

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, MAR 14 TO  
THURSDAY MAR 21 ONLY

UNLESS OTHERWISE STATED, WHILE SUPPLIES LAST. NO RAIN CHECKS OR  
SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY  
NOT BE EXACTLY AS SHOWN. E & OE.

YOUR LOCAL, INDEPENDENT,  
NATURAL HEALTH FOOD STORE

# Foodsmiths

THE GOOD FOOD STORE

ONTARIO  
FRESH!



Don't miss our

2 DAY SUPER SPECIALS

on page 6

IN OUR PRODUCE

**GREEN ONIONS**  
BUNCH PRODUCT OF MEXICO

SAVE 41¢

**1.28**  
/ EACH

PACIFIC

**ORGANIC BROTHS AND SOUPS**

946 ML - 1 L

SAVE UP TO \$1.50

**15% OFF**

ROCK HARBOUR

**BACON WRAPPED SCALLOPS**

200 G

SAVE \$2

**9.99**  
/ EACH

IN OUR PRODUCE

**HONEYCRISP APPLES**  
PRODUCT OF ONTARIO

SAVE 51¢

**3.98**  
/ LB

IN OUR BULK

**REDSKIN PEANUTS**  
SALTED OR UNSALTED

SAVE \$3.57/KG

**30% OFF**

BRANDT

**ROAST BEEF**  
CUSTOM CUT  
IN OUR DELI

SAVE 50¢

**2.79**  
/ 100 G



**THIS WEEK IN OUR FLYER**  
SEE THIS SIGN AND EARN  
5 TIMES THE REWARD  
POINTS ON SELECT ITEMS  
MORE INFO INSIDE!

# 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!**

**UNDER \$3.00!**



**PREMIUM QUALITY FRESH CELERY**  
PRODUCT OF USA

**SAVE \$1.01**

**2.48** / EACH

**GOOD FOR YOU!**



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

**SAVE 51¢**

**1.98** / LB



**PREMIUM QUALITY FRESH LIMES**  
PRODUCT OF MEXICO

**SAVE 67¢**

**3/\$2**  
OR 78¢ EA



**PREMIUM QUALITY CERTIFIED ORGANIC LOCALLY GROWN GARLIC**  
PRODUCT OF MABERLY, ONTARIO

**SAVE 58¢**

**2/\$3**  
OR \$1.68 EA



**ONTARIO FRESH!**



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



**BUY THIS EARN 30 POINTS**



**EVERYDAY PRICE**

**5.99** / EACH

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



**SAVE \$1.01**

**6.98** / EACH

# THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY  
ONTARIO GROWN  
**FRESH COCKTAIL  
TOMATOES**

454 G  
PRODUCT OF ONTARIO



BUY THIS  
EARN  
**65**  
POINTS



EVERYDAY PRICE

**12<sup>99</sup>**  
/ EACH



PREMIUM QUALITY  
**GREEN LEAF  
LETTUCE**

PRODUCT OF USA

SAVE 71¢

**3<sup>28</sup>**  
/ EACH



LOVIN' LIFE  
PREMIUM QUALITY  
CERTIFIED ORGANIC  
**ORGANIC BABY  
SPINACH**

142 G  
PRODUCT OF USA



SAVE \$1.01

**5<sup>98</sup>**  
/ EACH



PATCHWORK GARDENS  
PREMIUM QUALITY  
CERTIFIED ORGANIC  
LOCALLY GROWN

**ORGANIC  
COLESLAW**

300 G  
PRODUCT OF BATTERSEA, ONTARIO



ONTARIO  
FRESH!



