

106 WILSON ST. W. PERTH, ON  
FOODSMITHS.COM 613.267.5409

MON-THU 8AM - 7PM  
FRI 8AM - 8PM SAT 8AM - 6PM  
SUNDAY 9AM - 5PM

PRICES IN EFFECT THURSDAY, APR 11 TO  
THURSDAY APR 18 ONLY

UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR  
SUBSTITUTIONS. PRICES SUBJECT TO CHANGE WITHOUT NOTICE. IMAGES  
ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS  
SHOWN. E & OE.

# Foodsmiths

THE GOOD FOOD STORE

ONTARIO FRESH!



Don't miss our

**2 DAY SUPER SPECIALS**

on page 6

HAVE A GREAT MEAL!

WE'VE GOT YOUR FOOD!

GRAIN HARVEST  
**BAKED IN STORE  
FOCACCIA**

420 G



SAVE 30¢

**3.99**  
/ EACH

PREMIUM QUALITY  
ONTARIO GREENHOUSE GROWN

**SWEET RED  
BELL PEPPERS**

PRODUCT OF ONTARIO



ONTARIO FRESH!



SAVE \$1.01

**3.98**  
/ LB

BRANDT  
**ROAST BEEF**

PER 100 G

CUSTOM CUT IN OUR DELI

SAVE 40¢

**2.89**  
/ 100 G

SERVING SUGGESTION  
BRANDT ROAST BEEF PRESSED  
SANDWICH ON FOCACCIA  
FIND THE RECIPE AT BRANDTMEATS.COM



BRIDOR  
**BAKED IN STORE  
BISTRO**

SPINACH FETA  
OR PARMESAN LEEK

SAVE 30¢

**2.99**  
/ EACH



**OUR BISTROS MAKE A GREAT, QUICK MEAL**

**BREAKFAST**

SERVING SUGGESTION



**LUNCH**

SERVING SUGGESTION



**DINNER**

SERVING SUGGESTION



**SEE THIS SIGN AND EARN  
5 TIMES THE REWARD POINTS ON SELECT ITEMS**

YOUR LOCAL, INDEPENDENT,  
NATURAL HEALTH FOOD STORE

# BE A FOODSMITHS REWARDS CUSTOMER!

Foodsmiths' Customer Rewards Program makes it easy to earn and redeem points fast!

You get 1 point for every \$1 you spend!!

Receive a \$10 reward for every 500 points you earn!

**SIGNUP  
AT OUR  
CASH!**

**OR ON OUR  
WEBSITE:  
FOODSMITHS.  
COM**



**YOUR  
NEIGHBOURS  
SHOP HERE!  
★ ★ ★ ★ ★  
AND GET  
REWARDED!**



**THIS WEEK AND EVERY WEEK IN OUR FLYER:**

**SEE THIS SIGN AND EARN EXTRA REWARD POINTS ON SELECT ITEMS**

**GET REWARDED *FASTER* BY SHOPPING EXTRA POINTS DEALS IN OUR FLYER EVERY WEEK!**

**THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS**

GO PLANT BASED  Build your meal with healthy fruit and veggies!

**\$3.00 OR LESS**

**PREMIUM QUALITY FRESH LEMONS**

PRODUCT OF USA



SAVE \$2.16

**4/\$3**  
OR \$1.29 EA

**COOKSTOWN GREENS PREMIUM QUALITY ONTARIO GROWN CERTIFIED ORGANIC ORGANIC SWEET ONIONS**

PRODUCT OF ESSA, ONTARIO



ONTARIO FRESH!



SAVE \$1.01

**2.98** / LB

**GOOD FOR YOU!**  
AND COST EFFECTIVE!



SAVE \$1.01

**2.48** / LB

**PREMIUM QUALITY FRESH FENNEL**

PRODUCT OF USA



ONTARIO FRESH!



