



LIFESTYLE MARKETS



Dedicated to Your Healthy Lifestyle

Prices Effective June 5 thru 23, 2024



BONUS
SIZE

Natural Factors MSM 1000 mg

Helps Relieve Joint Pain,
Stiffness, Inflammation &
Cartilage Deterioration

\$18.97
240 Caps



A. Vogel Boldocynara®

Improves Digestion and
Valuable When
Fat Digestion is a Problem

\$17.97
50 mL



Purica Sleep Support

Prepare Your
Body & Mind for a
More Restorative Sleep

60 VCaps
save \$2



Prairie Naturals Prost Force

Prostate Health
Starts Here!

120 Softgels
save 15%



Traditional Medicinals Organic Peppermint Tea

Soothes Your Belly & Alleviates
Digestive Discomfort

16 Teabags 🍁
Product of Canada

\$5.48



Que Pasa Organic Tortilla Chips

Pairs Perfectly With Salsa

350 g 🍁
Product of Canada

\$3.98

VICTORIA'S LARGEST 100% ORGANIC PRODUCE DEPARTMENT • NATURAL GROCERIES • SUPPLEMENTS & VITAMINS • NATURAL BODY CARE



L'Ancêtre Organic Sliced Swiss

180 g 🍁
Product of Québec

\$7.98



Flow Naturally Alkaline Spring Water

Electrolytes & Minerals

1 L 🍁
Product of Canada

\$2.48



Smart Sweets Low Sugar Sweet Fish

50 g
Product of the U.S.A.

\$3.98



Chocxo Dark Chocolate Almond Butter Cups

98 g 🍁
Product of Canada

\$6.98

DOUGLAS STREET • COOK STREET VILLAGE • FIFTH STREET in SIDNEY • LIFESTYLEMARKETS.COM

Choose Organic.

DOUGLAS STREET LOCATION

FRESH DAILY

VICTORIA'S LARGEST 100% ORGANIC Produce Department

PLUS!

Lifestyle Markets Café & Organic Juice Bar

Lifestyle Markets on Douglas Street offers tasty, convenient meals & snacks to keep you energized the healthy way!

FRESH PRESSED JUICES AND SMOOTHIES ARE CUSTOM BLENDED TO ORDER.



Kaslo Sourdough Pasta

Pasta Fermentata is a delicious, easy-to-digest, and highly nutritious alternative to regular wheat pasta. Kaslo Sourdough Pasta is traditional in that we take inspiration from the age-old practice of fermentation to make sourdough bread. This innovative fermented pasta is the first of its kind to be commercially available worldwide. Gather your family and friends and enjoy the healthy goodness of Pasta Fermentata.



454 g Product of Canada

\$8.98 to \$9.98

Le Grand Organic & Natural Pesto

Discover la crème de la crème! LeGrand is the Plant Indulgence Company that offers you the highest quality ingredients, combined with a never-ending quest for vivid and unexpected flavors. Assorted varieties available.



156 - 170 g Product of Canada

\$7.48

Nuts To You

All-Natural Almond Butter

Nuts To You is proud that their original vision from 1989, of a Canadian, small-town, family-owned, nut and seed butter manufacturer, has remained true to this day.



735 g Made in Canada from Imported Ingredients

\$15.98

Organic Traditions

Organic Amla Berry Powder

Amla Fruit, a small greenish fruit with a tart, sour taste, is commonly known as Indian Gooseberry. Organic Amla Powder is a good source of vitamin A, vitamin C, and iron. Perfect for smoothies, smoothie bowls, juices and in water Amla Berry Powder adds vitamins & antioxidants.



200 g Product of India

save 10%

Patience Fruit & Co.

Organic Dried Cranberries

Wanting to offer you the juiciest, most tender cranberries possible, Patience Fruit & Co. created their Organic Whole Dried Cranberries, sweetened with apple juice. They dry them just enough to retain their tenderness and allow you to experience their incredible texture.



227 g Product of Québec

\$5.98

A. Vogel

Herbed Sea Salt Herbamare

Herbamare has been a staple in Europe for decades. A brilliant blend of organically grown vegetables and herbs. Herbamare Original replaces dreary conventional table salt. Use it as a condiment to perk up your recipes or at every meal to salt your food the healthy way. Add after cooking to enhance taste!



