

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!



IT'S TIME TO FIX OUR SLEEP SO WE CAN

Enjoy life More

**Health First®
Sleep Supreme and Calming Mist**
60 vegetable capsules + 60 ml

Health First has developed a novel duo to help set the stage for a better night's sleep. **Sleep Supreme** features PharmaGABA® with inositol, magnesium and key adaptogens to promote relaxation and sleep. With a blend of organic essential oils, **Calming Mist** can be applied to the face or pillow to further promote relaxation.

ON SALE!
32⁹⁹



**NOW®
D-MANNOSE**
120 vegetarian
capsules

A simple sugar that occurs in plants that can adhere to undesirable foreign substances, preventing them from sticking to the bladder.

ON SALE!
28⁹⁹



**NATURAL
FACTORS®
QUERCETIN
LIPOMICEL®**
120 or 60
liquid softgels

Supports healthy blood vessels by reducing the impact of oxidative damage to blood vessel walls.

ON SALE!
62⁹⁹
36⁴⁹



**GARDEN OF LIFE® RAW
ORGANIC PROTEIN**
Assorted flavours - 568 - 660 g

Contains 22 g of protein per serving and is made from 13 raw-sprouted proteins. Contains no soy.

ON SALE!
49⁹⁹



**NEW ROOTS HERBAL MEDICINAL
MUSHROOMS**
Assorted varieties -
60 vegetable capsules each

Hot water extracted, which gently releases the mushroom's medicinal components and standardized for a consistent therapeutic dose in every capsule.

ON SALE!
30⁹⁹



**RENEW LIFE®
ULTIMATE
FLORA®
ULTIMATE
CARE™ OR
COLON CARE™
PROBIOTICS**
30 vegetarian
capsules each

Helps support the body's natural digestive functions with 12 probiotic strains.

ON SALE!
54⁴⁹
51⁴⁹



**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

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



**PROGRESSIVE®
COMPLETE
COLLAGEN™**
Assorted flavours -
500 g

A source of essential amino acids and assists in the building of lean muscle mass. Each scoop contains 10 g of non-GMO collagen per serving.



ON SALE!
48⁹⁹



**CANPREV™
PRO-BIOTIK™
15B**
60 vegetable
capsules

Shelf stable with a minimum 15 billion CFU from 5 critical, balanced, therapeutic species, and contains bacteria naturally found in the human GI tract.



ON SALE!
29⁹⁹



**NUTRASEA®
OMEGA-3 OR
NUTRASEA+D™**
Lemon Flavour -
500 ml or 150
softgels

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



500 ML
58⁹⁹
150 SOFTGELS
62⁹⁹



**PRAIRIE
NATURALS®**
60 softgels each

Ocu-Force contains antioxidants recognized for promoting healthy eyes and vision.

Neuro-Force contains a source of omega-3 fatty acids with PQQ, Bacopa and Alpha GPC to help support cognitive health.



Ocu-Force
33⁹⁹
Neuro-Force
39⁹⁹



**PRAIRIE
NATURALS®
LIQUID B
COMPLEX
SOLUTION**
500 ml

Contains high-potency B vitamins to help reduce stress, energize, and improve mood.



ON SALE!
39⁹⁹



**SUKU™
VITAMINS**
60 gummies each

These gummy vitamins are sugar-free! **The Complete Kids Multi** contains essential vitamins, minerals and fibre. **Appley Ever After™** contains apple cider vinegar and vitamin B12.



ON SALE!
20⁹⁹



**ST. FRANCIS
HERB FARM®
DEEP IMMUNE®**
100 ml or
120 vegicaps
(33% Bonus)

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



100 ML
28⁹⁹
120 VEGICAPS
31⁹⁹



**FLORA
IRON+™ WITH
B-VITAMIN
COMPLEX**
445 ml or 240 ml

Helps prevent iron deficiency, anemia, and associated tiredness and fatigue, while supporting the formation of red blood cells. Available in assorted sizes.



445 ML
29⁹⁹
240 ML
19⁹⁹



**SMART
SOLUTIONS™**
180 or 120
vegetarian capsules

Adrenasmart® helps to relieve symptoms of stress, and reduces fatigue and sleeplessness. **Estrosmart®** supports estrogen balance and detoxification and balances hormones.



ON SALE!
49⁹⁹

HEALTH
FIRST

GROCERY CORNER



**BRAGG®
ORGANIC APPLE
CIDER VINEGAR**
946 ml

Made from organically grown apples and contains the amazing 'Mother' of vinegar. The 'Mother' consists of strands of proteins, enzymes, and friendly bacteria.