**PREMIUM QUALITY ONTARIO GROWN RUSSET APPLES**

PRODUCT OF ONTARIO

SAVE \$1.01

**2.98** / LB

**PREMIUM QUALITY FRESH BLACKBERRIES**

170 G

PRODUCT OF MEXICO



**NUTRITIONAL SUPERSTAR**

SAVE 1.98

**2/\$8**  
OR \$4.48 EACH

**PREMIUM QUALITY FRESH ICEBERG LETTUCE**

PRODUCT OF USA

SERVING SUGGESTION



**BUY THIS EARN 25 POINTS**

**EVERYDAY PRICE**

**4.99** / EACH

# THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS

PFENNING'S  
**ORGANIC CARROTS**

5 LB BAG  
PRODUCT OF USA



BUY THIS  
EARN  
**65**  
POINTS

EVERYDAY PRICE

**12.99**  
/ EACH

PATCHWORK GARDENS  
PREMIUM QUALITY  
LOCALLY GROWN  
CERTIFIED ORGANIC  
**ORGANIC RED BEETS**

PRODUCT OF BATTERSEA, ONTARIO



SAVE \$1.01

**4.98**  
/ LB

PREMIUM QUALITY  
CERTIFIED ORGANIC  
**ORGANIC SPINACH**  
BUNCH  
PRODUCT OF USA



SAVE \$1.01

**4.48**  
/ BUNCH EA

PREMIUM QUALITY  
CERTIFIED ORGANIC  
**ORGANIC PINK LADY APPLES**  
PRODUCT OF USA



SAVE \$1.01

**3.98**  
/ LB

PREMIUM QUALITY  
CANADA GROWN  
**RUSSET BAKING POTATOES**  
PRODUCT OF CANADA



SAVE 41¢

**1.28**  
/ LB

PREMIUM QUALITY  
**FRESH CAULIFLOWER**  
PRODUCT OF USA



SAVE \$1.01

**4.98**  
/ EACH

PREMIUM QUALITY  
ONTARIO GREENHOUSE GROWN  
**FRESH RED COCKTAIL TOMATOES**

454 G  
PRODUCT OF ONTARIO



SAVE \$1.01

**7.98**  
/ EACH

# THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY  
ONTARIO GROWN  
**GERBERA DAISIES**  
BOUQUET  
PRODUCT OF BEAMSVILLE, ONTARIO



**SAVE \$2.98**  
**2/\$15**  
OR \$7.98 EACH

CANADA  
ONTARIO FRESH!  
Foodland ONTARIO

PREMIUM QUALITY  
**FRESH RED GRAPEFRUIT**  
PRODUCT OF USA



**SAVE \$2.96**  
**4/\$5**  
OR \$1.48 EACH

PREMIUM QUALITY  
ONTARIO GROWN  
**FRESH ALFALFA SPROUTS**  
120 G  
PRODUCT OF ONTARIO



**SAVE \$1.58**  
**2/\$7**  
OR \$3.98 EACH

CANADA  
ONTARIO FRESH!  
Foodland ONTARIO

PREMIUM QUALITY  
**FRESH STEM & LEAF MANDARINS**  
PRODUCT OF SPAIN



**SAVE \$1.01**  
**4<sup>48</sup>/LB**

## SUPERFOODS WE LOVE NOW IN STOCK

PREMIUM QUALITY  
**FRESH CARA CARA ORANGES**  
PRODUCT OF USA

A type of navel orange with very sweet, pink flesh, and packed with vitamin C, lycopene, and essential nutrients like folate, fibre and potassium.

**SUPER STAR FOOD**



**EVERYDAY PRICE**  
**2<sup>49</sup>/LB**

PREMIUM QUALITY  
**FRESH PAPAYA**  
PRODUCT OF GUATEMALA

A soft, fleshy fruit that can be used in a variety of ways. Papaya has a range of health benefits due to antioxidants, vitamin K, fibre, choline and enzymes.

**SUPER STAR FOOD**



**EVERYDAY PRICE**  
**3<sup>49</sup>/EACH**

PREMIUM QUALITY  
**ORGANIC GARLIC**  
4 PK  
PRODUCT OF USA

Besides being a culinary superstar, garlic is promoted often for managing cholesterol, boosting heart health, supporting the immune system, protecting against the common cold, and more.

