

Foodsmiths

THE GOOD FOOD STORE

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 18 TO
THURSDAY APR 25 ONLY *

GO LOCAL, ONTARIO
AND CANADIAN

ENJOY ORGANIC

CHOOSE ♥ EARTH FRIENDLY



EARTH DAY • 4 • 22 • 24 •

CROFTER'S ORGANIC JUST FRUIT SPREADS

235 ML ASSORTED



5.99
/ EACH

SAVE
\$1.50

DREAM COME TRUE KITCHEN LOCALLY MADE MINI QUICHE

IN OUR DELI COUNTER



7.99
/ EACH

SAVE
50¢

PREMIUM QUALITY ONTARIO GREENHOUSE GROWN STRAWBERRIES

340 G



ONTARIO
FRESH!



2/\$5
OR \$2.98 EA

SAVE
\$1.98

AIMERS ORGANIC GARDEN SEEDS

PACKS ASSORTED



PACKED IN
CANADA



GARDENERS,
START
YOUR
SEEDS!

5/\$10
OR \$2.48 EA

SAVE
\$4.95

SKOTIDAKIS GREEK YOGURT

500 G ASSORTED



4.99
/ EACH

SAVE
\$1

BEYOND MEAT PLANT BASED BEYOND BEEF

340 G



11.99
/ EACH

SAVE
\$1



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

✓ FRIDAYS & SATURDAYS! SUPER SPECIALS: PG. 6

*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.

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 CELERY
PRODUCT OF USA



SAVE 51¢
2.98
/ BUNCH EA

CARLETON PREMIUM QUALITY LOCALLY GROWN FRESH CREMINI MUSHROOMS

227 G
PRODUCT OF OSGOODE, ONTARIO



SAVE \$1.01
2.48
/ EACH



ENJOY A LEMON WATER
DAILY FOR GOOD HEALTH

PREMIUM QUALITY CERTIFIED ORGANIC ORGANIC LEMONS
PRODUCT OF USA

SAVE 98¢
2/\$3
OR \$1.68 EA

GOOD FOR YOU!
AND COST EFFECTIVE!



PREMIUM QUALITY CERTIFIED ORGANIC ORGANIC RED CABBAGE
PRODUCT OF USA

SAVE \$1.01
2.98
/ LB

PREMIUM QUALITY ONTARIO GROWN FRESH MINI CUCUMBERS
6 PACK
PRODUCT OF ONTARIO



SAVE \$1.98
2/\$6
OR \$3.48 EACH

PREMIUM QUALITY CERTIFIED ORGANIC ORGANIC MINI RAINBOW CARROTS
340 G
PRODUCT OF USA



EVERYDAY PRICE
5.99
/ EACH

BUY THIS EARN 30 POINTS

THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS

PFENNING'S
FRESH POMEGRANATE
PRODUCT OF PERU



BUY THIS
EARN
35
POINTS

EVERYDAY PRICE

6.99
/ EACH

SAVOURA
PREMIUM QUALITY
CANADA GROWN
CERTIFIED ORGANIC
ORGANIC APERO TOMATOES
250 G
PRODUCT OF CANADA



SAVE \$1.01

4.98
/ EACH

PREMIUM QUALITY
FRESH ROMAINE LETTUCE
PRODUCT OF USA



SAVE 51¢

3.48
/ EACH

PREMIUM QUALITY
CERTIFIED ORGANIC
ORGANIC CARROTS
2 LB
PRODUCT OF USA



SAVE \$2.98

2/\$9
OR \$4.98 EACH

PREMIUM QUALITY
YELLOW FLESH POTATOES
PRODUCT OF USA



SAVE 51¢

2.48
/ LB

COOKSTOWN GREENS
PREMIUM QUALITY
ONTARIO GROWN
CERTIFIED ORGANIC
**FRESH PEA SHOOTS
OR SUNFLOWER SEEDLINGS**

100 G
PRODUCT OF ESSA, ONTARIO



ONTARIO
FRESH!



