



LIFESTYLE MARKETS

Dedicated to Your Healthy Lifestyle

Prices Effective May 8 thru 26, 2024



Natural Factors Magnesium Bisglycinate

Pure • 200 mg
Proper Muscle Function

\$29.97
250 VCaps

ALL
NEW ROOTS
ON SALE



New Roots Iron Bisglycinate

High Potency Yet Gentle
on the Digestive System

30 VCaps
save 15%



Progressive New Formula Vege Greens

Digestive + Immunity Support
Natural Energy Production

\$39.97
265 g Powder

Organika Electrolyte Powder



Maximum Hydration Support
For Sport, Dehydration,
Illness, Travel, or Heat

350 g Powder

On Sale

Aeryon Reclaim Hormonal Support



Designed to Balance the
Female Hormone System,
Regulate Cycles, and Alleviate
PMS, Cravings and Moodiness

60 Caps
save 15%



Nature's Path Gluten-Free Cereals

650 - 907 g
Product of the U.S.A.

\$9.98

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



Barbara's Original Organic Cheez Puffs

Gluten-Free

155 - 198 g
Product of U.S.A.

\$3.48



Camino Organic- Fair-Trade Chocolate Bars

From Family Farmers

80 - 100 g
Product of Switzerland

\$3.98



Taj Mahal Ready To Eat Indian Meals

285 g
Product of India

\$2.98



Level Ground Organic, Fair Trade Dark Roast Colombia Coffee

300 g Roasted
in Victoria

\$9.98

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

Choose Organic.

FRESH DAILY

DOUGLAS STREET LOCATION

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.



Everland Organic Ketchup

A classic, organic ketchup! Enhance the flavour, or complement your favourite foods with our Everland condiments. Everland is committed to bringing you the safest, most nourishing foods made in Canada, USA and around the world. We have foods such as nuts, seeds, dried fruits, honey, sweeteners, beans, rice, grains, flours, oils, vinegars, sauces, ketchup and so much more!

575 mL • Product of U.S.A.

\$5⁹⁸



Tree Island Grass-Fed Gourmet Yogurt

Tree Island is proud to source their milk locally and are committed to using only 100% fresh, whole milk from cows that eat a grass-based diet. They do not use any foreign milk powders and guarantee that their **Grass-Fed Gourmet Yogurt** is free from antibiotics and growth hormones.

Plain or Vanilla
1.5 kg Product of Vancouver Island

\$10⁹⁸



bsa beer Non-Alcoholic Craft Beer

Non-Alcoholic, obviously.

BSA is a Quebec brand dedicated to brewing craft beer with less than 0.5% ABV.

Top-quality non-alcoholic beer for top-quality times with all your top qualities intact.

473 mL Product of Canada

\$3⁴⁸



Chickpea Chickpea Pasta

Carbs that love you back.

A healthy meal in minutes, **Chickpea Pasta** made from chickpeas has protein, fibre, iron, other important nutrients - and most importantly - taste!

227 g • Product of U.S.A.

\$6⁹⁸



Fillo's Ready-To-Eat Beans

Keep traditions fresh. Fillo's ready-to-eat Latin staples only taste like you spent all day in the cocina.

- ✓ Non-GMO Project Verified
- ✓ Vegan friendly
- ✓ Up to 20g of plant protein per pouch

283 g • Product of the U.S.A.

\$4⁹⁸



Santevia MINA Water Jugs

The **MINA Alkaline Pitcher** creates clean, mineralized alkaline water to support your wellness journey. The made in Canada **MINA Pitcher** uses a two-stage filter to first filter harmful contaminants and then add back essential minerals to support your health and help you thrive.

Made in Canada

save 10%



Annie's Rice Pasta & Cheddar Mac

A gluten-free take on a kid-loved classic **Annie's Gluten Free Rice Pasta and Cheddar Macaroni and Cheese** is made with real cheese and no artificial flavors, so you can enjoy all the cheesy flavor of your favorite comfort food without compromise.

170 g • Product of the U.S.A.