**SUPER STAR FOOD**



**EVERYDAY PRICE**  
**8<sup>99</sup>/4 PK EA**

Foodland's ORGANIC

# 2-DAY SUPER SPECIALS

# 2 DAYS OF BIG SAVINGS!

FRIDAY APR 12 & SATURDAY APR 13

IN OUR BULK  
PECAN HALVES



**35% OFF**  
SAVE \$16.77/KG

IN OUR BULK  
REDSKIN PEANUTS  
SALTED OR UNSALTED



**35% OFF**  
SAVE \$4.17/KG

NATURAL FACTORS  
VITAMIN D3

2500 IU 90 180 SOFT GELS



EVERYONE NEEDS D3!  
Vitamin D is a fat-soluble vitamin and better absorbed in the presence of fat. NF vitamin D3 softgels are delivered in a base of organic flaxseed oil.

- Helps in the absorption and use of calcium and phosphorus
- Helps build strong bones and teeth
- Helps support immune function

**wow!**  
**10.99** / EACH  
SAVE \$2

KOYO  
RICE CAKES

150 G  
ASSORTED



**wow!**  
**2.29** / EACH  
SAVE \$1

OLYMEL  
SMOKED  
TURKEY BREAST

PER 100 G  
CUSTOM CUT IN OUR DELI



**wow!**  
**2.99** / 100 G  
SAVE 50¢

SAVÖR  
GRASS FED  
BUTTER

250 G  
SALTED OR  
UNSALTED



ONTARIO  
FRESH!