ON SALE!

9⁹⁹



**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/\$7



**GTS® ORGANIC
RAW
KOMBUCHA™**
Assorted varieties -
480 ml

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



ON SALE!

2/\$9



PRANA® TRAIL MIXES
Assorted varieties - 150 g

A healthy snack designed to promote wholesome living through good nourishment.



ON SALE!

5⁴⁹



**NUTS TO YOU® ORGANIC
FAIR TRADE SESAME TAHINI**
500 g or 250 g

Can be used just like any other nut and seed butter. It also makes tasty sauces, dressings and dips!



500 G

8⁷⁹



250 G

4⁹⁹



LUNDBERG® RICE CAKES
Assorted varieties - 167 - 269 g



ON SALE!
649

Peaches & Cream Rice Cakes

This snack is pretty as a peach and it tastes amazing too! Lundberg Family Farms Cinnamon Toast Rice Cakes are popped fresh at their California farm with Regenerative Organic Certified® brown rice. When topped with yogurt, freshly grilled peaches, and a drizzle of honey you get a snack that's good for you and the planet.

Servings: 4
Prep Time: 10 Minutes

Ingredients:

- 4 Organic Cinnamon Toast Rice Cakes
- 1 Peach, Cut into sixths, Grilled
- 1/2 Cup Vanilla Yogurt
- 2 TBSP Almonds, Sliced
- 1 TBSP Honey, Drizzle
- 1 TBSP Avocado Oil

Directions:

- Heat grill pan and lightly oil. Add sliced peaches and grill for three minutes on each side. Set aside.
- Arrange Rice Cakes on a plate, add yogurt, peaches, almonds and honey.
- Enjoy!

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



BONE BREWHOUSE® CHICKEN BONE BROTHS

Select varieties - 600 ml

Sip daily or use as an alternative to water or regular stock.

ON SALE!
849



GARDEIN™ PLANT-BASED MEALS

Assorted varieties -

190 - 390 g

Completely meatless, healthy alternatives to common meat dishes, fit for both vegetarians and vegans.

ON SALE!
749



FOOD FOR LIFE® EZEKIEL 4:9® SPROUTED GRAIN BREADS

Assorted varieties - 680 g

Made with organic sprouted grains, this bread is slow-baked to preserve the natural fibres and enzymes, making it easily digestible.

ON SALE!
899



WELLNESS FOUNDATIONS FOR WOMEN

Discover a holistic approach to women's wellness through all of life's stages with Health First. Our curated products support young women through pre-conception, postnatal health and beyond, working together to lay a strong foundation for overall well-being. Experience comprehensive support as you navigate each stage with confidence.



PRE AND POST NATAL MULTI SUPREME

90 vegetable capsules

An easily digested and highly bioavailable formula featuring key nutrients for women in their childbearing years. Helps with adequate calcium and iron intake, supports early fetal development and helps support healthy immune function.

ON SALE!

25⁹⁹



IRON SUPREME

60 vegetable capsules

Features Ferrochel® iron and key nutrients in a non-constipating and easily absorbed formula. With additional B vitamins and vitamin C to enhance absorption and help prevent iron deficiency.

ON SALE!

16⁷⁹



ACTIVE FOLATE SUPREME

100 vegetable capsules

Contains 1 mg of 5-MTHF, the metabolically active form of vitamin B9. Shown to help reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy.

ON SALE!

15⁹⁹



NURSING AID

60 vegetable capsules

Made with a concentrated blend of organic fenugreek and blessed thistle to help increase milk supply while supporting digestion and helping to balance blood sugar and cholesterol levels.

ON SALE!

29⁹⁹

PUTTING YOUR HEALTH FIRST SINCE 1999 ✦ HEALTHFIRST.CA

NURTURING VITALITY THROUGH MENOPAUSE

Embrace a journey of nurturing support through life's stages with Health First, dedicated to uplifting women in their menopausal years. Our thoughtfully curated product collection offers expansive support during this transformative stage, empowering women to prioritize their health and well-being with the care and attention they deserve.



ESTROG-100® FOR MENOPAUSE

EstroG-100® is the patented mixture of giant angelica, wilford's cyanchum and sok-dan extracts at the heart of Whole Woman Supreme. Shown to help relieve menopause symptoms and studied for its safety, efficacy and tolerability through 3 prospective, randomized, double-blind, and placebo-controlled studies. It has been shown to help improve 10 of the 12 most common menopause symptoms as well as demonstrating an improvement in bone mineral density in study groups.