\$3⁹⁸

GLUTEN FREE





**LIFESTYLE
MARKETS**
YOUR LOCAL CHOICE

Everland®

Organic Coconut Milk

Add some luxury to your culinary pursuits with **Everland Organic Rich & Creamy Coconut Milk**. This aromatic and creamy coconut milk adds an authentic taste to Thai and Indian, and elevates the flavors of your everyday soups and smoothies.



400 mL • Made in Vietnam

\$248

Lakewood Organic

100% Pure Organic Beet Juice

Embark on a flavorful journey with **Lakewood Organic Pure Beet Juice** where each 32-ounce bottle is a celebration of nature's bounty. Crafted from 3 lbs. of organic beets and enhanced with a hint of organic lemon, this juice isn't just a beverage; it's an exploration of taste, meticulously designed to bring the rich, earthy flavors of organic beets to your day.



946 mL • Product of the U.S.A.

\$998

Kettle Brand

Yogurt & Green Onion Chips

Kettle Brand® is the first potato chip to be verified as using Non-GMO ingredients. **Kettle Yogurt & Green Onion Chips** are a little different with a hint of onion, a swirl of creamy yogurt, wrapped up in a crunch you can write home about.



198 g • Product of the U.S.A.

\$398

Thornloe

Grass-Fed Butter

Butter Perfection. The milk being processed in Temiskaming that went into create this award-winning butter is exclusively from the Temiskaming Valley area, in Northern Ontario, where the cows eat a grass-based diet. **Thornloe** is first processor in Canada to actually bring to market a **verified grass-fed butter**.



250 g Made in Canada

\$798

Bremner's

100% Organic Cranberry Juice

Help build up your immune system! **Bremner's** believes drinking **pure cranberry juice** may be a perfect natural remedy to help fight a cold or flu at the early stages, as high in antioxidants. With Bremner's the one and only ingredient is premium berries, so you get the full health benefits out of the juice you are drinking.



946 mL Made in Canada from Imported Ingredients

\$1498

söta

Sparkling Tea + Adaptogens

Bubbles With Benefits. The word **söta** is an acronym for **sparkling organic tea and adaptogens**. In addition to healing adaptogenic herbs, it's made with 10+ functional ingredients, organic fruit extracts (no so-called natural flavours) and trace minerals to help with absorption. Thirst quenching deliciousness and with ingredients that help you feel your best!



355 mL Made in Canada

\$248

Alternative Kitchen Organic Meatless Cold Cuts

Raising the bar on plant-based alternatives. The **Alternative Kitchen** brings to the table a range of high quality, great-tasting, planet-friendly and organic options for meat-reducers, vegetarians and vegans.



100 g • Product of Belgium

\$398

unbun

Keto unbread

This grain-free and certified keto bread is anything but basic. Made with only the highest quality ingredients, it's the loaf you've been dreaming of.

- ✓ Rich flavour
- ✓ Soft texture
- ✓ Simply heavenly



560 g • Product of the U.S.A.

\$998

Enjoy a picnic this
MOTHER'S DAY
on May 12



HEALTHY, NATURAL FOOD TO HELP YOU MAINTAIN YOUR HEALTHY LIFESTYLE YEAR-ROUND!



Improve Overall Quality of Life

Adrenal Chill

CanPrev Adrenal Chill is a nourishing combination of Ashwagandha and L-Theanine that will increase resistance to stress and anxiety and improve overall quality of life. This formula will also help support the physical aspects of sexual health in women.

90 VCaps

save **15%**



Women's Daily Probiotic

V Biotik Vaginal & UTI

V-Biotik Vaginal & UTI is formulated with two Lactobacillus strains to help repopulate and maintain your friendly, infection-fighting bacteria. It's also got an added 200mg of cranberry extract per capsule to help prevent UTIs. It is shelf-stable, and refrigeration is not required.



30 VCaps

save **15%**

One Busy Mineral

Magnesium Bisglycinate 200

CanPrev's comprehensive line of magnesium supplements are formulated to support your specific health goals. From maintaining proper bone, muscle and nerve function, to energy production and quality sleep, magnesium is an essential co-factor for over 800 enzymatic reactions in the body. Now that's one busy mineral.



