

EDIBLE ISLAND

WHOLE FOODS MARKET

We're Here
for You!

HEALTH

PURICA

Power Protein

★ Clean, plant based with an elite matrix of fermented pea and sprouted rice proteins, super-charged with ProHydrolase, 7 mushroom blend and ashwagandha, reduces stress and cortisol, easy on the stomach

SAVE 15%+

44.95
200 g



CANPREV

Collagen Full Spectrum

★ Blend of Type I & II collagen peptides designed to support skin, joints, muscles and bones, L-Lysine for collagen formation, hydrolyzed for better absorption

SAVE 10%

250 g

★ All CanPrev Collagen On Sale



NATURAL FACTORS REGENERLIFE

Sleep Better Relax

SAVE 15%

★ Triple action, formulated to promote relaxation and support more restful, restorative sleep, helps reset the body's sleep-wake cycle, with 250mg ashwagandha

60 Tri-Layer Tablets



ORGANIKA Kids Replenish Electrolytes

★ Rapid rehydration, replenishes electrolytes, helps maintain hydration status & fluid balance, designed for faster recovery ★ No artificial color/flavor

★ All Organika Kids On Sale

SAVE 15%

14.44

8 / Box



NOW Kids Probiotic

★ Supports gastro-intestinal & immune health, promotes intestinal gut flora to improve nutrient absorption, berry flavour, aspartame free

SAVE 15%

21.24

60 Chewables

★ All NOW Kids On Sale



BIO STRATH Original Elixir

★ 100% natural, made from fermented herbal yeast to support energy, vitality, immunity, contains over 61 essential micronutrients including vitamins, minerals, amino acids & coenzymes ★ No artificial flavor, color or preservatives

SAVE 15%

23.79

250 mL



LOCAL & ORGANIC PRODUCE

ORGANIC Yellow Onions



1.99/lb

\$4.38/kg
SAVE \$1.00/lb

ORGANIC No. 2 Pugly Russet Potatoes



4.99

5 LB BAG
HOT PRICE!!

LOCAL! Romaine Lettuce



FROM FOREST VALLEY ACRES

3.99

EACH
SAVE \$1.00

GROCERY

ALTER ECO ORGANIC Fair Trade Mint Blackout Dark Chocolate Bar

ALL ONLY 4.49!

75-84 g

SAVE 31% ★ ON 14 FLAVOURS!



KINDRED CULTURES Cranberry Turmeric Water Kefir

★ 5 FLAVOURS! A CAFFEINE-FREE PROBIOTIC BOOST!

SAVE 22%

ALL ONLY 3.49!

355 mL



VINKER Plant-Based Crispy Korean Chick'n

7.99

255 g

SAVE 24%

★ SPICY GLAZED KOREAN CHICK'N ALSO ON SALE!



ABOKICHI

Chili Miso Oil

11.99

230 mL

★ AWARD-WINNING OILS! ★ ALL ON SALE!

SAVE \$4 EACH



WILDBRINE Korean Style Kimchi

9.99

500 mL

SAVE UP TO 26%

★ ON KIMCHIS, SAUERKRAUTS, & SPICY KIMCHI SRIRACHA!



INDIAN LIFE Large Tortillas

5.99

500 g

SAVE UP TO 30%

★ ON WRAPS & SNACKS!



YERBA MADRE ORGANIC Enlighten Mint Yerba Mate

★ 7 FLAVOURS!

458 mL

ALL ONLY 3.99!

KASLO SOURDOUGH PASTA Fermented Radiatori

8.99

454 g

SAVE UP TO 23%

★ 5 TYPES OF BC-LOCAL PASTA ON SALE!



CHOSEN FOODS Mayonnaise

MADE WITH Avocado Oil

355 mL

11.99

★ 710 ML JAR ALSO ON SALE!

SAVE UP TO 29%



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



SALES ON FROM

AUG. 12TH
TO AUG. 18TH

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