

YOUR LOCAL, INDEPENDENT,
NATURAL HEALTH FOOD STORE

Foodsmiths

THE GOOD FOOD STORE



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

MON-THU 8AM - 7PM
FRI 8AM - 8PM SAT 8AM - 6PM
SUNDAY 9AM - 5PM

PRICES IN EFFECT THURSDAY, MAR 28
TO THURSDAY APR 4 ONLY

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.

106 WILSON ST. W. PERTH, ON
FOODSMITHS.COM 613.267.5409

WE ARE CLOSED
GOOD FRIDAY,
MAR 29 AND
EASTER SUNDAY,
MAR 31.

HAVE A
HAPPY
EASTER

OUR EASTER FEASTER Hop Over

TWO DAY SALE!

THURSDAY MAR 28 & SATURDAY MAR 30

ROLLING MEADOWS
GRASS FED BUTTER
250 G SALTED OR UNSALTED



6.99 / EACH

SAVE \$1

IN OUR BULK
COLOURFUL JELLYBEANS



35% OFF

SAVE \$4.17/KG

PREMIUM QUALITY
FRESH
GREEN KIWI
PRODUCT OF GREECE



5/5
OR \$1.28 EACH

SAVE \$2.95

BRANDT
SMOKED MEAT
CUSTOM SLICED IN OUR DELI
PER 100 G



2.49 / 100 G

SAVE 80¢

ST REGIS
ASSORTED DE-ALCOHOLIZED WINE

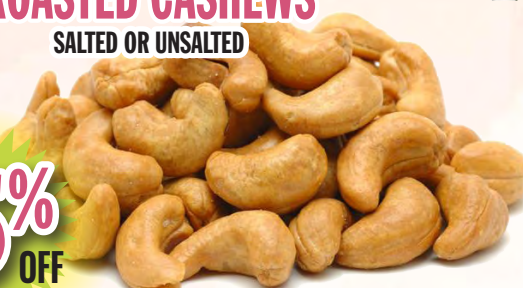
15% OFF

SAVE UP TO \$2.25



SERVING SUGGESTION

IN OUR BULK
ROASTED CASHEWS
SALTED OR UNSALTED



35% OFF

SAVE \$17.12/KG

VILLAGE TREATS
EASTER TREATS!
ALL CHOCOLATE BUNNIES
AND CREAM EGGS!!
ASSORTED

50% OFF



DREAM COME TRUE
LOCALLY MADE
SCONES
FRESHLY BAKED IN STORE
ASSORTED



3.29 / EACH

SAVE 70¢

SISU
U CUBES VITAMIN C
90 CHEWABLES

KIDS LOVE 'EM!

Great-tasting, all-natural,
pectin-based gummy to
support a strong
immune system



18.99 / EACH

SAVE \$3

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



COOKSTOWN GREENS
PREMIUM QUALITY
ONTARIO GROWN
CERTIFIED ORGANIC
ORGANIC SWEET ONIONS
PRODUCT OF ESSA, ONTARIO

SAVE \$1.01
2.98 / LB

ORGANIC
ONTARIO FRESH!
CANADA
Foodland



PREMIUM QUALITY FRESH SWEET CORN ON THE COB
PRODUCT OF USA

SAVE \$2.55
3/\$3
OR \$1.18 EA

GOOD FOR YOU!
AND COST EFFECTIVE!



PREMIUM QUALITY CERTIFIED ORGANIC ORGANIC RAINBOW CHARD
PRODUCT OF USA

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

ORGANIC



PREMIUM QUALITY FRESH FRENCH RADISH BUNCH
PEPPERY WITH A DELICATE TEXTURE
PRODUCT OF USA

SAVE \$1.98
2/\$5
OR \$2.98 EA

PREMIUM QUALITY
FRESH ASPARAGUS
PRODUCT OF MEXICO




SAVE \$1.51
3.48 / LB

PREMIUM QUALITY
FRESH MINI WATERMELON
PRODUCT OF USA




EVERYDAY PRICE
7.99 / EACH

BUY THIS EARN 40 POINTS

THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS

PREMIUM QUALITY
FRESH LARGE RED GRAPEFRUIT
PRODUCT OF USA



BUY THIS
EARN
20
POINTS

EVERYDAY PRICE

3.99
/ EACH

KOORNNEEF
PREMIUM QUALITY
ONTARIO GROWN
FRESH CUT TULIPS
10 STEM BUNCH
PRODUCT OF BEAMSVILLE,
ONTARIO



ONTARIO FRESH!