SAVE \$1.01

5.98
/ EACH

RAVENSFIELD FARM
PREMIUM QUALITY
LOCALLY GROWN
CERTIFIED ORGANIC
**ORGANIC JERUSALEM
ARTICHOKES**
PRODUCT OF MABERLY, ONTARIO



ONTARIO
FRESH!



SAVE \$1.01

3.98
/ LB

THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY
ONTARIO GROWN
**HONEYCRISP
APPLES**
PRODUCT OF ONTARIO



SAVE \$1.01
348
/ LB

PREMIUM QUALITY
**MINNEOLA TANGELO
ORANGES**
PRODUCT OF USA



SAVE \$1.01
398
/ LB

TAYLOR FARMS
PREMIUM QUALITY
**THAI STYLE
CHOPPED
SALAD KIT**
319 G
PRODUCT OF USA

SAVE 51¢
648
/ EACH

FANTASTIC
WITH
SHRIMP

SERVING
SUGGESTION



FRESH ONTARIO AND LOCAL PRODUCE IS HERE!

PREMIUM QUALITY
ONTARIO GROWN
**FRESH VINE
TOMATOES**
PRODUCT OF ONTARIO



EVERYDAY PRICE
399
/ LB

PREMIUM QUALITY
ONTARIO GROWN
**FRESH YELLOW
SWEET BELL PEPPERS**
PRODUCT OF ONTARIO



EVERYDAY PRICE
499
/ LB

SYLVIA'S 4TH LINE FLOWERS
PREMIUM QUALITY
LOCALLY GROWN
**FRESH DAFFODIL
BOUQUETS**
PRODUCT OF PERTH, ONTARIO



EVERYDAY PRICE
1299
/ LG BOUQUET EA

PREMIUM QUALITY
ONTARIO GROWN
**FRESH HOTOUSE
TOMATOES**
PRODUCT OF ONTARIO



EVERYDAY PRICE
399
/ LB

PREMIUM QUALITY
ONTARIO GROWN
**FRESH ENGLISH
CUCUMBER**
PRODUCT OF ONTARIO



EVERYDAY PRICE
149
/ EACH

PREMIUM QUALITY
ONTARIO GROWN
**RAINBOW MINI
SWEET PEPPERS**
454 G
PRODUCT OF ONTARIO



EVERYDAY PRICE
699
/ EACH

2-DAY SUPER SPECIALS

2 DAYS OF BIG SAVINGS!

FRIDAY APR 19 & SATURDAY APR 20

IN OUR BULK WALNUT PIECES



35% OFF
SAVE \$12.22/KG

IN OUR BULK DELUXE MIXED NUTS SALTED OR UNSALTED



35% OFF
SAVE \$18.17/KG

NAKA ORGANIC CURCUMIN

500 MG 90 CAPS

95% CURCUMINOIDS ENHANCED WITH BIOPERINE BLACK PEPPER FOR BIOAVAILABILITY

Fight inflammation, boost immune system, fast-acting, clinically proven function



wow!
41.99 / EACH
SAVE \$3

BUBBIES NATURALLY FERMENTED DILL RELISH 500 ML



wow!
5.99 / EACH
SAVE \$3

IN OUR DELI COUNTER PIZZA FINGERS



wow!
1.99 / EACH
SAVE 30¢

PUKKA TEA 20 TEA BAGS ASSORTED



wow!
7.99 / EACH
SAVE \$2

PREMIUM QUALITY SWEET POTATOES PRODUCT OF USA



STOCK UP!

wow!
1.28 / LB
SAVE \$1.01

Help celebrate and support local food, organic products, environmental choices, and saving money with this week's specials!
Happy Earth Day.