MULTI ONE DAILY SUPREME WITH IRON 180 tablets

Made with highly bioavailable and gentle Aquamin™ calcium and magnesium and Ferrochel® iron bisglycinate. This one-a-day formula contains essential vitamins and minerals with key phytonutrients, including quercetin and green tea.

ON SALE!

47⁹⁹



EVENING PRIMROSE OIL 120 gelcaps

With 1,300 mg per gelcap of EPO, an omega-6 fatty acid derived from plant oils that are rich in gamma-linolenic acid. Known for helping to balance hormone levels and nurture good health. Cold pressed and hexane free.

ON SALE!

35⁹⁹



WHOLE WOMAN SUPREME 60 vegetable capsules

Featuring EstroG-100® to help relieve the most common menopausal symptoms. Plus adaptogens and medicinal mushrooms to support immunity, enhance energy and mental performance, and manage blood sugar and stress.

ON SALE!

34⁹⁹



VITAMIN E 180 gelcaps

Contains 400 IU of vitamin E per gelcap in a mixed tocopherol complex offering antioxidant protection against cellular aging. Extensively studied for its role in protecting cell membranes and thus skin, eye and immune health.

ON SALE!

30⁹⁹



BUILDING STRONG BONES FOR LIFE

Women's bone density naturally declines as they age, especially post-menopause. Prioritizing key nutrients along with an active lifestyle is paramount for lifelong bone health. Explore the vital role of early bone health support with Health First. Enriched with essential minerals like calcium and magnesium and key factors for bones, our products are designed to help reduce the risk of developing osteoporosis.

ESSENTIAL MINERALS FOR BONE HEALTH

Health First chooses Aquamin™ for our bone support products. Aquamin™ contains not only calcium and magnesium, but 72+ trace minerals that bolster bone health. Sourced from a whole food red algae, it's unique honeycomb structure helps to optimize mineral absorption and preserve bone strength. Our Cal Mag Supreme Collection also features nutrients that work together to ensure calcium is delivered into the bones, including vitamins D3 and K2, and minerals potassium and boron.



- Cal Mag Supreme**
120 tablets 48⁹⁹
- Cal Mag Supreme**
450 ml 25⁹⁹
- Cal Mag Plus K2 Supreme**
450 ml 26⁹⁹



VITAMIN K2 60 vegetable capsules

Our vitamin k2 contains the highly bioavailable, fat-soluble and vegan MK-7 form sourced from natto, a fermented soybean. Ideally taken alongside calcium, vitamin D and other bone building minerals, vitamin K2 plays a critical role in protecting the heart and helping build stronger bones by guiding minerals like calcium toward the bones and away from other tissue, like the arteries.

ON SALE!
14⁹⁹

THE SCIENCE BEHIND AQUAMIN™

Scan the QR code below to explore the research and health benefits of Aquamin™, as well as bone-building recipes and tips featured in the **Health First Guide to Building Better Bones.**





SPRING INTO ACTIVE AGING

As the season blooms, it's the perfect time to prioritize your well-being by staying active and embracing the great outdoors. Our carefully selected products are designed to support active aging, promote vitality and an active lifestyle while helping you thrive and enjoy the beauty of spring to the fullest.



JOINTS FIRST 180 capsules

With collagen, two forms of glucosamine, and herbs like boswellia, sarsaparilla, white willow, and devil's claw, Joints First helps ward off inflammation, maintain healthy cartilage and relieve osteoarthritis pain. Don't let joint pain hold you back!

ON SALE!

30⁹⁹



MSM 1000 MG 180 capsules

A pure vegan source of methylsulfonylmethane. MSM helps to reduce inflammation and joint pain caused by osteoarthritis. When paired with our Glucosamine and Chondroitin Sulfate, it offers even more joint protection.

ON SALE!

21⁹⁹



GLUCOSAMINE AND CHONDROITIN SULFATE 180 capsules

Shown to work synergistically to repair cartilage and improve its elasticity. These naturally derived ingredients help relieve joint pain caused by arthritis, especially in the knees. Get rid of the pain and get out there this spring!

ON SALE!

30⁴⁹



MAGNESIUM SUPREME EXTRA STRENGTH 60 tablets

Magnesium is a must have mineral that fuels over 300 bodily processes. Our magnesium glycinate complex is highly bioavailable for maximum absorption and can help to maintain proper muscle function, bones, tissues, and teeth in adolescents and adults alike.