SAVE \$1.01

**5<sup>48</sup>**  
/ EACH



PREMIUM QUALITY  
CERTIFIED ORGANIC  
**FRESH ORGANIC  
BASIL  
BUNCH**

PRODUCT OF MEXICO



SAVE 51¢

**2<sup>18</sup>**  
/ EACH



PREMIUM QUALITY  
CERTIFIED ORGANIC  
**ORGANIC CARROTS**

2 LB BAG  
PRODUCT OF USA



SAVE \$2.98

**2/\$9**  
OR \$4.98 EACH



PREMIUM QUALITY  
**FRESH BARTLETT  
PEARS**

PRODUCT OF ARGENTINA



SAVE 61¢

**2<sup>88</sup>**  
/ LB

# THIS WEEK'S GARDEN FRESH PRODUCE

WILD STONE  
PREMIUM QUALITY  
ONTARIO GROWN  
**FLORAL BOUQUET**  
EXTRA LARGE  
PRODUCT OF ETOBICOKE, ONTARIO

CANADA  
ONTARIO FRESH!  
Foodland ONTARIO

**SAVE \$3.01**  
**24<sup>98</sup>**  
/ EACH

PREMIUM QUALITY  
**FRESH SWEET GREEN BELL PEPPERS**  
PRODUCT OF USA

**SAVE \$1.01**  
**2<sup>98</sup>**  
/ LB

PREMIUM QUALITY  
**FRESH BROCCOLINI BUNCH**  
PRODUCT OF USA

**SAVE \$1.11**  
**3<sup>88</sup>**  
/ EACH

## NOW IN STOCK

PREMIUM QUALITY  
**FRESH LEMONS**  
2 LB BAG  
PRODUCT OF USA

LEMONS FANCY  
CITRONS  
908 g 2 lbs  
PRODUCT USA  
CARGENT NO. 1  
908 g 2 lbs  
PRODUCE OF USA

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

PREMIUM QUALITY  
**FRESH AVOCADOS**  
6 PACK BAG  
PRODUCT OF MEXICO

**EVERYDAY PRICE**  
**5<sup>99</sup>**  
/ EACH

PREMIUM QUALITY  
**FRESH ENDIVE**  
PRODUCT OF BELGIUM

**EVERYDAY PRICE**  
**10<sup>99</sup>**  
/ LB

PREMIUM QUALITY  
**FRESH RADICCHIO**  
PRODUCT OF USA

**EVERYDAY PRICE**  
**7<sup>99</sup>**  
/ LB

# 2 DAY SPECIALS

FRIDAY MAR 15 & SATURDAY MAR 16

IN OUR BULK  
BEER NUTS



**35% OFF**  
SAVE \$4.52/KG

IN OUR BULK  
DARK CHOCOLATE  
ALMONDS



**35% OFF**  
SAVE \$9.77/KG

PARTY SMART  
SINGLE

1 PACK

The most effective hangover prevention pill available!



