

EDIBLE ISLAND

WHOLE FOODS MARKET

We're Here
for You!

HEALTH

ST. FRANCIS HERB FARM ORGANIC EchinaPura

★ Supportive therapy in the treatment of colds, relieves symptoms and shortens duration of upper respiratory tract infections
★ All STF Immune Cold Flu On Sale

SAVE
15%

50 mL



NEW ROOTS HERBAL Purge Parasitis

★ Comprehensive approach that eradicates up to 57 parasitic species, supports intestinal health, natural ingredients for gentle and effective elimination
★ All New Roots Purge On Sale

SAVE
15%

180 vCaps



PURE VITA LABS

Creatine X8 BCAA

★ High-quality amino-boosted, delivers a pure, clinical dose of creatine monohydrate, rapid absorption, unflavoured
★ Carb and filler free

SAVE
15%

15.29

249 g



★ All Pure Vita Labs Creatine On Sale



NOW D-Mannose 500mg

★ Reduces the risk of recurrent UTIs, supports urinary tract health, cleanses and maintains the bladder lining health

SAVE
10%

32.39

120 vCaps



CANPREV Magnesium Bis-Glycinate 200 Gentle

★ Formulated to maximize absorption, supports muscle function, nervous system health and sleep, gentle on the stomach and bowels
★ All CanPrev Magnesium On Sale

SAVE
10%

120 vCaps



SURO ORGANIC Elderberry Syrup

★ Helps soothe symptoms of cold/flu with natural ingredients while supporting your immune system with Canadian organic elderberries
★ All SURO On Sale ★ Women led

SAVE
10%

26.09

236 mL



LOCAL & ORGANIC PRODUCE

ORGANIC Cranberries QUÉBEC

227 g 4.49 ea



LOCAL! ORGANIC Squash

PATTISON FARMS & BC \$6.58 kg GREAT BUY!! 2.99 lb



ORGANIC Yellow Potatoes

BC 5 lb Bags SAVE \$1.00 6.99 ea



ORGANIC Shiitake Mushrooms

BC \$28.58 kg SAVE \$2.00/lb 12.99 lb



ORGANIC Yellow Onions

AB \$3.28 kg SAVE \$1.00/lb 1.49 lb



ORGANIC Carrots

FOUNTAINVIEW FARM BC 2 LB BAGS SAVE \$1.00 5.99 ea



GROCERY

Happy Thanksgiving!

ALTER ECO ORGANIC Fair Trade Dark Chocolate Salted Caramel Truffle Thins

ALL ONLY 4.99! 75-84 g
SAVE 23% ★ 14 FLAVOURS OF CHOCOLATE BARS & TRUFFLE THINS!



ANITA'S ORGANIC Unbleached White Flour

24.99 5 kg Bag
SAVE UP TO 29%
★ ON FLOURS, MIXES, & OATS!



FARMER'S MARKET ORGANIC Pumpkin Purée

4.49 398 mL
★ CRANBERRY SAUCE, PUMPKIN PIE MIX OR PURÉE ON SALE!
SAVE UP TO 25%



EVE'S CRACKERS Gluten-Free Chili Pepper Pumpkin Seed Crackers

6.99 108 g
★ 4 TYPES! SAVE 22%



KOYO RAMEN Lemongrass Ginger Ramen

★ 6 FLAVOURS! 57-60 g
ONLY 1.69 EACH!
SAVE 32%



LUNDBERG ORGANIC Jasmine Rice

10.49 907 g
★ 11 RICES ON SALE!
SAVE UP TO 30%



NUTS TO YOU PLUS Almond Butter + Pecan and Hazelnut Crunch

9.99 365 g
SAVE UP TO 31%
★ ON 5 "PLUS" FLAVOURS!



O'DOUGH'S Gluten-Free Everything Bagel

4.99 300 g
★ 4 TYPES ON SALE!
SAVE UP TO 27%



GREEN CUISINE Extra Firm Tofu

2.99 454 g
★ 3 TYPES OF TOFU!
MADE WITH ORGANIC SOYBEANS!
SAVE UP TO 29%



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



SALES ON
FROM

OCT. 7TH
TO OCT. 13TH

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