ON SALE!

18⁹⁹



BERRY C SUPREME 90 vegetable capsules

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

ON SALE!

19⁹⁹



LAKWOOD ORGANIC PURE LEMON OR LIME JUICES
370 ml each

All-natural, organic pure lemon and lime juices NOT from concentrate.



ON SALE!
5⁴⁹



LOVE GOOD FATS™ BARS
Assorted varieties - 39 - 40 g

Full of good fats, low in sugar and ridiculously delicious!



ON SALE!
2/\$5



MĀNUKA HEALTH MĀNUKA HONEY
Assorted varieties and sizes

Mānuka honey is extensively researched and recognized for its remarkable natural qualities. Mānuka Health is certified for natural MGO content and New Zealand origin.



ON SALE!
10%^{off}



ALTER ECO® CHOCOLATE BARS
Assorted varieties - 75 - 80 g

Great-tasting chocolates made from organically grown and fair trade cocoa.



ON SALE!
2/\$8



FODY™ SALSAS
Assorted varieties - 450 ml

Combines fresh, premium ingredients, and the perfect blend of all-natural herbs and spices for tasty, gut-happy, authentic tasting salsas.



ON SALE!
5⁹⁹



CHA'S ORGANICS CANNED FRUIT
Assorted varieties - 400 ml

Canned fruit that is certified organic, preservative- and sulphite-free and is packed fresh.



ON SALE!
5⁴⁹



MADE GOOD® CRUNCHY COOKIES
Assorted varieties - 200 g

Baked with organic ingredients plus all of the nutrients from real vegetable extracts. Crunchy, delicious, and nut-free.



ON SALE!
4⁹⁹



MANITOBA HARVEST® ORGANIC HEMP HEARTS
340 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.



ON SALE!
14⁹⁹



CROFTER'S® ORGANIC PREMIUM FRUIT SPREAD
Assorted varieties - 235 ml

Every jar has one-third less cane sugar than alternative preserves which means you taste more lip-smacking fruit juiciness and less plain sugar.



ON SALE!
5⁹⁹



BARBARA'S® CHEEZ PUFFS
Select varieties - 155 - 198 g

Light as air and packed with flavour. Stone-ground corn and carefully selected cheeses are combined to make the ultimate treat.



ON SALE!
2/\$8



SIMPLY ORGANIC® NON-ALCOHOLIC VANILLA EXTRACT
118 ml

Contains vanilla derived exclusively from Madagascar beans. Has a rich, floral and fruity vanilla flavour.



ON SALE!
24⁹⁹



GIN GINS® GINGER CANDY
Assorted varieties - 128 g

Made with 10% fresh ginger so whether you're treating a belly ache, a bout of nausea or simply indulging yourself, always have these delicious ginger candies on-hand!



ON SALE!
6⁴⁹



NOW® BETTER STEVIA®
100 Packets

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



JUST JUICE ORGANIC CRANBERRY JUICE
946 ml - 1 L

Freshly squeezed juice from 2-3 lbs of organic cranberries in every bottle. No water or sugar added - just 100% juice!



ATTITUDE™ HOME ESSENTIALS™ ALL-PURPOSE CLEANERS OR DISHWASHING LIQUID

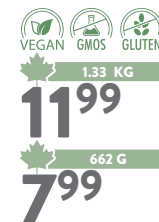
Assorted varieties - 473 ml

Cleaning products made with essential oils and high-performance ingredients, packaged in an infinitely reusable aluminum bottle to reduce plastic waste.

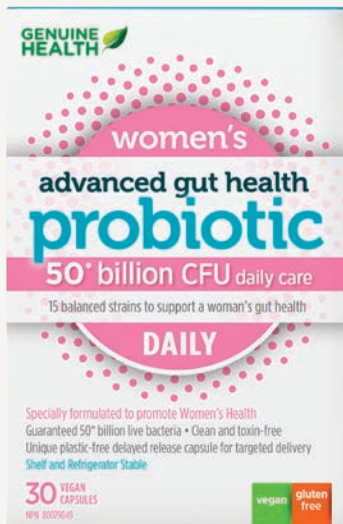


WHOLESOME SWEETENERS® ORGANIC MOLASSES
1.33 kg or 662 g

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



GENUINE HEALTH



women's advanced gut health probiotic has 15 diverse and active probiotic strains that help support women's stress, gut, skin, vaginal and immune health, all at once and every day.

