

# EDIBLE ISLAND

## WHOLE FOODS MARKET

We're Here for You!

### MITSOH

#### Pemmican Strips

Modern take on Indigenous superfood, made with simple, whole-food ingredients, crafted to honour traditional pemmican, 6g protein per strip, nothing added, nothing artificial

SAVE 10%

5.75

23 g

All Mitsoh On Sale



### HEALTH

#### NATURE'S WAY Calcium & Magnesium Citrate 2:1

SAVE 15%

500 mL

Balanced calcium and magnesium supplement supporting bone, muscle and nerve health with easily absorbed essential minerals

All Flavours & Single Herbs On Sale



#### NOW Potassium Citrate

Supports electrolyte mineral balance, muscle function and healthy urinary PH, effective for preventing and dissolving certain kidney stones

SAVE 10%

180 vCaps 17.99



#### NEW ROOTS HERBAL Vitamin E8

SAVE 15%

120 sGels

Full-spectrum Vit E with tocopherols and tocotrienols, providing antioxidant support for cellular health, includes plant sterols and squalene

60 Softgels Also On Sale



#### CANPREV Healthy Hormones

SAVE 15%

60 vCaps

Hormone-balancing formula to support menstrual health and PMS symptoms, for estrogen dominance related conditions



#### NATURAL FACTORS BetaCareAll

SAVE 10%

17.99

90 sGels

Antioxidant-rich mixed carotenoid formula providing natural beta-carotene, supports healthy eyesight, night vision, skin, mucous membranes and immune function



### ORGANIC PRODUCE

#### ORGANIC Turmeric PERU



9.99 lb

\$21.98 kg  
SAVE \$2.00/lb

#### ORGANIC Garlic MEX



14.99 lb

\$32.98 kg  
SAVE \$2.00/lb

#### ORGANIC BC Green/Purple Kohlrabi



2.99 lb

\$6.58 kg  
SAVE \$1.00/lb

### GROCERY

#### LOOP MISSION Green Vibes Super Smoothie

300 mL

4.49

SAVE 22%

ON THE PERFECT VITALITY BOOSTER!



#### FIELD ROAST Plant-Based Apple and Sage Smoked Sausages

SAVE UP TO 27%

7.99

ON STADIUM DOGS, FRANKFURTERS, AND MORE!

368 g



#### SEVEN SPICE Hot Chili Oil

9.99

227 g

SPICE UP YOUR LIFE WITH CHILI OILS FOR EVERY OCCASION, FROM EXTRA HOT TO COMFORTABLY MILD!

SAVE 23%



#### MAISON ORPHÉE Fresh Mayonnaise Made with Extra Virgin Olive Oil

440 mL

8.99

SAVE UP TO 25%

ON BEST-SELLING MAYONNAISE AND SELECT COOKING OILS!



#### DAIYA Plant-Based Feta Cheeze Crumbles

5.49

170 g

SAVE UP TO 21%

CHOOSE FROM CHEDDAR, FETA, GOUDA, AND MORE!



#### RIZOPIA ORGANIC Gluten-Free Brown Rice Pasta

5 TYPES

ALL ONLY 3.29!

454 g SAVE 23%



#### GOODDRINK Iced Tea with Lemon

473 mL

2.99

SAVE 25%

4 FLAVOURS ON SALE!



#### PRANA ORGANIC Kilimanjaro Chocolate Mix

5.79

130 g

SAVE UP TO 23%

18 PRODUCTS ON SALE!



#### ECO MAX Automatic Dishwasher Pacs

9.99

20 Pacs

SAVE UP TO 30%

ON CLEANING PRODUCTS!



SALES ON FROM

JUNE 10 TH TO JUNE 16 TH

Please check all ingredients to ensure products are right for you



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