

A PROUD MEMBER OF

HEALTH
FIRST®

ONE BIG
FAMILY.
ONE BIG
COMMUNITY.

Your Local Canadian
**NATURAL HEALTH
FOOD STORE**



**106 Wilson St. W.,
Perth, Ontario K7H 2P3**

Serving Perth and Area
since 1976!



TARGETED SUPPORT FOR 50 AND UP

60 vegetable capsules

NEW! Health First® Men's 50 Plus Multi Supreme and Women's 50 Plus Multi Supreme
Thoughtfully crafted to support the health and well-being of men and women over 50. Featuring highly bioavailable vitamins and minerals, plus ElderCraft® elderberry for immune and joint health and Kaneka Ubiquinol® for heart health. With ginkgo biloba in our women's formula to help improve memory and lycopene in our men's formula for prostate support.



NEW!

39⁹⁹



**NATURAL
FACTORS®
REGENERLIFE™
NMNSURGE**
60 vegetarian capsules

**SEE INSIDE FOR
PERFECT PAIRING!**

Aging is caused by many processes, but DNA damage and mitochondrial dysfunction are the leading causes. NMNSurge contains metabolically active nicotinamide mononucleotide, a unique anti-aging ingredient used to rejuvenate cellular health.



ON SALE!

47⁹⁹



**HEALTHOLOGY GUT-FX
FORMULA**
180 g

The ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health.



ON SALE!

38⁹⁹



MEGAFOOD®
Assorted varieties and sizes

Premium supplements that support your body, and a more sustainable future. Crafted with real food from trusted farm partners committed to organic and regenerative agriculture.



ON SALE!

15% off



**RENEW LIFE® ULTIMATE FLORA®
EXTRA CARE™ OR WOMEN'S EXTRA
CARE™ PROBIOTICS**
60 vegetarian capsules

Each shelf-stable formula contains 50 billion active cultures from 12 probiotic strains.



ON SALE!

65⁴⁹



**PREFERRED
NUTRITION®
BERBERINE
500 MG**
120 vegetarian capsules

Helps maintain healthy glucose metabolism and cardiovascular health.



ON SALE!

37⁹⁹

• SALE DATES: JANUARY 5 - 20, 2024 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON **flipp**

A-1

The powerhouse of *energy* and life-long *vibrancy*

Discover increased vitality when you take Regenerlife's optimized mitochondrial support along with NMN's cellular health boost. Together, they rejuvenate for lasting well-being. Elevate your energy and embrace healthy aging today.



51⁹⁹
81 g powder

84⁹⁹
120 vegetarian capsules

NEW SIZE



FLORA FLOR•ESSENCE®
Assorted varieties - 500 ml

An 8-herb formula that synergistically supports multiple detoxification pathways. Also available with Turkey Tail and Turmeric to support a healthy immune system and inflammation response.



ON SALE!
29⁹⁹



ENER-C™
Assorted flavours - 30 sachets

A caffeine-free way to boost your immunity, energy and hydration. Available in sugar-free and regular!



ON SALE!
16⁹⁹



BOLTON'S NATURALS MAGNESIUM GEL OR LIQUID
237 ml each

Massage gel over tight, sore muscles and joints. Use the liquid in a foot or full bath for a relaxing magnesium soak.

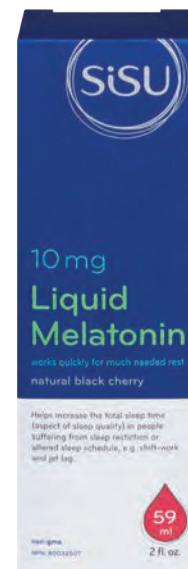
ON SALE!
19⁹⁹



MYONATURAL™
85 g

A fast-acting cream to help relieve the pain of sore muscles, arthritis and backache.

ON SALE!
32⁹⁹



SISU LIQUID MELATONIN 10 MG
59 ml

Works quickly and helps improve total sleep time. The black cherry flavoured liquid allows for flexible dosing and accelerated absorption.



ON SALE!
23⁹⁹



SALUS FLORADIX KINDERVITAL®
500 or 250 ml

A liquid multivitamin for children that builds healthy muscles, strong bones, enhances vision, and boosts immunity. Tastes great and is easily absorbed.