250 g Product of France

\$5.48

Bulletproof

C8 MCT Oil Brain Octane

Fuel your body & mind with **Brain Octane C8 MCT Oil**. This high-quality fat is sourced from 100% coconut oil. On the keto diet, your body uses fat as fuel. C8 MCT oil supports energy, metabolism and cognitive function. Use it daily in smoothies, salad dressings, Bulletproof Coffee and more.



946 mL • Product of the U.S.A.

\$56⁹⁸

Ecoideas

Oh My Yummies Crackers

Oh my yummys classic cracker is simply made out of superfood mix of seeds –Quinoa, Flax, Kasha, sunflower, sesame, and Chia.

- ✓ Gluten Free and Vegan
- ✓ Free from: Sugar, Nuts, Oil, Soy, Yeast, Fillers, Preservatives
- ✓ Keto friendly & low in Carbs

130 g  Made in Canada from Imported Ingredients

\$6⁹⁸



Spring Creek

Fresh Quail Eggs

Spring Creek Quail Farms' quail eggs offer a delicate, rich flavor and a nutrient-packed punch. High in protein, vitamins, and minerals, perfect for salads, appetizers, or breakfast dishes that boosts energy and supports overall health.

18 Pack  Product of Canada

\$4⁹⁸



Earthbound Farm

Organic Frozen Berries

A delicious mix of **premium frozen organic strawberries, blackberries, blueberries and raspberries.**

Earthbound Farm is passionate about farming the finest fruits while respecting the ground that feeds us. They have continually built upon their Earth-focused practices through creating eco-friendly packaging, leading zero waste and off-the-grid facilities, and creating sustainable and regenerative farms.



300 g • Product of the U.S.A.

\$5⁹⁸

Maison Orphée

Organic Extra Virgin Olive Oil

Maison Orphée is among the pioneers of extra virgin olive oils in Canada. Since 1983, our expert tasters have been establishing partnerships with producers in both the northern and southern hemispheres to discover delicate, balanced, and fruity oils that meet rigorous quality standards.

750 mL  Made in Canada from Imported Ingredients

\$22⁹⁸



Everland

Organic West Coast Trail Mix

Discover the beauty and flavor of **Everland Organic Trail Mix - West Coast**. Made with organic ingredients, this trail mix is named after the iconic Vancouver Island hiking trail. Fuel your adventures with this delicious and nourishing snack.

150 g  Made in Canada from Imported Ingredients

\$4⁹⁸



Everland Organic Black Beans

Everland sources the best quality beans for their Everland Beans Range. Everland creamy Black Beans **are a favorite in North America**; ideal for making soup, salsa, tacos, burgers, chili, salads...

- ✓ Organic / Vegan / Kosher
- ✓ Gluten-Free / Plant-Based
- ✓ Non-BPA Lining



1.5 kg  Made in Canada from Imported Ingredients

\$11⁹⁸

Field Roast

Plant-Based Sausages

Summer Time is BBQ time!

Field Roast Smoked Apple & Sage Plant-Based Sausages are sweet, savoury, and delicious. They're seasoned to perfection and sizzle just right on the grill. Perfect for giving your golden waffle a boost by adding it on top with a drizzle of maple syrup.

These **Italian Garlic & Fennel Plant-Based Sausages** are juicy and sizzle just right. They're seasoned to perfection—great for topping your favourite fixings or making a spiced Orecchiette and Rapini Sausage dish.

368 g • Product of the U.S.A.

\$7⁹⁸



**Summer Time is
BBQ TIME**



Captain of the Antioxidants **R-Lipoic Acid**

R-Lipoic Acid from AOR is a powerful, natural and well-rounded antioxidant with many actions such as repairing nerves, balancing blood sugar, protecting the brain and increasing energy formation in the mitochondria.

90 VCaps
save \$2



High Dose NAD+ Recovery **NMN-600**

NMN is found in all cells and is found naturally in immature soybean pods, legumes, cabbage, mushrooms and other fruits and vegetables. NMN is water soluble and has good bioavailability and absorption, it is in the plasma within 30 minutes. In addition, unlike NR, NMN is more stable in liquids. This makes NMN the NAD+ boosting molecule of choice.