240 VCaps

save **25%**



Long-Lasting Relief of Dry Irritated Eyes

Eye Drops

A. Vogel's unique combination of hyaluronic acid and eye bright provides 100% all natural, fast-acting relief of burning, dry, irritated and tired eyes!

\$15⁹⁷
10 mL

- ✓ Single drop dispenser = no waste, no mess
- ✓ Contact lens friendly
- ✓ Use up to 6 months after opening

Saw Palmetto for Enlarged Prostate Prostate 1

Used in herbal medicine to relieve urologic symptoms associated with mild to moderate benign prostatic hyperplasia (BPH) such as weak urine flow, incomplete voiding, frequent daytime and nighttime urination. May provide modest relief of symptoms of sexual dysfunction in men with BPH.



\$45⁹⁷
60 Caps

Twin Pack

Absolüt Arnica

Absolüt Arnica from A. Vogel is used in herbal medicine to help relieve pain and/or inflammation in muscles and joints (e.g. sprains, bruises, joint pain). Provides symptomatic relief of pain associated with osteoarthritis in the knee and hand.



\$23⁹⁷
2 x 50 mL



Superfood Blend Ultimate Daily Greens

Ultimate Daily Greens is a superfood blend that provides a spectrum of nutrients from concentrated superfruits, land, and sea greens with the addition of pre- and probiotic support.

270 - 540 g

On Sale

Alkalinizing • Immunity • Gut Health

Low Allergenicity

Organic Raw Hemp Protein

Hemp protein is a whole food-based option for those looking for a low allergenic, vegan protein. Hemp has low levels of anti-nutritional factors (enzyme inhibitors), which makes it easily digestible.



340 - 804 g

On Sale

6X More Pure MCTs Than Coconut Oil 100% Pure MCT Oil

MCTs or medium-chain triglycerides are extracted from coconut oil (plain coconut oil is 15% MCTs). High energy athletes need more fuel and PVL MCT Oil delivers! Also, if your diet demands energy while on a low carb diet, MCTs provide the fuel with zero carbs.



946 mL

On Sale

DISCOVER YOUR BEST SELF

with **Pure Lab Vitamins**

Support your daily routines with **Pure Lab Vitamins L-Theanine Slow Release, Carbonyl Iron** and **B Complex**, promoting focus, energy and holistic well-being. Purchase with confidence - all Pure Lab Vitamin products are quality assured with rigorous third-party testing.



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Natural Factors Natural Health

natural
Factors

CurcuminRich **Double Strength Theracurmin**

Unlock the True Benefits of Curcumin

Curcumin is derived from turmeric (*Curcuma longa*), the main culinary spice used in curry, and is responsible for turmeric's distinctive yellow colour. Turmeric root has been used in Ayurvedic medicine for thousands of years, and modern science confirms that curcumin has a broad range of actions for supporting good health including antioxidant properties. Curcumin has also been used to help relieve joint pain associated with osteoarthritis of the knee.

However, the challenge lies in its absorption by the body. **Theracurmin®** addresses this challenge with its advanced technology that reduces particle size. It is a natural curcumin preparation utilizing advanced techniques to enhance solubility and bioavailability. Because Theracurmin is more bioavailable than regular curcumin powder, it ensures a therapeutically effective level in the blood. It is an excellent choice for harnessing the full potential of curcumin and supporting comprehensive wellness.



60 VCaps

On Sale

Pure • 200 mg

Magnesium Bisglycinate

Natural Factors Magnesium Bisglycinate Pure provides 200 mg of this essential mineral to help maintain proper muscle function. This non-GMO, vegan-friendly magnesium is easy on the stomach and does not rely on stomach acid for absorption. Just one capsule per day.



\$2997
250 VCaps

From Non-Animal Sources

Melatonin 10 mg

Melatonin works with the body's natural cycles to effectively reset your "biological clock", helping you fall asleep faster, increasing the quality and duration of sleep, supporting REM sleep, and reducing daytime fatigue. **Natural Factors Melatonin** comes in a sublingual tablet to ensure fast, consistent absorption.