ON SALE!
41⁴⁹
25⁴⁹



ATTITUDE® SUPER LEAVES™ ESSENTIALS ALUMINUM SHAMPOOS AND CONDITIONERS
Assorted varieties - 473 ml

Plastic-free beauty products made with naturally sourced ingredients that cleanse and hydrate hair. Perfect to create an at-home spa sensory experience!

ON SALE!
16⁹⁹



BACH® RESCUE® REMEDY
20 ml

Ideal for helping get through stressful situations, relaxing the mind and increasing focus.

ON SALE!
16⁹⁹

HEALTH
FIRST

GROCERY CORNER



WEDDERSPOON™ 100% RAW MANUKA HONEY

Assorted varieties and sizes
A true gem of New Zealand, always raw and unpasteurized, Wedderspoon sources the purest Manuka available.



ON SALE!
25% off



KETTLE® BRAND POTATO CHIPS

Assorted varieties - 198 g

Cooked to perfection in the finest oils, and then gently seasoned with all-natural ingredients.



ON SALE!
2/\$8



CHA'S ORGANICS COCONUT MILK OR CREAM

Select varieties - 400 ml

Fair trade certified with 1% of profits going towards protecting Sri Lanka's wild elephants.



ON SALE!
4⁴⁹



WEDDERSPOON™ ORGANIC MANUKA HONEY DROPS

Assorted varieties - 120 g

Soothes throats using the anti-bacterial properties of Manuka honey. Perfect for cold, flu and allergy season.



ON SALE!
8⁴⁹



BLUE DIAMOND® ALMOND BREEZE®

Assorted varieties - 946 ml

A non-dairy solution that is delicious in everything, from cereals and smoothies to cooking and baking. Creamy and smooth with just a hint of almond taste and half the calories of milk.



ON SALE!
2/\$6



MANITOBA HARVEST HEMP HEARTS®

Organic - 340 g or Natural - 454 g

A delicious way to get your protein, omegas and other essential vitamins and minerals. Add them to everything - from salad to cereal, smoothies and yogurt.



ORGANIC
15⁹⁹
NATURAL
13⁹⁹



Better Together

Canadian Favourites Since 1989

MADE IN • FABRIQUÉ AU
CANADA
FROM IMPORTED INGREDIENTS
À PARTIR D'INGRÉDIENTS IMPORTÉS



33%
LESS SUGAR
THAN JAM

✓ GREAT FRUIT TASTE ✓ CLEAN INGREDIENTS
✓ GLUTEN FREE ✓ VEGAN



CROFTERSORGANIC.COM



CROFTER'S® ORGANIC
PREMIUM FRUIT SPREAD
Assorted varieties - 383 ml



ON SALE!
6⁹⁹

NUTS TO YOU® ORGANIC
PEANUT BUTTER
Smooth or Crunchy - 500 g



ON SALE!
6⁹⁹



NO ADDED SALT, SUGAR
OR HYDROGENATED OIL

NON-GMO,
DAIRY, WHEAT,
SOY AND
GLUTEN FREE
KOSHER



NUTSTOYOU.CA

FROZEN FOODS



ENLIGHTENED® KETO ICE CREAM
Assorted varieties - 473 ml

A lighter way to enjoy your ice cream, in
the same indulgent flavours.

ON SALE!

8⁴⁹



**STAHLBUSH ISLAND FARMS®
FROZEN FRUIT**

Assorted varieties - 283 - 300 g

Left in the field or on the vine until perfectly
ripe, then immediately frozen to seal in the
flavour and freshness.



ON SALE!

5⁹⁹



CAULIPOWER® PIZZA OR PIZZA CRUSTS
Assorted varieties - 310 - 320 g



BUY 1, GET 1 FREE!

Frozen pizza reinvented with a game-changing cauliflower
crust that tastes like traditional thin crust pizza.



BUILDING BLOCKS FOR A BETTER YEAR AHEAD

This year, embark on a journey to a healthier you with Health First. Explore our foundational vitamins and supplements expertly crafted to enhance your well-being. Elevate your health and embrace a year of vitality with the Health First product line.

