

# EDIBLE ISLAND

## WHOLE FOODS MARKET

We're Here  
for You!

### HEALTH

#### NEW ROOTS HERBAL 60 vCaps

**Menopeace** **Save \$10**  
**INTRO DEAL!**

★ Formulated with iso-flavones, terpenes and flavonoids to balance hormone production, plant-based, estrogen-like properties of the isolates help modulate estrogen and testosterone levels

★ **All New Roots Herbal On Sale**



#### NOW Xyli-White CinnaFresh Toothpaste 10.49

181 g **SAVE \$1.50**  
★ Fluoride free, pure ingredients, clean and fresh taste, reduces plaque, whitens teeth  
★ Free of SLS, and parabens

★ **All NOW Oral Care On Sale**



### WHOLE EARTH & SEA

#### Fermented Whole Food Probiotic

**SAVE OVER 10%**

60 vCaps

★ Probiotic helps support gastrointestinal health, reduce the frequency of gas, constipation and irregularity, promotes favourable gut flora

★ **All Whole Earth & Sea On Sale**



#### PURICA Probiotic Cardio 23.99

30 vCaps **SAVE \$5.00**

★ Designed for optimal cardiovascular and gastrointestinal health, patented blend of 3 clinically-researched strains, backed by 2 published clinical trials

#### PRAIRIE NATURALS 59.99

180 sGel **SAVE \$4.00**

★ Combines 22 natural nutrients to restore, repair and nourish hair, stimulate maximum growth in the follicle while minimizing hair loss

★ **All PN Haircare On Sale**



#### LIVING ALCHEMY 29.99

**Black Garlic Alive** 60 vCaps **SAVE \$7.00**

★ Whole food master antioxidant, anti-inflammatory supports cardiovascular health, improve circulation, reduce elevated blood lipid levels and may relieve upper respiratory symptoms

★ **Alive Line On Sale** ★ No fillers or isolates



### LOCAL & ORGANIC PRODUCE

#### LOCAL!

**Blueberries**  
BERRY BEST FARM

**7.99**

1lb Clamshell **SAVE \$1.00**

#### ORGANIC

**Zucchini**  
LOCAL / BC

**2.99 lb**

\$6.58 kg **SAVE \$1.00/lb**

#### ORGANIC

**Celery**  
BC

**1.99 lb**

\$4.38 kg **SAVE \$1.00/lb**

### GROCERY

#### ECOIDEAS ORGANIC

**Tigernut Flour** 19.99 454 g

**SAVE UP TO 26%**

★ ON TIGERNUT PRODUCTS: GROUND, SKINNED, & FLOUR!



#### MANNA ORGANICS ORGANIC

**Manna Fig Fennel Flax Bread** 4.79 350 g

**SAVE 17%**

★ ON ALL 4 FLAVOURS!



#### BIG MOUNTAIN

**Lion's Mane Burger** 6.99 240 g

**SAVE 22%**

★ ON ALL BURGERS AND VEGGIE LINKS!



#### LIVELY

**Spritz Lemon Lime Prebiotic Pop** 2.99 355 mL

★ NEW PREBIOTIC POPS!  
★ COOL COLA AND ROOT BEER ALSO ON SALE!



#### DAIYA Dairy-Free

**Italian Blend Shreds** 5.49 200 g

★ 4 FLAVOURS!  
★ MELTS LIKE DAIRY!

**SAVE 19%**



#### GO MACRO ORGANIC

**Banana Almond Butter Macrobar**

★ ALL ON SALE!



#### BIOITALIA ORGANIC

**Duram Semolina Spaghetti** 3.49 500 g

**SAVE UP TO 29%**

★ ON PANTRY STAPLES INCLUDING PASTA, PASTA SAUCE, & CANNED TOMATOES!

#### GIMME ORGANIC

**Roasted Seaweed Snack with Avocado Oil** 2.69 9 g

**SAVE 27%**

★ 3 FLAVOURS ON SALE!



#### ECO MAX

**Automatic Dishwasher Pacs** 9.49 20 Pacs

★ CHOOSE FROM DISH CLEANERS, DISINFECTANTS, AND BATHROOM CLEANERS!

**SAVE UP TO 33%**



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



**SALES ON FROM**

**AUG. 13TH TO AUG. 19TH**



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