30 VCaps
save \$2



Supports Healthy Blood Sugar Levels **GlucoSupport**

The primary effect of **GlucoSupport** is to reduce the amount of glucose being absorbed through the small intestine and released into the bloodstream. Having a healthy insulin response can help with the prevention of insulin resistance and associated conditions. Healthy blood sugar levels can help to feel satiated between meals and to have a healthy amount of glucose in the blood stream for ready-to-use energy before being stored in fat cells.

30 VCaps
save \$2



Assured Natural
DISTRIBUTION INC



Saw Palmetto & Pygeum **Prostate Health**

Prostate Health Saw Palmetto & Pygeum contains a unique complex of plant extracts and nutrients used in herbal medicine to help relieve urologic symptoms associated with mild-to-moderate benign prostatic hyperplasia (BPH). It features ingredients like saw palmetto and pygeum to address weak urine flow, incomplete voiding, and frequent urination in men.

120 Softgels
save \$2

Cardiovascular Health Support **Medi-C Plus**

Medi-C Plus contains high doses of Vitamin C and Lysine, which together support healthy collagen production. Collagen is the key to healthy coronary arteries, teeth, gums, bones, and joints. Lysine supports wound healing, reduction of recurrence of cold sores, and more. And Vitamin C supports a healthy immune system.

150 VCaps
On Sale



Supports Healthy Mood **Ultimate Maca Energy**

Ultimate Maca Energy is made with 100% pure, traditionally sundried, natural and certified organic maca root grown exclusively in the Andean highland zones of Peru at altitudes of 14,000 ft. In addition to being a source of vitamins, minerals, protein, amino acids and complex carbohydrates, it also contains an impressive array of bioactive components and antioxidants.

\$35.98
210 VCaps



HEALTHOLOGY
NATURAL SUPPLEMENTS



Targeted Support to Improve Lung Function **LUNG-FX Formula**

LUNG-FX works by supporting the lungs' natural defense systems, helps to expel mucous, promotes detoxification to protect the lungs from damage caused by pollutants and toxins, and contains anti-inflammatories and antioxidants to heal and soothe damaged lung tissue.

90 VCaps
save 15%

Maintain Healthy Rest-and-Digest State **STRESS-FX Formula**

STRESS-FX is formulated to help us maintain our healthy rest-and-digest state. It helps us alleviate stress by lowering cortisol levels, and it promotes relaxation through boosting our calming hormone, GABA. **STRESS-FX** improves mental clarity, anxiety, and memory.

60 VCaps
save 15%



Herbal Bitters **Salus Gallexier**

This mildly bitter tonic is traditionally used to support healthy digestion. **Gallexier Herbal Bitters** combines stimulating herbs and bitter food extracts to support digestion, including artichoke leaves, dandelion, turmeric root, gentian root, blessed thistle, and others.

250 mL
save 15%



Unsweetened Natural **original greens+**

Greens+ Original is designed with 40% more essential and full-spectrum phytonutrients than leading competitors, in 1 convenient daily serving, so you can cover all your nutritional needs with Canada's first and only research-proven superfood formula. Each serving provides targeted natural benefits to support your healthy lifestyle, aging process, immune health, energy and stress levels, and overall sense of wellbeing.

\$33.97
208 g



Boost of Lasting Energy **greens+ extra energy**

Greens+ Extra Energy offers a clean, natural energy boost from 11 superfoods, including green tea and alfalfa extracts. One scoop delivers vitamins, minerals, antioxidants, and amino acids for sustained energy and performance.

\$63.97
399 g



Helps Eliminate Toxins **greens+ daily detox**

To help your body eliminate stored toxins and prevent further build-up, choose **greens+ daily detox**. It contains a full serving of greens+, PLUS all-natural cleansing ingredients that help to support and cleanse the liver, skin, kidneys and GI tract, giving you noticeable health benefits, including improved skin, mood and mental clarity - naturally.

\$63.97
405 g



GENUINE HEALTH
IS POSSIBLE

LET'S GET SOCIAL! SIGN UP FOR PROMOS & FREE HEALTH ARTICLES!

facebook



Instagram

Natural Factors Natural Health

natural
Factors

NEW



Introducing regenerlife **TestoVitality**

A Natural Help For Vitality & Sexual Health In Men

As men age, it is common to experience a decline in energy, libido, and overall vitality. These changes can be attributed, at least in part, to decreasing testosterone levels.

