

EDIBLE ISLAND

WHOLE FOODS MARKET

We're Here
for You!

HEALTH

NEW ROOTS HERBAL

Ultra Zinc 30 17.09

★ Formulated with taurine, B vitamins and nutraceuticals to enhance assimilation of this critical trace element, reinforce immune response, maintenance of healthy cells

★ All New Roots Zinc On Sale



VITALITY

Power Iron + Spirulina 39.59

60 vCaps
SAVE 10%

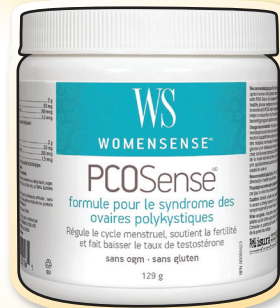
★ Ultimate blood builder, improve energy and mood, boosts brain function, increase stamina, gentle on the stomach

★ All Vitality On Sale



WOMENSENSE PCOSense

★ Aids in symptoms of PCOS, promote healthy glucose metabolism, supports ovarian function, egg quality & fertility in women with PCOS, reduces serum testosterone in women with PCOS



★ All WomenSense On Sale

129 g
SAVE 15%

29.74



BOTANICA ORGANIC

Perfect Protein Vanilla 61.19

★ Complete plant-based protein packed with naturally occurring vitamins, minerals, antioxidants, healthy fats and fibre, helps build and repair body tissues, easy to digest

★ All Botanica On Sale



CANPREV

Immuno Multi 35.99

90 vCaps
SAVE 10%

★ Advanced daily multi helps optimize immune system function, provides high levels of antioxidants with 21 essential vitamins and minerals



HARMONIC ARTS

Ginger Syrup 19.99

★ Stimulate digestion, relieve bloating, nausea, motion sickness, cough and cold symptom

★ Wild harvested
★ All Syrups, Teas, Lattes, Tincture Blends On Sale



ORGANIC & LOCAL PRODUCE

ORGANIC Asian Pears



BC \$8.78 kg
SAVE \$1.00/lb
3.99 lb

ORGANIC Cranberries



QUÉBEC
8 OZ BAGS
GREAT BUY!!
4.49 ea

ORGANIC Russet Potatoes



BC 5 LB BAGS
SAVE \$1.00
6.49 ea

ORGANIC ASSORTED Squash



PATTISON FARMS & BC \$5.48 kg
SAVE \$1.00/lb
2.49 lb

ORGANIC Yellow Onions



AB 3 LB BAGS
SAVE \$2.00
4.99 ea

ORGANIC Carrots



FOUNTAINVIEW FARMS BC 5 LB BAGS
SAVE \$2.00
12.99 ea

GROCERY

EVERLAND ORGANIC

Black Beans 2.49

398 mL
★ 5 BEANS ON SALE!

SAVE 29%



ACROPOLIS

All ORGANIC Olives On Sale!

STARTING AT 5.99!



★ PLUS TAPENADE & BALSAMIC GLAZES! SAVE UP TO 33%

JUST JUICE ORGANIC

100% Pure Cranberry Juice 11.99

946 mL
★ ALL ON SALE!

SAVE UP TO 25%



O'DOUGHS Gluten-Free

Everything Bagel 4.99

300 g
★ YOUR FAVOURITE GLUTEN-FREE BAGELS! 4 FLAVOURS!

SAVE UP TO 27%



NUTS FOR CHEESE

ORGANIC & Dairy-Free Black Garlic Cashew Cheese 9.99

120 g

SAVE UP TO 29%



★ ON DELICIOUS VEGAN CHEESES!

CAMINO ORGANIC

Semi-Sweet Chocolate Chips 9.99

225 g
SAVE UP TO 29%

★ ON BAKING ESSENTIALS LIKE SUGAR & CHOCOLATE CHIPS!



CHOSEN FOODS

Avocado Oil Mayo Squeeze Bottle 14.99

332 mL
★ SELECT SAUCES AND SESAME OIL ALSO ON SALE!

SAVE UP TO 29%

MAISON ORPHÉE

ORGANIC Dijon Mustard 4.79

250 mL

SAVE 20%

★ ON TOP-SELLING MUSTARDS!



SUNDHED

Himalayan Pink Salt 6.69

750 g

★ COMPLETE YOUR HOLIDAY TABLE WITH SALT SHAKERS, GRINDERS, & HIGH-QUALITY SALT!



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



SALES ON
FROM

OCT. 8TH
TO OCT. 14TH



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