

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!

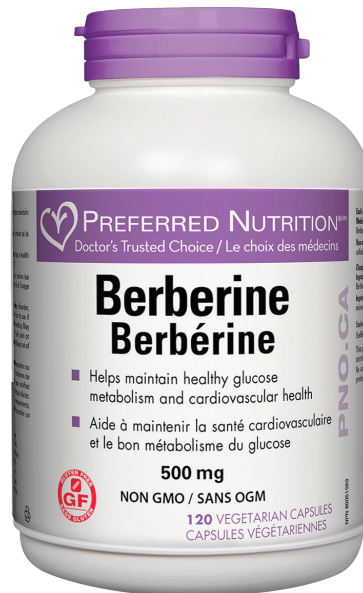


**HEALTH FIRST®  
PROBIO  
SUPREME**  
60 delayed release capsules

Contains 55 billion live cultures and 14 research-backed bacterial strains to help support gastrointestinal health. Dairy and soy free.



ON SALE!  
**59<sup>99</sup>**



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

Helps maintain healthy glucose metabolism and cardiovascular health.



ON SALE!  
**37<sup>99</sup>**



**TOTAL BODY COLLAGEN™**

100% COMPLETE AMINO ACIDS with Hyaluronic Acid, Glutamine, and Biotin  
**Antianging · Hydrated Skin  
Muscle & Joint Recovery**  
ANTIBIOTIC FREE HORMONE FREE GLUTEN FREE  
**POMEGRANATE**  
500 g

**TOTAL BODY COLLAGEN™**  
Assorted flavours - 500 g each

Supports formation of collagen and connective tissue for joint health and helps to nourish skin, hair and nails.



ON SALE!  
**49<sup>99</sup>**



**HEALTH FIRST®  
UTI SUPREME**  
60 vegetable capsules

Contains clinically-studied ELLIROSE™ hibiscus along with cranberry and D-mannose which are shown to reduce recurrent urinary tract infections.



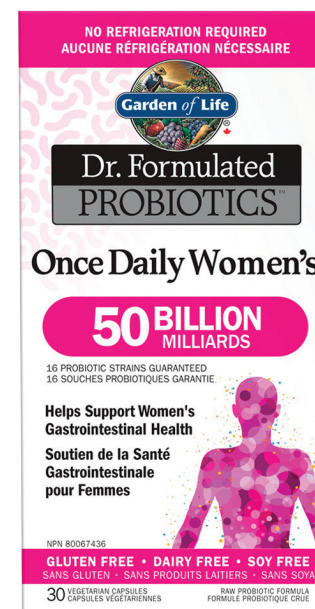
ON SALE!  
**24<sup>99</sup>**



**SALUS FLORAVIT® OR FLORADIX®**  
500 ml each

Clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy. Easily absorbed, non-constipating formula.

ON SALE!  
**41<sup>49</sup>**



**GARDEN OF LIFE® DR. FORMULATED PROBIOTICS™  
ONCE DAILY WOMEN'S**  
30 vegetarian capsules

Helps support women's gastrointestinal health with 16 probiotic strains and 50 billion CFU per capsule.



ON SALE!  
**39<sup>99</sup>**

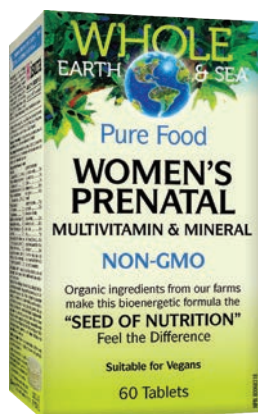
• SALE DATES: MAY 3 - 18, 2024 • HEALTHFIRST.CA •

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VIEW OUR FLYER ON **flipp**

A-1

## WOMEN'S HEALTH



### WHOLE EARTH & SEA® WOMEN'S PRENATAL MULTIVITAMIN & MINERAL 60 tablets

A comprehensive, whole food-based supplement designed specifically for pregnant women.



ON SALE!

29<sup>99</sup>



### EFAMOL® EVENING PRIMROSE OIL 180 or 90 softgel capsules

Clinically proven to improve skin moisture, elasticity and firmness.