**wow!**  
**3.59** / EACH  
**SAVE 40¢**

ATHLETIC BREWING  
NON ALCOHOLIC  
BEER

6 X 355 ML ASSORTED



**wow!**  
**11.99** / EACH  
**SAVE \$2.50**

BRANDT  
BLACK FOREST  
HAM

PER 100 G

CUSTOM CUT IN OUR DELI



**wow!**  
**1.99** / 100 G  
**SAVE 50¢**

MIYOKO'S  
ORGANIC  
VEGAN  
BUTTER

227 G



**wow!**  
**7.99** / EACH  
**SAVE \$2.50**

ORGANIC  
HASS AVOCADOS  
PRODUCT OF MEXICO



**wow!**  
**2/\$6**  
OR \$3.98 EA  
**SAVE \$2.98**

**THIS WEEK'S TOP PICKS!**

CIRCLE OF LIFE  
**BUENO BARS**

260 G



BUY THIS  
EARN  
**55**  
POINTS



EVERYDAY PRICE

**10.99**  
/ EACH



BRANDT  
**KOLBASSA**

250 G  
EXTRA LEAN CHUB  
OR TURKEY CHUB



SAVE UP TO \$1

**5.49**  
/ EACH

IN OUR BULK BINS  
**RAW ALMONDS**



**30%**  
OFF

SAVE \$7.47/KG

FOODSMITHS  
IN OUR DELI  
**GREEN COLESLAW**

PER 100 G



SAVE 20¢  
**1.29**  
/ 100 G

FOODSMITHS  
IN OUR DELI  
**CORNISH PASTIE**



SAVE 50¢  
**4.99**  
/ EACH

IN OUR BULK BINS  
**DRIED SWEETENED  
CRANBERRIES**



**30%**  
OFF

SAVE \$5.07/KG

**NEW IN THE STORE**

**LOCALLY  
MADE PIZZA!**  
BAKE AT HOME!

- Pepperoni & Bacon
- Meat Lovers
- Pepperoni
- All Dressed

**16"**  
**LARGE  
PIZZA**

FRESH FROZEN



EVERYDAY PRICE  
**23.99 - 29.99**  
/ EACH / EACH

**2 FOR  
DEALS!**  
IN STORE!

**THIS WEEK'S TOP PICKS!**

**LITA'S EASY COOK-AT-HOME FROZEN FLOUR TORTILLAS**  
280 G WHITE OR WHOLE WHEAT

**EVERYDAY PRICE**  
**6.99 / EACH**

**Foodsmiths**  
BUY THIS, EARN **5** TIMES THE REWARD POINTS

**BUY THIS EARN 35 POINTS**

**CANADA**

**AU PAIN FRENCH BREAD LOAF**

**SAVE 50¢**  
**4.99 / EACH**

**CANADA**

IN OUR BULK BINS  
**WALNUT HALVES**

**30% OFF**

**SAVE \$11.07/KG**

**ZEVIA 0 SUGAR SODA**  
6 X 355 ML 6 PACK ASSORTED

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

**AMY'S FROZEN BURRITOS**  
170 G

**SAVE \$1**  
**4.49 / EACH**

**CANADA**

IN OUR BULK BINS  
**REDSKIN PEANUTS SALTED OR UNSALTED**

**30% OFF**

**SAVE \$3.57/KG**

**GRAIN HARVEST SAUSAGE BUNS**  
4 PACK

**SAVE 50¢**  
**2.99 / EACH**

PRICES IN EFFECT THURSDAY, MAR 14 TO THURSDAY, MAR 21 UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.



**THIS WEEK'S TOP PICKS!**

**CIRCLE OF LIFE OATMEAL BARS**

260 G



**BUY THIS EARN 50 POINTS**

**EVERYDAY PRICE**

**9.99 / EACH**



**NEAL BROS CORN CHIPS**

276 G

ORIGINAL & MEXICAN STREET CORN



**SAVE \$1**

**5.99 / EACH**

**NOBLE TEMPEH**

240 G ASSORTED



**SAVE \$1**

**5.99 / EACH**

**CALIFIA PLANT BASED BEVERAGE**

1.4 L



**SAVE 70¢**

**6.29 / EACH**

**LA SOYARIE TOFU**

300 G - 454 G



**SAVE 70¢**

**3.99 / EACH**

**ARLA TRE STELLE NATURAL CREAM CHEESE**

200 G



**SAVE 70¢**

**6.29 / EACH**

**LE GRAND PESTO**

156 G - 170 G ASSORTED



**SAVE \$1**

**7.99 / EACH**

**GUSTAV  
DILL PICKLE  
GOUDA**  
170 G

**CUSTOMER  
FAVOURITE**



**SAVE 50¢**

**6 49**  
/ EACH



**HEWITT'S DAIRY  
10% CREAM**  
500 ML



**BUY THIS  
EARN  
15  
POINTS**



**EVERYDAY PRICE**

**3 29**  
/ EACH



**COOMBE CASTLE  
FIDDLER'S  
GREEN**

PER 100 G

*A tricolour of traditional cheeses: Sage Derby, Red Leicester and Cheddar. This delicious blend takes inspiration from the Irish flag.*