SAVE \$5.98
2/\$18
OR \$9.98 EACH

PREMIUM QUALITY
FRESH CLEMENTINES
2 LB BAG
PRODUCT OF MOROCCO



SAVE \$1.01
5.98
/ EACH

PREMIUM QUALITY
FRESH GOLDEN PINEAPPLE
PRODUCT OF COSTA RICA



SAVE \$1.01
3.48
/ EACH

COOKSTOWN GREENS
PREMIUM QUALITY
ONTARIO GROWN
CERTIFIED ORGANIC
FRESH ORGANIC SEEDLING SALAD
100 G
PRODUCT OF ESSA, ONTARIO



ONTARIO FRESH!



SAVE \$1.98
2/\$15
OR \$7.98 EACH

PREMIUM QUALITY
ONTARIO GROWN
CERTIFIED ORGANIC
ORGANIC GREEN CABBAGE
PRODUCT OF ONTARIO



ONTARIO FRESH!



SAVE \$1.01
1.98
/ LB

PREMIUM QUALITY
FRESH BRUSSELS SPROUTS
340 G BAG
PRODUCT OF MEXICO



SAVE \$1.98
2/\$3
OR \$1.98 EACH

PREMIUM QUALITY
ONTARIO GREENHOUSE GROWN
RED VINE RIPENED TOMATOES
PRODUCT OF ONTARIO



ONTARIO FRESH!



SAVE 51¢
2.48
/ LB

THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY
**ORGANIC GREEN OR
BLACK KALE**
BUNCH
PRODUCT OF MEXICO



SAVE 51¢

3.48
/ BUNCH EA



PREMIUM QUALITY
STRAWBERRIES
454 G (1 LB)
PRODUCT OF USA

SAVE \$1.01

3.98
/ EACH



PREMIUM QUALITY
ONTARIO GREENHOUSE GROWN
FRESH RHUBARB
BUNCH
PRODUCT OF ONTARIO



ONTARIO
FRESH!



SAVE \$1.51

6.98
/ BUNCH EA



PREMIUM QUALITY
**SWEET RED
ONIONS**
PRODUCT OF USA

SAVE \$1.01

2.48
/ LB



NOW IN STOCK

WILD STONE
PREMIUM QUALITY
ONTARIO GROWN
**FRESH EXTRA LARGE
EASTERFLOWER
BOUQUET**
PRODUCT OF ONTARIO



ONTARIO
FRESH!



EVERYDAY PRICE

27.99
/ EACH



PREMIUM QUALITY
**FRESH KENT
MANGOES**
PRODUCT OF PERU/MEXICO

EVERYDAY PRICE

5.99
/ EACH



PFENNINGS
PREMIUM QUALITY
CERTIFIED ORGANIC
**FRESH ORGANIC
THYME**
BUNCH
PRODUCT OF MEXICO



EVERYDAY PRICE

3.48
/ EACH



THIS WEEK'S TOP PICKS!