Recognizing this challenge, researchers and health experts have developed TestoVitality. **Regenerlife TestoVitality** is a product combining two traditional remedies, organic maca and Testofen® fenugreek. These two botanical extracts have a long history of use in supporting male health, promoting testosterone production and enhancing sexual drive in men.

60 VCaps
save \$2

Take charge with TestoVitality today!

All-In-One Packets

regenerlife **CogniSave**

Regenerlife CogniSave is a five-in-one supplement kit designed to support cognitive health and brain function with a comprehensive range of nourishing lipids, B vitamins, and supportive nutrients. It contains a one-month supply to complement your healthy lifestyle habits and promote energy from within.

NEW



30 Packets
save 10%

Bioenergetic Whole Earth & Sea

Men's Multi & Mineral

The **Pure Food Men's and Men's 50+ Multivitamin & Mineral formulas** both contain vitamin and mineral complexes including calcium and magnesium, vitamins D3 and K2, folate and other B vitamins in their active forms, selenium, and more for real health benefits.



60 Tabs
save \$2

Grass Fed Whey Protein

Whey Factors®

Natural Factors Whey Factors is a high-quality, low-carbohydrate protein powder drink mix, essential for physically active individuals due to its high biological value and concentration of muscle-enhancing branched-chain amino acids (BCAA).



\$45⁹⁸
1 kg

Osteoarthritis Support

MSM 1000 mg

Natural Factors MSM is a joint support supplement featuring methyl-sulfonyl-methane (MSM), a naturally occurring and long recognized sulfur compound that helps relieve joint pain, stiffness, inflammation and cartilage deterioration from osteoarthritis.

BONUS SIZE



\$18⁹⁷
240 Caps

Superior Immune System Support

Vitamin C 1000 mg

Natural Factors Vitamin C, a powerful vitamin with infection-fighting properties, plays a large role in immune system function. Best known for its antioxidant activity, vitamin C is crucial for the formation of collagen: important for wound repair, healthy gums, strong bones, cartilage, and teeth, and the prevention of bruising.

BONUS SIZE



\$17⁹⁷
210 Tabs

100% Wild Alaskan

Salmon Oil 1300 mg

Complete Omega 100% Wild Alaskan Salmon Oil is the leading product of its kind, providing the full spectrum of 17 synergistic active fatty acids (including omegas 3, 5, 6, 7, 8, and 9) in their naturally occurring ratios - just as nature intended. This ecologically friendly 100% salmon oil comes with the assurance of being the purest, highest quality oil of its kind.

BONUS SIZE



220 Enteripure Softgels
\$27⁹⁷

Clinically Studied KSM-66

Stress-Relax Ashwagandha

Stress-Relax Ashwagandha contains vegan, organic KSM-66 Ashwagandha® root extract. This clinically studied herbal supplement helps increase resistance to stress and anxiety in individuals with a history of chronic stress, thereby improving their quality of life.



\$13⁹⁸
30 VCaps

regenerlife **BeePowerful**

Enhance Your Well-Being Naturally

We understand that maintaining physical and mental performance can feel like an uphill battle. Enter BeePowerful, the exciting new product from Regenerlife that taps into the benefits of bee-derived ingredients to rejuvenate your vitality.

Regenerlife BeePowerful harnesses the benefits of some of nature's finest offerings: Siberian ginseng, bee propolis, and green tea. Each capsule contains 300 mg of bee pollen, packed with essential amino acids, vitamins, minerals, coenzymes, and fatty acids.

Experience the difference with BeePowerful!

90 Capsules
save \$2



OsteoMove **Joint Care Extra Strength**

Jump For Joy with OsteoMove® Joint Care Extra Strength

In the symphony of life, our joints are the silent conductors orchestrating every movement, from a gentle morning stretch to a brisk evening walk. Yet, the harmony of our joints can be disrupted, even to the point of acute or chronic pain. However, with **OsteoMove Joint Care Extra Strength**, the melody of joint health can be supported.

OsteoMove helps relieve joint pain and nurtures the long-term health of our joints. This supplement brings relief to people grappling with osteoarthritis, such as of the knee, and the accompanying discomfort and limited mobility.

One of the standout virtues of OsteoMove is its ability to offer respite from chronic pain. For individuals dealing with osteoarthritis, every step can be a reminder of the limitations imposed by pain. OsteoMove steps in as a trusted ally by helping to protect against progressive joint cartilage, and is a factor in maintaining healthy cartilage and overall joint health.