**SAVE 80¢**

**5 49**  
/ 100 G



**IRELAND'S OWN  
AUTHENTIC  
IRISH  
CHEDDAR**

PER 100 G

*Made with Irish milk from grass fed cows*

**SAVE 50¢**

**3 49**  
/ 100 G



**DREAM COME TRUE  
LOCALLY MADE  
CARROT CAKE**  
IN OUR BAKERY



**SAVE \$1**

**15 99**  
/ EACH



**CHAVROUX  
SAVENCIA GOAT  
CHEESE**

150 G  
ORIGINAL,  
CHIVE AND  
FIG

**SAVE \$1**

**6 99**  
/ EACH



**NEW IN THE STORE**

DREAM COME TRUE

**LOCALLY MADE TRUE MAPLE SYRUP & COFFEE DESSERT LOAF**

HALF LOAF



EVERYDAY PRICE

**10<sup>99</sup> / EACH**



**CLEMENT PÂTÉ**

150 G  
FINE HERB  
COUNTRY STYLE PEPPER  
COUNTRY STYLE COGNAC  
Made in the traditional way.



EVERYDAY PRICE

**4<sup>99</sup> / EACH**



**GREEN ORGANICS FROZEN VEGGIES**

500 G



ONTARIO FRESH!

SAVE \$1

**4<sup>99</sup> / EACH**

**WANT WANT RICE CRISPS**

100 G ASSORTED



EVERYDAY PRICE

**4<sup>29</sup> / EACH**

BUY THIS EARN 20 POINTS

**RISE BOTANICALS**

414 ML  
SPARKLING ADAPTOGENIC BEVERAGE

**RENEW FOCUS BOOST RELAX**



SAVE 50¢

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

**SHASHA SNAPS**

340 G ASSORTED



SAVE \$1

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

**SHASHA COCONUT CHIA SNAPS**

300 G ASSORTED



SAVE 50¢

**6<sup>49</sup> / EACH**

# FRESH DEALS IN OUR GROCERY AISLES!

CLEARLY CANADIAN  
**SPARKLING  
MINERAL  
WATER**  
325 ML ASSORTED



SAVE 30¢  
**2.99**  
/ EACH

**PUR GUM  
& PUR MINTS**  
SUGAR FREE  
ASSORTED



EVERYDAY PRICE  
**3.49** - **5.49**  
/ EACH

Feedsmiths  
THE GOOD FOOD STORES  
BUY THIS, EARN  
5 TIMES THE  
REWARD POINTS

BUY THIS  
EARN UP TO  
**25**  
POINTS

RYVITA  
**DARK RYE  
CRISP BREAD**  
250 G



SAVE \$1  
**4.49**  
/ EACH

NAVITAS  
**ORGANIC  
CACAO  
POWDER**  
227 G



SAVE \$3  
**10.99**  
/ EACH

VILLAGE TREATS  
**SITTING BUNNY**  
40 G



SAVE 30¢  
**2.99**  
/ EACH

LESSER EVIL  
**POPCORN**  
140 G - 142 G  
ASSORTED



SAVE 50¢  
**4.99**  
/ EACH

BOB'S RED MILL  
**GLUTEN FREE  
OATMEAL CUPS**  
51 G - 71 G



SAVE \$1.98  
**2/\$5**

# FRESH DEALS IN OUR GROCERY AISLES!

## INDIAN LIFE COOKING SAUCE

360 ML ASSORTED



SAVE \$2  
**849** / EACH



## SMART SWEETS LOW SUGAR BERRY BUNNIES OR TROPICAL EASTER EGGS CANDY

50 G

SAVE 70¢  
**399** / EACH



## 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!



## NEW IN THE STORE

## ILIOS CROSTINI

175 G



EVERYDAY PRICE

**299** / EACH

## SIMPLY PROTEIN BAKED OAT BARS

4 BARS

**10g** PROTEIN

**3g** SUGAR

**4g** FIBRE

EVERYDAY PRICE

**1199** / EACH



# HoneyBar

HONEY BAR  
**SNACK BARS**  
 40 G

**DID YOU KNOW?**

HoneyBar is a 30-year-old company based in Ottawa, Ontario, Canada.