**wow!**  
**6.99** / EACH  
SAVE \$1

PREMIUM QUALITY  
HASS AVOCADOS

6 PK BAG  
PRODUCT OF USA



**wow!**  
**\$5** / EACH  
SAVE \$2.99

# THIS WEEK'S TOP PICKS!

NOBLE BEAN  
**TEMPEH**

240 G  
ASSORTED



EVERYDAY PRICE

**6.99**  
/ EACH



BUY THIS  
LEARN  
**35**  
POINTS



HAYTER'S  
**TURKEY BACON**

375 G



SAVE 50¢

**8.49**  
/ EACH

IN OUR BULK BINS  
**MILK OR DARK CHOCOLATE RAISINS**



**30%**  
OFF

SAVE \$6.57/KG

FOODSMITHS  
MADE IN OUR DELI  
**ORIGINAL RECIPE BOWTIE PASTA SALAD**

PER 100 G



SAVE 50¢

**1.99**  
/ 100 G

CUSTOMER FAVOURITE



IN OUR DELI  
**RINAG LOCALLY MADE PAKORA NUGGETS**

PER 100 G



SAVE 50¢

**2.49**  
/ 100 G



IN OUR BULK BINS  
**RAW SUNFLOWER SEEDS**



**30%**  
OFF

SAVE \$2.97/KG

IN OUR DELI  
KRINOS  
**CHEESE STUFFED PEPPERS**

PER 100 G



SAVE 50¢

**2.49**  
/ 100 G

IN OUR DELI  
FOODSMITHS  
**GREEN COLESRAW**

PER 100 G



SAVE 20¢

**1.29**  
/ 100 G



WRAP IT UP RAW  
**ULTIMATE RAW WRAP**  
6 PACK OR 4 PACK



**BUY THIS EARN UP TO 50 POINTS**

**EVERYDAY PRICE**  
**9.49 - 9.99**  
/ EACH / EACH

IN OUR BULK BINS  
**ORGANIC QUICK COOK OATS**



**30% OFF**

**SAVE \$2.97/KG**

IN OUR BULK BINS  
**DRIED CRANBERRIES**

**30% OFF**

**SAVE \$5.07/KG**

**RVITTA CLEAN ENERGY TEA**

355 ML  
STRAWBERRY  
OR BLACKBERRY



**SAVE \$2**  
**2.99**  
/ EACH

**KRINOS FILLO PASTRY**

454 G



**SAVE 50¢**  
**2.99**  
/ EACH

**NEW IN THE STORE**

**CAMINO PLANT BASED OAT CHOCOLATE**

80 G  
IT'S MORE THAN JUST CHOCOLATE.  
NEW PLANT-BASED CREAMY CHOC-OAT OR HAZELNUT & SALTED CARAMEL OAT BASED BARS.



**EVERYDAY PRICE**  
**7.99**  
/ EACH



**LA SOYARIE MISO SESAME BURGERS**

300 G 4 PACK



**SAVE 50¢**  
**4.49**  
/ EACH

**KRINOS HALVA**

250 G  
ASSORTED



**SAVE 30¢**  
**3.99**  
/ EACH



**THIS WEEK'S TOP PICKS!**

NYAKERS  
**GINGER SNAPS**

150 G ASSORTED  
BAKED IN SWEDEN



BUY THIS  
EARN  
**20**  
POINTS

EVERYDAY PRICE

**4 49**  
/ EACH



LA SOYARIE  
**BULK TOFU**  
12 PC FLAT

12 PIECES

BUY IN  
**BULK**



SAVE \$2

**37 99**  
/ 12 PC FLAT EA



DREAM COME TRUE KITCHEN  
**LOCALLY MADE  
DESSERT LOAF**

HALF LOAF  
ORANGE CRANBERRY  
LEMON  
BROWN BUTTER BANANA  
MAPLE COFFEE



SAVE \$1

**9 99**  
/ EACH



DEVON  
**CLOTTED  
CREAM WITH  
BRANDY**

170 G

SAVE \$1

**8 99**  
/ EACH



OGGI  
**GLUTEN FREE  
PIZZA**

450 G

SAVE \$2

**13 99**  
/ EACH

GLUTEN FREE



ORGANIC MEADOW  
**ORGANIC  
HALF & HALF  
10% CREAM**

500 ML



SAVE 70¢

**4 29**  
/ EACH

10% M.F.

500 ML

# FRESH DEALS THROUGHOUT THE STORE

FIELD ROAST  
**PLANT BASED SAUSAGE**  
368 G



SAVE 50¢  
**10.99**  
/ EACH

PULP & PRESS  
**ORGANIC COLD PRESSED JUICE**  
355 ML



EVERYDAY PRICE  
**7.49**  
/ EACH



BUY THIS  
EARN  
**35**  
POINTS

KERRY GOLD  
**DUBLINER CHEESE**  
200 G



SAVE \$1  
**8.99**  
/ EACH

IRELAND'S OWN  
**CHEDDAR CHEESE**  
PER 100 G



SAVE 50¢  
**3.49**  
/ 100 G

ILE DE FRANCE  
**MINI BRIE**  
5 X 25 G



SAVE \$1  
**6.49**  
/ EACH

KROON  
**AGED GOUDA**  
PER 100 G



SAVE 70¢  
**4.49**  
/ 100 G

NUTS FOR CHEESE  
**PLANT BASED FERMENTED CASHEW "CHEESE"**  
120 G



SAVE \$1  
**10.99**  
/ EACH

TEMPLE'S  
**LARGE SIZE MAPLE LEAF CANDY**  
PER 100 G



SAVE 50¢  
**1.99**  
/ EACH

# FRESH DEALS THROUGHOUT THE STORE

## THE GREAT GENTLEMAN BEERS & TONICS

6 X 250 ML ASSORTED



SAVE \$1  
**1149** / EACH

## BOB SNAIL NATURAL FRUIT TREATS

ASSORTED  
MADE IN UKRAINE



EVERYDAY PRICE  
**279 - 499** / EACH

**NO** ADDED SUGAR, ADDITIVES, COLORANTS, OR ARTIFICIAL THICKENERS. ONLY FRUITS AND BERRIES!

## CRUNCHMASTER BAKED RICE CRISPS

128 G  
Simple, delicious crackers that are gluten and egg free.  
Non GMO.



SAVE \$1  
**549** / EACH

## ZEVIA 0 SUGAR SODA

6 X 355 ML ASSORTED



SAVE \$1  
**699** / EACH

## MCVITIE'S CHOCOLATE COOKIES

300 G



SAVE 50¢  
**499** / EACH

## TASTY BITE ENTREES

250 G - 285 G ASSORTED



SAVE \$1.30  
**499** / EACH

# FRESH DEALS IN OUR GROCERY AISLES!

ENDANGERED SPECIES  
CHOCOLATE BARS  
85 G  
ASSORTED



SAVE \$1  
**649**  
/ EACH



NEAL BROTHERS  
**BBQ SAUCE**  
350 ML



SAVE 50¢  
**499**  
/ EACH



CAMINO  
**ORGANIC CHOCOLATE CHIPS**  
225 G



SAVE \$1  
**1049**  
/ EACH



IN OUR BULK  
**LOCAL CROOKED HILLS HONEY**  
PER 100 G



YOU CAN BRING IN YOUR OWN CLEAN CONTAINER OR PURCHASE A CONTAINER!

