

Foodsmiths

THE GOOD FOOD STORE

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, MAY 16 TO
THURSDAY MAY 23 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.



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

KICK OFF SUMMER WITH THE FOOD, DRINK AND FUN YOU LOVE!

WE ARE OPEN
MONDAY, MAY 20
VICTORIA DAY
9AM - 5PM

FOODSMITHS MAY LONGWEEKEND TWODAY SALE FRIDAY, MAY 17TH AND SATURDAY, MAY 18TH

TWO DAY SALE

P. RAVENBERGEN
10" Begonia
PRODUCT OF ONTARIO



SAVE \$11.98
2/\$40
OR \$21.98 EA

TWO DAY SALE

BRANDT
Oven Roasted Turkey
CUSTOM CUT IN OUR DELI
PER 100 G



SAVE \$1
2.99
/ 100 G

TWO DAY SALE

SAUGEEN COUNTRY
NON-HOMOGENIZED
Yogurt or Kefir
908 G



SAVE \$1
5.49
/ EACH

MADE
ON THE
FARM

TWO DAY SALE

NATURE'S PATH
Eco Pac Organic Cereal
750 G - 907 G
ASSORTED



SAVE
\$3 OFF

IN OUR BULK
Roasted Cashews
SALTED OR UNSALTED

TWO DAY SALE



SAVE \$17.12/KG
35% OFF

IN OUR BULK
Beer Nuts

TWO DAY SALE



SAVE \$4.52/KG
35% OFF

TWO DAY SALE

CARE PLUS
ICARIDIN INSECT REPELLENT

in our NATURAL BODY CARE
ASSORTED. DEET FREE.
Provides 12-hour protection from
mosquitos and ticks, and 10
hours from black flies



SAVE
10% OFF

FOODSMITHS MAY LONGWEEKEND TWODAY SALE

FRIDAY, MAY 17TH AND SATURDAY, MAY 18TH

TWO DAY SALE

ALL IN-STOCK SANDALS

MEN'S AND WOMEN'S STYLES

PICTURED: *Finn Comfort* footwear are meticulously handcrafted in Germany to rigorous quality standards. Renowned for their legendary durability, supreme comfort and **unparalleled orthopedic support**, *Finn Comfort* footwear come highly recommended by leading health professionals worldwide.



Finn
Comfort



MEPHISTO® M

\$22 OFF

WIDE SELECTION • HIGH QUALITY



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!

\$4.00 OR LESS

PREMIUM QUALITY FRESH ATAULFO MANGO

PRODUCT OF MEXICO

SAVE \$1.11

2⁸⁸ / EACH



PREMIUM QUALITY ONTARIO GREENHOUSE GROWN FRESH RED TOMATOES

PRODUCT OF ONTARIO

SERVING SUGGESTION

SAVE 61¢

1⁸⁸ // LB



GOOD FOR YOU!
AND COST EFFECTIVE!

PREMIUM QUALITY FRESH ICEBERG LETTUCE

PRODUCT OF USA

SAVE \$1.11

3⁸⁸ / EACH



PREMIUM QUALITY FRESH LIMES

PRODUCT OF MEXICO

SAVE 99¢

3 / \$2
OR 78¢ EA



PREMIUM QUALITY LOCALLY GROWN FRESH LOCAL RHUBARB BUNCH

PRODUCT OF PERTH, ONTARIO



ONTARIO FRESH!



SAVE \$1.11

3⁸⁸ / BUNCH



SERVING SUGGESTION

PICCIONI BROS PREMIUM QUALITY ONTARIO GROWN CERTIFIED ORGANIC ORGANIC WHITE MUSHROOMS

227 G
PRODUCT OF DUNDAS, ONTARIO



ONTARIO FRESH!



EVERYDAY PRICE

4⁹⁹ / EACH



BUY THIS EARN 25 POINTS

THIS WEEK'S GARDEN FRESH PRODUCE TOP PICKS

PREMIUM QUALITY
CANADA GROWN
**YELLOW FLESH
POTATOES**
5 LB
PRODUCT OF CANADA



BUY THIS
EARN
30
POINTS

EVERYDAY PRICE

5.99
/ EACH

PREMIUM QUALITY
ONTARIO GROWN
**FRESH ONTARIO
ASPARAGUS**
PRODUCT OF ONTARIO



SAVE \$1.01

5.98
/ LB

PREMIUM QUALITY
CERTIFIED ORGANIC
**ORGANIC SWEET
POTATOES**
PRODUCT OF USA



SERVING
SUGGESTION

SAVE \$1.01

2.98
/ LB

COOKSTOWN GREENS
PREMIUM QUALITY
LOCALLY GROWN
CERTIFIED ORGANIC
**FRESH ORGANIC
MICRO BROCCOLI**
75 G
PRODUCT OF ESSA, ONTARIO



ONTARIO
FRESH!