180 SOFTGELS

53<sup>49</sup>

90 SOFTGELS

31<sup>99</sup>



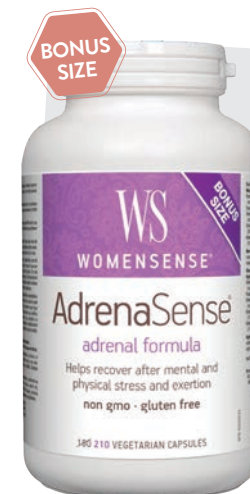
### CANPREV™ MENO-PREV + MOOD & MEMORY 120 vegetable capsules

An all-natural formula designed to provide relief from hot flashes, night sweats and nervous tension, with support for mood, memory and libido.



ON SALE!

49<sup>99</sup>



### WOMENSENSE® ADRENASENSE® 210 vegetarian capsules (30 FREE)

Improves mental and physical performance after periods of mental and/or physical exertion, and helps to temporarily promote relaxation.



ON SALE!

43<sup>99</sup>

## ACTIVE LIVING

prairienaturals®

LIVE THE HEALTHY LIFE®

## Add More Superfoods to Your Everyday



43<sup>99</sup>



31<sup>49</sup>



41<sup>99</sup>



39<sup>99</sup>

Fermented & Organic Superfoods

prairienaturals.ca f i g t n



### MYONATURAL™ 85 g

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

ON SALE!

32<sup>99</sup>



### PROGRESSIVE® 120 vegetable capsules each

Multivitamin for Active Men or Women addresses the health needs of active adults. Multivitamin for Adult Men or Women 50+ supports the needs of an aging body.



ON SALE!

40<sup>99</sup>



### GENUINE HEALTH ALL-IN-ONE Assorted flavours - 643 - 675 g

Contains 21 g of plant-based protein, greens, probiotics, stress-supporting ingredients, and a multivitamin and mineral blend. Available in unsweetened natural or vanilla!



ON SALE!

61<sup>99</sup>



### MEGAFOOD® MULTIVITAMINS 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



### ITL HEALTH Assorted varieties - 150 g or 120 vegan capsules

Mag365 is a highly bioavailable magnesium citrate powder. PrizMag Pure Magnesium Bisglycinate is free from fillers, stearates and magnesium oxide.



MAG 365

13<sup>99</sup>

PRIZMAG

19<sup>99</sup>



### IRON VEGAN™ FERMENTED L-GLUTAMINE 400 g

Supports the immune system following periods of physical stress and assists in muscle cell repair after exercise.



ON SALE!

24<sup>99</sup>

HEALTH  
FIRST

# GROCERY CORNER



## MADE GOOD® SNACKS

Assorted varieties and sizes

Baked with organic ingredients, whole grains, and contain nutrients from vegetable extracts. Loved by kids and grown-ups alike.



ON SALE!

3<sup>99</sup>



## 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



## CHOSEN FOODS® AVOCADO OIL MAYONNAISE

Assorted varieties - 710 ml or 332 - 335 ml

Made with 100% pure avocado oil, cage-free eggs, organic vinegar, organic mustard, and spices. It's rich and slightly tangy—perfect for everyday use.



710 ML

16<sup>99</sup>

332 - 335 ML

10<sup>99</sup>



## NUTS TO YOU® ALMOND BUTTER

Crunchy or Smooth - 735 g

Made without added salt, sugar or hydrogenated oils. Makes a great spread or delicious addition to sauces, dressings or smoothies.



ON SALE!

14<sup>99</sup>



ON SALE!  
**10<sup>99</sup>**

# Organic Flax Oil

## FROM SEED TO BOTTLE

- An excellent source of omega-3 fatty acids
- Unrefined, cold-pressed, virgin flax oil
- We press the seeds and bottle the oil in-house

Certified Kosher + Non-GMO + Organic + Vegan



FLORAHEALTH.COM | 1.888.436.6697

FROZEN FOODS



## MID-DAY SQUARES™

Assorted varieties - 33 g

Perfectly designed to stop your hunger or cravings in between meals. Each square is packed with clean plant protein, real chocolate and superfoods.