FOUNDATIONAL MINERALS

Modern diets and busy lifestyles often lead to mineral deficiencies. Supplementation, particularly when initiated early, can play an important role in maintaining vibrancy and health as we age. The calcium in Cal Mag Supreme is sourced from highly bioavailable Aquamin™, extensively studied for its ability to assist in preserving bone density. Iron is commonly deficient in pre-menopausal women and is critical in red blood cell formation. Iron Supreme features Ferrochel® iron and key nutrients in a non-constipating and easily absorbed formula. Magnesium contributes to over 300 bodily processes! Our formula provides 200 mg of elemental magnesium, featuring the bisglycinate form for maximum absorbability.

CAL MAG SUPREME
120 tablets

ON SALE!

48⁹⁹

IRON SUPREME
60 vegetable capsules

ON SALE!

15⁹⁹



MAGNESIUM BISGLYCINATE 200 SUPREME
180 vegetable capsules

ON SALE!

29⁹⁹

EXTINGUISH INFLAMMATION

Chronic inflammation can contribute to the progression of various chronic illnesses. Lifestyle changes, such as regular exercise, stress management, and a healthy diet, can play a role in reducing inflammation, but it isn't always enough. Curcumin Supreme Extra Strength contains Meriva® curcumin, a phytosome extract that has been shown to increase the bioavailability of curcumin, helping to relieve joint pain and inflammation.



**CURCUMIN
SUPREME EXTRA
STRENGTH**
60 vegetable capsules

ON SALE!

36⁹⁹

YOUR 2024 IMMUNE LIFELINE

As a mom, you just don't have time to get sick! Prioritize your well-being this year and be ready at the first hint of illness (and even before) with the Health First line of immune supporting supplements. Experience the power to bounce back quickly and embrace a healthier, more resilient and unstoppable you.



IMMUNO FIRST 60 vegetable capsules

A daily supplement that can both boost an underactive immune system and modulate an overactive one, with a potent plant based phytosterol, beta-sitosterol and vitamin A rich formula. Immuno First helps to maintain eyesight, skin, mucous membranes, and a healthy immune system.

ON SALE!
26⁹⁹



CONGESTION RELIEF SUPREME 60 gelcaps

With a potent blend of antioxidant rich, antibacterial and antifungal ingredients including organic oregano oil, organic garlic oil and black seed oil, Congestion Relief Supreme will become your go-to supplement to help ease mucus build up while clearing nasal and sinus congestion.

ON SALE!
29⁹⁹



OREGA SUPREME 25 ml

A must have for any medicine cabinet! Our potent combination of wildcrafted oil of oregano and thyme oil is blended with extra virgin organic olive oil and will become your go to supplement to help relieve coughs, bronchitis symptoms and mucus build up.

ON SALE!
28⁹⁹



COLD DEFENSE SUPREME 33 vegetable capsules

ON SALE!
9⁹⁹

TRY IT FOR ONE COLD, LOVE IT FOR ALL!

With a blend of traditional Chinese herbs and adaptogens that help to relieve cold symptoms we're sure if you try it for one cold you'll be hooked! Featuring ginseng, andrographis and astragalus with fang feng and huo xiang for an all-in-one, non-drowsy formula that can be used by everyone in the family aged 12 and up.



SUNSHINE VITAMIN IN 3 WAYS

Not all vitamin D is created equal! Health First offers a broad selection of the sunshine vitamin with 400 IU or 1,000 IU dosing in liquid, gelcap and chewable formats to suit your every need. We use cholecalciferol, the natural form of vitamin D made in your skin, in a base of MCTs and organic sunflower or organic olive oil to optimize absorption. Daily vitamin D supports your immune system and helps prevent vitamin D deficiency.

BUY ONE BOTTLE OF VITAMIN D3 GET A SECOND BOTTLE OF THE SAME VITAMIN D3 FREE!



**VITAMIN D3
500 + 500
gelcaps FREE!**

Each gelcap provides you with 1,000 IU of vitamin D3 in certified organic olive oil.



**VITAMIN D3
ONE DROP
DAILY
30 ml +
30 ml FREE!**

With 1,000 IU per drop in a base of MCT and organic sunflower oils.