SAVE \$1.01

5.98
/ EACH



PREMIUM QUALITY
ONTARIO GROWN
CERTIFIED ORGANIC
**FRESH ORGANIC
SPINACH
BUNCH**
PRODUCT OF ONTARIO



ONTARIO
FRESH!



SAVE \$1.01

4.48
/ EACH

PREMIUM QUALITY
CANADA GROWN
**MCINTOSH
APPLES**
3 LB
PRODUCT OF CANADA



SAVE \$1.11

3.88
/ 3 LB EA

PREMIUM QUALITY
**FRESH MINT
BUNCH**
PRODUCT OF MOROCCO

SERVING
SUGGESTION

BREW
MINT
TEA!
HELPS AID
DIGESTION

SAVE 71¢

1.78
/ BUNCH EA



PREMIUM QUALITY
**FRESH LARGE
RED GRAPEFRUIT**
PRODUCT OF USA



SAVE \$2.98

2/\$5
OR \$2.98 EACH

THIS WEEK'S GARDEN FRESH PRODUCE

PREMIUM QUALITY
**FRESH ITALIAN
FLAT LEAF
PARSLEY**
PRODUCT OF USA

SAVE \$1.01
2.48
/ EACH

TAYLOR FARMS
PREMIUM QUALITY
**FRESH SWEET
KALE CHOPPED
SALAD KIT**
340 G
PRODUCT OF USA

SAVE 51¢
6.48
/ EACH

AMYCO MUSHROOM
PREMIUM QUALITY
**DRIED SHIITAKE
MUSHROOMS**
20 G
PRODUCT OF CANADA

SAVE \$1.01
7.98
/ EACH

PREMIUM QUALITY
**GRANNY SMITH
APPLES**
PRODUCT OF USA

SAVE \$1.01
2.48
/ LB

PRODUCE PICKS FOR THE LONG WEEKEND

LITTLE FALLBROOK FARM
PREMIUM QUALITY
**LOCALLY GROWN
VEGETABLE PLANTS**
PRODUCT OF BALDERSON
ONTARIO
SINGLES & 4 PACKS

EVERYDAY PRICE
4.99
/ EACH

PREMIUM QUALITY
CANADA GROWN
**FRESH
FIDDLEHEADS**
PRODUCT OF
CANADA

EVERYDAY PRICE
14.99
/ LB

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

SWEET, RICH
FLAVOUR
EXCELLENT SOURCE
OF VITAMIN C
AND LYCOPENE

EVERYDAY PRICE
5.99
/ EACH

PREMIUM QUALITY
**COLOSSAL
GARLIC**
PRODUCT OF
ARGENTINA

EVERYDAY PRICE
3/\$3
OR \$1.29 EACH

PREMIUM QUALITY
FRESH LEMONS
PRODUCT OF
USA/SOUTH AFRICA

EVERYDAY PRICE
4/\$5
OR \$1.49 EACH

**HAYTER'S
TURKEY
BURGERS**
8 PACK 1.14 KG



SAVE \$2
18.99
/ EACH

**LA FOURNEE
SESAME BRIOCHE
HAMBURG BUNS**
200 G 4 PACK



EVERYDAY PRICE
4.99
/ EACH

**BUY THIS
EARN
25
POINTS**

**IN OUR BULK BINS
OLIVE OIL & SEA SALT
ALMONDS**



30% OFF
SAVE \$10.17/KG

**FOODSMITHS
MADE IN STORE
FROM OUR
SECRET RECIPE
POTATO
SALAD**
IN OUR DELI PER 100 G



SAVE 20¢
1.29
/ 100 G

**CUSTOMER
FAVE!**

**REID'S DAIRY
FAMILY PACK
ICE CREAM
SINGLES**
16 X 100 ML



SAVE \$2
12.49
/ EACH

**IN OUR BULK BINS
THOMPSON RAISINS**



30% OFF
SAVE \$4.17/KG

**BACKERHAUS
GOURMET
MULTI GRAIN
BUNS**
6 PACK



SAVE 50¢
6.99
/ EACH

**FOODSMITHS
CREAMY
PASTA SALAD**
IN OUR DELI PER 100 G



SAVE 50¢
1.99
/ EACH

**KICK OFF
SUMMER
FRESH ON THE GRILL!**

**SEED TO SAUSAGE
FRESH OR FROZEN
LOCALLY MADE
SAUSAGE**

340 G

SAVE \$1

849
/ EACH



**HAYTER'S
TURKEY
FRANKFURTERS**

450 G



EVERYDAY PRICE

799
/ EACH

Feedsmiths
BUY THIS, EARN
5 TIMES THE
REWARD POINTS

**BUY THIS
EARN
40
POINTS**