SIMPLE INGREDIENTS HELD TOGETHER BY ONLY HONEY!

SAVE 98¢  
**2/\$3**



Gus is the perfect gentleman and a bit of a ladies' man

## FOODSMITHS MARCH BYOB IT TAKES A VILLAGE DOG RESCUE

It Takes a Village is a small South-Eastern Ontario based, registered non-profit organization that focuses on finding homes for dogs in need. It is foster based, made up entirely of dedicated volunteers and experienced rescuers who have united to improve the lives of dogs who find themselves without a home.

**We will feature an adoptable dog every week!**

Interested in adopting? Visit [www.ittakesavillagedogrescue.com](http://www.ittakesavillagedogrescue.com)

**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!**

"Opening up your life to a dog who needs a home is one of the most fulfilling things you can do."  
 -- Emma Kenney, Actress

THANK YOU

FOR HELPING SUPPORT THIS IMPORTANT PROGRAM



# CHOOSE YOUR BEANS

## GRIND THEM TO PERFECTION AT OUR COFFEE MILL

**ON SALE THIS WEEK**

LIFE'S LITTLE MOMENTS

MY ALARM SAYS  
**GET UP.**  
MY MIND SAYS  
NOT UNTIL I SMELL  
**COFFEE!**

**EQUATOR**  
COFFEE ROASTERS

**FREAKIN' GOOD**  
LOCALLY ROASTED COFFEE  
MEDIUM ROAST PER 100G

The name says it all. A long time favourite so good, it'll blow your mind. A great way to start the day.

TASTING NOTES: NUTTY, VANILLA, CLASSIC



**439** / 100G  
**SAVE 30¢**



# 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

CHIA SEEDS



25% OFF  
SAVE \$3.98 PER KG

PECAN PIECES



25% OFF  
SAVE \$10.98 PER KG

THOMPSON RAISINS



25% OFF  
SAVE \$3.48 PER KG

ORGANIC HARD WHITE FLOUR



25% OFF  
SAVE \$1.98 PER KG

DRIED SWEETENED BLUEBERRIES



25% OFF  
SAVE \$10.73 PER KG

NUTRITIONAL YEAST



25% OFF  
SAVE \$14.23 PER KG

ORGANIC CHICK PEAS



25% OFF  
SAVE \$2.98 PER KG

CRANBERRY GLASSIC TRAIL MIX



25% OFF  
SAVE \$4.48 PER KG

GINGER CHEWS



25% OFF  
SAVE \$10.73 PER KG

SCOTCH MINTS



25% OFF  
SAVE \$2.73 PER KG

COCONUT SMILES



25% OFF  
SAVE \$6.23 PER KG

MAPLE NUT GRANOLA



25% OFF  
SAVE \$1.83 PER KG

DARK CHOCOLATE COFFEE BEANS



25% OFF  
SAVE \$8.73 PER KG

HIMALAYAN PINK SALT



25% OFF  
SAVE \$4.25 PER KG





**ALL PRODUCTS**  
ASSORTED VARIETIES AND SIZES

**10% OFF**  
**SAVE!**



From the beginning, Living Alchemy has set out to enhance the lives of people by improving their health. Our 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.

As proud Canadians do we cherish our beautiful environment and we hope you are enjoying and taking care of what Mother Nature has provided us!



The information and product descriptions appearing in this flyer have been supplied by product manufacturers and are for information purposes only. They are not intended to provide or replace medical advice to individuals from a qualified health care practitioner. Consult your physician if you have any health concerns, and before initiating any new diet, exercise or supplement.

PRICES IN EFFECT THURSDAY, MAR 14 TO THURSDAY, MAR 21 UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.



**37<sup>99</sup>**  
EACH  
**SAVE \$3**

## MSM JOINT FORMULA

**BONUS SIZE - 240 CAPS**

Natural Factors MSM Joint Formula contains MSM, glucosamine sulfate, and chondroitin sulfate for triple-action joint health support. These top three joint support nutrients are combined in one formula to improve joint lubrication, fight inflammation, and help repair cartilage. This product works to relieve joint pain associated with osteoarthritis and protects against cartilage deterioration.

