooms and Nutriol Bioflavonoids, amplifies immune function and boosts antioxidants offering protective layers against daily health challenges

★ All Purica On Sale

### ORGANIC PRODUCE

#### ORGANIC CA Navel Oranges



**2.49 lb**

\$5.48 kg  
GREAT BUY!!

#### ORGANIC Yellow, Orange, Red Peppers MEX



**3.99 lb**

\$8.78 kg  
SAVE \$1.00/lb

#### ORGANIC CA Collard Greens



**2.99**

A BUNCH  
SAVE \$1.00

### GROCERY

### Many More Amazing Deals In Store!

#### MOONSHINE MAMA'S

##### Elixirs & Energy Drinks

**18.99**

500 mL



★ LOCALLY MADE ON SALT SPRING ISLAND

ALL ON SALE! SAVE 15-20%

#### GOOD TO GO

##### Keto Snack Bars

**2.29**

40 g



★ DELICIOUS NEW RECIPES!  
★ CANADIAN CERTIFIED B-CORP MEMBER OF 1% FOR THE PLANET

SAVE OVER 20% ALL ON SALE!

#### BIG MOUNTAIN

##### Plant-Based Crumbles & Bites

**6.69**

300-360 g



★ FREE FROM THE TOP 7 ALLERGENS  
★ NOW A MEMBER OF THE UPCYCLED FOOD ASSOCIATION!

SAVE OVER 25%

#### DUMET ORGANIC Amphisis Olives

**4.79**

375 mL



★ PRESERVATIVE-FREE, NATURAL, & HAND-PICKED

ALL OLIVES ON SALE! SAVE UP TO 25%

#### BUBBIES

##### Kosher Dill Pickles

**11.99**

1 Litre



★ CHOOSE FROM PICKLES, RELISH, SAUERKRAUT & HORSERADISH

ALL ON SALE! SAVE 20% OR MORE

#### EARTH'S OWN Barista Oat Beverage

**4.99**

946 mL



★ CANADIAN-GROWN OATS

SAVE UP TO 33%

★ 17 DIFFERENT EARTH'S OWN PLANT MILKS ON SALE!

SAVE UP TO 33%

#### CULLEN'S ORGANIC Legumes

★ CANADIAN-GROWN!

**3.99**

540 mL



SAVE OVER 25%

#### BRAGG

##### Liquid Aminos

**12.99**

946 mL



★ VERSATILE, GLUTEN-FREE ALTERNATIVE TO SOY SAUCE

★ MANY MORE BRAGG PRODUCTS ALSO ON SALE!

#### NATURE'S PATH ORGANIC Love Crunch

##### Dark Chocolate & Red Berries Granola

**5.99**

325 g



SAVE OVER 25%

★ 23 DIFFERENT NATURE'S PATH OATS AND CEREALS...

SAVE 20% TO 28%

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

ORGANIC 
 NON-GMO 
 GLUTEN-FREE 
 DAIRY-FREE 
 SUGAR-FREE 
 SOY-FREE 
 VEGAN 
 VEGETARIAN 
 KOSHER 
 KETO 
 CANADIAN 
 BC MADE 
 ISLAND MADE

SALES ON FROM

APRIL 17 TH TO APRIL 23 RD

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