SAVE 10¢  
**139**  
/ 100 G



ECO MAX  
**DISH SOAP**  
740 ML  
ASSORTED



SAVE 50¢  
**499**  
/ EACH



## FOODSMITHS APRIL BYOB YAK YOUTH SERVICES, PERTH, ONTARIO

Not-for-Profit Charitable Youth Organization focused on the well-being of local youth through a variety of support services and connections. YYS provides assistance to local youth in building opportunities, supports, resources, information, training and encouragement. A safe and supportive space where local youth in grades 6-12 can elevate their skills and self-confidence.

*For every transaction at our cash, Foodsmiths donates 5¢ to our monthly charity, plus all net proceeds from paper and reusable bag sales are donated to our monthly charity, too!*

**BRING TOGETHER.  
STRENGTHEN.  
MOTIVATE.**

**THANK YOU  
FOR HELPING SUPPORT THIS IMPORTANT PROGRAM**

**LOCALLY MADE!**  
**SUNFLOWER SOAP**



113 G BAR

EVERYDAY PRICE

**\$8.00**

PER BAR  
ASSORTED

Local!

**MADE ON THE FARM**  
**PINEHEDGE YOGURT & KEFIR**



EVERYDAY PRICE

**\$8.99**

EACH

ST. EUGENE, ONTARIO  
1 KG JARS

Made with non-homogenized organic milk from cows pastured on the farm. Yogurt and Kefir that contain nothing but organic milk and active bacterial cultures.

Organic!  
Healthy!



MADE IN ONTARIO!

**IN OUR BULK**  
**ORGANIC QUICK COOK OATS**



PER 100 G

EVERYDAY PRICE

**99¢**

PER 100 G

ONLY BUY WHAT YOU NEED!



ON SALE THIS WEEK! **30% OFF**

Breakfast!

**IN OUR BULK**  
**LOW FAT BUTTER MILK POWDER**

PER 100 G

EVERYDAY PRICE

**\$1.99**

PER 100 G

ONLY BUY WHAT YOU NEED!



Convenient!

FOR MIXING OR BAKING

**IN OUR BULK**  
**POT BARLEY**

PER 100 G

EVERYDAY PRICE

**42¢**

PER 100 G

ONLY BUY WHAT YOU NEED!



MAKE IT!  
Vegetable Barley Soup!

SERVING SUGGESTION

[HTTPS://WWW.HEALTHYFOOD.COM/HEALTHY-RECIPES/VEGETABLE-BARLEY-SOUP/](https://www.healthyfood.com/healthy-recipes/vegetable-barley-soup/)



CHOOSE YOUR  
**BEANS**  
GRIND THEM TO PERFECTION  
**AT OUR COFFEE MILL**

**ON SALE  
THIS WEEK**

**EQUATOR**  
COFFEE ROASTERS

**J.O.M.O. DECAF**  
(JOY OF MISSING OUT. CAFFEINE THAT IS!)

**LOCALLY ROASTED COFFEE**  
MEDIUM ROAST PER 100G

Naturally processed decaf coffee with  
sweet, milk chocolate notes.

LIFE'S LITTLE  
MOMENTS

HELP! I'M  
HAVING  
AN OUT OF  
**COFFEE**  
EXPERIENCE!

OH WAIT,  
HERE IT IS.



**399**  
/ 100G  
**SAVE 50¢**



WELCOME TO THE WEEKEND!  
**FREE COFFEE**  
**SATURDAY and SUNDAY**

CRANK  
**ONTARIO  
ROASTED  
ORGANIC  
COFFEE**



FLUID  
**LOCALLY  
ROASTED  
ORGANIC  
COFFEE**

MONDAY-FRIDAY  
OUR FRESH  
BREWED  
COFFEE IS  
NOW JUST

**99¢**



ENJOY A COFFEE  
AND MUFFIN FOR  
JUST **\$2.99**

SAVE IN OUR BULK BINS!

ECO FRIENDLY - LESS WASTE!



BUY A LITTLE,  
SAVE A LOT!!  
ONLY BUY WHAT  
YOU NEED!