BRIDOR
GOLDEN BAGUETTE
BAKED IN STORE



BUY THIS
EARN
15
POINTS



EVERYDAY PRICE

3.29
/ EACH



BRANDT
BLACK FOREST HAM
CUSTOM CUT IN OUR DELI
PER 100 G

**MAKES A GREAT
THICK CUT
HAM STEAK!
LEAN & TENDER!**

SAVE 50¢
1.99
/ 100 G

SERVING
SUGGESTION



IN OUR BULK BINS
MILK CHOCOLATE ALMONDS



30%
OFF

SAVE \$8.97/KG

FOODSMITHS
BACK IN OUR DELI
CREAMY PASTA SALAD
PER 100 G



SAVE 50¢
1.99
/ 100 G

BUBBIES
NATURALLY
FERMENTED
NO VINEGAR
DILL PICKLES
1 L

CUSTOMER
FAVOURITE

SAVE \$2
10.99
/ EACH



IN OUR BULK BINS
WHITE BREADMAKER FLOUR



30%
OFF

SAVE \$1.17/KG

FOODSMITHS
MADE IN STORE
TURKEY HOLIDAY SANDWICH

Are you ready? We've brought back our holiday turkey on rosemary focaccia with cranberry mayo for a limited engagement. It's got a huge fan following, so grab one for lunch and find out what this taste sensation is all about!!

EVERYDAY PRICE
9.99
/ EACH



BACK IN THE STORE

CROOKED HILLS
LOCAL LIQUID RAW HONEY

500 G JAR



BUY THIS EARN 45 POINTS



EVERYDAY PRICE

9.49 / EACH

IN OUR BULK BINS
WALNUT PIECES



30% OFF

SAVE \$10.47/KG

IN OUR BULK BINS
LARGE FLAKE OATS



30% OFF

SAVE \$2.07/KG

BAXTER'S BAKERY
BUTTER TARTS

6 PACK



SAVE 50¢

6.99 / EACH

GAY LEA
WHIPPED CREAM

225 G
REGULAR
LIGHT OR
COCONUT



SAVE \$1

4.99 / EACH

NEW IN THE STORE

GLEN ABBEY
CHALLAH BREAD

530 G LOAF

A slightly sweet bread
enriched with eggs.



EVERYDAY PRICE

7.49 / EACH

HORNBY
ORGANIC O'SNACK BARS

45 G
ASSORTED



SAVE 98¢

2/\$4

THIS WEEK'S TOP PICKS!

