

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



**LIFESTYLE  
MARKETS**  
WE'RE YOUR LOCAL CHOICE



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 \$2**



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

**\$74<sup>97</sup>** 225 mL

**Support For Your**  
**Urinary Health**

**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.



**Garden of Life**  
**Once Daily**  
**Women's**  
**Probiotics**

30 VCaps

**On Sale**



**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.



**Great Lakes Wellness**  
**Grass-Fed & Marine**  
**Collagen**

227 - 284 g

**On Sale**

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

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 anti-aging product as it supports age related cartilage damage, and collagen loss.



**NOW**  
**Super**  
**Enzymes**

**\$22<sup>97</sup>** 90 Caps



**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-GMO GROCERIES ♦ ORGANIC PRODUCE ♦ QUALITY VITAMINS ♦ NATURAL BODY + HAIR CARE ♦ GLUTEN-FREE + ALLERGY-FRIENDLY FOODS

**We're Here To Help**

**Free Delivery**

**Call 250.384.3388**

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

Offers Valid Until  
May 19, 2024



# Eat Well. Move More. Take Care.

Offers Valid Until  
May 19, 2024

**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.

**\$3<sup>98</sup>**

**NON  
GMO**

**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.

**\$3<sup>98</sup>**

**GLUTEN  
FREE**

**DOUGLAS STREET  
LOCATION**

**FRESH  
DAILY**

## VICTORIA'S LARGEST 100% ORGANIC PRODUCE DEPARTMENT CAFÉ & ORGANIC JUICE BAR

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



**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.



460 mL  
Product of Canada

**\$22<sup>98</sup>**

**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  
10%**

**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.



500 g  
Product of Canada

**\$10<sup>98</sup>**

**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!



50 g  
Product of the U.S.A.

**\$1<sup>98</sup>**

**Gathering Place Trading Ltd.**

## Pure Sea Salt & Pepper

**SOURCED FROM A DEEP SALT WATER AQUIFER** 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  
Imported From Africa or Sri Lanka  
Hand Packed in Canada

**save 15%**

**Victoria** In Douglas Shopping Centre  
2950 Douglas Street • 250 384-3388

**Cook St. Village** Beside Moka House  
343 Cook Street • 250 381-5450

**Sidney** Fifth at Bevan  
9769 Fifth Street • 250 656-2326

CHECK ONLINE FOR STORE HOURS

**LifestyleMarkets.com**



# LIFESTYLE MARKETS

**WE'RE YOUR LOCAL CHOICE**