YOU CAN BRING YOUR OWN CONTAINER, TOO!  
ONE KG = 2.2 LBS

LEMON PEPPER  
ALMONDS



25% OFF  
SAVE \$7.48  
PER KG

TROPICAL TRAIL MIX



25% OFF  
SAVE \$4.23  
PER KG

ORGANIC WHITE QUINOA



25% OFF  
SAVE \$3.48  
PER KG

CHOCOLATE COVERED  
COFFEE BEANS



25% OFF  
SAVE \$8.73  
PER KG

DRIED APRICOTS



25% OFF  
SAVE \$6.98  
PER KG

BANANA CHIPS



25% OFF  
SAVE \$3.73  
PER KG

YOGURT RAISINS



25% OFF  
SAVE \$4.73  
PER KG

DELUXE GRANOLA



25% OFF  
SAVE \$4.23  
PER KG

BEER NUTS



25% OFF  
SAVE \$3.23  
PER KG

TAMARI WEEKEND MIX



25% OFF  
SAVE \$8.23  
PER KG

GOURMET JELLY  
BEANS



25% OFF  
SAVE \$9.98  
PER KG

ORGANIC LIGHT SPELT  
FLOUR



25% OFF  
SAVE \$1.98  
PER KG

HIMALAYAN PINK SALT



25% OFF  
SAVE \$4.25  
PER KG

SULTANA RAISINS



25% OFF  
SAVE \$2.98  
PER KG

# HEALTHOLOGY

BUILDING A HEALTHIER YOU



ON SALE

**\$41.99**

save \$2

ON SALE

**\$34.99**

save \$3



## LIV-GREAT LIVER FORMULA

60 CAPSULES



## LUNG-FX FORMULA

90 CAPSULES

**LIV-GREAT provides the liver with daily support by boosting its detox capacity, helping protect it from damage.**

The liver is our most important detoxifying organ. It is masterful at identifying toxins and neutralizing them so that they can be safely excreted from the body.

Toxins include chemicals, food additives, alcohol, personal care products, caffeine and medications. The liver is also responsible for detoxing our hormones and end-products of metabolism. It also stores glucose for energy production and produces bile to help us break down and digest fatty foods.

**LUNG-FX works by providing antioxidant support while at the same time working as an expectorant to help eliminate excess mucous.**

Lung health is a vital part of our overall health. The lungs exchange oxygen and carbon dioxide, allowing our bodies to convert food to energy. As we breathe in air, we also breathe in toxins and pollutants, so healthy lungs are continually self-cleaning to allow for optimal oxygen exchange. DID YOU KNOW? Limiting carbs, especially refined sugars can help your lungs! When we metabolize carbs for energy, we produce carbon dioxide. We produce less carbon dioxide from metabolizing proteins and fats, so it's easier on our breathing.



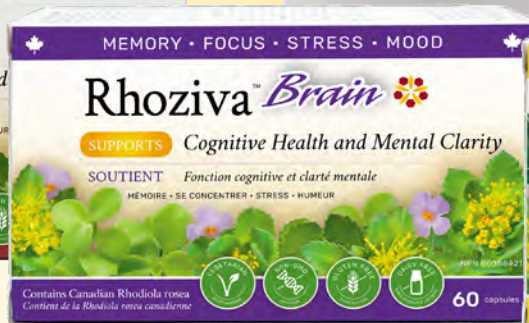


**Nanton**  
nutraceuticals ltd.

**ALL PRODUCTS**



Nanton Nutraceuticals is a Canadian company committed to producing the highest quality health supplement products available on the market today. A natural way to support common health problems.



**ON SALE**  
**10% OFF**

**PLASTIC FREE PERIOD PADS**

ASSORTED VARIETIES & SIZES

Say goodbye to plastics, fragrances and chlorine, with these organic and natural range of pads.

Reduce your plastic footprint with biodegradable menstrual products. Using natural materials and 100% certified organic cotton protects our oceans, our soil and cotton workers.

**ON SALE**  
**\$6.99**  
save \$1

natracare®  
*Be kind to the planet*





BUY THIS  
EARN  
**40**  
POINTS



EVERYDAY PRICE

**7.99**  
/ EACH

### NATURAL TOOTHPASTE

75ML ALL PRODUCTS  
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!