IN OUR BULK BINS
**RAW PEPITAS
(PUMPKIN SEEDS)**



30% OFF

SAVE \$5.67/KG

GRAIN HARVEST
**SAUSAGE/
HOTDOG
BUNS**

4 PACK



SAVE 50¢

299
/ EACH

THIRSTY BUDDHA
**ORGANIC
COCONUT
WATER**

1 L



SAVE \$2

649
/ EACH

IN OUR BULK BINS
**ORGANIC RAW
SUGAR**



30% OFF

SAVE \$2.37/KG

ROCK HARBOUR
**RAW
ARGENTINA
SHRIMP**

340 G



SAVE \$1

1299
/ EACH



SERVING SUGGESTION

THIS WEEK'S TOP PICKS!

**NEAL BROS
BARBEQUE
SAUCE**

350 ML
ASSORTED



EVERYDAY PRICE

5.99
/ EACH

**BUY THIS
EARN
30
POINTS**

**BRIDOR
BAKED IN STORE
BISTROS**

LEEK & PARMESAN
OR SPINACH FETA



SAVE 30¢

2.99
/ EACH



**FLAVOURED
LEMONADE**

1 LITRE

STRAWBERRY, TART CHERRY, CLASSIC LEMONADE



Made with the same
delicious juice
you know and love



\$4.99
EACH
SAVE \$1.50

THIS WEEK'S STOP PICKS!

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



SAVE 50¢
1.99
/ 100 G

POM
BREAD
675 G
WHITE OR
WHOLE GRAIN



BUY THIS EARN 25 POINTS

EVERYDAY PRICE
4.99
/ EACH

BEYOND MEAT
PLANT BASED BREAKFAST SAUSAGE
235 G 8 LINKS



SAVE \$1.50
8.49
/ EACH



NEW IN THE STORE

EARTH'S OWN
PLANT BASED CREAMERS
946 ML



EVERYDAY PRICE
8.99
/ EACH

GREEK GODS
ORGANIC YOGURT
500 G
PLAIN OR
VANILLA



SAVE \$1
7.79
/ EACH

CRANK
ORGANIC COFFEE
340 G
ASSORTED



SAVE \$2
13.49
/ EACH



FRESH DEALS THROUGHOUT THE STORE

NEW LOWER PRICE!

LOCALLY MADE PIZZA!

BAKE AT HOME!

**Pepperoni & Bacon
Meat Lovers
Pepperoni
All Dressed**

16" LARGE PIZZA

FRESH FROZEN



NEW EVERYDAY PRICE

21⁹⁹ - 27⁹⁹
/ EACH / EACH



REID'S DAIRY
LOCALLY MADE ICE CREAM
1.5 L ASSORTED



BUY THIS EARN 45 POINTS

EVERYDAY PRICE

8⁹⁹
/ EACH



BARBARA'S
CHEESE PUFFS

155 G - 198 G
ASSORTED



SAVE \$1

3⁹⁹
/ EACH

RINAG
SAMOSAS

IN OUR DELI
3 PACK MIX N' MATCH

SAVE 50¢

5⁹⁹
/ 3 PK EA



LITA'S
TAQUITOS

280 G - 480 G



SAVE \$2

10⁴⁹
/ EACH

CAULIPOWER
PIZZA

310 G



SAVE \$3

9⁹⁹
/ EACH

RISE
ORGANIC KOMBUCHA

1 L ASSORTED



SAVE \$2

8⁹⁹
/ EACH



FRESH DEALS THROUGHOUT THE STORE

MRS. GARRETT'S BAKE SHOP LOCALLY MADE FLAKEYS

2 PACK
BUTTERTART
CHERRY
RASPBERRY
BLUEBERRY
LEMON



SAVE 50¢

6.99
/ EACH

RICEWORKS GOURMET GLUTEN FREE RICE SNACKS

155 G



BUY THIS
EARN
35
POINTS

EVERYDAY PRICE

6.99
/ EACH

KRINOS GREEK BUTTER BEANS IN OUR DELI PER 100 G



SAVE 30¢

1.99
/ 100 G

HORNBY ORGANIC ENERGY BARS

45 G
ASSORTED



SAVE 50¢

1.99
/ EACH

MAPLE DALE CHEESE CURDS 200 G ASSORTED



SAVE 50¢

5.99
/ EACH

NEW IN THE STORE

GRAIN HARVEST BAKED IN STORE LARGE CHEESE SOFT PRETZEL

Crispy, baked cheese
sprinkled with herbs,
gives this pretzel its
yummy flavour.