\$1697
90 Sublingual Tabs

Blood Vessel Protectant

Quercetin LipoMicel®

Natural Factors Quercetin LipoMicel contains a clinically studied form of the antioxidant quercetin. Quercetin is a bioflavonoid found in a wide range of fruits, vegetables, herbs, and grains. It provides a source of antioxidants and is used in herbal medicine to protect blood vessels.



\$2997
60 LiquiGels

150 mg Silymarin

Milk Thistle 250 mg

HerbalFactors Milk Thistle is a liver health supplement made with a synergistic combination of milk thistle extract, dandelion root, and turmeric. Milk thistle is traditionally used in herbal medicine as a liver and gallbladder protectant. Dandelion and turmeric contain antioxidants and work alongside milk thistle to support healthy liver function.



\$1897
120 Caps

Cardio Health • 600 mg

RxOmega-3 Extra Strength

Natural Factors RxOmega-3 Extra Strength source of the omega-3 fatty acids EPA and DHA that support cardiovascular and cognitive health, brain function, and reduced symptoms of rheumatoid arthritis. Each Enteripure® softgel delivers a 2:1 ratio of EPA to DHA that is guaranteed pure.



\$2297
150 Enteripure Softgels

Citrate With D3

Calcium & Magnesium

Natural Factors Calcium & Magnesium Citrate with D3 and potassium, zinc & manganese helps in the development and maintenance of bones and teeth. The minerals are in the citrate form, making them more readily absorbable and metabolized by the body. Natural, safe, and highly absorbable



\$1797
210 Tabs

Includes Nutrients For Bone Health

MultiFactors Women 50+

A unique blend of carefully chosen vitamins, minerals, and phytonutrients to meet the nutritional needs of women over 50, **Natural Factors MultiFactors Women's 50+** supports healthy aging. Curcumin, BerryRich, and BlueRich offer inflammation relief, while digestive enzymes ensure maximized absorption.



\$2298
90 VCaps

BigFriends Prenatal Moms Multi Harmony For Two

Introducing **Big Friends Prenatal Moms Multi** – a 100% vegan multi for expectant moms! Specially formulated to support women through preconception, pregnancy, and postnatal phases.

This formula combines a broad spectrum of vitamins and minerals needed for the maintenance of good health with a blend of fresh, raw earth and sea vegetables, fruits, and herbs.

Each daily dose provides vital nutrients like folic acid, iron, and vitamins B6 and B12, reducing the risk of neural tube defects and iron-deficiency anemia. These convenient daily tablets are non-GMO and ISURA® verified clean.

Trust Big Friends for top-quality prenatal support, setting the stage for a healthy journey into motherhood.



60 Tabs
save \$2

Natural Factors **Women's Multi Probiotic**

Women's Multi Probiotic For Gut & Urinary Tract Health

Natural Factors Women's Multi Probiotic is tailored specifically to address women's needs. It provides a guaranteed total of 12 billion CFUs right up to the expiry date and is formulated with 10 probiotic strains to support intestinal, vaginal, and urinary tract health.

This supplement offers probiotic support and urinary tract health support throughout adult life. It includes 300 mg of CranRich® cranberry 36:1 concentrate. Cranberry has long been celebrated for its ability to prevent recurrent urinary tract infections (UTIs) in women. By incorporating this ingredient alongside probiotics, Women's Multi Probiotic not only fosters digestive health but also reduces the likelihood of recurrent UTIs, providing dual benefits for women's wellness.

Probiotic use has been researched extensively as an alternative approach to reducing recurrent UTIs by restoring intestinal balance and preventing bacterial overgrowth. The strains in this formula have been selected based on their ability to

inhibit pathogens that commonly cause UTIs from sticking to the walls of the intestinal, vaginal, and urinary tracts.

Many factors can disrupt the delicate balance of gut flora in women, including antibiotics, stress, water and food quality, and sexual activity. A healthy diet that includes probiotic-rich foods and/or the use of a probiotic supplement can promote a favourable gut flora.