OsteoMove is a guardian of joint integrity, working to shield against cartilage degeneration. Glucosamine sulfate, chondroitin sulfate, and methylsulfonylmethane (MSM) work to support joint lubrication and help combat inflammation.

OsteoMove also includes manganese, boron, collagen, and hyaluronic acid to foster the regeneration of healthy connective tissue and bolster the body's innate capacity for repair after injury.

OsteoMove transcends conventional joint care with InflammRelief™ Complex, a blend of seven fruit concentrates harmonizing with boswellia and turmeric to combat oxidative stress and inflammation. This helps diminish joint stiffness and spasms.

Take the first step toward improved mobility and well-being with OsteoMove Joint Care Extra Strength.



\$37⁹⁸
120 Tabs



Ecotrend
ECOLOGIES

SierraSil Joint Formula

SierraSil Joint Formula¹⁴™ contains SierraSil®, a pure mineral powder with essential minerals including calcium, iron, silicon, potassium, magnesium, manganese, copper and zinc. Research-proven to support joint, cartilage and muscle function.

\$49⁹⁷
180 Caps



Provita Dream-On

Discover the key to a blissful night's sleep with **Dream-On™**, a potent and non-habit-forming blend designed to combat sleep issues. Harnessing the natural power of Ashwagandha, California Poppy, Passionflower, and L-Theanine, Dream-On™ offers a complete sleep formula without the use of melatonin. Say goodbye to tossing and turning and embrace the rejuvenating sleep your body deserves.

60 VCaps
save 10%



Provita Adaptogenix

Feel the transformative power of **Adaptogenix™**, a groundbreaking blend of potent herbal adaptogens meticulously crafted to combat stress, relieve fatigue, boost energy, and enhance your overall resilience. Discover relief from the stress of life's daily grind and embrace a life of balance and vitality. Adaptogenix™ harnesses the power of natural, herbal adaptogens to help your body better respond to stressors, promoting a sense of calm and balance even on the busiest of days.

90 VCaps
save 10%



New Roots
HERBAL

Supports Cardiovascular Health Co-Enzyme Q10 60 mg

Co-Enzyme Q10, also known as ubiquinone, is a vitamin-like substance synthesized by the body that plays a critical role in energy production at the cellular level. Reduced levels of coenzyme Q10 have also been implicated in memory loss and impaired cognitive function. This high-quality co-enzyme Q10 is fermented the proper way under the Japanese pharmacopeia and certified JP-15.

60 VCaps
save \$2

Helps Lower LDL Cholesterol Plant Sterols

New Roots Herbal Plant Sterols are a non-GMO source of sterols which help inhibit the absorption of harmful low-density lipoproteins (LDL cholesterol). Plant sterols form the cell walls of plants; are similar in molecular structure and function to cholesterol. They actively compete with animal cholesterol for absorption sites within the intestine and block their absorption.

80 g Powder
save \$2



Helps Reduce Elevated Blood Lipid Levels Cardiac Health Tincture

Organic Cardiac Health Tincture is a traditional formula featuring eight nutrients recognized for their positive, therapeutic beneficial effects on cardiovascular wellness. Our unique formula employs certified-organic, non-GMO sugarcane alcohol extraction spanning a three-week steeping process; this maximizes the isolation of biologically active, beneficial compounds.

100 mL
save \$2



prairienaturals
PURE FOOD MEDICINE

Add More Superfoods to Your Everyday

Are you looking to boost your overall health and wellness? Look no further than **organic, fermented superfoods from Prairie Naturals!**

These nutrient-dense foods have been a staple in traditional diets for centuries and are now gaining popularity in the health and wellness community.

Organic Chlorella

These tiny, single-celled green micro algae are "freshwater phytoplankton" that float on the water's surface soaking up sunshine and converting it into green energy power cells!



Organic Red Superfoods

A convenient, ready-to-use superfood powder concentrate from natural food-source antioxidants to protect, heal, energize and restore.



Organic Spirulina

Spirulina is a rich source of carotenoids, phycocyanin (blue pigments), chlorophyll (green pigment), iron and plant-based (or complete) protein.