EVERYDAY PRICE

2.99
/ EACH

FOODSMITHS PIZZA FINGERS IN OUR DELI



SAVE 30¢

1.99
/ EACH

FRESH DEALS THROUGHOUT THE STORE

BAXTER'S BAKERY BUTTER TARTS

6 PACK



SAVE 50¢

6.99
/ EACH

BLUE MONKEY SPARKLING JUICE

330 ML ASSORTED



SAVE 80¢

2.49
/ EACH

HAPPY DAYS GOAT CHEESE

200 G



SAVE \$2

9.99
/ EACH

1057 SCOTTISH CHEDDAR

200 G



SAVE \$1.50

7.99
/ EACH

COOMBE CASTLE LANCASHIRE CHEESE

200 G



SAVE 50¢

6.99
/ EACH



WEEKEND CHARCUTERIE

- ✓ PRESERVES
- ✓ CHEESE
- ✓ CRACKERS
- ✓ BREADS
- ✓ MEATS
- ✓ FRUIT
- ✓ VEGGIES

**EVERYTHING
YOU NEED & MORE
HERE IN OUR STORE!**

FRESH DEALS THROUGHOUT THE STORE

YOGI
ORGANIC TEA
16 TB
ASSORTED



SAVE \$2

6 49
/ EACH

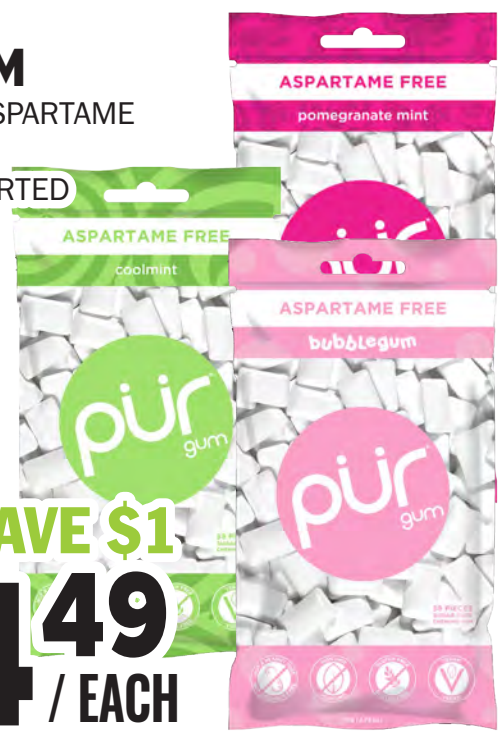
RICE UP
RICE CAKES
120 G ASSORTED



SAVE 50¢

2 99
/ EACH

PÜR
GUM
NO ASPARTAME
77 G
ASSORTED



SAVE \$1

4 49
/ EACH

SAHARA
ORGANIC PIZZA SAUCE
NO SUGAR OR SALT ADDED
500 ML



SAVE \$1.50

5 99
/ EACH

PAMELA'S
GLUTEN FREE BAKING MIX
1.8 KG



SAVE \$6

32 99
/ EACH

LAKEWOOD
ORGANIC PURE LEMON JUICE
FRESH PRESSED
NOT FROM CONCENTRATE
370 ML



SAVE \$1

6 49
/ EACH

CABOO
TREE FREE BAMBOO BATHROOM TISSUE
12 PACK



SAVE \$4

12 99
/ EACH

DEMOS THIS WEEKEND! TO KICK OFF THE SEASON!

THURSDAY

- MRS. GARRETT'S FLAKEYS
- ANITA! FROM TREE OF LIFE:
- LAUGHING COW VEGAN CHEESE on CRACKERS
- LA CROIX SPARKLING BEVERAGE
- DANDIES MARSHMALLOWS
- NATURE'S AID
- & MORE!

