

# EDIBLE ISLAND

## WHOLE FOODS MARKET

We're Here  
for You!

### HEALTH

#### PRAIRIE NATURALS

**Vitamin D3 2500 IU** 25.49  
550 sGels  
SAVE 15%

★ Helps prevent Vitamin D deficiency, supports healthy bones, muscles, nerves and boosts immunity

★ All PN Vitamin D On Sale



#### NATURAL FACTORS Lung, Bronchial & Sinus Health

★ Contains tested herbs and nutrients that soothe irritated airways, thin mucus & loosen phlegm to improve breathing and calm coughs

26.99

90 Tabs  
SAVE 10%



### ORGANIKA

Seasonal  
Flavours!

#### Enhanced Collagen Protein

★ Healthy hair, glowing skin and strong nails, gut, bone and joint support in seasonal flavours for a limited time, 0 sugar - enjoy hot or cold!

★ Dark Chocolate Chip Mint  
★ Chocolate Pumpkin Spice  
★ Caramel Macchiato

★ All Organika On Sale



252 g  
SAVE 15% 32.29



#### PURICA Complete 360

54.39

120 Caps  
SAVE 15%

★ All-encompassing wellness - an 8 organic mushroom blend with Sensoril Ashwagandha for stress relief & mental clarity, source of antioxidants and fungal polysaccharides

★ Sleep Support, Ashwagandha Also On Sale



#### NOW

#### Bromelain 500 mg

22.94

60 vCaps  
SAVE 15%

★ Proteolytic enzyme derived from pineapple plant that has protein-digesting properties, supports healthy digestion, gastrointestinal and anti-inflammatory function

★ All NOW Immune On Sale



#### LIVING ALCHEMY

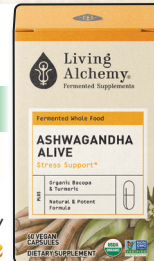
#### Ashwagandha Alive

33.99

60 Caps  
SAVE 15%

★ Whole food potent adaptogen helps reduce stress and anxiety, helps focus and concentration, supports vitality

★ All LA Alive Series On Sale



### ORGANIC PRODUCE

#### ORGANIC BC Honeycrisp Apples



2.99 lb

\$6.58 kg  
SAVE \$1.00/lb

#### ORGANIC PERU Ginger



6.49 lb

\$14.28 kg  
SAVE \$1.00/lb

#### ORGANIC US Grapefruit



2.49 lb

\$5.48 kg  
SAVE \$1.00/lb

### GROCERY

Delicious Savings!

#### ANITA'S ORGANIC Unbleached White Flour

24.99

5 kg

★ MADE IN CHILLIWACK WITH CANADIAN GRAINS!

LINE DRIVE!

★ EVERYTHING ON SALE!

SAVE UP TO 26%



#### GOODDRINK Lemonade Tea

ONLY 2.99

473 mL

★ 7 FLAVOURS!

SAVE 19%



#### NUTS TO YOU PLUS Almond Pecan Hazelnut Crunch

365 g

11.99

★ NEW PLUS FLAVOURS ALL ON SALE!

SAVE 17% OR MORE!



#### KRISDA Zero Calorie Monk Fruit Sweetener

6.99

454 g

SAVE UP TO 30%

★ ON SUGAR-FREE SWEETENERS & SEMI-SWEET CHOCOLATE CHIPS!



#### KETTLE Truffle & Salt Krinkle Chips

ALL 198 g BAGS

ONLY 3.99!

SAVE 20%



#### THEO ORGANIC Fair Trade Peanut Butter Cups

38 g

3.99

SAVE UP TO 25%

★ ON 9 CHOCOLATE BARS & 2 PEANUT BUTTER CUPS!



#### EAT WHOLESOME ORGANIC Diced Tomatoes

796 mL

5.49

★ SOUPS ALSO ON SALE!

SAVE UP TO 19%



#### SQUAMISH WATER KEFIR Probiotic Root Beer

3.49

355 mL

★ 7 REFRESHING FLAVOURS!

SAVE 19%



#### CLAWHAMMER ORGANIC Licorice Mints

30 g

1.99

★ 4 FLAVOURS!

SAVE 20%



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



SALES ON  
FROM

OCT. 1ST  
TO OCT. 7TH



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