BUY THIS  
EARN  
**35**  
POINTS

### VITAMIN A 10,000 IU

90 SOFTGELS

Gone are the days of suffering through a spoonful of cod liver oil to get your daily vitamin A! NF has encapsulated cod liver oil in a convenient softgel so you get all the eye, skin, bone, teeth, and immune-system support benefits without the fishy aftertaste. Plus, it has been tested for up to 800 contaminants, so you get all the good with none of the bad.

- Promotes healthy vision, skin, and mucous membranes
- Maintains strong bones and teeth
- Supports the body's natural defences



EVERYDAY PRICE

**6.99**  
/ EACH



ONE-PER-DAY FORMULA!

**natural  
Factors**<sup>®</sup>

ON SALE

**SUPER COD LIVER OIL**  
SOURCE OF VITAMINS A AND D

180 SOFT GELS

**\$22.99**

save \$1

- Improves cardiovascular health
- Maintains immune function
- Helps in the development and maintenance of bones and teeth
- Helps to maintain eyesight

Natural Factors Super Cod Liver Oil is a rich source of vitamins A and D for the maintenance of good health and for the development and maintenance of healthy bones and teeth. The convenient dosage of one softgel daily helps maintain eyesight, skin, membrane, and the immune function.

Formulated and made in Canada



GET A GOOD NIGHT'S SLEEP!

**5HTP**  
**50MG**

100 VEG CAPS

ON SALE

**\$15.99**

save \$2

- Sleep Aid
- Natural Source

5-HTP, the intermediate metabolite between the amino acid L-tryptophan and serotonin, is extracted from the seed of an African plant (Griffonia simplicifolia). 5-HTP readily crosses the blood-brain barrier and increases central nervous system (CNS) synthesis of serotonin. Serotonin can affect sleep, and many other important biological functions.





## MULTI IRON FREE SUPREME

**SUPERIOR ABSORPTION WITH AQUAMIN™ MINERALS AND 6 POWERFUL PHYTONUTRIENTS.**

100 VEG CAPS

You're busy, but you also want to be healthy. So if you're looking for a multivitamin, chances are you want to get the most nutrients possible out of a one-a-day pill. We get that. And we know that multivitamins should be easy on your stomach and easy to absorb.

Health First Multi Supreme Iron Free offers highly bioavailable nutrients that give you the most out of your multi! It features Aquamin™ calcium and magnesium derived from sustainably sourced red algae for ultra absorbability. Super antioxidants like lutein, quercetin and green tea are added to this well-rounded, all-in-one formula.



**ON SALE**

**\$22.99**

save \$2

Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.



# NUTRITIONAL SUPPORT FOR REPRODUCTIVE HEALTH



Join Andrea Bartels CNP NNCP RNT of Pure Lab Vitamins to learn more!



## WEBINAR

APRIL 17, 2024 at 6:30PM EDT

JOIN US ON ZOOM

### Nutritional Support for Reproductive Health

Canadians are waiting longer to have children. More of them experience difficulty conceiving than their parents did.

Can nutrition and lifestyle make a difference?

**What you will learn:**

How do diet and lifestyle impact fertility?

What nutrients support healthy ovarian function in women?

Which nutrients support healthy sperm quality in men?

How do natural health products support conception and pregnancy?

**REGISTER AT: [HTTPS://SHORTURL.AT/EWFL4](https://shorturl.at/ewfl4)**



# ENERGIZE YOUR BODY



## B VITAMINS ON SALE 15% OFF



**B12 5000 MCG**  
60 SUBLINGUAL TABS

**B12 1000 MCG**  
90 SUBLINGUAL TABS

**B6 50 MG**  
SLOW RELEASE  
60 VEGI CAPS

**FOLIC ACID 1 MG**  
SLOW RELEASE  
60 VEGI CAPS

**B-COMPLEX**  
SLOW RELEASE  
60 VEGI CAPS

**B-COMPLEX**  
SLOW RELEASE  
120 VEGI CAPS



As our lives become more stressful and urgent, our bodies' supplies of B vitamins are quickly exhausted, depleting them faster than our diets can replenish. Pure Lab Vitamins has formulated a research-supported, highly absorbable, biologically-active and sustained-release line of B Vitamin supplements to support your daily B vitamin needs.

**PURCHASE WITH CONFIDENCE -**  
all Pure Lab Vitamin products  
are quality assured with  
rigorous third-party testing.

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