**FAMILY FIRST
VITAMIN D
180 + 180
natural chocolate
chewable tablets
FREE!**

Each chewable tablet contains 400 IU of vitamin D3 plus real fruit and vegetable extracts.

NATURAL RESPIRATORY SUPPORT

Fortify your immune and respiratory health throughout the seasons while building the resilience to thrive year-round.



NAC
120 vegetable capsules

Our vegan N-Acetyl-Cysteine is an amino acid the body needs to create glutathione, a potent antioxidant that helps to reinforce the immune system's defense against oxidative stress. NAC has been extensively studied for its ability to help relieve respiratory tract conditions.

ON SALE!

25⁹⁹



RESPIR FIRST
500 ml

Your go-to formula to help relieve coughs, colds, bronchitis, and even seasonal allergy symptoms. Respir First contains a unique blend of marshmallow root, nettle, ginger, astragalus, thyme, linden flower, and fenugreek seed to help support your respiratory system when you need it most!

ON SALE!

19⁹⁹

HEALTH
FIRST

HEALTHY WINTER SKIN

Set the foundation and nourish your skin from within with Health First's curated selection of vitamins and minerals, essential for maintaining a vibrant winter complexion.



Elevate your routine by staying hydrated, rejuvenating with ample sleep and indulging in a nutrient rich diet high in vegetables, fruit, nuts, and seeds. Embrace your winter beauty naturally and enjoy the benefits all season long!



BERRY C SUPREME *180 vegetable capsules*

Contains calcium ascorbate, a highly bioavailable form of vitamin C with Bioperine®, antioxidants, red bioflavonoids, and quercetin. Vitamin C supports immune health and is also essential in collagen formation and building healthier bones, skin and teeth.

ON SALE!

33⁹⁹



FAMILY FIRST VITAMIN C *150 natural strawberry chewable tablets*

With 400 mg of vitamin C including sodium ascorbate, a buffered form that is gentle on the stomach. An easy to take and yummy option for the whole family!

ON SALE!

23⁹⁹



VITAMIN E *180 gencaps*

In a mixed tocopherol complex, vitamin E offers antioxidant protection against cellular aging. Studied for its role in protecting cell membranes and thus skin, eye and immune health. Try applying vitamin E oil directly on dry skin patches!

ON SALE!

30⁹⁹



ZINC PLUS COPPER *100 capsules*

Features highly absorbable zinc citrate in a balanced ratio with copper to prevent copper deficiency. Well known for its ability to support healthy immune function, zinc is also a key mineral to help maintain healthy skin, hair and nails.

ON SALE!

10⁹⁹



FAMILY FIRST ZINC PLUS COPPER *150 natural elderberry chewable tablets*

An essential mineral for the entire family! Family First Zinc Plus Copper contains a balanced ratio of highly bioavailable zinc citrate and copper citrate to support immune and skin health. Comes in a delicious natural elderberry flavour!

ON SALE!

21⁹⁹



**SCAN THE QR CODE
TO SEE OUR
HEALTH FIRST
ZINC QUICK GUIDE**



**FLOW®
ALKALINE
SPRING
WATER**
1 L

Sourced with pure intention, packaged with purpose and a 100% naturally alkaline spring water.



ON SALE!
2/\$5



**ELMHURST®
PLANT-
BASED
MILKS**
Assorted varieties - 946 ml

Made without using gums or fillers. Just a few simple ingredients so that you experience the flavour and nutrition in each creamy glass.



ON SALE!
7⁹⁹



**OMEGA NUTRITION
ORGANIC APPLE CIDER
VINEGAR**
946 ml

Unfiltered and unpasteurized, made with no chemicals, additives or preservatives.



ON SALE!
7⁴⁹



**LUNDBERG® ORGANIC
RICE**
Assorted varieties - 907 g

Full-flavoured and an excellent source of whole grains. The perfect side dish for any meal.



ON SALE!
12⁹⁹



**CHA'S ORGANICS ORGANIC
COCONUT ROLLS**
Assorted varieties - 100 g

Delightfully crispy wafer rolls made from pure organic coconut milk combined with wholesome, real food ingredients all rolled into an unparalleled bite-sized indulgence.