ON SALE!  
**2<sup>29</sup>**

## STAHLBUSH ISLAND FARMS® FROZEN VEGETABLES

Assorted varieties - 300 - 397 g

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



ON SALE!  
**3<sup>99</sup>**



## O'DOUGHS® BAGEL THINS

Assorted varieties - 300 g

Great-tasting and healthier gluten-free baked goods that your family will enjoy!



ON SALE!  
**4<sup>49</sup>**

## AMY'S® BURRITOS

Assorted varieties - 156 - 170 g

Made by hand and come in a variety of delicious flavours.



ON SALE!  
**2/<sup>\$9</sup>**





**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!**  
**14<sup>99</sup>**



**PAMELA'S® BAKING & PANCAKE MIX**  
680 g

A delicious, quick and easy to make mix with 8 grams of whole grains per serving.



  
**ON SALE!**  
**12<sup>99</sup>**



**SAN-J COOKING SAUCES**  
Assorted varieties - 296 ml

Perfectly balanced with rich flavours. These sauces are gluten-free and very versatile, from a marinade to a stir-fry, you can create delicious meals in a snap!


  
**ON SALE!**  
**5<sup>49</sup>**



**MARY'S ORGANIC CRACKERS™**  
Assorted varieties - 156 - 184 g

Providing a rich, earthy flavour with a satisfying crunch. Delicious on their own or with your favourite toppings.



  
**ON SALE!**  
**7<sup>49</sup>**



**GOOD TO GO® BARS**  
Assorted varieties - 40 g

Soft baked, keto certified and made with real, tasty ingredients - your taste buds won't believe it!



  
**ON SALE!**  
**3/\$7**



**LILY'S® CHOCOLATE BARS**  
Assorted varieties - 80 - 85 g

Made from premium, fair trade chocolate without any added sugar! Unbelievably delicious chocolate for snacking and baking. The good kind of "sweet."


  
**ON SALE!**  
**2/\$9**



**TRADITIONAL MEDICINALS® WELLNESS TEAS**  
Assorted varieties - 16 bags

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



  
**ON SALE!**  
**5<sup>49</sup>**



**SCHÄR ARTISAN BAKER BREAD**  
Assorted varieties - 385 - 400 g

Made without the use of preservatives, using healthy whole ingredients. The taste and texture of this bread will amaze you!

  
**ON SALE!**  
**7<sup>49</sup>**



**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!

**3<sup>99</sup>**



**SIETE GRAIN FREE TORTILLA CHIPS**  
Assorted varieties - 142 g

Made with simple ingredients like cassava flour and 100% avocado oil for a gluten- and dairy-free snack.



ON SALE!

**6<sup>99</sup>**



**ENDANGERED SPECIES® CHOCOLATE BARS**  
Assorted varieties - 85 g

Made with only a handful of health-conscious, high quality ingredients. A sustainably sourced chocolate bar that gives forward to conservation.



ON SALE!

**2/\$9**



**NAVITAS® ORGANICS CACAO NIBS OR POWDER**  
227 g each

Perfect additions to smoothies and delicious used in raw baking. They also contain naturally occurring minerals and antioxidants.



ON SALE!

**9<sup>99</sup>**



**PRAIRIE NATURALS® HAIR-FORCE**  
180 + 20 softgels

Combines a blend of 22 natural nutrients recognized for their role in restoring, repairing and nourishing hair.

GMOS GLUTEN  
ON SALE!  
**59<sup>99</sup>**



**A. VOGEL GOODNIGHT!**  
14 sachets x 2 g

A non-habit forming formula that calms the mind to induce sleep and enhances sleep quality to leave you feeling rested without grogginess.

VEGAN  
ON SALE!  
**22<sup>99</sup>**



**BEAUTY BOUTIQUE**



**PRAIRIE NATURALS® SHAMPOOS OR CONDITIONERS**  
Assorted varieties - 350 - 500 ml

Made from herbal extracts and natural plant emollients, leaving your hair shiny and manageable.

