

# EDIBLE ISLAND

## WHOLE FOODS MARKET

We're Here  
for You!

### HEALTH

#### MEGAFOOD

##### Women's One Daily

★ Delivers Vitamins, folate, iron and trace minerals and a nourishing food and herb blend. Glyphosate free

★ All MegaFood On Sale

94.49

90 Tabs  
SAVE 5%



B  
NON  
GMO  
GF  
K

#### NEW ROOTS HERBAL

##### L-Theanine 250mg

★ Amino acid that crosses the blood-brain barrier, promotes mental clarity and concentration

★ Gaba and D-Stress Also On Sale

17.09

60 vCaps  
SAVE 10%



GF  
DF  
SF  
CF  
SF

#### NAKA PLATINUM ORGANIC

##### Black Seed Oil

★ Antioxidant powerhouse protects lung health and reduces asthma, helps with skin conditions, wound healing and digestion

125 mL  
SAVE 20%

26.39

O NON GMO GF AF U



#### PRAIRIE NATURALS Saffron Serene

★ Helps promote a balanced mood, focus and calm, naturally  
★ Provides the equivalent of 150 mg of dried saffron

SAVE  
15%

60 Caps



NON  
GMO  
GF  
DF  
U

#### LIVING ALCHEMY Your Flora Women

★ Supports healthy vaginal balance, intestinal mucosa and immunity, prevents acute and recurring UTI's. Isolate free

★ Your Flora & Mushroom Line On Sale

40.79

60 vCaps  
SAVE 15%



NON  
GMO  
DF  
U

#### PURICA Sleep Support

★ Tranquil escape into a rejuvenating slumber, promotes faster, longer sleep

★ Probiotics, Fiberlicious, & Betaine Also On Sale

38.95

60 vCaps  
SAVE 10%+



Join us for Wellness Wednesday December 31st

### ORGANIC PRODUCE

#### ORGANIC Chard MEX



3.49 ea  
A BUNCH  
SAVE \$1.00

#### ORGANIC Avocados MEX



1.49 ea  
GREAT BUY!!

#### ORGANIC BC Carrots FOUNTAINVIEW FARM



4.99 ea  
2 LB BAGS  
SAVE \$1.00

### GROCERY

Wishing You A Healthy New Year!

#### BARBARA'S Cheez Puffs or Cheez Curls

ONLY 3.49

155 g  
-198 g

GF SAVE 19% ★ ALL ON SALE!



#### VG GOURMET Lentil & Walnut Burgers

8.99

400 g

★ 5 PLANT-BASED BURGERS ON SALE!

SAVE \$2 EACH

GF U K



#### SOBER CARPENTER Irish Red Craft Beer

2.99

473 mL

★ SO MANY THINGS TO CELEBRATE THIS NEW YEAR! LIKE SAVING UP TO 25% ON ALCOHOL-FREE BEERS!

SAVE UP TO 25%



#### MILLSIE Chives & Garlic Creamy Cashew Dip

★ 8 FLAVOURS OF DIP!

183 g

7.99

SAVE  
20%

NON  
GMO  
SF  
U



#### MAISON ORPHÉE Fresh Mayonnaise

Made with Extra Virgin Olive Oil

★ CHOOSE FROM FRESH OR VEGAN MAYONNAISE, AND SELECT OILS!

7.99

440 mL

B SF K SAVE UP TO 29%



#### HORNBY ORGANICS ORGANIC O Snack Bars

45 g

ONLY  
1.79

SAVE  
18%



★ ALL ON SALE! O NON GMO GF DF SF

#### EDWARD & SONS Gluten-Free

##### Black Sesame Brown Rice Snaps

100 g

4.99

SAVE 17% OR MORE ★ 4 FLAVOURS OF RICE SNAPS!



NON  
GMO  
GF  
K

#### SAP SUCKER ORGANIC Maple-Sweetened Sparkling Waters

ALL ONLY 2.49ea

355 mL

★ 7 REFRESHING FLAVOURS!



#### DUMET ORGANIC Amphis Olives

4.99

375 mL

★ 10 OLIVE OPTIONS ON SALE!

SAVE UP TO 21%



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

ORGANIC NON-GMO B CORP GF DF SF SF CF AF U K CANADIAN BC MADE ISLAND MADE

SALES ON  
FROM

DEC. 31st  
TO JAN. 6th

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