ON SALE!
5⁹⁹



YOGI® ORGANIC TEAS
16 tea bags

Formulated with delicious taste and healthful benefits in mind. Made with organic ingredients.



ON SALE!
5⁹⁹

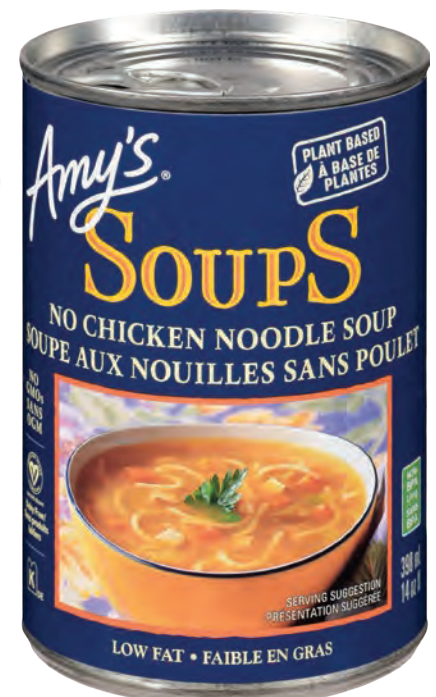


MADE GOOD® SNACKS
Assorted varieties and sizes

Baked with good intentions like organic ingredients, whole grains, and veggies. Loved by kids and grown-ups alike.



ON SALE!
4⁴⁹



AMY'S® SOUPS
Assorted varieties - 398 ml

Delicious soups made from the finest ingredients. Tastes just like homemade!



ON SALE!
5⁴⁹



NUTIVA® ORGANIC VIRGIN COCONUT OIL
1.6L or 860 ml

Coconut is one of the world's most nourishing superfoods. Its oil is perfect for sautéing, baking, and enhancing your favourite recipes.



1.6 L

32⁹⁹

860 ML

19⁹⁹



TRADITIONAL MEDICINALS® WELLNESS TEAS
Assorted varieties - 16 bags

Carefully crafted, high-quality herbal teas that are made with all-natural ingredients.



ON SALE!

5⁴⁹



RISE KOMBUCHA
Assorted varieties - 414 ml

A blissful blend of spices, organic and raw ingredients and Kombucha.



ON SALE!

2/\$7



REDMOND REAL SALT®
737 g

Unrefined and contains important minerals not found in table salt. In an earth-friendly refill pouch, the screw top lid makes refilling shakers a breeze while saving money and the environment!



ON SALE!

14⁹⁹



NOW® BETTER STEVIA®
100 Packets

A zero-calorie, low glycemic, plant-derived sweetener that makes a healthy substitute for table sugar and artificial sweeteners.



ON SALE!

10⁹⁹



WHOLESOME SWEETENERS® ORGANIC MOLASSES
1.33 kg

Rich, full-bodied, robust flavour and adds natural colour and opulent caramel molasses tones to recipes.



ON SALE!

10⁹⁹

ACTIVE LIVING



**NUTRASEA®
OMEGA-3**
240 softgels or
Lemon Flavour -
500 ml

Great-tasting, ultra-pure omega-3 for the maintenance of good health, cardiovascular health and cognitive and brain function.



240 SOFTGELS

50⁹⁹

500 ML

57⁹⁹



**PRAIRIE NATURALS® SPORT
MARINE COLLAGEN COOLERS OR
SOOTHERS**

Assorted flavours - Bag of 15 packets

Instant collagen drink mixes, available in juice-style and cider-style flavours.



ON SALE!

39⁹⁹



**PROGRESSIVE®
GRASS-FED
WHEY
PROTEIN**
Assorted flavours -
850 g

Features a gently processed, low-temperature filtered whey protein concentrate imported from New Zealand. Contains zero artificial flavours, colours, or sweeteners.



ON SALE!

44⁹⁹



**GENUINE
HEALTH
GREENS+
EXTRA ENERGY**
Assorted flavours -
399 - 445 g

Provides an all-natural, immediate, long-lasting energy boost along with essential nutrients for a healthier, energized body in just one scoop a day.



ON SALE!