- Protects cartilage and connective tissue
- Helps relieve joint pain associated with osteoarthritis
- Supports joint health
- A convenient three-in-one joint formula

Formulated and made in Canada



## FLOR-ESSENCE

500 ML

Flor-Essence® is a traditional herbal formula developed to gently cleanse the whole body at the cellular level.



Foodsmiths  
BUY THIS, EARN  
5 TIMES THE REWARD POINTS

BUY THIS  
EARN  
**200**  
POINTS

EVERYDAY PRICE

**37<sup>99</sup>**  
/EACH

## ENZYMEDICA DIGEST SPECTRUM

30 CAPS

- Enzymes for all major food intolerances
- Breaks down gluten, phenol, lactose & casein
- Boosts energy
- Reduces occasional gas, bloating & indigestion

Foodsmiths  
BUY THIS, EARN  
5 TIMES THE REWARD POINTS

BUY THIS  
EARN  
**120**  
POINTS

EVERYDAY PRICE

**23<sup>99</sup>**  
/EACH



# The Purest Supplements and Vitamins



*better health starts here*



**10% OFF**  
**SAVE!**

## ALL SUPPLEMENTS

Industry leaders for innovative, evidence-based natural health products. Accredited analytical laboratory assures the quality, identity, and potency of every single product.



## CAL MAG SUPREME

**PLANT-SOURCED AQUAMINTM  
CALCIUM AND MAGNESIUM WITH  
KEY FACTORS FOR BONES. 450 ML**

Health First Cal Mag Supreme is formulated with Aquamin™ calcium, a sustainable, red algae source with a unique honeycomb structure that makes it more easily absorbed, with less incidence of gastric upset and constipation than other sources. Aquamin™ has even been shown to be as effective as glucosamine in reducing joint pain and stiffness!

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



**24<sup>99</sup>**  
EACH  
**SAVE \$5**



**THE FORM OF  
CALCIUM YOU'RE  
TAKING MATTERS!**



## QUERCETIN WITH BROMELAIN

120 VEG CAPSULES

Quercetin is a naturally occurring free radical scavenger that supports healthy seasonal immune system function. Laboratory studies have demonstrated that quercetin can also help to promote normal respiratory function. Bromelain has a long history of use by herbalists and is known to help support a balanced immune system response to environmental challenges. This complementary combination may thus promote year-round respiratory health and support overall seasonal comfort.

**58<sup>99</sup>**  
EACH  
**SAVE \$4**



**SUPPORTS  
HEALTHY  
SEASONAL  
IMMUNE  
FUNCTION**





**S+Francis**  
HERB FARM

**HERBS TO HELP THE WHOLE FAMILY**

Over 35 years, of cultivating and extracting the finest quality herbs available, so that you can feel the difference of well-made plant medicine.

**10% OFF**  
**SAVE!**



**Milk Thistle**  
50ml  
The classic liver tonic herb for daily detox. Protects liver health and help to support optimal liver function. 100% Certified Organic formula.



**Black Walnut Hulls**  
50ml  
Treat intestinal parasites with our Black Walnut Hulls. Expertly crafted Black Walnut Tincture is a great support against intestinal parasites.



**Allergy Relief Nasal Spray**  
30ml  
A targeted homeopathic combination to help relieve allergy symptoms. Fast-acting and convenient nasal spray format. Non-addictive, non-drowsy, without side-effects.



**Deep Immune Original**  
50ml/100ml  
Contains targeted herbs that support a healthy immune system and counter fatigue. Helps to maintain immune defences against common viral infections, colds & flu.