Entire Line
save 15%



A.Vogel

Natural Sleep Aid GoodNight!®

A.Vogel GoodNight! was meticulously crafted to support your full sleep cycle. At the heart of their GoodNight! sleep sticks is the synergy of fresh, organic Lactuca Sativa and Lemon Balm, complimented by L-Tryptophan and Magnesium to calm the mind and improve sleep quality so you wake up refreshed. Non-habit forming. Cruelty-free. Vegan.

\$19⁹⁷
14 Sachets



For Tired, Swollen Legs Venaforce Gel

Dry extract of fresh Horse Chestnut is the main ingredient in Venaforce gel that refreshes and revitalizes tired legs. In a clinical trial, 85% of patients rated **Venaforce gel** to be effective to relieve swollen legs.

\$24⁹⁷
100 g



Menopausal Symptoms Relief MenoForce

A.Vogel MenoForce helps to relieve menopausal symptoms associated with menopause – such as hot flashes, difficulty sleeping, physical and mental exhaustion, moodiness and difficulty concentrating.

\$54⁹⁷
90 Tabs



Green Beaver Mineral Sunscreen

FINALLY - 100% natural mineral sunscreen that is non-greasy, non-whitening and easy-to-apply. You have never tried a mineral sunscreen like this before - this is Green Beaver's promise. Benzene-Free, Reef-Friendly, and Hypoallergenic.

\$19⁹⁷
90 mL



Heritage Store Castor Oil

Keep this 100% cold-pressed nourishing treatment on hand for your daily wellness and beauty routine. **Castor Oil** benefits hair, skin, brows and lashes because it's packed with omegas, minerals, and ricinoleic fatty acids.

\$15⁹⁷
473 mL



Auromère Ayurvedic Toothpaste

Super concentrated formula! Each tube lasts 3x longer than regular toothpaste. Contains 23 special herbal extracts for optimum oral hygiene, including Neem and Peel.

- ✓ Fluoride-Free
- ✓ No artificial flavours / sweeteners
- ✓ Vegan / cruelty-free



\$7⁹⁷
75 mL

natural
body
care



Amino Acids Arginine & Citrulline

Arginine and Citrulline are two amino acids that are integral to protein metabolism and utilization, as well as to the maintenance of muscle tissue. Both are key intermediates in the urea cycle, where they participate in the detoxification of ammonia via the production of urea. In addition, any arginine not converted to urea enters general circulation where it is distributed to various tissues and metabolized for other uses such as protein synthesis.

\$26⁹⁷
120 VCaps



Protein Metabolism L-Arginine

Arginine is a conditionally essential basic amino acid involved primarily in urea metabolism and excretion, as well as in DNA synthesis and protein production. It is an important precursor of nitric oxide (NO) and thus plays a role in the dilation of blood vessels.

\$48⁹⁷
454 g



Nervous System Support Glycine 1000 mg

Glycine is the smallest and simplest amino acid, making it versatile for use in a wide range of functions. Glycine is necessary for the production of glutathione, DNA, creatine, bile, hemoglobin, and most proteins. It also functions as a calming neurotransmitter in the brain aiding in healthy sleep patterns.

\$15⁹⁷
100 VCaps



TRU
NIAGEN

Tru Niagen Transform The Way You Age

Tru Niagen® was created to help you reenergize your 37.2 trillion cells so they can maintain optimal function for longer, and so you can live a healthy life as you get older.

Niagen®, its key active supernutrient, is clinically proven to boost NAD+ levels by as much as 50% over the course of about two weeks,* and to keep them boosted with continual and consistent supplementation.

Backed by a scientific advisory board boasting two Nobel Prize winners and other luminaries across a range of medical disciplines, 300+ published scientific studies, and over 40 patents, Tru Niagen is at the forefront of scientific innovation around healthy aging. When you take it every day, you're replenishing what's been lost to time and ongoing metabolic stress.

*Based on 300mg/day.



30 & 90 VCaps
save 10%

Vital Proteins Bovine Collagen Peptides

Vital Proteins™ Bovine Collagen Peptides powder is made of one single ingredient, hydrolyzed bovine collagen peptides. This collagen peptide is easy to incorporate into your wellness routine. Easily add it to your smoothies, coffee, water or food. 1 Scoop (10g) a day is all you need.