62⁹⁹



**IRON VEGAN™
SPROUTED
PROTEIN™
BARS**
12 x 64 g or 64 g

Fuel your body, accelerate recovery and build lean muscle!



12 X 64 G

34⁹⁹

64 G

2/\$7

BUNDLE
AND
SAVE!



GENUINE HEALTH JOINT RELIEF
60 + 60 capsules

Reduces pain and stiffness caused by inflammation and osteoarthritis with NEM® and fermented turmeric.



ON SALE!

59⁹⁹

IMMUNE



**A.VOGEL
ECHINAFORCE®**
30 ml or 90 chewable
tablets

Sore Throat Spray is used to treat painful inflammation and infection of the throat. **Echinaforce® Junior** helps prevent and relieve the symptoms of upper respiratory tract infections in children.



SPRAY - 30 ML

16⁴⁹

JUNIOR - 90 TABS

29⁴⁹



**ST. FRANCIS
HERB FARM®
DEEP IMMUNE®
ORIGINAL**
120 vegicaps

Contains eight adaptogenic herbs to support and fortify the immune system by restoring the body's innate balance.



ON SALE!

31⁹⁹



**BOIRON®
STODAL®**
Assorted varieties -
200 ml

Homeopathic medicine used for dry or wet cough, irritating cough, or cough with phlegm. Available in a sugar-free and multi-symptom formula!

ON SALE!

13⁴⁹

YOU CAN DO MORE WHEN YOU HAVE STRONG BONES

- **COMPREHENSIVE NATURAL FORMULA REDUCES THE RISK OF OSTEOPOROSIS**

- **HELPS BUILD AND MAINTAIN STRONG, RESILIENT BONES**



49⁹⁹



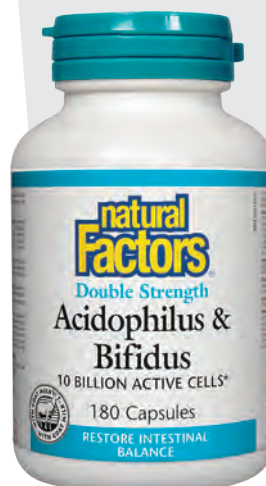
CANPREV™ D3 & K2 120 softgels

Assists the body in absorbing and utilizing calcium and supports the development and maintenance of bones and teeth.



ON SALE!

24⁹⁹



NATURAL FACTORS® DOUBLE STRENGTH ACIDOPHILUS & BIFIDUS 180 capsules

Keeps a proper pH balance in the small intestine, inhibiting yeast growth. Helps maintain the health of the large intestine.



ON SALE!

28⁹⁹



BIOSIL™ 120 vegetarian capsules

Nourish your skin, reduce fine lines and wrinkles, and thicken and strengthen your hair and nails.



ON SALE!

62⁹⁹

TACKLE FATS, CARBS, AND PROTEINS WITH ENZYME POWER!



- **COMPREHENSIVE BLEND OF ENZYMES**
- **BREAKS DOWN FOOD AND OPTIMIZES NUTRIENT ABSORPTION**
- **HELPS PREVENT DIGESTIVE DISCOMFORT**

35⁹⁹

New Roots
HERBAL

Inspired by Nature,
Driven by Science to
Make Life Better!



NOW® QUERCETIN WITH BROMELAIN 120 veg capsules

Supports healthy seasonal immune function. Also helps relieve the pain of nonbacterial chronic prostatitis. Enhanced with bromelain for improved absorption and activity.



ON SALE!

48⁹⁹



GARDEN OF LIFE® RAW ORGANIC ALL-IN-ONE SHAKE Assorted flavours - 907 - 1038 g

On-the-go nutrition that contains 20 g of protein, 7 g of fibre and 44 superfoods per serving.



ON SALE!

59⁹⁹



HEALTH FIRST® STRESS RELEASE SUPREME 60 + 60 vegetable capsules FREE!

With Suntheanine®, schisandra, reishi, and cordyceps to support health and well-being during times of stress.



ON SALE!

BUY 1 BOTTLE OF STRESS RELEASE SUPREME AND GET 1 FREE!



foodsmiths.com
106 Wilson St. West, Perth
613.267.5409

HEALTH
FIRST®

* Not all products shown are available at all Health First Network stores