

# EDIBLE ISLAND

## WHOLE FOODS MARKET

We're Here for You!

NATURE'S WAY

Strawberry Orange Flavour

### NutraVege Omega-3 Oil

★ Plant based liquid omega-3 providing 150mg EPA & 300mg DHA in each teaspoon, supports eye, brain and cardiovascular health

**64.99**  
500 mL  
SAVE \$4.00



★ All NutraSea and NutraVege On Sale

## HEALTH

### HÜBNER Silicea Colloidal Gel ★ Max Strength

**58.99**  
2 x 500 mL  
SAVE \$6.00



★ Supports healthy hair, firm skin, strong nails and promotes formation of collagen  
★ Additive and excipient free



### PVL Iso Sport Whey

**55.99**  
840 g  
SAVE \$4.00



★ Helps repair and build lean muscle tissue, leaner and faster absorbing formula, 30g of ultra-clean grass-fed protein per scoop ★ No artificial additives

★ All Flavours On Sale



### LILY OF THE DESERT 99% Aloe Vera Gelly

**13.99**  
454 g  
SAVE \$3.00



★ Replenish, moisturize & hydrate your skin, soothes and cools tender/sun exposed skin  
★ No parabens, no animal testing

★ All Lily of the Desert On Sale

### CANPREV Collagen Full Spectrum

**35.19**  
250 g  
SAVE \$8.00



★ A premium source of peptides designed to build up the body's collagen stores in joints, hair, skin, bones, ligaments and muscles

★ All CanPrev Collagen On Sale



### HARMONIC ARTS 5 Mushroom Powder

**64.99**  
100 g  
SAVE \$5.00



★ The combined benefits of the world's top 5 mushrooms, supports whole body harmony and immune system intelligence

★ All Mushroom Tinctures & Capsules On Sale



## ORGANIC & WILD PRODUCE

### ORGANIC Lemons CA



**2.49 lb**  
\$5.48 kg  
SAVE \$1.00/lb

### ORGANIC Tommy Atkins Mangoes MEX



**1.99 ea**  
SAVE \$1.00  
HOT PRICE!!

### WILD Fiddleheads BC



**8.99 ea**  
170 grams  
SAVE \$2.00

## GROCERY

We've Got Everything You Need to Celebrate this Weekend!

### EVERLAND ORGANIC Roasted Peanuts

**4.49**  
400 g



★ ORGANIC PEANUTS & SESAME SEEDS...

SAVE 25%



### TAZA ORGANIC Chocolates

**5.49**  
70 g



★ DIRECTLY-TRADED AND STONE-GROUND

New!

SAVE OVER 20%



### SIETE Taco Seasoning

★ MILD OR SPICY

**4.49**  
37 g



SIETE'S GRAIN-FREE CHURRO STRIPS, TORTILLA CHIPS, TACO SHELLS, AND TACO SEASONINGS...

ALL ON SALE!

### MAISON ORPHÉE ORGANIC Dijon Mustard

**4.19**  
250 mL



★ DELICIOUS SELECTION OF MUSTARDS, OILS, AND SALAD DRESSINGS...

SAVE 25% TO 30%

### PATIENCE FRUIT & CO. ORGANIC Dried Cranberries

★ FRUIT JUICE SWEETENED  
**4.79**  
227 g



★ JUICES, DRIED FRUIT, AND SOUR CRAN CANDIES...

SAVE UP TO 40%

### FARMING KARMA Mocktails

**9.99**  
4 PACKS



★ 4 FLAVOURS  
★ SWEET, INDULGENT BC-MADE MOCKTAILS

SAVE 15%

### DAIYA Plant-Based Shreds

**5.49**  
200 g



★ 4 CHEESE STYLES

SAVE UP TO 23%

★ ON A WIDE SELECTION OF MELTY, YUMMY, PLANT-BASED CHEESES!



### AMY'S ORGANIC Refried Beans

★ 3 TYPES  
**5.49**  
398 mL



★ ALL AMY'S BEANS, BURRITOS, & WRAPS

SAVE AT LEAST 15%

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



SALES ON FROM

MAY 1 ST TO MAY 7 TH



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