This formula's acid-resistant strains are able to survive stomach acidity and reach the intestines at full potency, and its vegetarian-friendly, gluten-free, and non-GMO composition caters to your dietary preferences.

Natural Factors Women's Multi Probiotic offers more than just a probiotic supplement. It helps support intestinal/gastrointestinal health. It provides antioxidants for the maintenance of good health, helps prevent recurrent UTIs in women, helps support intestinal/gastrointestinal health, and can promote a favourable gut flora.



60 VCaps
save \$2



Shelf Stable & Bile Resistant **Probiotic-3**

AOR Probiotic-3 is a clinically proven formula that works like a prebiotic, probiotic, symbiotic and postbiotic. It's the only formula that has unique probiotics as well as supporting strains to increase colonization and effectiveness

90 VCaps

On Sale



Natural Antioxidant & Bioflavonoid **Quercetin**

Quercetin's use has been widely established, particularly in Europe as a herbal medicine as a capillary/blood vessel protectant. **AOR's Quercetin** is derived from citrus-free sources. AOR offers two sizes of this formula in order to take full advantage of the health benefits offered by this flavonoid powerhouse.

100 & 200 VCaps

save \$2



Support for Pain & Inflammation **P.E.A.k Activate**

P.E.A.k Activate is scientifically shown to help reduce chronic pain and inflammation.

- ✓ A naturally occurring long-chain fatty acid amide, generally produced in response to various triggers including inflammation
- ✓ Studied for 80 years and by more than 300+ medical studies
- ✓ Produced in Italy and originally extracted from environmentally sustainable Malaysian palm oil

90 VCaps

save \$2



Maintain & Support Cardio Health **CHOLESTO-LESS**

CHOLESTO-LESS is formulated to lower total cholesterol and LDL "bad" cholesterol and raise HDL "good" cholesterol to maintain healthy cholesterol levels. It also supports overall cardiovascular health with the addition of the powerful antioxidant, ubiquinol (Active CoQ10). Having healthy cholesterol levels supports cardiovascular health, helping to prevent life-threatening illnesses such as heart attack and stroke.

90 VCaps

save 15%



3 Brains **Memory Boost**

Memory Boost promotes mental clarity by enhancing both memory and cognitive function. This comprehensive formula contains seven brain-boosting nutrients, extracts, and antioxidants that work together to supply the brain with energy, to protect neurons, and to defend the brain against free radical damage.

120 VCaps

save 15%

Restore Your Gut Health

GUT-FX FORMULA

GUT-FX is the ultimate formula to heal inflammation and restore our gut-neighbourhood. It provides the building blocks that your body needs to repair the lining of the intestinal tract. It contains herbs to reduce inflammation and soothe digestion, and probiotics to support a healthy gut flora.

180 g

save 15%



The Absolute Best For Our Kids

Kindervital Multivitamin

Kindervital Multivitamin provides a spectrum of vitamins and minerals that are essential for the healthy growth and development of kids. It provides the basic building blocks that the body needs to build healthy muscles, vision and skin, strong bones, a robust immune system, a healthy nervous system and brain.

250 - 500 mL

save 15%



Beautiful Hair, Nails & Hair

BioSil

BioSil naturally helps increase bone mass and density and maintain healthy joint cartilage. Also effective in promoting beautiful skin, reducing wrinkles and helping to strengthen nails. Silicon is essential for collagen formation, healthy arteries and helps regulate calcium deposition in bones.

90 VCaps

save 15%



Alpha

Organic MCT Oil

Alpha MCT Oil is 100% organic medium chain triglycerides, easily metabolized in the liver and converted to ketones. Supports age-related cognitive decline as recommended by Dr. Mary Newport. Provides energy for workouts, weight management, and body building.



\$21.47
500 mL



For Healthy Aging & Vitality

NMN Rx 200 mg

NMN (nicotinamide mononucleotide) is a powerful, metabolically active form of vitamin B3 naturally found in fruits and vegetables, although most NMN is synthesized by the body from nicotinamide. NMN is a promising molecule for rejuvenation of cellular health and for prevention of age-related diseases. In our cells, NMN can easily be synthesized into the potent and essential molecule NAD+.