**prairienaturals<sup>®</sup>**



**RECLEANSE 7-DAY CLEANSE KIT**

2 STEP

ReCleanse 7-Day Herbal Cleanse is a safe, effective 7-Day whole body detoxification kit supported by clinical use. ReCleanse 7-Day Herbal Cleanse is formulated to gently and effectively support your body's natural detoxifying and elimination process. ReCleanse 7-Day Herbal Cleanse gently cleanses more deeply with regular use, enabling your body to heal and function optimally while promoting excess weight loss.

**23.99** EACH  
**SAVE \$8**

ACTIVATES YOUR BODY'S NATURAL CLEANSING SYSTEMS DURING THE ONE WEEK PROGRAM



**ReCleanse**  
CANADA'S Original Cleanse

**7 DAY Herbal Cleanse**  
With Burdock Root and other Cleansing Herbs  
Step 1 - Colon Cleanse • Step 2 - Multi-System Cleanse

**Free** Nutrition Guide Included NPN 80038603

**GLUTEN FREE** **NON-GMO**

**ReCleanse 7 DAY/JOURS Herbal Cleanse**  
Cure dépurative à base de plantes  
Step-1 Colon Cleansing Formula  
Étape 1 Formule dépurative pour le colon

**ReCleanse 7 DAY/JOURS Herbal Cleanse**  
Cure dépurative à base de plantes  
Step-2 Multi-System Cleansing Formula  
Étape 2 Étape 2 Formule dépurative multi-systèmes

# Salus

# HEALTHOLOGY

BUILDING A HEALTHIER YOU



**FLORAVIT 500ML**  
**43<sup>99</sup>** EACH  
 SAVE \$5

**FLORADIX 500ML**  
**43<sup>99</sup>** EACH  
 SAVE \$5

**FLORADIX 250ML**  
**26<sup>99</sup>** EACH  
 SAVE \$3

**FLORAVIT 250ML**  
**26<sup>99</sup>** EACH  
 SAVE \$3

## SALUS FLORADIX LIQUID AND FLORAVIT LIQUID

500 ML AND 250 ML

**SALUS FLORAVIT AND SALUS FLORADIX ARE NATURAL IRON SUPPLEMENTS WITH B VITAMINS AND ANTIOXIDANTS.**

Floravit comes in an easily digestible form of iron (Ferrous gluconate) which is very gentle and doesn't cause nausea. It's natural, safe and recommended during pregnancy and breastfeeding. It's also great for women with heavy periods, people lacking a nutrient-rich diet, and active and athletic people who need an energy boost.

Floravit combines nutrient-rich vegetables, fruits, and herbs, offering all essential elements for the healthy formation of red blood cells, oxygen transportation, energy metabolism, and blood sugar support.

Floradix comes in an easily digestible form of iron (ferrous gluconate) which is very gentle and doesn't cause nausea. It's natural and great for women with heavy periods, people lacking a nutritious diet, and active and athletic people who need an energy boost.

Floradix combines nutrient-rich vegetables, fruits, and herbs, offering all essential elements for the healthy formation of red blood cells, oxygen transportation, energy metabolism, concentration and memory, hair growth, immune system, and blood sugar support.



**10% OFF**  
**SAVE!**



**ALUMINUM-FREE ANTIPERSPIRANTS & DEODORANTS**

Assorted Varieties • 50G

A 100% natural, aluminum-free deodorant made with beneficial ingredients like anti-odorant sage extract and Labrador tea to maintain your skin's elasticity.

100% natural antiperspirant free of aluminum, parabens, and artificial fragrances. Hypoallergenic and dermatologist tested.



**NATURAL SALON PRODUCTS WITH AN ECO-CHIC TWIST.**

**10% OFF**  
**SAVE!**



**ALL PRODUCTS**  
Assorted Varieties • Assorted Sizes

**ANDALOU NATURALS**

**CannaCell**

**10% OFF**  
**SAVE!**

**SKINCARE**

Assorted Varieties • Assorted Sizes

**Nourish your skin with naturally derived botanical ingredients and hemp antioxidants**

- Hemp Stem Cells
- Organic Hemp Seed Oil
- Vitamin C + E
- Vegan Squalane