\$38.99

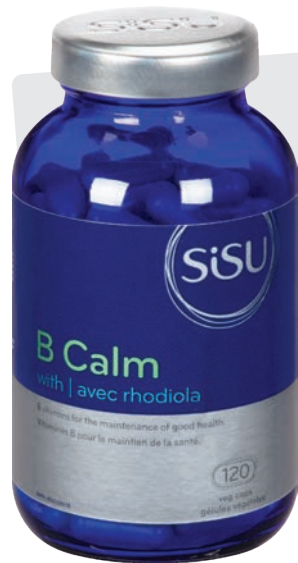


memory has been designed to support your brain health (cognition), sharpen your thinking and strengthen your ability to remember.

\$38.99



GENUINEHEALTH.COM @GENUINEHEALTH



SISU B CALM WITH RHODIOLA
120 veg caps

A full-spectrum B vitamin formula plus rhodiola to support overall health, particularly in people under physical or mental stress.



ON SALE!

63⁹⁹



QUEEN OF THE THRONES® ORGANIC GOLDEN CASTOR OIL OR ROSE QUARTZ ROLLER

500 ml or 50 ml

Nature's original skin, hair, lash and brow moisturizer, natural makeup remover, and ultimate carrier oil. Also available in a Rose Quartz Roller!



500 ML

28⁹⁹

ROLLER

27⁹⁹



BOIRON® ARNICARE® GEL
120 g + 120 g Exclusive

A quick-absorbing gel made from 100% naturally sourced medicinal ingredients that helps to relieve muscle and joint pain.

ON SALE!

39⁹⁹

BEAUTY BOUTIQUE



HERBATINT® PERMANENT HAIRCOLOUR GEL

Assorted colours - 135 ml

Formulated using safe ingredients balanced with extracts from natural herbs. No ammonia, no damage, just healthy shine.

ON SALE!

16⁹⁹



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!

17⁹⁹



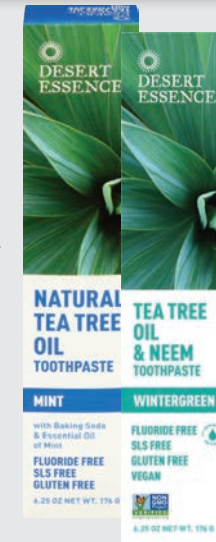
LAFE'S™ CRYSTAL ROCK DEODORANT
120 g

Effectively eliminates odour-causing bacteria and clinically proven to offer 24-hour protection.



ON SALE!

7⁹⁹



DESERT ESSENCE® TOOTHPASTE
Assorted varieties - 176 g

A purifying infusion of botanical extracts, essential oils and minerals to help you keep your breath fresh with the potent power of plants.



ON SALE!

8⁹⁹



Celebrating

EARTH DAY

2024

How choosing Whole Earth & Sea® and VegiDay® can make an impact.

Whole Earth & Sea and VegiDay are part of a global community that encourages each of us to support a sustainable future in whatever way we can, whether it's buying organic, saying "no" to GMOs, helping in a community garden, or educating future generations on the importance of caring for the planet.

Increasing the percentage of plant-based products we consume daily could impact the world's food supply. This single strategy has profound implications for food availability and protecting the environment. By reducing land, water, and energy use, and protecting the web of life, organic, sustainable agriculture benefits the entire human race.

**Organic.
Non-GMO.
Vegetarian.
Sustainably Sourced.**

Many of the nutrient-dense plant ingredients in Whole Earth & Sea and VegiDay are grown on our own Factors Farms® in the Okanagan Valley of British Columbia, where we've been harvesting 100% organic crops from our non-GMO seeds for almost a quarter of a century. It takes strong roots to flourish.

49⁹⁹
800 g powder



FREE blender or stainless steel straws with purchase of VegiDay proteins.

Plant-based Vegan Protein and Organic Greens harvested from our Farms, plus a wide Range of Vitamins and Minerals.

PREMIUM FORMULA



16⁹⁹
800 mL

plant a seed & see what grows FOUNDATION®



Discover more at seewhatgrows.org

19⁹⁹
30 vegetarian softgels



16⁹⁹
90 vegetarian capsules



31⁹⁹
100 mL



46⁹⁹
60 softgels

29⁹⁹
60 vegetarian capsules



70⁹⁹
120 tablets



37⁹⁹
60 tablets



62⁹⁹
390 g powder



Factors Farms® in the Okanagan Valley of British Columbia



foodsmiths.com
106 Wilson St. West, Perth
613.267.5409

HEALTH FIRST

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