FRIDAY

- MRS. GARRETT'S FLAKEYS
- LINDA! FROM PURE LAB VITAMINS: L-THEANINE TRUFFLES
- PAUL! FROM STIRRINGS MIXERS: NON ALCOHOLIC MOJITO
- LA CROIX SPARKLING BEVERAGE
- DANDIES MARSHMALLOWS
- & MORE!

CONTESTS IN THE STORE!



SIT & WIN THIS SUMMER UMBRELLA
ASK US IN STORE

WIN A GIANT BASKET OF SUMMER GOODIES FROM NEAL BROS!



FILL OUT A BALLOT IN STORE



FOODSMITHS MAY BYOB STEWART PARK FESTIVAL

One Weekend. Endless Possibilities.

The Stewart Park Festival is a great celebration of community. It offers a fantastic weekend of music, great food and amazing vendors, right in the heart of downtown Perth Ontario.

The Festival is a three day, by donation music festival, that showcases International and Canadian artists.

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!

JULY 19-21, 2024

THANK YOU FOR HELPING SUPPORT THIS IMPORTANT EVENT



CHOOSE YOUR BEANS

GRIND THEM TO PERFECTION AT OUR COFFEE MILL

ON SALE THIS WEEK

LIFE'S LITTLE MOMENTS

**THE COFFEE BEANS SAY...
HAVE ANOTHER CUP!
IT'S THE LONG WEEKEND.**

 **Fluid**
Solar Roasted Coffee

TANZANIAN HIGHLANDS PEABERRY
LOCALLY ROASTED COFFEE
FULL CITY ROAST PER 100G

This Peaberry is from a group of tiny farms, some of which produce only a few bags of this special coffee each year. It is an excellent cup brewed in a drip/French press/Chemex as well as making a great espresso option. Enjoy the raw sugar and cocoa tones in every sip.

NOTES: Sweet chocolate liqueur, cacao nibs

399
/ 100G
SAVE \$1.30



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

CANDIED GINGER
SLICES



25%
OFF

SAVE
\$6.23
PER KG

ORIENTAL SNACK MIX



25%
OFF

SAVE
\$3.98
PER KG

REGULAR OR SOUR JUBES



25%
OFF

SAVE
\$2.73
PER KG

PISTACHIOS SALTED,
IN THE SHELL



25%
OFF

SAVE
\$9.98
PER KG

DILL PICKLE PEANUTS



25%
OFF

SAVE
\$4.48
PER KG

ALOE BELLA TRAIL MIX



25%
OFF

SAVE
\$4.98
PER KG

WINE GUMS



25%
OFF

SAVE
\$3.73
PER KG

HARD WHITE FLOUR
(GREAT FOR BREAD!)



25%
OFF

SAVE
85¢
PER KG

YOGURT COVERED
RAISINS



25%
OFF

SAVE
\$4.73
PER KG

LICORICE BUDDIES



25%
OFF

SAVE
\$3.48
PER KG

MAPLE NUT GRANOLA



25%
OFF

SAVE
\$1.83
PER KG

PITTED PRUNES



25%
OFF

SAVE
\$5.48
PER KG

WALNUT PIECES



25%
OFF

SAVE
\$8.73
PER KG

MONTREAL STEAK SPICE



25%
OFF

SAVE
\$8.23
PER KG

KICK OFF TO SUMMER WELCOME TO THE LONG WEEKEND!

FIND YOUR JOY WITH OUR NEW HOUSEWARES & KITCHEN GEAR



HEALTHOLOGY

BUILDING A HEALTHIER YOU

BUILDING A HEALTHIER YOU



All Products
ON SALE
20% OFF



Formulation matters! You want your supplements to do what they say they are going to do and have a real impact on your health. Healthology products are formulated using the latest evidence, research, and clinical information available to create a product that is top of its class. Healthology products meet and exceed Health Canada GMP standards and every lot is fully tested to ensure what is on the label is exactly what is in the bottle.



BUY THIS
EARN
35
POINTS

TRANQUIL SLEEP HELPS RELIEVE MILD INSOMNIA AND CALMS NERVOUSNESS

10 TROPICAL FRUIT
FLAVOUR CHEWS

Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed and alert.

EVERYDAY PRICE

6⁹⁹
/ EACH



BUY THIS
EARN
20
POINTS

BEAUTY WIPES

15 WIPES
VITAMIN C
MICELLAR HYDRATING
JASMINE COCONUT

Facial Cleansing Wipes are gentle on the skin, tough on makeup and infused with charcoal to absorb excess oil, remove impurities and help minimize pores.