567 g
save \$3



The Original Dr. Bach Bach Flower Remedies

The Bach Flower Remedies are a safe and natural method of healing. They gently restore the balance between mind and body by casting out negative emotions, such as: fear, worry, hatred and indecision which interfere with the equilibrium of the being as a whole. They allow peace and happiness to return to the sufferer so that the body is free to heal itself.

20 mL
save 10%



ITLHealth PrizMag

Award-winning, pure **Magnesium Bisglycinate** – get the sleep you deserve!

- ✓ Magnesium and glycine to help promote restful, uninterrupted sleep
- ✓ Works without causing morning drowsiness or dependency
- ✓ Gentle on the digestive tract

\$17⁹⁷
120 VCaps





Eat Well. Move More. Live Healthier.

Alora

True Greens™

True Greens™ is an all-natural super blend of phytonutrient dense plant foods that include organic chlorella, spirulina, alfalfa juice, barley grass juice, wheat grass juice and oat grass extract.



400 g

\$39.97

Bio-K Plus

Probiotic Drink

Probiotics are made up of "healthy bacteria" that help promote a balanced microflora. **Bio-K Plus**, a clinically proven probiotic supplement, can help replenish these healthy bacteria to support digestive health, regulate gut bacteria balance, and lead to better overall health.



6 Pack Made in Canada

from **\$23.98**

GT's Living Foods

Organic & Raw Gingerade Kombucha

Each batch of **GT's Organic & Raw Kombucha** is made with the highest quality ingredients they can source. These whole ingredients are used to naturally flavor each batch, so not only does GT's Synergy Kombucha taste delicious but each sip packs a potent punch of living probiotics.



480 mL • Product of the U.S.A.

\$4.48

Chef Woo

Organic Ramen

Roasted Chicken Flavor Ramen is a hearty classic to warm your soul and fill your tummy. Roasted Chicken flavor made with absolutely no animal products. **Chef Woo is the first-ever high-protein, plant-based instant ramen** that makes better food choices easier.



PLANT BASED

71 - 85 g
Product of the U.S.A.

\$1.98 to \$2.48

Bragg

Made With The Mother Apple Cider Vinegar

Made from delicious organically grown apples, **Bragg® Organic Apple Cider Vinegar** is the original wellness elixir and a household staple. From a salad dressing to a skin toner, it's easy to incorporate wellness into your day.



946 mL • Product of the U.S.A.

\$9.98

Numi

Fair Trade & Labour Rooibos Tea

Sip your tea worry free! **Numi teabags** are made from biodegradable, unbleached, non-GMO Manila hemp fibre, not from plastic. Numi sources the purest tea leaves, herbs and flowers straight from nature, no compromise. Numi is a unique blend of art and alchemy, tradition and vision, transformation and healing.



16-18 Teabags
Product of the U.S.A.

\$6.98

Justin's

Organic Peanut Butter Cups

Justin's is committed to sourcing the highest-quality ingredients and believe that people should be able to make informed choices about the foods they eat. They only source GMO-free ingredients in their products, and verified their entire product line through the Non-GMO Project in 2019.



120 g
Product of the U.S.A.

\$8.98

Anita's

Organic, All-Purpose White Flour

This **smooth and versatile white flour** has a light texture and high gluten strength. It is well suited for all types of baking recipes including cookies, muffins, bread and cakes. Milled from Canadian hard red spring wheat, this is the same flour used by Anita's professional bakers.



LOCAL

5 kg
Product of B.C.

\$26.98

Prices Effective June 5 thru 23, 2024

Victoria

In the Douglas Shopping Centre

2950 Douglas Street • 250.384.3388

Monday to Saturday 9 am - 7 pm | Sunday 10 am - 6 pm

Cook St. Village

Beside Moka House

343 Cook Street • 250.381.5450

Sun to Tues 10 am - 6 pm | Wed to Sat 10 am - 7 pm

Sidney

Fifth at Bevan

9769 Fifth Street • 250.656.2326

M to F 9:30 am - 5:30 pm | Sat 10 am - 5 pm | Sun 11 am - 5 pm



LIFESTYLE MARKETS

LifestyleMarkets.com

We're Here To Help!

Free Delivery

Call 250 384-3388

**Monday - Friday
9 am to 12 noon**

With \$79 minimum order and within radius.
Call for delivery details and schedule.



PLEASE READ, SHARE AND RECYCLE. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

