

EDIBLE ISLAND

WHOLE FOODS MARKET

We're Here
for You!

HEALTH

LIVING ALCHEMY **Your Flora Terrain** 43.99

60 vCaps
SAVE \$4.00

★ 45+ diverse strain with pre/pro/post-biotics to optimize healthy gut flora, leaky gut, ulcer and celiac support, helps regulate stomach acid production, kefir-kombucha fermented

★ Filler and isolate free

★ All LA Flora & Synergy Line On Sale



NEW ROOTS HERBAL

Prenatal Multivitamin 21.99

90 vCaps
SAVE \$3.00

★ Complete prenatal, contains 23 essential vitamins and minerals for prenatal, pregnant, postnatal & nursing moms, supports strong bones, healthy cartilage and red blood cell formation

★ All New Roots Multivitamins On Sale



BOTANICA ORGANIC

Perfect Greens Superfruit

★ A fruit flavoured organic greens powder blend of chlorella, spirulina and leafy greens, made from whole selected young grasses, rich source of magnesium, B vitamins, high in anti-oxidants



154 g
SAVE \$4.00 **35.99**



PREFERRED NUTRITION

Essential EyeCare 25.99

120 Caps
SAVE \$6.00

★ Helps maintain eyesight and support eye health in conditions such as cataracts & macular degeneration, reduce the risk of cataracts & improve macular pigment optical density



PVL

EAA + BCAA Complete+ 38.99

369 g
SAVE \$4.00

★ An advanced formula with 9 essential amino acids of which 3 are BCAAs, helps show better growth & recovery, L-Arginine aids in total amino transport, stacked with B Vitamins and electrolytes

★ Tested, clean, and carb free



BLUME ORGANIC

SuperBelly 31.99

★ Delicious juicy re-fresher that hydrates with superfoods like inulin fiber, trace minerals, fermented apple cider vinegar and probiotics that contribute to a healthy gut flora, 4 delicious flavours



LOCAL & ORGANIC PRODUCE

ORGANIC MEX Green/Red Grapes 6.49 lb



\$14.28 kg
SAVE \$1.50/lb

ORGANIC MEX Jalapeño Peppers 4.99 lb



\$10.98 kg
HOT PRICE!!

LOCAL!

Assorted Lettuces 3.49



EACH
SAVE \$1.00

GROCERY

Happy Father's Day!

NUTS TO YOU

Almond Butter 17.99

★ CRUNCHY OR SMOOTH! 735 g

SAVE \$4 EACH



EARTHBOUND FARM ORGANIC

Blueberries 5.99

300 g

★ FROZEN ORGANIC BERRIES AND CHERRIES

SAVE UP TO 20%



JUSTIN'S ORGANIC

Dark Peanut Butter Cups 2.69

40 g

★ 4 OPTIONS ON SALE!

SAVE 23%



NATURA ORGANIC Soy Beverage 3.49

946 mL

★ CHOOSE FROM SELECT OAT MILKS, ALMOND MILKS, SOY AND RICE BEVERAGES!

SAVE 19% OR MORE



MILLSIE ★ A SPREAD 'EM KITCHEN PRODUCT

Applewood Smoked Cashew Cheese ONLY 8.99

200 g

★ 5 TYPES! SAVE 18%

SAVE 18%



PRANA ORGANIC

Kilimanjaro Chocolate Mix 5.49

150 g

★ A WIDE SELECTION OF SNACKS, TRAIL MIXES, TREATS, & BREAKFAST OPTIONS ON SALE!

SAVE UP TO 22%



WILDBRINE Korean Style Kimchi 9.99

500 mL

★ 6 FLAVOURS OF KRAUTS AND KIMCHIS ON SALE!

SAVE UP TO 23%



VG GOURMET

Lentil & Walnut Burgers 8.99

400 g

★ 5 PLANT-BASED BURGERS ON SALE!

SAVE 18%



NATURE CLEAN Unscented Dish Soap 5.49

740 mL

★ ON A WIDE SELECTION OF CLEANERS INCLUDING LAUNDRY & DISH SOAPS!

SAVE UP TO 23%



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



SALES ON
FROM

JUNE 11TH
TO JUNE 17TH

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

