

EDIBLE ISLAND

WHOLE FOODS MARKET

We're Here
for You!

HEALTH

CAPRI CARE

Goat Milk-Based Infant Formula

800 g

★ Developed to support babies from birth, providing gentle, natural nutrition with essential vitamins, minerals & prebiotics, Dairy Goat Cooperative based in NZ & owned by the farmers who supply the milk



SAVE 15% GF

PURICA

Menopause Relief

48.44

120 Caps
SAVE 15%

★ Natural multi-symptom supplement that helps reduce hot flashes & night sweats, support healthy mood balance & ease menopause symptoms
★ Adrenal Support and Curcumin Also On Sale



NATURAL FACTORS

Regenerlife Mitochondrial Energy

SAVE 15%

120 vCaps

★ Supports cellular energy, brain health and vitality with nutrients that enhance mitochondrial function and reduce fatigue, supports anti-oxidant defense systems

★ Powder Also
On Sale



GF DF SF

MARK YOUR CALENDARS!

**Our Customer
Appreciation
Event** IS COMING
SOON

NOVEMBER 20-21

ENTIRE STORE

15% OFF

★ INCLUDING
SALE ITEMS

PURE VITA LABS

EAA+BCAA Complete

36.54

369 g
SAVE 15%

★ Supports muscle growth, recovery & hydration with 9 essential and branched-chain amino acids, energizing B vitamins & electrolytes boosted with BioPerine



ABIO COSMETIC

Vitamin E Cream

★ Daily nourishing cream for face & body enriched with an intense level of antioxidant vit E, odorless, non-greasy formula protects & soothes, reduce the signs of aging



120 mL
SAVE 15%

22.09

NUTRISTART

Quick D Drops 2500 IU

37.39

55 mL
SAVE 15%

★ A liquid Vit D supplement supporting bone strength, immunity and overall health with fast absorption
★ All Quick D On Sale



buyBC

UG

ORGANIC PRODUCE

ORGANIC BC Russet Potatoes



99¢ lb

\$2.18 kg
GREAT BUY!!

ORGANIC BC Carrots



5.49 ea

2 LB BAGS
SAVE \$1.00

ORGANIC Rutabaga



3.99 lb

\$8.78 kg
SAVE \$1.00/lb

GROCERY

Great Savings On Healthy, Handy Groceries!

AMY'S

Mac & Cheese

5.49

255 g

★ ALL MEALS ON SALE!

SAVE UP TO 20%

★ ON ENCHILADAS, LASAGNA, PAD THAI, & MORE!



NON GMO B

BRAGG ORGANIC

Apple Cider Vinegar

9.99

946 mL

SAVE UP TO 29%

★ ON SELECT PRODUCTS!



NON GMO B K

MANNA ORGANICS ORGANIC

Fig Fennel & Flax Manna Bread

350 g

ONLY 4.79 EACH

★ ALL ON SALE!

NON GMO U K



DAIYA Plant-Based

Italian Blend Shreds

5.49

200 g

★ MELTS LIKE DAIRY!

SAVE 17% OR MORE

★ ON SELECT SHREDS & PIZZAS!



NON GMO GF DF SF U

CHIMES

Spiced Chai Hard Toffee

3.99

100 g

SAVE UP TO 27%

★ ON 6 FLAVOURS OF CHIMES CHEWS!



U

RICEWORKS Gourmet

Sea Salt, Brown and Golden Flax Rice Chips

4.99

155 g

SAVE 23%

★ ON 7 FLAVOURS!



NON GMO GF K

BLUEBIRD PROVISIONS ORGANIC

Chicken Bone Broth

9.99

420 mL

SAVE UP TO 23%

★ ON 3 FLAVOURS OF BONE BROTH!



NON GMO K

RIZOPIA ORGANIC Gluten-Free

Brown Rice Pasta

3.29

454 g

SAVE 23%

★ 5 TYPES



NON GMO GF

HORNBY ORGANIC

Chocolate Chip Peanut Butter Energy Bar

80 g

2.69

★ 6 CONVENIENT
YUMMY SNACKS!

SAVE 23%



NON GMO GF DF SF

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



ORGANIC



NON-GMO



B CORP



GLUTEN-FREE



DAIRY-FREE



SUGAR-FREE



SOY-FREE



VEGAN



KETO



KOSHER



CANADIAN



BC MADE



ISLAND MADE

**SALES ON
FROM**

**NOV. 12TH
TO NOV. 18TH**



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