

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



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



OsteoMove Extra Strength Joint Care Jump For Joy!

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.



120 Tabs

\$37.98

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



CanPrev
Rocket T
Testosterone Recharge

90 VCaps
save 15%

Losing Muscle Mass? Less Energy? Reduced Sex Drive?

CanPrev's **Rocket T** is designed to promote healthy testosterone levels to help enhance athletic performance, support muscle growth and sex drive. Featuring Testofen®, a patented form of fenugreek clinically proven to support testosterone production, KSM-66® ashwagandha and vitamins for increased resistance to stress and added minerals important for anabolic hormone production.



NutraVege
Plant-Based
Omega-3's

On Sale

Pure, Potent, and Plant-Based Omega-3's

Ultra-pure, great tasting high quality omega-3 from sustainably sourced ingredients. **NutraVege** offering plant based options. Helps support the maintenance of good health, cardiovascular health, cognitive and brain function. Pure Check 3rd party tested, 1% for the planet



PURICA
Sleep Support

60 VCaps
save \$2

Fall Asleep Faster and Wake Up Feeling Rested

Prepare your body & mind for a more restorative sleep with **Sleep Support, new fom PURICA**. Combining extra-strength Reishi Mushrooms, Ashwagandha, and Melatonin it can help improve your sleep by:

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



BOTANICA
Perfect Greens

154 - 400 g
save 15%

A Simple Way To Get Your Greens



Botanica Perfect Greens is a highly concentrated organic greens powder blend of chlorella, spirulina, and leafy greens to help ensure that you're getting your daily greens. There's a whopping 7435 mg of certified organic greens per serving with no added fillers, preservatives, artificial colours or flavours. Plus, no added sweeteners, not even stevia!

Offers Valid Until
June 23, 2024

Eat Well. Move More. Live Healthier.

Offers Valid Until
June 23, 2024

Hardbite

Cooked in Avocado Oil Black Sea Salt Chips

HARDBITE'S ADDED ACTIVATED CHARCOAL to their **Black Sea Salt**, giving it that little extra wow so you can experience something different. They use only the best potatoes, cooked in small batches using avocado oil and only the finest and most natural ingredients for a distinctively intriguing taste experience.



128 g
Product of Canada

\$3.98

Smartbite Snacks

FitFigure Rice Cakes

LET'S GET REAL. Keeping things simple, **FitFigure Rice Cakes** are made from just a handful of high quality, whole food ingredients. Smartbite Snacks keeps it real. Always. No junk. No additives. All the ingredients in their products are easy to pronounce and are readily available in your own kitchen cupboard.



120 g
Made in B.C.

\$2.98



**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 keep you energized the healthy way!



Smart Strips™

Eco Friendly Laundry Detergent

SMART STRIPS™ is a lightweight, ultra concentrated laundry detergent strip that is eco friendly, hypoallergenic and vegan. These laundry strips use high quality plant-based ingredients and 100% recyclable cardboard packaging to help our planet reduce waste, preventing thousands of plastic jugs going into landfills.



1 SMART STRIP = 1 SMART LOAD

100 Strips
Product of Canada

\$16.98

Biovert

Oxy-Bio Dishwashing Liquid

DISCOVER THE BENEFITS of **ultra-concentrated Biovert dishwashing liquid** oxy-bio formula that stimulates the effect of dishwashing liquid and increases its potential. In addition to neutralizing odors, removing adhesive residues, cleaning and disinfecting dishes, it is hard for the spots, while remaining soft for your hands.



700 mL
Made in Canada

\$4.98

Rise Brewing Co.

Organic Oat Milk

**DAIRY FREE.
NATURALLY SWEET.**

Rise Oat Milk is a vegan and dairy-free alternative to regular milk that is perfect for coffee lovers who are looking for a healthier and more sustainable option.



946 mL
Product of the U.S.A.

\$7.98

Flow

Naturally Alkaline Spring Water

**EXPERIENCE WATER THE WAY
NATURE INTENDED!**

Flow water emerges from our springs alkaline (pH ±8.1), with naturally-occurring electrolytes and minerals that give it a pure, refreshing taste. And since it comes in 100% recyclable and renewable packaging, you can quench your thirst for a healthier planet, too.



1 L
Product of Canada

\$2.48

Smart Sweets

Low Sugar Sweet Fish

BURSTING WITH BERRY-GOODNESS, it's no wonder **Smart Sweets Sweet Fish** are the captain of #TeamSweet. 92% less sugar per 50 grams versus the leading traditional candy equivalent. Smart Sweets is committed to innovating the delicious candy you know and love with less sugar!



50 g
Product of the U.S.A.

\$3.98

Many More Sales In-Store & Online

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



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