SUMMER FRESH

DIP

227 G



BUY THIS
EARN
25
POINTS



EVERYDAY PRICE

4.99
/ EACH

LA CROIX
**SPARKLING
FLAVOURED
WATER**

8 X 355 ML CANS
ASSORTED



SAVE 50¢

6.99
/ EACH



GREEN HOUSE

**PROTEIN
SHAKE**

300 ML



SAVE \$1

7.99
/ EACH

LA SOYARIE
PINTO BURGERS

300 G



SAVE 50¢

4.49
/ EACH

SEED TO SAUSAGE
**LOCALLY MADE
ALL BEEF
HOTDOGS**

6 PACK



SAVE \$2

13.99
/ 100 G

REID'S
**LOCALLY MADE
ICE CREAM**

1.5 L
ASSORTED



SAVE 50¢

8.49
/ EACH



NEW IN THE STORE

DREAM COME TRUE
**TURTLE
BROWNIES**
IN OUR BAKERY



EVERYDAY PRICE

12.99
/ EACH

FRESH DEALS THROUGHOUT THE STORE

GRAIN HARVEST
**BAKED IN STORE
FARMERS
SOURDOUGH
BREAD**
650 G



SAVE 50¢
5.49
/ EACH

GAY LEA
SOUR CREAM
425 G - 500 G



EVERYDAY PRICE
3.99
/ EACH



**BUY THIS
EARN
20
POINTS**



RINAG
**LOCALLY MADE
SAMOSAS**
3 PACK



SAVE \$1
5.99
/ EACH

**CUSTOMER
FAVOURITE**

DUMET
OLIVES
150G - 200G



**10%
OFF**

NEW IN THE STORE

ELMHURST
**PLANT BASED
SOUR CREAM**
227 ML



EVERYDAY PRICE
8.99
/ EACH

TRE STELLE
**APETINA
FETA**
100 G



SAVE 50¢
4.99
/ EACH

MAPLE DALE
**LOCALLY MADE
CHEESE CURDS**
200 G



SAVE \$1
5.49
/ EACH

L'EXTRA
**DOUBLE CREAM
BRIE**
PER 100 G



SAVE 70¢
3.49
/ 100 G

FRESH DEALS THROUGHOUT THE STORE

IN OUR DELI
KRINOS
**SPINACH OR
CHEESE ROLLS**
PER 100 G



SAVE 40¢
1.49
/ 100 G

SUPREME
PIEROGIES



**EVERYDAY
PRICE**
6.49
/ EACH



**BUY THIS
EARN
30
POINTS**

IN OUR BAKERY
BACKERHAUS
**GOURMET
MULTIGRAIN
BUNS**
6 PACK



SAVE 50¢
6.99
/ EACH

GOOD DRINK
**BOTTLED
TEA**
473 ML
ASSORTED



SAVE 38¢
2/\$7

CORNER BAKERY
**HAND MADE
PEANUT BUTTER
CUPS**
6 PACK



SAVE \$1
1.149
/ EACH



NEW IN THE STORE

MANITOBA MILLING
**FLAX
BEVERAGE**
1 L
UNSWEETENED AND
UNSWEETENED VANILLA

A SIMPLE, DELICIOUS
WAY TO ENJOY THE
BENEFITS OF FLAXSEED



EVERYDAY PRICE
6.49
/ EACH

BAXTER BAKERY
**DESSERT
LOAVES**
575 G
ASSORTED



SAVE 50¢
7.99
/ EACH



FRESH DEALS IN OUR GROCERY AISLES!

MANITOBA HARVEST
HEMP HEARTS
227 G

12 GRAMS OMEGAS 3 & 6

SAVE \$2

8.99 / EACH

HEMP HEARTS
SHELLED HEMP SEEDS | GRAINES DE CHANVRE DÉCORTIQUÉES

10g PROTEIN*
12g OMEGAS 3&6*

NET WT. / POIDS NET : 227 g

SAN PELLEGRINO
MINERAL WATER
750 ML

EVERYDAY PRICE

4.49 / EACH

BUY THIS, EARN 5 TIMES THE REWARD POINTS

BUY THIS EARN 20 POINTS

SAN PELLEGRINO
750 ML

BARBARA'S
CHEESE PUFFS
155 G - 198 G

SAVE 80¢

4.49 / EACH

BARBARA'S
CHEESE PUFFS
Original

BARBARA'S
CHEESE PUFFS
White Cheddar Blanc

HAIKU
LIGHT COCONUT MILK
398 ML

SAVE 50¢

3.79 / EACH

HAIKU
COCONUT MILK
Premium - Qualité supérieure
LAIT DE COCO

GLUTEN FREE
SANS GLUTEN

MARY'S
ORGANIC CRACKERS
156 G - 184 G

SAVE \$2

8.99 / EACH

MARY'S ORGANIC
ORIGINAL CRACKERS
CRAQUELINS ORIGINAUX

184 g

AMY'S
ORGANIC CHILI
398 ML

SAVE \$1

7.99 / EACH

AMY'S ORGANIC CHILI
MEDIUM

AMY'S ORGANIC CHILI
WITH VEG

AMY'S ORGANIC CHILI
SPICY

DORSET
CEREAL
540 G - 620 G

MADE IN ONTARIO!

SAVE UP TO \$1.50

7.99 / EACH

dorset cereals®
simply delicious muesli
with juicy dates, seeds & crunchy Brazil nuts

dorset cereals®
fabulous high fibre muesli
with toasted coconut & almonds

dorset cereals®
delicious muesli
with cherry, almond & raisins

no added sugar
high in fibre
suitable for vegans

source of fibre
suitable for vegans
whole grain wheat & oats

CANADA
ONTARIO FRESH!

FRESH DEALS IN OUR GROCERY AISLES!