GMOS GLUTEN  
ON SALE!  
**13<sup>99</sup>**



**DERMA E NATURAL BEAUTY PRODUCTS**  
Assorted varieties and sizes

Natural, therapeutic beauty formulations that are rich in vitamins, antioxidants and botanicals.

VEGAN GMOS GLUTEN  
ON SALE!  
**20% off**



**ANDALOU FACE CARE PRODUCTS**  
Select varieties and sizes

Products that are certified organic, nature derived, and always cruelty free.

VEGAN GMOS GLUTEN  
ON SALE!  
**20% off**



**GREEN BEAVER® 100% NATURAL MINERAL SUNSCREEN**  
Assorted varieties - 60 - 90 ml

Naturally reliable sunscreens that contain healthy, organic ingredients, are chemical-free and leave no sticky residue.

VEGAN GMOS GLUTEN  
ON SALE!  
**18<sup>99</sup>**

**HEALTH FIRST®**



**HEALTH FIRST® PROSTATE PROTECT SUPREME**  
120 vegetable capsules

Is used in herbal medicine to help relieve the urologic symptoms associated with mild to benign prostatic hyperplasia. Contains Flowens® Cranberry and Saw Palmetto.

GMOS GLUTEN  
ON SALE!  
**67<sup>99</sup>**



**HEALTH FIRST® ZINC PLUS COPPER**  
100 capsules

A critical balance of zinc and copper, two key minerals to support healthy tissue formation and iron absorption while strengthening immune function.

GMOS GLUTEN  
ON SALE!  
**10<sup>99</sup>**



**HEALTH FIRST® TESTO SUPREME**  
60 vegetable capsules

Contains KSM-66® organic ashwagandha root extract and helps to promote healthy testosterone production in males.

GMOS GLUTEN  
ON SALE!  
**19<sup>99</sup>**



**HEALTH FIRST® B100 COMPLEX SUPREME**  
120 vegetable capsules

Contains 100 mg of the major B vitamins to metabolize carbohydrates, fats and proteins, together with the popular adaptogen maca root.

VEGAN GMOS GLUTEN  
ON SALE!  
**32<sup>99</sup>**



**NATURAL FACTORS®  
VITAMIN K2  
120 MCG**  
120 vegetarian capsules

Helps increase calcium absorption to strengthen bone density and inhibits the calcification of arteries and other soft tissues.



ON SALE!  
**19<sup>99</sup>**



**FLORA  
IMMEDIATE  
RELIEF  
ENZYMES**  
120 vegetarian capsules

Especially helpful for those with diets high in protein and fibre, this vegetarian formula can help provide relief from occasional heartburn, gas, bloating, and indigestion.



ON SALE!  
**33<sup>99</sup>**



**BIOFIL™**  
120 vegetarian capsules

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



ON SALE!  
**62<sup>99</sup>**



**HEALTH FIRST®  
CURCUMIN  
SUPREME EXTRA  
STRENGTH**  
60 vegetable capsules

Contains Meriva®, a highly bioavailable curcumin clinically proven to help relieve joint pain and inflammation.



ON SALE!  
**36<sup>99</sup>**



**NUTRAVEGE™  
PLANT-BASED  
OMEGA-3**  
Assorted flavours -  
200 ml or 30 softgels

Vegan-friendly with 150mg EPA + 300 mg DHA from algae. One tsp. (5ml) or one softgel per day. Also with 1000IU Vegan Vitamin D.



200 ML  
ON SALE!  
**31<sup>99</sup>**  
30 softgels  
**22<sup>99</sup>**



**NOW® ESSENTIAL OILS**  
Assorted varieties and sizes

Liquid plant essences grown free of pesticides, synthetic fertilizer and herbicidal residues.

ON SALE!  
**20% off**



**HEALTH FIRST®  
JOINTS FIRST  
500 ml**

Combines a double glucosamine complex with collagen and traditional herbs to help prevent inflammation and relieve joint pain.



ON SALE!  
**29<sup>49</sup>**



foodsmiths.com  
106 Wilson St. West, Perth  
613.267.5409

**HEALTH  
FIRST**

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