IN OUR BULK BINS
**OLIVE OIL AND SEA
SALT ALMONDS**



**30%
OFF**

SAVE \$10.17/KG

GRAIN PROCESS
**UNBLEACHED
HARD WHITE
FLOUR**

2.5 KG



SAVE \$1

**7.99
/ EACH**

**GREAT FOR
BREAD
MAKING**

LOON
**LOCALLY MADE
KOMBUCHA**

355 ML ASSORTED



SAVE 50¢

**3.49
/ EACH**

IN OUR BULK BINS
**MILK CHOCOLATE
ALMONDS**



**30%
OFF**

SAVE \$8.97/KG

CORNER BAKERY
**LOCALLY MADE
ASSORTED
COOKIES**

6 PACK



SAVE 50¢

**6.99
/ EACH**

THIS WEEK'S TOP PICKS!

CLEMENT PATE

150 G



PÂTÉ DE CAMPAGNE AU POIVRE
COUNTRY-STYLE PÂTÉ WITH PEPPER

PÂTÉ DE FOIE AUX FINES HERBES
LIVER PÂTÉ WITH HERBS



EVERYDAY PRICE

4.99 / EACH



BUY THIS EARN 25 POINTS



NEW IN THE STORE

IN OUR BAKERY CROISSANT BUTTER BUNS

4 PACK
IT'S MORE THAN JUST A CROISSANT OR A BUN! DELICIOUS BUTTERY, PUFFY BUN WITH MELT IN YOUR MOUTH TEXTURE AND TASTE!



EVERYDAY PRICE

5.49 / EACH

IN OUR BULK BINS RAW CASHEWS



30% OFF

SAVE \$7.47/KG

ROCK HARBOUR RAW ARGENTINA SHRIMP

340 G



SAVE \$1

12.99 / EACH



CALIFIA PLANT BASED BEVERAGE

1.4 L

SAVE \$1
5.99 / EACH



IN OUR BULK BINS CANDIED GINGER



30% OFF

SAVE \$7.47/KG

BRANDT SUMMER SAUSAGE

CUSTOM CUT IN OUR DELI PER 100 G



SAVE 40¢
1.99 / 100 G



FONTAINE SANTE PENNE & FETA SALAD

IN OUR DELI PER 100 G

SAVE 50¢
1.99 / 100 G



THIS WEEK'S TOP PICKS!