KITCHEN BASICS
**HOMEMADE
 STYLE STOCK**
 946 ML
 ASSORTED

SAVE 70¢
4.99
 / EACH



NEAL BROTHERS
**ORGANIC
 TORTILLA
 CHIPS**
 300 G
 ASSORTED

SAVE \$1
4.49
 / EACH



NEAL BROTHERS
**ORGANIC
 SALSA**
 410 ML
 ASSORTED

SAVE \$1.50
5.99
 / EACH



ECO MAX
BULK DISH LIQUID
 PER 100 G
 HYPOALLERGENIC OR
 LAVENDER

YOU CAN
 BRING IN
 YOUR OWN
 CLEAN
 CONTAINER
 OR PURCHASE
 A CONTAINER!

SAVE 6¢
59¢
 / 100 G



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. **Teagan is our last featured dog for March.**

PLEASE CONSIDER ADOPTING A DOG IN NEED!

Interested in adopting? Visit 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!



Teagan is a "low rider" small guy who is shy, smart, and likes kids. Plus how cute, right?

"Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake."

-- Dr. Martin Luther King, Jr., Minister and Activist

THANK YOU

FOR HELPING SUPPORT THIS IMPORTANT PROGRAM

THIS WEEK'S TOP PICKS!

SPRING INTO SPRING SALE!

Finn Comfort



MEPHISTO®

ALL IN-STOCK & SPECIAL ORDER SANDALS

\$20 OFF

MEN'S AND WOMEN'S STYLES



ALL EASTER THEMED HOUSE WARES

20% OFF





CHOOSE YOUR BEANS
GRIND THEM TO PERFECTION
AT OUR COFFEE MILL

ON SALE THIS WEEK

CAFÉZIA
 AN ENHANCED COFFEE EXPERIENCE



DARK ROAST

Dark roast is smoky, rich and intense, bringing out notes of dark chocolate and toasted caramel. It brings out the bold, but it's also velvety-smooth. Cafezia is infused with three superherbs: cleavers, hysop and yerba mate for scientifically proven health benefits and enhanced mental focus without the jitters. Tastes like a delicious cup of coffee - rich and smooth. You won't be able to taste the herbs, but you sure will be able to feel the difference they make to your mind and body!

LIFE'S LITTLE MOMENTS

I LOVE HANGING WITH MY COFFEE PEEPS. CHEERS!



5.99
 / 100G
SAVE \$1



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

PRICES IN EFFECT THU MAR 28 TO THU APR 4 UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. PRICES SUBJECT TO CHANGE WITHOUT NOTICE. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

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

MAPLE LEAF CANDY



25% OFF

SAVE \$11.73 PER KG

FRUIT JELLY CANDIES



25% OFF

SAVE \$4.48 PER KG

DARK CHOCOLATE
CHERRIES



25% OFF

SAVE \$9.48 PER KG

DARK CHOCOLATE GINGER



25% OFF

SAVE \$13.73 PER KG

MILK CHOCOLATE
COVERED JUJUBES



25% OFF

SAVE \$4.48 PER KG

CHOCOLATE RIVER
ROCKS



25% OFF

SAVE \$7.98 PER KG

COCONUT MANGO
GRANOLA



25% OFF

SAVE \$4.23 PER KG

ORIENTAL RICE SNACK MIX



25% OFF

SAVE \$3.98 PER KG

PISTACHIOS IN THE
SHELL SALTED



25% OFF

SAVE \$9.98 PER KG

ORGANIC RAW SUGAR



25% OFF

SAVE \$1.98 PER KG

OLIVE OIL AND SEA
SALT ALMONDS



25% OFF

SAVE \$8.48 PER KG

PITTED PRUNES



25% OFF

SAVE \$5.48 PER KG

GROUND BLACK PEPPER



25% OFF

SAVE \$17.50 PER KG

ORGANIC POULTRY
SPICE



25% OFF

SAVE \$25.00 PER KG



Dress Up
 YOUR SPRING
 TABLE
 Beautifully
 WITH OUR SPECIAL
 SPRING THEMED
 HOUSEWARES!

NAPKINS, NAPKIN RINGS, MUGS, TABLE RUNNERS, TEACLOTHS, PINCH BOWLS, PLUS LOTS MORE! ALSO MAKE THOUGHTFUL GIFTS.



