

EDIBLE ISLAND

WHOLE FOODS MARKET

We're Here
for You!

HEALTH

ITL HEALTH PrizMAG

★ Award-winning, 100% pure mag bisglycinate combines magnesium and glycine to promote restful, uninterrupted sleep without morning drowsiness, gentle on digestion

120 Caps
SAVE \$3.00

22.99

★ **All ITL Health On Sale**



NORTH COAST NATURALS Ultimate Daily Greens

★ Superfood blend provides a spectrum of nutrients from concentrated superfruits, land & sea greens with the addition of pre and probiotics

270 g
SAVE \$4.00

32.99

★ **All NCN Greens On Sale**



GREEN BEAVER

Deodorant

★ Aluminum-free deodorant offering all-day protection without synthetic ingredients, baking soda and alcohol free

50 g
SAVE \$1.00

7.99

★ **All GB Deodorant On Sale**



JOIN US NEXT WED. AUG 27TH FOR EDIBLE ISLAND'S
Wellness Wednesday
SAVE 15% ON PERSONAL CARE & VITAMINS

LAST
WED. OF
EVERY
MONTH!

NUTRISTART Quick K&D

★ Packed with essential vitamins, offering a range of benefits to support overall well-being

33.99

50 mL
SAVE \$3.00



CANPREV Healthy Lungs

★ Advanced, multi-oxidant formula, prevent and repair cellular damage for those exposed to pollution, airborne allergens and smoke, provides 1200mg of NAC daily

35.99

90 vCaps
SAVE \$4.00



CAPRI CARE Infant Goat Milk

★ Stage One & Two Infant formula easy to digest, naturally gentle on little tummies, safe and nutritionally complete, uniquely farmer-owned by New Zealand Dairy Goat Co-operative

★ **Glucose free**

800 g
SAVE \$5.00

54.99



NON GMO **SF** **CF**

ORGANIC PRODUCE

ORGANIC Sunrise Apples BC



1.99 lb

\$4.38/kg
SAVE \$1.00/lb

ORGANIC BC Yellow Potatoes



7.99 ea

5 lb Bags
SAVE \$2.00

ORGANIC BC Roma Tomatoes



3.99 lb

\$8.78/kg
SAVE \$1.00/lb

GROCERY

Great Prices on Summer & Fall Staples!

EVERLAND ORGANIC Rich & Creamy Coconut Milk

400 mL

2.49

SAVE UP TO 29%

★ ON COCONUT MILK & CREAM!



KASLO SOURDOUGH PASTA Fermented Radiatori

8.99

454 g

SAVE 18%

★ ON LOCAL SOURDOUGH PASTAS!
5 VARIETIES!



NONNY Non-Alcoholic Craft IPA Beer

355 mL

2.99

SAVE UP TO 29%

★ ON NON-ALCOHOLIC BEER!



BRAGG ORGANIC Apple Cider Vinegar

9.99

946 mL

SAVE 23%

★ RAW & UNFILTERED!



KINDRED CULTURES Cranberry Turmeric Water Kefir

3.69

355 mL

SAVE 18%

★ 4 FLAVOURS!
★ A CAFFEINE-FREE PROBIOTIC BOOST!



RAINCOAST TRADING Smoky Sweet Chipotle Wild Salmon Jerky

7.99

50 g

SAVE UP TO 23%

★ ON SELECT PRODUCTS!



TERRA DELYSSA Extra Virgin Olive Oil

9.99

500 mL

SAVE UP TO 23%

★ ON OLIVE OILS!



LUNDBERG ORGANIC Thin Brown Rice Cakes with Sea Salt

6.29

168 g

SAVE UP TO 20%

★ CHOOSE FROM A WIDE VARIETY OF RICES AND RICE CAKES!



MID-DAY SQUARES Peanut Butter Chocolate

ONLY 1.99

33 g

SAVE 33%



★ 5 FLAVOURS!

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



SALES ON
FROM

AUG. 20TH
TO AUG. 26TH

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