ALDERWOOD FARMS

FRIES

450 G



BUY THIS, EARN UP TO 45 POINTS

EVERYDAY PRICE

7.49 - 8.99 / EACH

NEW IN THE STORE

WHITE DINNER ROLLS

6 PACK
SOFT, CRUSTY, THE PERFECT ROLL!
WARM UP AND SERVE WITH A PAT OF FRESH BUTTER!

EVERYDAY PRICE

2.99 / EACH



KRINOS STUFFED GRAPE LEAVES

IN OUR DELI COUNTER PER 100 G



SAVE 20¢

1.99 / 100 G

FIERA BAGELS PLAIN OR EVERYTHING

4 PACK



SAVE 50¢

2.49 / EACH

FIERA CHEESE BAGELS

4 PACK



SAVE \$1

3.99 / EACH

SWEETS FROM THE EARTH ALLERGEN FRIENDLY BAKED GOODS

IN OUR BAKERY ALL ASSORTED VARIETIES



10% OFF



GRAIN HARVEST BAKED IN STORE FOCACCIA BREAD

420 G ROUND



SAVE 30¢

3.99 / EACH

RICH'S PLAIN FLATBREAD

4 PACK



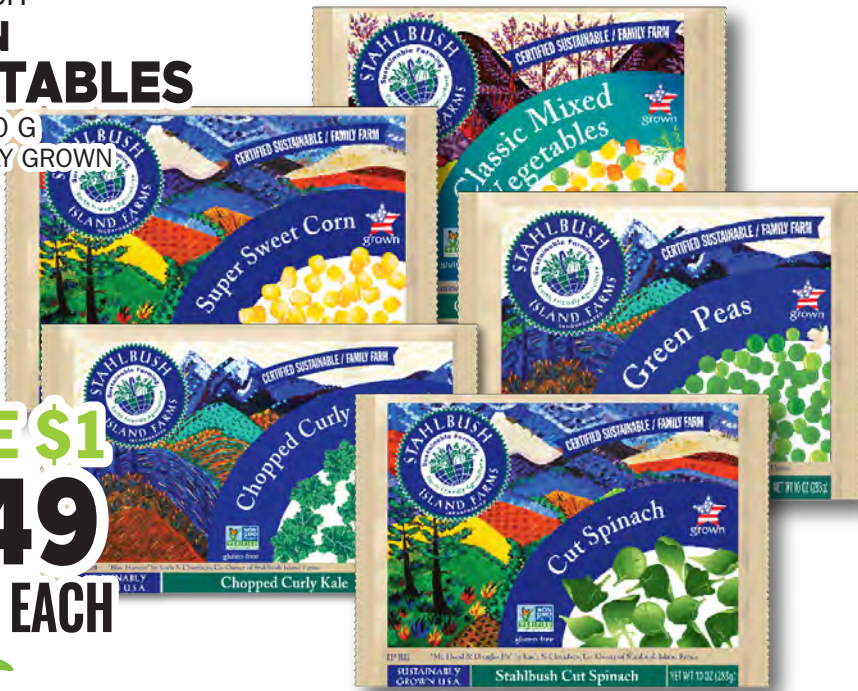
SAVE \$1

4.99 / EACH

FRESH DEALS THROUGHOUT THE STORE

STAHLBUSH FROZEN VEGETABLES

198 G - 350 G
SUSTAINABLY GROWN
IN THE US
ASSORTED



SAVE \$1
4 49
/ EACH

HAPPY DAYS GOAT MILK KEFIR

1 L



EVERYDAY PRICE
8 49
/ EACH



BUY THIS
EARN
40
POINTS

MOONSHINE MAMA'S TURMERIC ELIXIRS

LEMON, LIME OR
SPICED ELDERBERRY
500 ML



SAVE \$2.50
19 99
/ EACH

GOLDEN STAR HALLOUMI CHEESE

250 G



PERFECT FOR
GRILLING OR
FRYING

SAVE \$1
8 99
/ EACH

ILE DE FRANCE BRIE

PER 100 G



SAVE 40¢
3 89
/ 100 G

COOMBE CASTLE SAXONSHIRES CHEESE

200 G



SAVE 50¢
8 99
/ EACH

IVANHOE LOCALLY MADE GOAT CHEESE

235 G
AGED CHEDDAR OR
JALAPENO
MADE IN MADOC,
ONTARIO



SAVE \$1.50
13 49
/ EACH



BACK IN THE STORE

REID'S DAIRY
**OLD FASHION
ICE CREAM
SINGLE CUPS**

100 ML
ASSORTED
WOODEN SPOON
INCLUDED!



EVERYDAY PRICE

99¢
/ EACH

BRIDOR
**CHOCOLATE
DANISH**
IN OUR BAKERY

EVERYDAY PRICE

279
/ EACH



BUY THIS
EARN
15
POINTS

LÄRABAR
ENERGY BARS

45 G
ASSORTED



SAVE 50¢

249
/ EACH

PERTH BREWERY
**NON ALCOHOLIC
BEER**

6 X 473 ML
IPYAY! OR
PLAY



SAVE \$1
1749
/ EACH



RW GARCIA
**GLUTEN FREE
CRACKERS**

155 G • 180 G



SAVE \$2

799
/ EACH

BARBARA'S
**PUFFINS
CEREAL**

283 G
ORIGINAL OR
CINNAMON



SAVE \$1

549
/ EACH

MOISHES
**KOSHER DILL
PICKLES**

1 L



SAVE \$1

599
/ EACH



NEW IN THE STORE

SKI QUEEN FULL FAT WHEY CHEESE

250 G