30 VCaps

save \$3



One-A-Day Cholesterol Support

Sytrinol CholestForce

- ✓ Patented cholesterol-lowering supplement
- ✓ Made from compounds in citrus peel & palm fruit extracts
- ✓ Can lower cholesterol in 30 Days
- ✓ Safe & cost-effective
- ✓ No toxic side effects
- ✓ Vegetarian capsules

60 VCaps

save \$3



A Synergistic Blend

Astaxanthin Plus

- ✓ Promotes eye health
- ✓ Enhances healthy immunity
- ✓ Boosts strength, stamina & endurance
- ✓ Protects brain & nervous system from aging
- ✓ Reduces DNA damage & premature cell death
- ✓ Crosses brain-retinal blood barrier & provide neuro-protection

60 & 120 Softgels

save \$3



Acure
Moroccan Argan Oils

Incredibly rich in vitamin E, essential fatty acids, and proteins, **Acure Argan Oil** helps restore the appearance of texture and tone. Use it as a hair and face serum, body and décolleté massage oil, hand and cuticle oil, and to soothe dry elbows and heels.



30 mL
save 15%

Green Beaver
Natural Toothpaste

Green Beaver's 100% natural toothpaste is enriched with calcium and vitamin C to strengthen your teeth. Formulated with natural ingredients, it is safe to swallow. You'll love showing off your beautiful, healthy smile!



\$5⁹⁸
75 mL

Herbatint
Touch Up + Hair Colour

Herbatint Temporary Hair Touch-Up instantly masks grey hair growth in a quick and easy way. Odourless & long-lasting!

Herbatint Permanent

Natural Hair Color Gel with 8 organic herbal extracts. Dermatologically tested for sensitive skin. Even suitable for men!



\$15⁹⁷



natural
body
care



Annemarie Borlind
Natural Beauty Cosmetics

Radiant beauty naturally. **Makeup from ANNEMARIE BÖRLIND** underlines your natural beauty in a glamorous way. Carefully selected substances from nature and innovative formulas give our cosmetics care properties and good compatibility.



save 10%

Botanica
Organic Perfect Protein

Botanica Perfect Protein Vanilla is a vegan protein powder blend packed with naturally occurring vitamins, minerals, antioxidants, healthy fats and fibre. Crafted in small batches with just a few simple organic ingredients.



780 g
save 15%

MegaFood
Blood Builder

MegaFood Blood Builder is clinically shown to increase iron levels without common gastrointestinal side effects. It is made with nourishing, whole foods, like beets and organic oranges, plus folic acid and B12 for healthy red blood cell production, and vitamin C to support iron absorption.



72 Tabs
save 15%

Magnesium Powder Supplement
Natural Calm

Everyone needs magnesium! It's an essential mineral that's critical to the health of every organ, muscle, bone, blood vessel, nerve, and each cell of your body. **Natural Calm** makes it easier — and more delicious — to get enough magnesium. Natural Calm tastes like a soothing fruit tea, with nothing artificial added and no sugar. Fast-acting, Natural Calm is proven to be easily absorbable so you feel the calm quickly



\$46⁹⁷
454 g

Lily of the Desert
Aloe Vera Gelly

Aloe does more than soothe your sun-kissed skin! Start each day looking your best! From haircare to skincare, aloe vera is known for its deep, nourishing properties. **99% Aloe Vera Gelly from Lily of the Desert** is uniquely formulated to instantly cool the skin while hydrating at least three epidermal layers.



Various Sizes
On Sale

SISU



Gentle On The Stomach & Easier To Absorb
Gentle Iron 25 mg

Gentle Iron capsules contain a low dose of elemental iron from the biglycinate form, which is gentler on the stomach than other forms of iron. Gentle Iron is better absorbed by the stomach and can be taken with vitamin C or Ester-C for even more improved absorption. Supplementation compensates for iron normally obtained through eating meat, making this high-potency formula especially useful for vegetarians and vegans.