EVERYDAY PRICE

3⁹⁹
/ EACH



HEALTHY DIGESTIVE SYSTEM!



CANADIAN BITTERS & ACIDUX

ASSORTED VARIETIES

- Liquid plant medicine
- Optimizes nutrient absorption
- Re-trains your digestive system
- Relieves digestive discomfort
- Soothes digestive inflammation.

ON SALE
15% OFF



St. Francis Herb Farm works with nature to understand, nurture, and extract the healing compounds to be found in the plant world.

St. Francis herbalists are multigenerational herbal artisans who have spent 30+ years researching and cultivating knowledge and trade.



AERYON

WELLNESS

ALL PRODUCTS

ASSORTED VARIETIES



Aeryon Wellness mission is to “Empower Women With Holistic Health.”

Using the latest in scientific research we formulate and distribute the highest grade, all natural, support supplements that make a difference. Our innovative use of QR codes provides education, nutrition and strategies to assist women on their journey to sustainable health and wellness.

Aeryon Wellness prides itself on creating products that can be trusted by you, your daughters, and best friends.

We are Women Owned.

We are Canadian.

We are Aeryon Wellness.

ON SALE
10% OFF



DAILY LIVER HEALTH



ON SALE

MILK THISTLE 250MG/150MG
SILYMARIN, HERBALFACTORS

250MG
120 SOFT GELS

\$26.99

save \$2

- Protects liver health
- Supports liver detoxification reactions
- Supports digestion and gallbladder function
- Helps with recovery from liver damage
- Provides excellent support when following a cleanse or detoxification program



HerbalFactors Milk Thistle is a liver health supplement made with a synergistic combination of milk thistle extract, dandelion root, and turmeric. Milk thistle is traditionally used in herbal medicine as a liver and gallbladder protectant, and contains key actives known collectively as silymarin. Dandelion and turmeric contain antioxidants and work alongside milk thistle to support healthy liver function. This non-GMO formula is standardized to contain 150 mg of silymarin per capsule.



BOOSTS IMMUNE SYSTEM!

ASTRAGALUS
500MG

100 VEG CAPS

ON SALE

\$11.99

save \$1.50

- Used in Traditional Chinese Medicine to tonify the lungs and for frequent colds
- Whole herb
- Vegetarian / Vegan



For more than 2000 years, Chinese herbalists have valued Astragalus for its adaptogenic properties, as well as for its ability to tonify the body's "vital force" known as the Qi. More recently, Astragalus has been found to support healthy immune function through numerous mechanisms. Non-clinical studies using Astragalus have demonstrated it can support the healthy production of and activity of specialized white blood cells.



ON SALE
\$7.99
 save \$2

ZINC PLUS COPPER

50 MG
 120 CAPSULES

Health First Zinc Plus Copper contains zinc citrate, a more bioavailable form of zinc compared to the zinc gluconate and zinc oxide found in other supplements. What's unique about this formula is the addition of the trace mineral, copper: zinc supplementation without copper may cause a copper deficiency, so it's important to look for a formula that combines the two!

Copper is another essential nutrient. Together with iron, it enables the body to form red blood cells. It helps to maintain healthy bones, blood vessels, nerves, and immune function, and contributes to iron absorption. Health First Zinc Plus Copper is a winning combination!

- Corn Free.**
- Dairy Free.**
- Gluten free.**
- Soy free.**
- Sugar free.**
- Yeast free.**

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



GREEN BEAVER ANTIPERSPIRANTS & 2 IN 1 SHAMPOOS

SELECTED PRODUCTS
 ASSORTED VARIETIES

ON SALE
\$12.99
 save \$2

ON SALE
\$10.99
 save \$1

Natural Aluminum-Free.
Keeps you naturally dry.
24-hour odour protection.

Gluten Free.
Biodegradable.
NON GMO.
Cruelty free.
100% recycled.





REDUCE HYPERACIDITY

ALKAPURE pH 180 vegi caps

ON SALE
\$44.99
save \$5



Your pH balance is the key to optimal digestive health, immune system support - and overall health in general!

Pure Lab Vitamins' Alkapure pH formula takes on the acidic impact of stress, unhealthy eating, and inactivity, helping you reclaim pH balance!

Packed with vital potassium, sodium, and magnesium, our alkaline blend replenishes minerals lost during inflammation, boosting your body's resilience naturally.

Ready to embrace wellness from within?



PURCHASE WITH CONFIDENCE -
all Pure Lab Vitamin products
are quality assured with
rigorous third-party testing.

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