Don't forget
 the Flowers! ❤️





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

AERYON
WELLNESS

ON SALE
\$16.99
save \$2



water b göne diuretic support
60 VEGGIE CAPSULES

- Helps shed excess water
- Supports healthy water balance
- Helps cleanse & rid the body of toxins
- Supports UTI health

If you feel bloated when flying, during PMS or retain water after a salty meal then Water B Göne is the perfect solution for you. This will provide you with water-shedding support with this incredible detoxifying formula.

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.

EVERYONE SOAP

946 ML ASSORTED

One soap. Many uses. EWG certified, Cruelty Free, Certified B Corporation, No GMOs.

ON SALE

\$18.99

save \$2

simplify your soap

everyone FOR EVERY BODY



NATURE'S AID SHAMPOO & CONDITIONER BARS

72 G ASSORTED

ON SALE

\$11.99

save \$1

Why you'll love them...

- ✓ Safe for colour treated hair
- ✓ Plastic free haircare
- ✓ Eco-friendly & biodegradable
- ✓ Suitable for all hair types



THE FUTURE IS BAMBOO ECO FLOSS PICKS

50 STICKS

100% PLANT-BASED: Unlike conventional floss picks, these are made entirely from plant-based materials, offering you a sustainable way to maintain your oral hygiene.



BUY THIS EARN 35 POINTS*



EVERYDAY PRICE

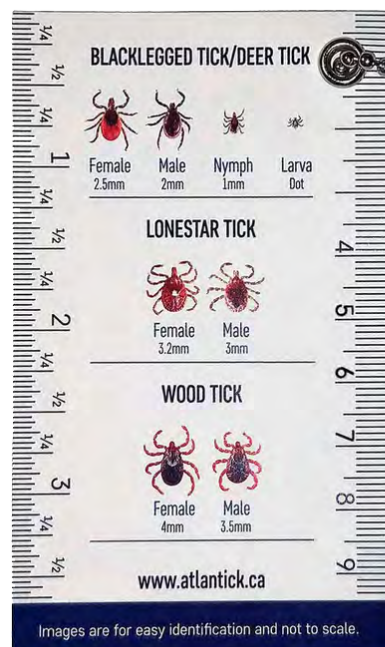
6.79 / EACH

ATLANTICK TICK PICK

1 UNIT



BUY THIS EARN 55 POINTS



EVERYDAY PRICE

10.99 / EACH

ENSURE SAFE TICK REMOVAL: With the two-size tick picks, you'll have the right tool for removing small or large ticks, making sure they're removed properly to reduce infection risk.



WOMEN'S 50 PLUS MULTI SUPREME

ELDERCRAFT® EUROPEAN BLACK ELDERBERRY, KANEKA UBIQUINOL® AND GINKGO BILOBA PLUS NUTRIENTS TO SUPPORT THE HEALTH OF WOMEN OVER 50.

60 VEG CAPS

Health First's Women's 50 Plus Multi Supreme 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 as well as methylated B vitamins and buffered vitamin C. Our formula includes patented ElderCraft® European black elderberry not only to support immune health but also to relieve joint pain, as extensively studied. Ginkgo biloba and Kaneka Ubiquinol® have also been added to this well-rounded formula to support cognitive and heart health.



MEN'S 50 PLUS MULTI SUPREME

ELDERCRAFT® EUROPEAN BLACK ELDERBERRY, KANEKA UBIQUINOL® AND LYCOPENE PLUS NUTRIENTS TO SUPPORT THE HEALTH OF MEN OVER 50.

60 VEG CAPS

Health First's Men's 50 Plus Multi Supreme 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 as well as methylated B vitamins and buffered vitamin C. Our formula includes patented ElderCraft® European black elderberry not only to support immune health but also to relieve joint pain, as extensively studied. Lycopene and Kaneka Ubiquinol® have also been added to this well-rounded formula to support prostate and heart health.



ON SALE
\$32.99
 save \$10

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





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
are quality assured with
rigorous third-party testing.

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