Ski Queen is a typically Norwegian full fat whey cheese with a fudge-like texture and sweet caramel flavour.

EVERYDAY PRICE

12.99 / EACH

BUSTER NERVE LOCALLY MADE BBQ SAUCE

354 ML ASSORTED

SAVE \$1

8.49 / EACH

MADE IN PETERBOROUGH

DEEBEE'S ORGANIC SUPERFRUIT FREEZIES

10 PACK
FREEZE AT HOME!



100% FRUIT JUICE & PUREE

EVERYDAY PRICE

7.99 / EACH



BUY THIS EARN 40 POINTS

HAIKU KONJAC NOODLES, RICE AND VERMICELLI

149 G - 170 G

SAVE \$1

5.49 / EACH



GO BIO ORGANIC BOUILLON CUBES

66 G ASSORTED



SAVE \$1

3.99 / EACH



CAMINO PLANT BASED ORGANIC OAT MILK CHOCOLATE BARS

80 G
OAT MILK AND OAT HAZELNUT

SAVE \$1

6.99 / EACH



FRESH DEALS IN OUR GROCERY AISLES!

CABOO
**TREE FREE
BAMBOO
BATHROOM
TISSUE**
12 PACK



**MADE
FROM
SUSTAINABLE
BAMBOO**

SAVE \$3
13.99 / EACH

CARR'S
**TABLE
WATER
CRACKERS**
125 G



EVERYDAY PRICE

3.49 / EACH



**BUY THIS
EARN
15
POINTS**



ECO MAX
**BULK
LAUNDRY
SOAP**
PER 100 G
HYPOALLERGENIC
OR LAVENDER



SAVE 10¢
39¢ / 100 G
OR \$3.90/KG SAVE \$1

ATTENTION ZERO-WASTE ENTHUSIASTS

Bulk purchases are a great way to save money, buy what's needed and cut down on household waste!

Buying bulk also gives you the flexibility to try new products as you can sample small portions before investing in more, like Eco Max Laundry Soap!



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!
HALL'S APPLE MARKET
SPARKLING
APPLE CIDER**



275 ML BOTTLE

EVERYDAY PRICE

\$3.99

EACH

**APPLE OR
APPLE
CRANBERRY**

*Refreshingly
Delicious*



**CHA'S ORGANICS
ORGANIC
COCONUT ROLLS**



100 G ORIGINAL, GINGER OR
CHOCOLATE

EVERYDAY PRICE

\$8.29

EACH

- Certified organic
- Gluten free
- Non-GMO
- Vegan
- Gluten free
- Peanut free
- Tree nut free
- Dairy Free



**ORGANIC MEADOW
ORGANIC KEFIR**



1 L

A GOOD SOURCE OF
PROBIOTICS!

EVERYDAY PRICE

\$6.79

EACH

Pasteurized and made with
100% Canadian milk, with 2
billion active bacterial cultures in
one serving!



**BARAKA
HANDWOVEN
BASKETS**

**ASSORTED
STYLES AND
PRICES FOR
EVERY NEED**

FROM AFRICA





CHOOSE YOUR BEANS

GRIND THEM TO PERFECTION AT OUR COFFEE MILL

ON SALE THIS WEEK

LIFE'S LITTLE MOMENTS

COFFEE GRAM:

TODAY IS GOING TO BE A GREAT DAY!