60 Vcaps

On Sale

High-Potency Extract
Cranberry Ultra 400 mg

Benefits without calories, **Cranberry Ultra** is a high-potency, 50:1 extract. An excellent source of antioxidant flavonoids, cranberries are thought to have antibacterial, antiviral, and anti-inflammatory properties; are proven effective in reducing the frequency and severity of urinary tract infections.



60 Vcaps

On Sale

Proprietary Herbal Blend
MenoEase

MenoEase from Sisu is a proprietary herbal blend featuring natural, estrogen-supporting phytonutrients to promote healthy hormonal balance in pre-, peri- and post-menopausal women.



60 Vcaps

On Sale

Quantum Health
SuperLysine+

SuperLysine+ lysine capsules are ideal for those who prefer vitamins with lysine to promote immune health. Many use this formula in conjunction with our ointment for optimal results. Six well-researched immune health nutrients are combined in this award winning formula that may be used solely at times of an immune system challenge.



\$21⁹⁷
90 Caps





Eat Well. Move More. Take Care.

Purica

Sleep Support

Prepare your body & mind for a more restorative sleep with **Sleep Support**, new from **PURICA**. It can help improve your sleep by:



- ✓ Calming the nervous system
- ✓ Promoting relaxation
- ✓ Helping increase sleep hormones

60 VCaps
save \$2

Caboo

Tree Free Bathroom Tissue

You don't need trees for great TP! **Caboo's two-ply tree-free bamboo toilet paper** is kind to body, loved by septic systems and deeply better for the earth. Absorbent emboss helps keep things tidy with no linty bits. Made from soft & sustainable bamboo, not trees! Free of chlorine bleaching and chemicals, too.



12 Rolls Made in Canada

\$8⁹⁸

Enerex

Black Seed Oil

Experience unmatched potency and unparalleled quality with **Enerex Mediterranean Nigella Sativa Oil**. EU-certified organic. Cold and first-pressed, delivering 2.0-2.65% natural Thymoquinone content and abundant natural constituents. Rigorously third-party tested for unsurpassed purity and efficacy.



100 mL
save \$2

Genuine Health®

All-In-One Shake

This comprehensive formula from **Genuine Health** contains 21g of smooth and delicious plant-based fermented protein (sourced from rice and peas), powerful greens (7 antioxidant-rich superfoods), 1.1 B CFU of gut-loving probiotics and unique stress-supporting ingredients. Will fight stress and boost your immunity at the same time as fuel your body.



643 - 675 g

\$63⁹⁷

Nuts To You®

Organic + Fair Trade Sesame Tahini

Made of nothing but organic fair trade sesame seeds, **Nuts To You Organic Fair Trade Sesame Tahini** can be used in the same ways as other nut and seed butters. It also makes tasty sauces, dressings and dips.



- ✓ Good source of fibre
- ✓ GLUTEN-Free
- ✓ Kosher

500 g Made in Canada from Imported Ingredients

\$8⁹⁸

Yoggu!

Plant Based Cultured Coconut

Good for the gut! Good for the Earth! Good for the tastebuds! **Yoggu!** is a combination of health and flavour! It can positively affect your mood, is anti-inflammatory and good for your gut. It's an excellent source of MCT fats. Rich in vitamins and minerals (potassium, magnesium, vitamin C and vitamin E.



450 g Made in Canada

\$7⁹⁸

gimMe

Sea Salt Seaweed Snacks

Nature makes it nutritious! **gimMe Sea Salt Seaweed Snacks** are good for your family & the earth.

- ✓ Excellent source of vitamin B12 & iodine
- ✓ 100% vegan & gluten-free
- ✓ 25 calories per serving



6 x 5 g • Product of Korea

\$6⁹⁸

Natura

Unsweetened Organic Soy

Natura soy beverages are a preferred alternative to cow's milk. They provide the perfect balance between good nutrition and good taste.

- ✓ No Lactose, Gluten-Free
- ✓ Natural source of Omega-3 & Folic Acid
- ✓ No Cholesterol or Trans Fats



946 mL Made in Canada from Imported Ingredients

\$2⁹⁸

Prices Effective May 8 thru 26, 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.

