LIFESTYLE MARKETS IS DEDICATED TO WELLNESS IN OUR COMMUNITY ... FOR OVER 28 YEARS!





Natural Factors 12 Billion Live Probiotic Cultures Women's Multi Probiotic

Restores Intestinal Balance

Natural Factors Women's Multi Probiotic is a 10-strain formula providing a guaranteed total of 12 billion colony forming units right up to the expiry date. This comprehensive formula also features 300 mg of CranRich® cranberry 36:1 concentrate, to support intestinal, vaginal, and urinary tract health, helping to prevent recurrent urinary tract infections (UTIs).

Natural bacterial balance can be upset by antibiotics, diet, stress, water and food quality, and sexual activity, which can increase the presence of pathogenic organisms that cause urinary tract infections and other genito- urinary issues. A daily probiotic helps restore and maintain a harmonious balance of beneficial bacteria to support overall well-being.

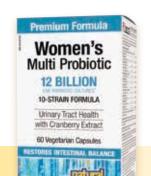
The 10 probiotic strains in Natural Factors Women's Multi Probiotic are derived from human, plant, and dairy sources. Each strain is selected for its ability to inhibit pathogens that commonly cause UTIs from sticking to the walls of the intestinal, vaginal, and urinary tract. Cranberry extract also inhibits bacterial adherence, which reduces the likelihood of recurrent UTIs.

Women's Multi Probiotic offers a simple and convenient way to help restore natural flora and natural defences against UTIs. These carefully selected naturally acid-resistant

probiotic strains may be taken with or without meals for optimal absorption and effectiveness. This vegetarian-friendly formula is gluten free and non-GMO, and offers comprehensive support for urinary tract health throughout adult life.

60 VCaps

save '



🚯 STRAUSS

Strauss **Prostate** and **Bladder Drops**

\$7497 225 mL

Garden of Life

Women's

Probiotics

GreatLakes Wellness

On Sale

Once Daily

30 VCaps



PROSTATE DROPS: Helps relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia (BPH) including weak urine flow, frequent day & night-time urination, incomplete voiding.

BLADDER DROPS: A traditional herbal blend used as a diuretic to support a healthy urinary tract. Diuretics are substances that help the body get rid of salts and excess water via increased urine production.



Probiotics For Women's Specific Health Needs



Dr. Formulated Probiotics Once Daily Women's is a unique "just one capsule a day" Shelf-stable probiotic designed specifically to support a healthy microbiome and women's specific health needs. It has a high potency count of beneficial probiotics made from diverse probiotic strains, including L. reuteri and L. fermentum, that are resistant to stomach acid and bile. Each capsule has a powerful 50 billion CFU tailored to maintain a healthy digestive system and help reduce gas and bloating.

Marine & Grass-Fed Bovine **Collagen for Everyone**

Great Lakes Wellness Grass-Fed & Marine Collagen

227 - 284 g On Sale

new'

Super

Enzymes

NOW

This low molecular weight Collagen Protein is easily digested for healthy enrichment in minutes after ingestion. It will not congeal because it has been hydrolyzed for quick assimilation and improved hydration to the connective tissue. Collagen is important to nitrogen balance, now considered an antiaging product as it supports age related cartilage damage, and collagen loss.





Breaks Down Fats, Carbs & Protein

NOW[®] Super Enzymes is a comprehensive blend of enzymes that supports healthy digestion. Formulated with bromelain, ox bile, pancreatin and papain, Super Enzymes helps to optimize the breakdown of fats, carbohydrates and protein.

NON-GNO GROCERIES + ORGANIC PRODUCE + QUALITY VITAMINS + NATURAL BODY + HAIR CARE + GLUTEN-FREE + ALLERGY-FRIENDLY FOODS Gree Delivery Call 250.384.3388

Place Your Order Monday - Friday from 9 am - 12 noon

ect Mell. Move More. Take care.

Kettle Brand Yogurt & Green Onion Chips

KETTLE BRAND® is the first potato chip to be verified as using Non-GMO ingredients by the Non-GMO Project.

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 Made in the U.S.A. **\$?9**8



NON GMO

The Cultured Coconut Nature's Finest **Probiotic**

THE CULTURED COCONUT was born out of a desire to create a fermented, non-dairy probiotic that had the potential to make a significant difference in one's health. The Cultured Coconut, a traditionally-fermented coconut milk kefir, with 4+ trillion CFU and 40+ different types of probiotic strains in just one daily tablespoon.



Elias Honey

100% Pure **Creamed Honey**

100% PURE CANADIAN HONEY. Refreshingly versatile, Elias Creamed Honey is sweet, smooth and whipped to perfection - like a natural frosting that melts in your mouth! This unpasteurized creamed honey is 100% pure honey, naturally delicious and will not crystallize over time. Enjoy it at the breakfast table, spread it on your favourite snack or use as part of any sweet recipe.





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 compromising on taste. Prepare a bowl of this delicious, cheesy pasta as a part of dinners, lunches, snacks and more!

170 g Product of the U.S.A. **\$?**98



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.

Product of Canada save



Bob's Red Mill Healthy Nutrition Bars

GRAB & GO! Chock full of gluten-free goodness, Bob's Red Mill Healthy Nutrition Bars are simply delicious, convenient and loaded with protein thanks to the nuts and grains. Toss this satisfying treat in your bag or car, and enjoy the goodness of whole grains on the road!



DOUGLAS STREET LOCATION

VICTORIA'S LARGEST **100% ORGANIC** PRODUCE DEPARTMENT CAFE & ORGANIC **JUICE BAR**

FREST

DATIA

Tasty, convenient meals, snacks, fresh-pressed juices & smoothies to help you spring into action!

Gathering Place Trading Ltd. Pure Sea Salt & Pepper

SOURCED FROM A DEEP SALT WATER AQUIFIER

on the isolated west coast of South Africa, this sea salt contains zero microplastics and is heavy metal-free, making it one of the top five safest sea salts in the world. Sun and wind dried, **Gathering**

Place Sea Salt is abundant in essential minerals to enliven your food!

Organically grown and harvested in Sri Lanka, **Gathering Place Black** Pepper is bold, spicy, and smooth! Always harvested in the current year, this is the freshest and most flavourful pepper you'll ever taste.

Various Sizes

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save 15% LIFESTYLE

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