EQUATOR

COFFEE ROASTERS

SWEET JUSTICE

LOCALLY ROASTED COFFEE

MEDIUM ROAST PER 100G

A flavourful and bright coffee with enough soul and body to justify another cup
TASTING NOTES: MAPLE, CARAMEL



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

PANDA LICORICE



25%
OFF

SAVE
\$6.23
PER KG

HEMP GRANOLA



25%
OFF

SAVE
\$4.23
PER KG

POPPING CORN



25%
OFF

SAVE
\$1.23
PER KG

PINEAPPLE RINGS



25%
OFF

SAVE
\$5.48
PER KG

SCOTCH MINTS



25%
OFF

SAVE
\$2.73
PER KG

DILL PICKLE PEANUTS



25%
OFF

SAVE
\$4.48
PER KG

DARK CHOCOLATE
GINGER



25%
OFF

SAVE
\$13.73
PER KG

COCONUT SMILES



25%
OFF

SAVE
\$6.23
PER KG

SHORT GRAIN
WHITE RICE



25%
OFF

SAVE
\$3.23
PER KG

REGULAR OR SOUR
JUBES



25%
OFF

SAVE
\$2.73
PER KG

GOLDEN RAISINS



25%
OFF

SAVE
\$3.73
PER KG

ORGANIC RAW SUGAR



25%
OFF

SAVE
\$1.98
PER KG

GRIND YOUR OWN PEANUT
BUTTER



25%
OFF

SAVE
\$2.73
PER KG

MONTREAL STEAK SPICE



25%
OFF

SAVE
\$8.23
PER KG

EVERYDAY GREAT VALUE + KIND TO THE EARTH CHOICES!



SPF30
SUNSCREENS

EVERYDAY PRICE

\$14.99 - \$35.99

VEGAN & CRUELTY FREE

ASSORTED VARIETIES



ATTITUDE[®] *live consciously*

RELAXUS[®]

RELAX WITH
BAMBOO BATH PUFFS

EVERYDAY PRICE

\$6.99
EACH



SKIN ESSENCE ORGANICS **ORGANIC SKIN CARE**

EVERYDAY PRICE
\$20.99 - \$29.99

- Certified Organic
- Cruelty Free
- Vegan
- Gluten Free
- Non GMO
- Fair Trade



EVERYDAY GREAT VALUE + KIND TO THE EARTH CHOICES!



FAST ACTING
DRY NOSE
RELIEF

- 100% natural
- Preservative and phosphate free & GMO-free
- Sugar, gluten & lactose free
- Vegan

EVERYDAY PRICE

\$20.99



ANCIENT CULTURES HAVE TAUGHT US THE POWER IN HARNESSING NATURE'S WISDOM THROUGH FERMENTATION.

- Organic
- Dairy Free
- Vegan
- No Fillers
- Non GMO
- Bioavailability
- 100% Plant Based



ASSORTED
PRICES

From the beginning, Living Alchemy has set out to enhance the lives of people by improving their health. Their goal is not only to alleviate symptoms, but to provide natural solutions to these unsolved long-term problems through the creation of fermented organic whole food supplements.

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.

natracare[®]

Be kind to the planet



ON SALE
\$6.99
save \$1



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

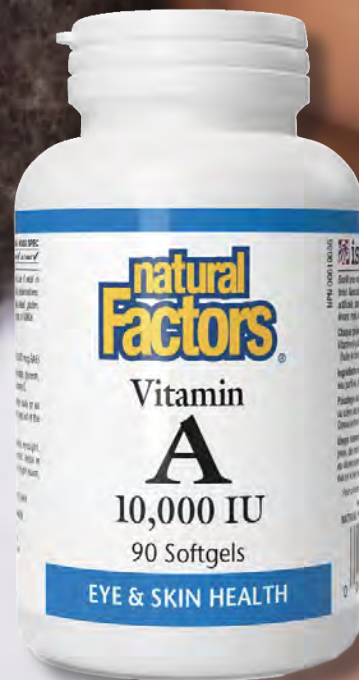
Gone are the days of suffering through a spoonful of cod liver oil to get your daily vitamin A! NF has encapsulated cod liver oil in a convenient softgel so you get all the eye, skin, bone, teeth, and immune-system support benefits without the fishy aftertaste. Plus, it has been tested for up to 800 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**[®]

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?

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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
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